

The science of happiness ⑥

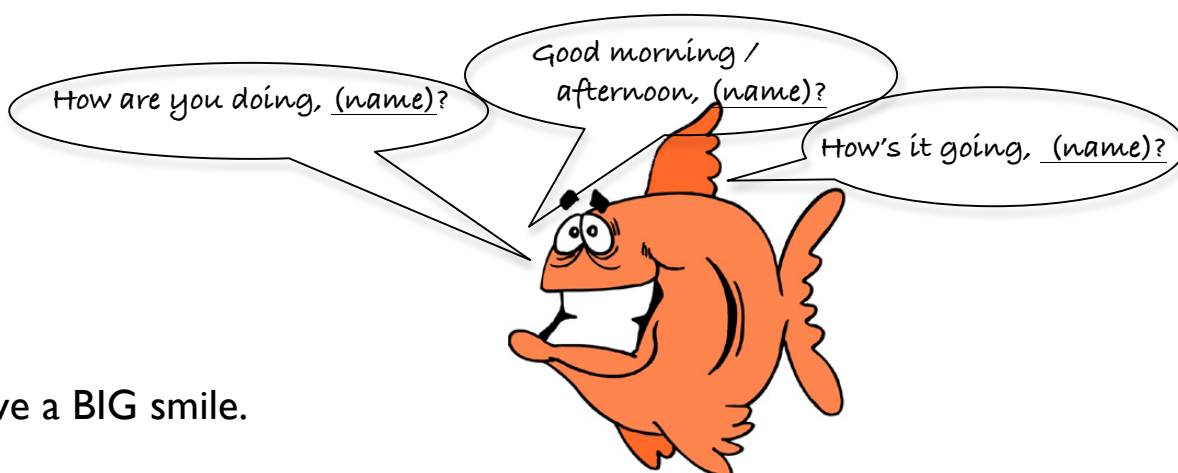
Smile!

Smiling is good for your health.

And happy people are usually healthy.

If you smile at people, they will usually smile back.

- 1 Stand up. Walk around the room. Greet people.
Try to learn their names, too.



Give a **BIG** smile.

- 2 When someone greets you,
answer with feeling:

*I'm great!
Wonderful!
Super!
Excellent!
Fantastic!*

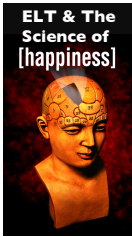
Give a **BIG** smile back.



*Idea: If you smile, most people smile back.
Try it with 10 people today. How many smile back?*

Language focus: Greetings
Positive psychology focus: Smiling is part of taking care of your health/body

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The science of happiness ③

Someone special

Happy people take the time to say, "Thank you."

① Think of someone special in your life.

Ideas:

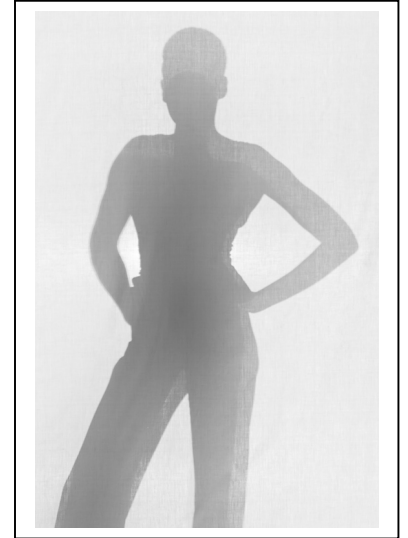
Your mom or dad.

A special teacher.

A friend.

Someone who helped you.

- Why are they special?
- What did they do?
- Why you want to say thank you.



I'm thinking of _____.

She was my basketball coach.

When?

In Junior High. She taught me to have confidence. Nice.

② Work with a partner. Tell about your special person.

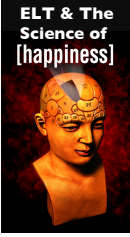
Listen to your partner. Ask questions.



Language focus: past narrative, thanking

Positive psychology focus: Happy people express gratitude and remember good things in their lives.

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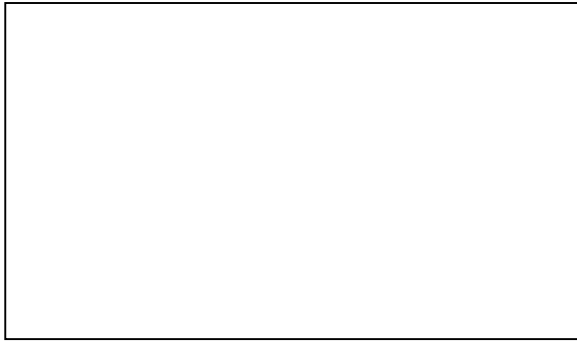


The science of happiness ③ & ④

My family

Happy people take time for their family.

