

# HOW MANY SYNONYMS DO YOU KNOW?

Work in pairs. Think of synonyms for the word 'happy'. Try to come up with as many as you can.

Then, compare your answers. Get a point for each unique answer.

Check the next slide to see some possible answers.



# TOP 30 THINGS THAT MAKE PEOPLE HAPPY

Select your top 5 from the list and rank them in order of importance to your own happiness. Discuss why you've chosen each item and how it contributes to your happiness. Try to use the vocabulary you've learnt.

1. Finding a 10-pound note in an old pair of jeans.
2. Going on holiday.
3. Getting into bed with freshly washed sheets.
4. Swimming in the sea.
5. Waking up on a sunny day.
6. Sitting in the sun.
7. Being surprised with flowers or chocolates.
8. Getting a nice message from a loved one.
9. Cuddles.
10. Seeing old people holding hands.
11. Driving a car with the window down on a sunny day.
12. Booking a holiday.
13. Listening to your favourite song.
14. Finding a bargain.
15. Seeing an old friend.
16. Picnic in the park.
17. Getting promoted.
18. Romantic night out.
19. Hearing a song that reminds you of your past.
20. Looking back at old photos.
21. Making a new friend.
22. Getting a quiet moment to yourself.
23. Walks in the country.
24. Hearing a baby laugh.
25. Having a girlie/lads night out.
26. Waking up on a Saturday morning and realising it's weekend!
27. Chocolate.
28. Eating cake.
29. Fitting into a pair of jeans you thought were too small.
30. Smell of freshly baked bread or cookies.



1. Use the underlined phrases from the text to complete the task below.

1. Find and list 3 expressions that mean **very happy**.

---

---

2. Find an expression that means **to relax or reduce tension**.

---

---

3. Find a phrase that means **to overflow with a particular feeling or quality**.

---

---

4. Find a phrasal verb that means **to become more cheerful or lively**.

---

---

5. Identify a term that refers to **increasing the intensity or quantity of happiness**.

---

---

6. Discover a verb phrase that implies **to attribute something as a cause**.

tickled pink

happy as a clam

thrilled to bits

wind down

bubble over with

perk up

amplifying happiness

chalk up

2. Use the phrases from exercise 1 to complete the sentences.

1. On my day off, doing absolutely nothing, I felt \_\_\_\_\_ without a care in the world.
2. After hearing the good news, I couldn't help but \_\_\_\_\_, feeling a sudden boost of happiness.
3. Listening to my favourite song, I could feel my spirits \_\_\_\_\_ joy and excitement.
4. Receiving that unexpected compliment left me \_\_\_\_\_, genuinely delighted by the kind words.
5. Learning I had passed my final exams had me \_\_\_\_\_, overjoyed with my achievement.
6. I \_\_\_\_\_ my success \_\_\_\_\_ to working hard and staying focused, knowing that effort pays off.
7. After a long week, I really need to \_\_\_\_\_ and enjoy some quiet time.
8. Sharing my hobby with friends is a way of \_\_\_\_\_, multiplying the joy it brings me.

