READING

4 A **Read the article and match headings A–F with paragraphs 1–6.**

A Call a friend
B Just smile
C Do something nice for someone
D Be active
E Do that difficult job
F Plan for some future fun

MAKE YOURSELF HAPPY!

Six tips to make you happier in the next hour

You can make yourself happier starting now. In the next hour, do as many of these things as possible. Each thing you do will help you to feel happier.

1 _____: stand up and walk around while you talk on the phone. Or go for a quick ten-minute walk outside. Doing exercise gives you energy and makes you feel better.

2 _____: arrange to meet someone for lunch or send an email to a friend you haven't seen for a long time. Having good relationships with other people is one of the things that makes us happy, so stay in touch with your friends.

3 _____: answer a difficult email or call to make that dentist's appointment. Do it now, don't wait. Cross something off your list of things to do, to give yourself energy.

4 _____: order a book you want to read, plan a trip to a museum or a night out with friends. If you look forward to doing something fun in the future, it will make you feel happy right now.

5 _____: buy someone flowers, carry their bag, tell them they look nice. Do good, feel good – this really works. If you do something nice for someone, it makes you feel better.

6 _____: even when you don't feel happy, always try to smile. Put a smile on your face right now – it will make you feel better!

Tick things off the list when you do them. Do you feel happier yet?



Tick things off the list when you do them. Do you feel happier yet?

B **Read the article again. Are the sentences true (T) or false (F)?**

1 Doing exercise makes you tired. _____
2 Having friends is an important part of being happy. _____
3 Doing a difficult job uses all your energy. _____
4 Planning fun things to do can make you feel happy. _____
5 If you do something to make someone else feel good, you will feel good yourself. _____
6 Smiling when you're not happy can make you feel bad. _____

C **Read the article again and answer the questions.**

1 What should you do when you talk on the phone?
_____
2 Why is it important to stay in touch with friends?
_____
3 What kinds of jobs are on a 'things to do' list?
_____
4 Why is it a good idea to organise something fun to do in the future?
_____
5 How will you feel if you buy someone flowers or carry their bag?
_____
6 What happens when you smile?
_____

D **Complete the definitions with words from the article.**

1 do _____: do some kind of activity like walking or playing tennis
2 have good _____ with people: be friendly with people
3 stay in _____ with people: contact people regularly (by phone, email, etc.)
4 _____ something off a list: mark things on a list when you do them
5 look _____ to something: be excited about something which will happen in the future

LIVEWORKSHEETS