- ① Draw a simple picture of your family.



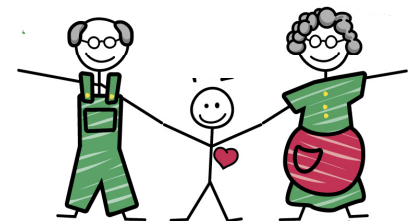
As you draw, think of one nice thing about each person.

This is my mom. Her name is (name). She's really kind.

This is my brother, (name). He has a great sense of fashion.

- ② Work with a partner. Tell about your family.
Listen to your partner.

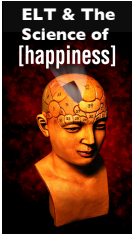
- ③ Look at your partner's picture.
Can you remember the names?
What else do you remember?



- ④ Change partners. Keep going.

Language focus: describing family, descriptive adjectives
Positive psychology focus: Happy people take time for family and friends.

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The science of happiness ⑦

Good things, right now

Happy people notice good things as they happen.

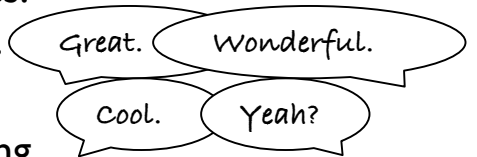
① What are three good things in your life right now?
Write them.

- _____
- _____
- _____

It is sunny today.
I'm meeting my friend after school.
I feel good today.

② Work with a partner. Read your sentences.

Listen to your partner. Make comments.



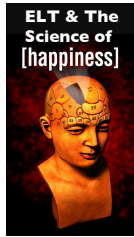
③ If there is time, change partners. Keep going.

*This week, notice 3 good things every day.
Why did they happen?
Notice how good you feel!*



Language focus: present simple and other tenses, describing current situations and plans
Positive psychology focus: Happy people notice good things as they happen.

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The science of happiness ⑥

Take care of your health

Happy people take care of their bodies.

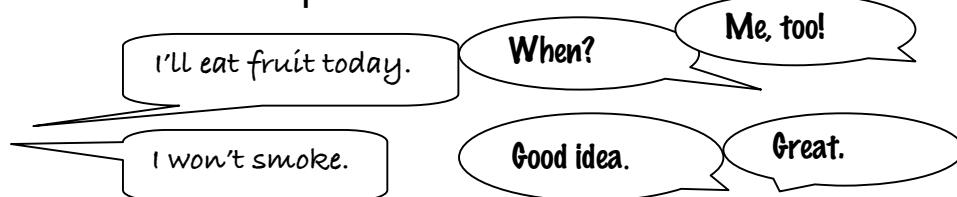
① These are health things.

How many will you do today? Check (✓) them.

- | | |
|--|--|
| <input type="checkbox"/> Eat fruit or salad for lunch. | <input type="checkbox"/> Take a long, relaxing bath. |
| <input type="checkbox"/> Use stairs, not an elevator | <input type="checkbox"/> Exercise or do sports. |
| <input type="checkbox"/> Do not smoke. | <input type="checkbox"/> Laugh (watch a funny TV show) |
| <input type="checkbox"/> Drink tea. | <input type="checkbox"/> Walk |
| <input type="checkbox"/> Get enough sleep tonight | <input type="checkbox"/> (your idea) _____. |
| <input type="checkbox"/> Not drink soda (Coke, Sprite, etc.) | <input type="checkbox"/> (your idea) _____. |

② Work with a partner. Say the things you will do.

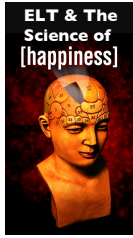
Listen. Ask questions. Make comments



③ If there is time, change partners. Keep going.

Language focus: imperatives, modals of obligation
Positive psychology focus: Happy people take care of their bodies/health

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The science of happiness ⑤

Forgive.

Do you know the word “forgive”?

Read this:

for·give *past tense forgave, past participle forgiven*

1 to stop being angry with someone and stop blaming them, although they have done something wrong
- Longman Online Dictionary of Contemporary English

To be happy, we really have to learn to forgive people who hurt us.

1 Think of people who have hurt you.

Some you don't worry about any more. You have forgiven them.

Who *didn't* you forgive yet?

