

The science of happiness ⑥

# Take care of your health

Happy people take care of their bodies.

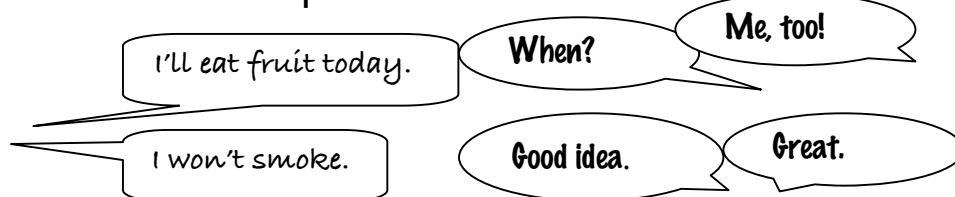
## ① These are health things.

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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