

Name _____ Class _____ Date _____

THINK ABOUT

- 1 Circle the three most important things that make you happy.

spending time with family | sleeping | eating
spending time with friends | doing sports
watching TV | shopping | parties | cooking
listening to music | school | holidays | reading

- 2 Compare your list with a partner. Are your choices the same or different?

BEFORE YOU WATCH

- 3 Look at the picture. What do you think makes these people happy?



OVERVIEW

- 4 Watch the video. Are any of the activities you chose in Exercise 1 mentioned? Which ones?

COMPREHENSION

- 5 What's the video about? Choose the correct answer. Watch the video again and check.

The video is about

- 1 how to make your friends happy. ☐
2 how to make yourself happy. ☐
3 how to make your family happy. ☐

- 6 Match the sentence halves. Watch the video again and check.

- 1 You can be alone or
2 When you are happy,
3 So, get thinking ...
4 Everyone is different and different things
5 Hobbies are good for your body
a and your brain.
b make people happy.
c life is easy.
d do things with friends and family.
e what makes you happy?

☐
☐
☐
☐
☐

AFTER YOU WATCH

- 7 Complete the text with the verbs in the list.

doing | reading | spending | making | playing

Everyone is different and different things make people happy.

Perhaps it's ¹ _____ time with your friends or your pet? Or just ² _____ nothing?

Sports, ³ _____ things, cooking, ⁴ _____ an instrument or just relaxing and ⁵ _____ your favourite book are all great things to do.

OVER TO YOU

- 8 Look at the list and write the questions you need to ask. Then ask your classmates and write the names of the people who say 'Yes'.

- 1 Are you happy when you make people laugh?
2 _____?
3 _____?
4 _____?
5 _____?
6 _____?

Find someone who ...

Name

- is happy when he / she makes people laugh.
is happy being alone.
is happy being with lots of people.
is happy when he / she is doing exercise.
is happy being in this lesson.
is happy when it's sunny.