Find one heavy thing (a book? A bag? Something else?) for each person.

2 Put one arm straight out.
Hold the heavy things.



3 As you hold those things, read this.

Forgiveness

Someone did something bad to you.

Forgiveness does NOT mean the bad thing was OK.

Forgiveness does NOT mean that person can do the bad thing again.

Forgiveness is important for things that must NOT be done again.

When you do not forgive, who is hurt?

The person who did the bad thing usually doesn't know.

Or doesn't remember.

Or doesn't care.

The anger is in your heart.

You carry the weight.

It does not help to know why the person did the bad thing.

Usually that person doesn't know.

You carry the weight.

You have the power to let it go

4 The weight in your hands is heavy.

Do you want to put it down?

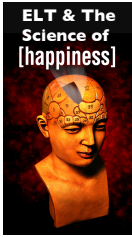
The weight in your heart is heavy.

You can **put it down**

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“When you forgive, you don't change the past. You change the future.” B. Meltzer

Language focus: present simple, past simple, understanding discourse
Positive psychology focus: Happy people forgive



The science of happiness ⑤

Forgive.

Do you know the word “forgive”?

Read this:

For·give *past tense forgave, past participle forgiven*

1 to stop being angry with someone and stop blaming them, although they have done something wrong
- Longman Online Dictionary of Contemporary English

To be happy, we really have to learn to forgive people who hurt us.

1 Read these ideas about forgiveness.

Do they make sense to you? Which do you like?
Number them, 1-6. (1 = best idea).

Forgiveness is not forgetting.

Forgiveness is letting go of pain. – Kathy

Not to forgive “is like drinking poison, then

waiting for it to kill your enemy” - Nelson Mandela

It takes a strong person to say, “I’m sorry.”

It takes a stronger person to forgive. - unknown

“Goodbye” is easier to say than “I was wrong” - unknown

When you forgive, you don’t change the past.

You change the future. – Bernard Meltzer.

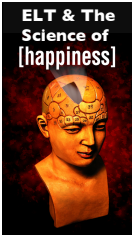
If you can’t forgive someone, you don’t really love them. -unknown

2 Compare your answers with a friend. Talk about “why”.

3 Is there anyone you want to forgive? Who?

Language focus: understanding proverbs
Positive psychology focus: Happy people forgive

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The science of happiness ®

Moving on.

Everyone has problems.

Happy people know that they will pass.

① Think of a big problem you had in the past.
How will you explain it in English?

② What helped you get past the problem?
Something you did? Someone else? Time?

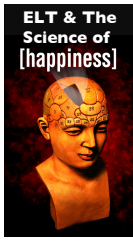
③ Work with a partner.
Talk about the problem.
How did you get past it?

Partner, comment:



Language focus: past narrative
Positive psychology focus: Happy people learn to deal with stress and problems.

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The science of happiness ①

My top five

Happy people remember good things in their lives.

① What are the five best things in your life in the last year?





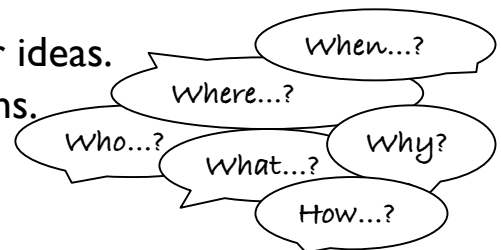


Ideas:

- things you did
- people
- things you learned

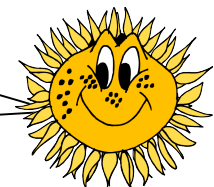


② Work with a partner. Tell about your ideas.
Listen to your partner. Ask questions.



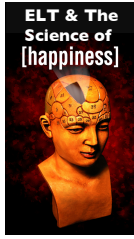
③ If there is time, change partners. Keep going.

Try thinking of 5 good things every week.
Notice how good you feel!



Language focus: past simple, asking questions
Positive psychology focus: Happy people remember good things in their lives.

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The science of happiness ②

Compliments

A “compliment” is when you say something nice about someone.

① Work in groups of 4-5.

Think of one *true* compliment for each person.

You’ve got a beautiful smile.

That’s a really nice scarf.

You’re really nice

Cool jacket!

You’re always on time.

You’re so smart.

“smart” = intelligent

You are really creative.

② Compliment each partner.

Partner, just say, “Thank you.”

③ When you finish, remember each compliment.

Yumi said I have a nice smile.

J.J. said I am creative.

Every time you remember a compliment, smile.



Language focus: compliments, reported speech
Positive psychology focus: Happy people do kind things for others.

