

1. WHICH OF THESE ACTIVITIES MAKE YOU FEEL HAPPY? ORDER THEM FROM 1 TO 5 (1 IS THE HAPPIEST). DISCUSS YOUR CHOICES WITH A CLASSMATE.

a. Getting a good night's sleep.

b. Eating what I like.

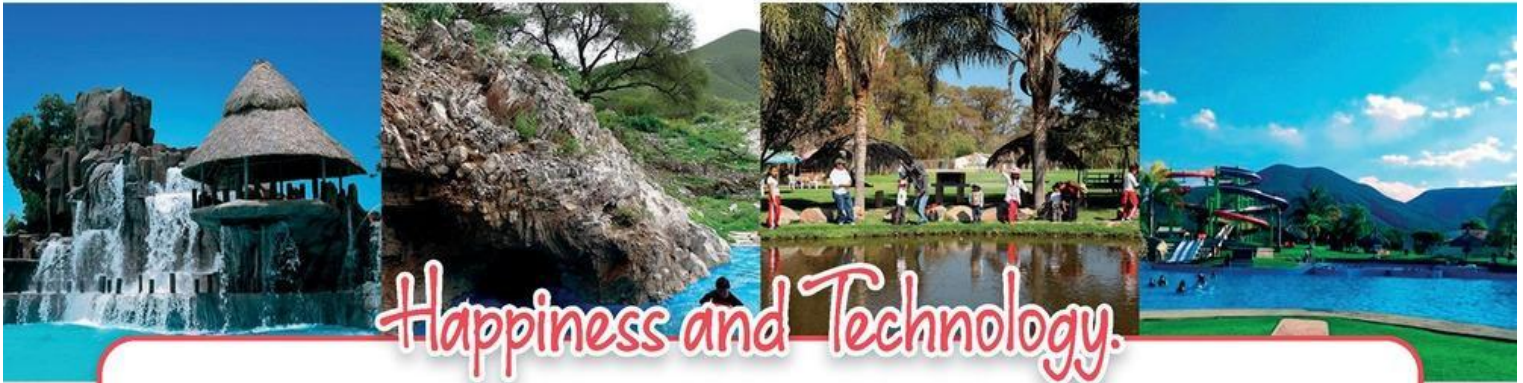
c. Learning new things.

d. Going out with friends.

e. Spending a complete day watching movies.

2. SKIM THE TEXT. WHICH OF THESE THREE SENTENCES WOULD BE THE BEST SUMMARY?

- 1. Happiness comes from water and its rivers.
- 2. Technology may help raise happiness or it might result the other way around, if it is not well focused.
- 3. Happiness and technology can be measured by applying a well conducted survey.



Happiness and Technology.

Only an hour's drive from the state's capital is the municipality of Ixmiquilpan, a place where old and new, wet and dry, green and dried up converge. A town left behind in the past but nowadays, it is one of the most visited places in the region. Life span, work, fun and happiness for many residents is improving. It is becoming more and more

popular in the region and among tourists. Citizens from this municipality are aware that if they do not bet on technology, natural resources will extinguish in a short period and once again, their hometown will be left out to forgetfulness.

Not even 70 kilometers from Ixmiquilpan, there's a place


where innovation, technology, applied science and electronics are growing as fast as crops in the rainy season. It is a fact that many different things are happening in the state's capital.

A city that has brought Silicon Valley to its own Metropolitan Area. The institute of Harvard has decided to implement one

 **3. READ THE TEXT AGAIN AND CHOOSE THE CORRECT ANSWER A, B OR C**

1. It is in the first paragraph and it is a consequence of happiness. _____
 a. technology b. lifetime c. more people
2. An aspect which is happening in the state nowadays is. _____
 a. freedom b. technology and applied science c. happiness
3. Silicon Valley is mentioned in the text as an example of _____
 a. development b. happiness c. life span
4. People from Ixmiquilpan wish to ... _____
 a. have more tourism b. have more money c. preserve nature.
5. What's life like in Ixmiquilpan today? _____
 a. full of water b. full of waterparks c. full of hope
6. Hot underground water is considered as... _____
 a. hot water b. thermal c. good for health
7. The project leader says that this is the heart of the program _____
 a. the objective b. the guidelines c. the experiences



 **4. IDENTIFY ONE WORD IN EACH SENTENCE THAT REFERS TO EITHER TECHNOLOGY OR HAPPINESS. WRITE IT ON THE LINE.**

1. Not even 70 kilometers from distance, there's a place where innovation, technology, applied science and electronics are growing as fast as crops in the rainy season. _____
2. People there are very optimistic and they assure that with help of local authorities, automation, and most important with Harvard's strategy. _____
3. A researcher started asking them many questions because he wanted to know why these people seemed to be full of euphoria. _____
4. Today, they live with joy, they are grateful for what they have, they are really living life and they want to keep it as it is no matter what. _____

 **5. WORK IN GROUPS. DISCUSS THESE QUESTIONS. TAKE TURNS ASKING AND ANSWERING THE QUESTIONS, MAKE SURE EVERYONE PARTICIPATES.**

1. How happy do you think you are?
2. Old people tend to say "the happy ones never get sick" To what extent do you agree?
3. What do you think are useful categories to measure happiness?
4. How technological do you think you are?
5. How can someone measure technology?

 **6. HOW HAPPY ARE YOU?**

1. Work in the same group.
2. Now make a list of five categories to measure happiness and five categories to measure technology (ie: Happiness; money, sleep, love... Technology: investment, willingness, availability ...).
3. Then have everyone in the group give a score for each category (1=very happy, 2=happy, 3=ok, 4=not very happy).
4. How happy is your group?
5. Have two members of the group present your categories and results to the class.