Happy Place – The Feel Good Escape You Need Today

Close your eyes, take a breath, let it _____
Leave the _____, let the sunlight glow
Every step brings me closer, I know
I've found the place where my heart feels _____

Golden skies _____ up my day
Music in the air, it _____ me away
Laughter's easy, love is in my face
Every corner here's my happy place

This is my happy place, my sweet escape
Where the world slows down, and I feel _____
Colors _____, love's in the air
I close my eyes, and I'm already there
This is my happy place, it's mine to keep
A little paradise when I need _____
No matter where I go, I'll always chase
The light I _____ in my happy place

_____ waves sing a melody
Dancing _____, the ground under me
Every heartbeat feels like a song
Right where I am, I know I _____
When the noise gets loud, I just _____ it out
I let the joy within wash away my _____
Every breath I take, I can finally say
I'm okay, I've found my way
[Refrain]

It's not a somewhere, it's a state of _____
A little freedom that I get to find
In the moments when I _____ to shine
That's when I feel _____ inside

[Refrain]

My happy place, my happy place
_____ I need light, I find my way
My happy place, my happy place
_____ in my heart, it's here to stay.

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Vocabulary

let it flow
let the sunlight glow
no matter where I go
to slow down
state of mind
sweet escape
to tune something out
to wash away any doubt
a little paradise
to carry someone away
to chase (the light / love)
to choose to shine
to feel alive inside

Choose True or False

1. To let it flow means allowing something to happen naturally without trying to control it.

True / False

2. To let the sunlight glow means forcing something to happen even when you don't want it to.

True / False

3. To carry away means to transport someone only emotionally so strongly that they forget where they are.

True / False

4. To slow down means to completely stop doing something forever.

True / False

5. To tune it out means to deliberately ignore sounds or distractions around you.

True / False

6. To wash away any doubt means to increase someone's fears and uncertainty.

True / False

LIVEWORKSHEETS

7. To chase the light / chase love means to actively try to reach something gruesome or obnoxious.

True / False

8. To choose to shine means to decide not to show your abilities or personality.

True / False

9. Sweet escape means an unpleasant way of mentally or emotionally getting away from problems.

True / False

10. A little paradise means a specific city in the country that people travel to on holiday.

True / False

11. State of mind means the way someone is thinking or feeling at a particular moment.

True / False

12. To feel alive inside means to feel emotionally empty and exhausted.

True / False

13. No matter where I go means in every place and situation, without exception.

True / False

Choose the sentence where the expression is used correctly

1. To let it flow

A) When I write poetry, I just let it flow instead of checking every word.
B) The teacher let it flow, checking the students' homework yesterday.
C) I let it flow because the instructions were too difficult to read.
D) She let flow the water into the laptop by accident.

2. To let the sunlight glow

A) I let the sunlight glow because I didn't want to answer the question.
B) She let the sunlight glow while describing the project more clearly.
C) Open the window and let the sunlight glow in the room.

LIVEWORKSHEETS

D) The teacher opened the window and let the sunlight glow during gloomy weather.

3. carry away

A) The taxi carried away me to the airport at six.
B) The music carried me away so much that I forgot what time it was.
C) The teacher carried me away from the lesson politely.
D) The bag carried me away because it was heavy.

4. To slow down

A) I slowed down my pace so I could finish my household chores faster.
B) The phone call slowed down her yesterday.
C) You should slow down when the road becomes icy and slippery.
D) She slowed down the teacher because the lesson was boring.

5. To tune it out

A) I usually tune it out when people start shouting around me.
B) I tuned the book out because it was interesting.
C) She tuned her friend out by answering the question immediately.
D) He tuned music out and plunged into it.

6. To wash away any doubt

A) I washed away my doubt taking the shower this morning.
B) Talking to her completely washed away my doubt about the decision.
C) He washed away my doubt because the situation became worse.
D) The teacher washed away my doubt by ignoring the question.

7. To chase the light / chase love

A) She chased love at the supermarket quickly.
B) I chased the light because the lamp was broken.
C) Some people chase fame, but I prefer to chase the light.
D) He chased the light doing homework until midnight.

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8. To choose to shine

A) I had chosen to shine before the guests arrived.
B) She always chooses to shine even when things get difficult.
C) He chose to shine because the room was dark.
D) They chose to shine and left all disagreements behind.

9. Sweet escape

A) Watching movies at night is my sweet escape after a long day.
B) The sweet escape arrived at the station at 8:30.
C) I made a sweet escape because I had enough rest.
D) The tutor has given us a sweet escape by providing a pile of tasks to do.

10. A little paradise

A) I bought a little paradise at the shop yesterday.
B) This quiet beach feels like a little paradise.
C) A little paradise took away her hope.
D) Never-ending chores and errands are his guilty pleasure and a little paradise.

11. State of mind

A) I left my state of mind at home, packing a bag too fast.
B) Success often depends on your state of mind.
C) She couldn't afford a state of mind because it was hardly accessible.
D) He lost a state of mind carefully writing some text in his notebook.

12. To feel alive inside

A) I feel alive inside when I travel somewhere new.
B) I feel alive inside because the weather is frosty.
C) If you want to feel alive inside, try to forget about spontaneous trips forever.
D) He jumped off the cliff into the cool water, just to break a leg and feel alive.

13. No matter where I go

A) No matter where I go, I always miss my family.
B) No matter where I go, he always supported me.
C) She no matter where I go, I'm always tired and full of beans.
D) No matter where I go, I always try to be safe and sound, asking for troubles.

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Speaking

1. If you always try to control every detail, what could happen if one day you just decide to let it flow instead?

2. When was the last time you opened the curtains just to let the sunlight glow and improve your mood? Did it actually change your day?

3. Have you ever listened to a song that completely carried you away and made you forget what was happening around you? What kind of music does that to you?

4. Some people never know how to slow down and relax. What advice would you give someone who feels guilty when they stop working?

5. If people around you are loud and negative, do you try to be involved or just tune them out? Why?

6. What kind of conversation can wash away your doubt when you are not sure about an important decision?

7. Do you think it's better to chase love or let it come naturally? Why do some people keep chasing the wrong things?

8. When everything feels difficult, what helps you choose to shine instead of giving up?

9. What is your personal sweet escape when you feel tired of household life, responsibilities, or stress?

10. Have you ever visited a place that felt like a little paradise even though it wasn't famous or expensive? What made it special?

11. Do you believe success depends more on talent or on your state of mind? Explain your opinion.

12. What activities make you really feel alive inside, not just relaxed or distracted?

13. No matter where I go, I always feel calmer near nature. Do you agree with this idea, or do you feel better in cities?

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