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The science of happiness ③

“Thank you” to the world

Happy people thank people. They also notice good things in their lives.

I want to say “grazie” to Italy. They gave the world some great art.

They gave the world pizza, too.

I’ll say “shukran” to Egypt. They created math.

I don’t like math, but it is important.

I want to say “she she” (xie xie) to China because I love Chinese food.

Me, too.



① Work with a partner. Can you say “thank you” in other languages? Which ones?

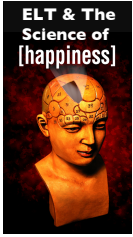
Write the “thank you” words in the black boxes. Write the countries on the line.

“Thank you” word	country	reasons
grazie	Italy	great art, pizza

② Think of reasons to thank people in those countries. Write the reasons .

③ Join another pair. Share your ideas.

Language focus: giving reasons
Positive psychology focus: Happy people express gratitude



The science of happiness ① & ⑦

Positive words # 1



Happy people notice good things in their lives.


① These are “positive words”.

Read the words. Notice what you think of.

Choose 5 you will use today. Check () your words.

- | | | |
|--------------------------------------|------------------------------------|--|
| <input type="radio"/> good | <input type="radio"/> joy | <input type="radio"/> nice |
| <input type="radio"/> helpful | <input type="radio"/> happy | <input type="radio"/> love |
| <input type="radio"/> smile | <input type="radio"/> kind | <input type="radio"/> great |
| <input type="radio"/> fun | <input type="radio"/> cool | <input type="radio"/> sweet (sometimes means nice/cool) |
| <input type="radio"/> enjoy | <input type="radio"/> super | <input type="radio"/> laugh |

② Put away the paper. What are your 5 words? How many more do you remember?

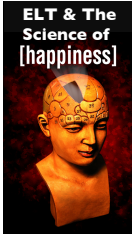
③ Use these words today. When you do, circle () the words (or draw 😊).

Language focus: adjectives

Positive psychology focus: Happy people remember good things and notice good things as they happen.

This activity grew out of a conversation with Kris Bayne. Thanks Kris.

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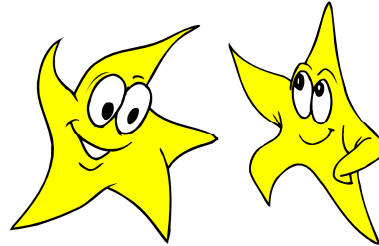
The science of happiness ① & ⑦

Positive words # 2

Happy people notice good things in their lives.

① These are “positive words”.

Read the words. Do you know the meanings?
You can use a dictionary or ask a friend.



Notice what you think of.

Choose 5 you will use today. Check () your words.

- wonderful** **incredible** **pleasant**
- excellent** **delightful** **peaceful**
- enjoyable** **fabulous** **fantastic**
- terrific** **brilliant** **amazing**
- awesome** **marvelous** **outstanding**

② Put away the paper. What are your 5 words?
How many more do you remember?

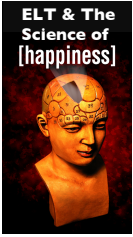
③ Use these words today. When you do, circle () the words (or draw ☺).

Language focus: adjectives

Positive psychology focus: Happy people remember good things and notice good things as they happen.

This activity grew out of a conversation with Kris Bayne. Thanks Kris.

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The science of happiness ②

Random Acts of Kindness

“Random acts of kindness” are unexpected, kind things.
Happy people do kind things. It feels *good!*

① These are nice things that are easy to do. Write at least two more.

- Say “thank you” to someone at school.
(ideas: the cleaning people, the office staff, etc.)
- Give up your bus/train seat to an old person or someone with a baby.
- Smile at someone who is not smiling.
- Pick up a bicycle that fell over.
- Compliment someone (say something nice).
- Pick up some garbage outside. Throw it away (It is kind to the earth).
- Turn off a light that isn’t needed. (Also kind to the earth).
- Send an email or ecard* to friends.
Tell them how much care about them.
- _____
- _____

② Which will you do today?
Check (☐) all of them you promise yourself you will do.

③ Tonight, think about you did today. Feels good, doesn’t it?
What will you do tomorrow?
How will you feel when you do one extra “act of kindness” every day?

* “ecards” are internet greeting cards. Find a site by searching: *free ecards*

Language focus: imperatives
Positive psychology focus: Happy people do kind things for others.

Thanks to Tim Murphey for some of the ideas on this tasksheet and for introducing me to the term “random acts of kindness”.

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