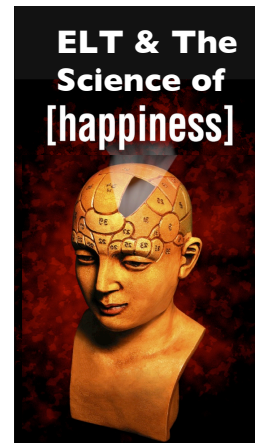


Using ELT and the Science of Happiness tasks with the *English Firsthand* series.



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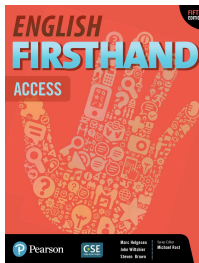
(updated: Jan. 2018)

I'm quite interested in positive psychology (TIME magazine calls it "The science of happiness"). I've started a website to provide happiness ELT activity downloads. The URL is www.ELTandHappiness.com

Here are ways you can use those activities to supplement the books in the *English Firsthand* series. Activities marked "*" are in the "**10 minutes for happiness**" section. These are short warm-up/cool down tasks.

You'll note that some of the tasks I suggest with more than one book. That's because they are personalized and fairly open. So students can do them at a variety of levels. The easiest way to find specific tasksheets is to use the search box in the top, right corner of the website.

Hope you and your students enjoy these.



English Firsthand Access: (only a few. Most of

the activities on the website are at a higher level than Access.)

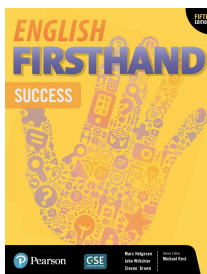
Any time: *I really appreciate...*, *Savoring fluency activity*. *Energy Breaks* (on the "take care of your health and your body" page)

Unit 1 (Introductions) *Smile**, *Balloon Toss*

Unit 5 (Family) *My Family**

Unit 12 (Future) *Good times ahead*

End of the school year: *An award for you*



English Firsthand Success:

Ongoing – *Happiness Journal*

Before school breaks or the end of term: *Good times ahead*.

After school breaks: *5 photos*

Any time: *I really appreciate...*, *Savoring fluency activity*. *Energy Breaks* (on the "take care of your health and your body" page)

December/January – *My top 5**, *My Gratitude List*

Warm-up on test days: (something a little unusual to "lighten up" and deal with stress: *Positive self-talk neck massage circles*, *Smile writing*, *Eat a blueberry with mindfulness*, *Laughter yoga notes*)

Unit 1 (Introductions) *Smile**, *Balloon Toss*

Unit 2 (Fashion) *Compliments**

Unit 3 (Health/Happiness) *Happiness dictation, Health** (or save *Health* for unit 11 [modals]), *5 photos, I really appreciate...* Note that this pairwork introduces major ideas from positive psychology.

You may want to substitute *Happiness Dictation* for the pairwork (the content is the same). Or follow up the unit with *Happiness haiku task*

Unit 4 (directions) *Random acts of kindness** [many of the ideas are in the imperative so it matches the grammar]. Related to “Random acts” is *Choco Ninja. Human Robots (imperatives)*

Unit 5 (Describing things) *Positive words* 1 or 2, Three good things happened today, Enjoyment makes sense*

Unit 6 (Future) *Good times ahead, Savoring fluency activity.*

Review unit *Happiness Haiku, Savoring fluency activity.*

Unit 7 (Past) *Someone special*, My top five*, Forgive* Gratitude letter, I felt wonderful, 3 good things, Hardwire Happiness.*

Unit 8 (Animals/nature) *Good things right now** [this doesn’t actually tie in with the unit. But unit 8 is the only unit without a clear happiness tie in. Good things right now is a good activity so I put it here].

