

## 1.1 FEELING GOOD?

- G question forms
- P stressed words
- V free time

### VOCABULARY

#### FREE TIME

**A** Think about three things that make you happy (e.g. *my family, walking on the beach, eating good food*). Work in pairs and compare your ideas.

**B** Complete phrases 1–5 with the verbs in the box.

go eat have play spend

- 1 go shopping/on holiday/for a walk
- 2 \_\_\_\_\_ time with family/money/time alone
- 3 \_\_\_\_\_ out/with friends/good food
- 4 \_\_\_\_\_ time off/a barbecue/a party
- 5 \_\_\_\_\_ (a) sport/a musical instrument/games

### READING

**A** Read the magazine article. Which of these things do you do already? Which could you do more of?

## the Seven Secrets of Happiness

Everyone has a different idea of what happiness is, but most of us want to be happier. So, what can we learn from looking at the habits of happy people? Here are seven things to make you happy.



**1 Sleep More** Most people don't sleep enough. If you want to feel good about life, then try to sleep for at least seven hours a night.

**2 Do Some Exercise** You don't need to run for 20km or go to the gym every night, but a small amount of exercise will help you feel happy. Go for a short (10–15 minute) walk somewhere beautiful. It wakes up your brain.

**3 Give to Others** Research shows that giving money or time to help others makes you feel happier. Buying someone an unexpected present or spending some time doing voluntary work will give you a feeling of joy.

**4 Be Interested** Love what you do and try to learn something new. People who are curious and learn new things experience feelings of satisfaction and happiness.

**5 Spend Time with Family and Friends** This is probably the most important thing you can do. People who have a strong network of social relationships are not just happier; they live longer, too!

**6 Focus on the Moment** Try to find opportunities each day to enjoy the small things in life. Spend a little time on your own, and just enjoy the moment.

**7 Smile!** Smile more (even when you're feeling sad). Smiling can actually make you feel better. People who post big smiley photos of themselves on Facebook actually feel happier because they see the photo every day and it reminds them of happy times.

## GRAMMAR

### QUESTION FORMS

**A** Read the questions. Think about your answers.

- 1 How many hours do you usually sleep?
- 2 Are you good at sport?
- 3 How much time do you spend doing exercise? Where do you go?
- 4 What do you do that really interests you?
- 5 When did you last learn something new? Where were you?
- 6 What small things in life do you enjoy?

**A** Complete the questions in the tables.

Questions with auxiliaries			
question word	auxiliary	subject	infinitive
Where <sup>2</sup> _____	<sup>1</sup> _____ did	you	go? last learn something new?

Questions with <i>be</i>			
question word	<i>be</i>	subject	adjective/noun/verb + <i>-ing</i> , etc.
<sup>4</sup> _____	<sup>3</sup> _____ were	you you?	good at sport?

Select the right option

### RULES

- 1 In questions with auxiliaries, put *do/does/did* **before/after** the subject.
- 2 In questions with *be*, put *am/are/is/was/were* **before/after** the subject.

**A** Put the words in the correct order and add an auxiliary or *be* to make questions.

- 1 many / your / how / in / people / family?
- 2 see / often / you / parents / how / your?
- 3 family / with / you / spending / your / time / enjoy?
- 4 last / your / when / celebration / family?
- 5 you / with / live / who?
- 6 you / often / eat / friends / how / out / with?
- 7 friend / your / live / where / best?

**B**  1.1 Listen and check.

## SPEAKING

Make questions about each topic

**Holidays**

How long?Who?



What?Where?

**Weekend**

What?Where?



Work / Study?Get up?

**C** Tell the class. Who do you think:

- 1 has the best holidays?
- 2 has very busy weekends?
- 3 enjoys staying at home?
- 4 does the most exercise?
- 5 sleeps the most?
- 6 really knows how to enjoy themselves?

Watch the video. What do the people talk about?

Watch the video from 0:11–0:35 and complete Hina’s text with one word in each space. Watch it again if necessary.

Hi, I’m Hina. I work *for* the BBC here in London. I know a lot of people here but I only have a few 2 \_\_\_\_\_ friends.  
 I 3 \_\_\_\_\_ in touch with friends by texting, emailing and using social networking 4 \_\_\_\_\_ like Facebook. For me, a friend is someone I can trust and depend on 5 \_\_\_\_\_ also someone who makes 6 \_\_\_\_\_ laugh. Today, we’re asking people 7 \_\_\_\_\_ their friends.



Glossary: *trust* = believe someone will do what they say *depend on* = know someone will help you if you need it.

Look at the people below and read the things they say. Then watch the video from 0:35–3:02 and match people A–F to six of the sentences below. There are two extra sentences.



- 1 He likes to have really close, close friends.
- 2 She likes friends with the same interests.

C

- 3 He doesn't like using social networking sites.
- 4 He writes letters to friends to keep in touch.
- 5 She uses MSN and Facebook to keep in touch with friends.
- 6 She likes to have friends who are good at sports.
- 7 He likes to keep in touch with both old and new friends.
- 8 He has quite a large group of friends.

***What do they look for in a friend? Look at the people below and read their answers. Then watch the video from 2:08–3:03 and complete the answers with the words from the box.***

out fun easy make sense funny



I guess someone who's quite *creative*, like myself – somebody who likes going 1 *out*.



And 2 \_\_\_\_\_ and *easy-going*, I guess.



3 \_\_\_\_\_ of humour, I think.



Mostly it's people who can 4 \_\_\_\_\_ me laugh.



Someone I feel *comfortable* with. Someone I can be myself with. Someone who's 5 \_\_\_\_\_ to talk to.



They have to be 6 \_\_\_\_\_, they have to be *kind and sincere*, they have to be *honest*.

**PERSONALISATION:** Write about your friends using the prompts below.

I've got \_\_\_\_\_ (*number of friends*).

I keep in touch with them \_\_\_\_\_ (*how?*).

In a friend, I look for someone who \_\_\_\_\_ (*qualities*).