

1. Write down five things, which make you happy.

Possible answers:

I like being among with friends.

Having a very special time with my family.

I relax and enjoy a lot when I am listening my favourite songs.

2. Watch this video :

➤ <https://www.youtube.com/watch?v=1Y5R8K7OKSo>

Have you written any in common with the kids?

3. Look at this website:

<https://mashable.com/2014/03/20/50-little-things-that-make-life-happy/>

Compare your list with this one.

- Is there anything you would to change or add in your list?
- What do you thing makes people happy?

4. Read the article The Science of Happiness and put the headlines in the correct place:

- Climates and Happiness
- Measuring Happiness
- Money and Happiness
- What makes people happy

The science of happiness

Everyone wants to be happy. Some argue that the main reason people do the things they do is to become happier. Others argue that happiness is a basic human right. But what is happiness? What really makes people happy?

- 1
Social scientists usually **calculate** happiness simply by asking how happy people are. They ask people the question 'How happy are you from 1 to 10?' Ed Diener, an expert on happiness from the University of Illinois, says that this is a **valid** way of getting information about people's happiness.
- 2
In one study, researchers asked people in different parts of a country 'How satisfied are you with your life?' People in parts of the country with nicer weather said they were more satisfied with their lives. They said they lived better than people from a city with bad weather.
- 3
Researchers have examined the relationship between money and happiness for many years. They conclude that very poor people are less happy than rich people. But lots of money doesn't make you happier. If you have a home, food and clothes, extra money doesn't automatically make you more content.
- 4
According to researchers, there are three things which make people happy:
 - 1 Having close relationships with people – family and friends. The closer and deeper the relationships are, the better for your happiness.
 - 2 Believing in something. This could be religion, a spiritual **outlook** or a special philosophy in life.
 - 3 Having objectives that you find **enjoyable** and interesting. This means that your life has a **purpose**.

5. Read the text again. Look at the answers and complete the questions.

- a. Q: How _____ happiness?
Ans: By asking people how happy they are.
- b. Q: Which _____ satisfied with their lives?
Ans: Those who live in warmer parts of the country.
- c. Q: Does money _____ ?
Ans: If you have a home, food, clothes then no, it doesn't.
- d. Q: What three things _____ ?
Ans: Family and friends, belief in something and enjoyable objectives.

6. Match the highlighted words in the text to the definitions:

- a. Officially acceptable
- b. Something that makes you happy
- c. Meaning
- d. Your general view of things
- e. To discover a number or result using mathematics

7. Do you agree with the text says about happiness? Do you think it is possible to measure happiness?

AFFIRMATIVE	COMPARATIVE	SUPERLATIVE	EQUALITY
		ONE SYLLABLE	
Tall	Taller <i>than</i>	The tallest	As tall <i>as</i>
Easy	Easier <i>than</i>	The easiest	As easy <i>as</i>
Hot	Hotter <i>than</i>	The hottest	As hot <i>as</i>
		TWO SYLLABLES	
Useful	More useful <i>than</i>	The most useful	As useful <i>as</i>
Interesting	More interesting <i>than</i>	The most interesting	As interesting <i>as</i>
		NEGATIVE	
Funny	Less funny <i>than</i>	The least funny	Not <i>as</i> funny <i>as</i>
		EXCEPTIONS	
Good	Better <i>than</i>	The worst	As good <i>as</i>
Bad	Worse <i>than</i>	The worst	As bad <i>as</i>
Far	Farther <i>than</i> /Further <i>than</i>	The farthest/ The furthest	As far <i>as</i>
Little	Less <i>than</i>	The least	As little <i>as</i>

Complete the text with the comparative form of the adjectives in brackets.

HEALTH AND HAPPINESS

Scientists say that happy people are _____ (healthy) than unhappy people. They also live _____ (long) and _____ (good) lives and are _____ (fit). One study found that _____ (happy) live up to nine years longer.

Research in the United States suggests that married couple with children are _____ (satisfied) when their children are _____ (young). When researchers asked married couples about happiness with teenage children they said their lives were a lot _____ (stressfull).

A survey of British men and women between 1993 and 2003 found that many people said their lives were _____ (enjoyable) as they become older. It showed that men were _____ (content) than women in their teenage years, but women were _____ (happy) than men _____ (late) in life.

Nowadays, with large products varieties on market, we could be a little confused when we need choose a best gadget for our house. Some websites do a comparison between some products. Here we can find a fridge comparison.

Comparison Criteria	Whirlpool NEO IF278 ELT 265 Ltr Double Door Refrigerator	LG refrigerators GN-304SLBT	Samsung RT30K3753S 9 Double Door Refrigerator	Add Device
SUMMARY				
Capacity	265 Litres	171 Litres		
Refrigerator Type	Double Door	Double Door	Double Door	
Brand	Whirlpool	LG	Samsung	
Energy Rating	3 Star	2 Star	3 Star	
Price	₹ 23,889	₹ 25,990	₹ 25,542	

The LG fridge is **less economic** than Whirlpool one but it is **larger**.

The Whirlpool is **as economic as** the Samsung and the LG has the **most electric consumption**.

The Whirlpool is **the cheapest** among them.

The LG is a little **more expensive than** Samsung

There is a comparison among three excellent mobile phone models.

Use the helpful adjectives on the right to help you make the comparison, after that, choose the best option, and explain your opinion.

	 Samsung Z4	 Xiaomi Mi 10	 Apple Iphone X	Useful adjectives:
Storage	8gb	128gb	64 gb	Large, small
Camera	5 MP	108 + 13 + 2 + 2 MP	12 + 12 MP	Good, bad
RAM	1 GB	8 GB	3 GB	Fast, slow
Battery	2050 mAh	4780 mAh	2716 mAh	Long, short
Fingerprint Sensor	No	Yes	No	
Display	4.5" (11,43 cm)	6.67" (16,94 cm)	5.8" (14,73 cm)	Big, small
Price	\$ 80,87 dollars	\$ 535,97 dollars	\$ 1.160,89 dollars	Cheap, expensive