Unit 9 (Abilities) *Thank you to the world*, Smile writing* (like one of the items in the pairwork.) *Smile writing* is located in the “Take care of your body” section. *I really appreciate...*

Unit 10 (likes/dislikes; gerund/infinitive) *Feels so good.*

Unit 11 (Rules/modals) *Health**

Unit 12 (Stories, sequences) *Someone special**

End of the year: *An award for you*



English Firsthand 1

Ongoing – Happiness Journal

Any time: *I really appreciate...*, *Savoring fluency activity. Energy Breaks* (on the “take care of your health and your body” page)

Before school breaks or the end of term: *Good times ahead.*

December/January – *My top 5**, *My Gratitude List*

Warm-up on test days: (something a little unusual to

“lighten up” and deal with stress: *Positive self-talk neck massage circles, Smile writing, Experiencing a blueberry, Laughter yoga notes*

Unit zero: *Smile**, *Balloon Toss* and/or *Happiness dictation* (If you use *Happiness dictation* here, considering following it up with *Happiness Haiku*. This can either be a week or so later to reinforce the ideas, or quite a while later [e.g., during the mid-book review unit] to remind them. *Happiness Haiku* deals with the same content as the dictation, but requires deeper thinking by the students.)

Unit 1 (Introductions) *Smile**

Unit 2 (descriptions/family) *Compliments*, positive words*, My family*, Thank you letter to someone in your family**

Unit 3 (routine) *Good things right now.* 3 good things happened today.*

Unit 4 (homes/prepositions of place) (no special suggestion [prepositions are not particularly ☺ or ☹] Use one of the previous suggestions not used before)

Unit 5 (directions) *Random acts of kindness* (the connection is grammar – most are imperatives), *Human robots.*

Unit 6 (past) *My top 5**, *Forgive**, *Someone special**, *Moving on**, *I felt wonderful*, 3 good things, *I really appreciate...*, *Hardwire Happiness*.

Review Unit *Happiness Haiku*, *Savoring fluency activity*

Unit 7 (abilities/interests) *Make it stronger*, *You're a good student, aren't you?*

Unit 8 (invitations) (no special suggestion, use one of the previous suggestions you didn't use before.)

Unit 9 (future) *Good times ahead*, (smile) x 3 + 3 +3, *I really appreciate...*

Unit 10 (shopping) (No special suggestion)

Unit 11 (instructions) *Human Robots* (imperatives)

Unit 12 (music) *Feels so good*. *An award for you*



English Firsthand 2

Before school breaks or the end of term: *Good times ahead*.

Any time: *I really appreciate...*, *Savoring fluency activity*. *Energy Breaks* (on the “take care of your health and your body” page)

December/January – *My top 5**, *My Gratitude List*

Warm-up on test days: something a little unusual to “lighten up” and deal with stress: *Positive self-talk neck massage circles*, *Smile writing*, *Eat a blueberry with mindfulness*.

Unit zero: *Smile**, *Balloon Toss* and/or *Happiness dictation*, 5 photos

Unit 1 (introductions) *Smile**, 3 good things happened today.

Unit 2 (emotion) *Compliments**, *positive words** *Laughter yoga notes*. Note that the Real Stories (p. 27) is about laughter yoga. The handout on the web site gives you instructions for introducing laughter yoga exercises to your students. There are also posters about *Health benefits of laughter* and *10 reasons to smile* in the “Posters” section of the website.”

Unit 3 (going places [comparatives]) (No special suggestion. Use one of the other activities you haven't used before.)

Unit 4 (interests [comparatives/superlatives] *Positive words #2* [because they are strong words, so tie into superlatives meaning-wise if not grammatically)

Unit 5 (reasons) – *Thank you to the world**, *Savoring fluency activity*

Unit 6 (culture) - *Thank you to the world** [if not done for #5), *Savoring wabi sabi*, *My gratitude list* (students often list things from their culture).

Review Unit *Happiness Haiku*, *Savoring fluency activity*,

Unit 7 (past) *My top 5**, *Forgive**, *Hardwire Happiness*, *My gratitude list* (if not used for unit 6). *I felt wonderful*. *Gratitude letter* is the same as the content of Real Stories (p. 71). The handout from the website might make it easier for the students to actually give their letter to the person they write about since there is a section where they explain, in their first language, that it is something they did at school.

Unit 8 (making plans) *Good times ahead*

Unit 9 (advice) *Health**

Unit 10 (Stories) *Feels so good*, *Someone special*.

Unit 11 (opinions) *Random acts of kindness**, *Good advice**

Unit 12 (Future plans/dreams/goals),

End of the year: *An award for you*, *Our stories*

I wish you and your students success and great happiness. -- Marc

