# speakout

READING & LISTENING EXTRA

PRE-INTERMEDIATE UNIT 1

1 Work in pairs and discuss. What makes you happy?

2 Read the title of the article below. What things do you think make most people happy?

3 Read the article and check your ideas from Exercise 2.

4 Read the article again. Who talks about the following: Ben (B), Hannah (H) or Laura (L)?

1 Being at home. ____
2 Something that helps them relax. ____
3 Being outside. ____
4 Other people's happiness. ____
5 Listening to something. ____
6 Enjoying bad weather. ____
7 People going on holiday. ____
8 Something the author agrees with. ____

What makes us happy?
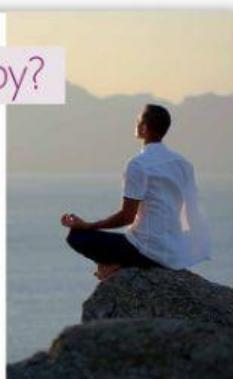
Last month, I stopped 100 people in the street and asked them what made them happy. Most people told me what I expected – falling in love, spending time with family and friends, money – but a few people had some really interesting answers. My favourites, and their reasons, are below.

Ben told me that what really makes him happy is **people watching**, especially in airports. 'You see a lot of happiness in airports, especially in the Arrivals area. I love seeing people's faces as they see their **loved ones** return from holiday, or the faces of the travellers when they see who is there waiting for them.' Ben then said, 'Don't look for the same happy faces in Departures, though – people there are often stressed or angry because their flights are **delayed**, or sad because they're saying goodbye to someone!'

Hannah told me that what makes her really happy is the sound of the rain. 'I love it!' she said. 'I love hearing the rain falling against my bedroom window when I'm in bed. Firstly, it makes me happy that I'm not outside getting wet, and secondly, I think the sound of rain falling is very **calming** and it helps me get to sleep at night.'

Finally, on a similar note, Laura told me that she actually *loves* walking in the rain – the heavier the better! 'Wild weather, and particularly rain and wind, makes me so happy, and I love being outside in it,' she said. 'There's nothing better than walking along the beach on a **stormy** day, especially if I'm tired or **in a bad mood** – it always makes me feel better.'

I'm not sure I agree with Laura, but it's a very good answer. I think my favourite answer is Hannah's, because that's what makes me happy, too!

5 Match the words and phrases in bold in the article with their synonyms 1–8.

1 being covered in water
2 looking at what other people are doing
3 friends and family
4 late
5 feeling unhappy or angry
6 the best
7 lots of wind and rain
8 relaxing

6 ▶ 1.1 Listen to Peter and Kate being interviewed for the same magazine article. Number the things that make them happy in the order you hear them (1–7).

working
spending time with family and friends
helping other people
going on holiday
lazy weekends
playing with a dog
skiing

7 Listen again. Are the sentences true (T) or false (F)? Correct the false sentences.

1 Peter doesn't like spending time with his family and friends.
2 Peter prefers to be active at weekends.
3 Peter got married at the top of a mountain.
4 Kate works as a doctor in a children's hospital.
5 Kate doesn't love everything about her job.
6 Kate only works Monday to Friday.

8 Complete the extracts with the correct words. Listen to check your answers.

1 … the usual things I suppose … spending _____ with my family and friends …
2 And the exciting feeling you get as you _____ down the side of the mountain …
3 I don't _____ a lot of money …
4 I have to _____ long hours and at weekends.
5 But it's _____ it for the feeling of joy and satisfaction I get …
6 … even though they're _____, the children are really funny …

9 Work in pairs and discuss. Use language from Exercise 8 to help you.

1 What kind of holidays make you happy? Why?
2 Does your job or what you study make you happy? Why/Why not?

LIVEWORKSHEETS