



Feeling happy

Lesson code: 113H-Q469-Z7CD

PRE-INTERMEDIATE

British English

1 What makes you happy?

Rank the things below from 1-10, with 1 the thing that makes you the happiest. Then compare your answers with a partner.

- Going on holiday
- Listening to your favourite music
- Making a new friend
- Chocolate
- Finding some money
- Cooking
- Walking in the countryside
- Looking at old photos
- Buying something new
- Passing a test

Think of two things that aren't in this list that make you happy.

2 The world's happiest countries

In 2018, the United Nations published a list of the world's happiest countries. To help them make this list, they looked at the results from many different surveys. Below, put the countries in what you think is the correct order.

- Australia
- Iceland
- Canada
- the Netherlands
- Denmark
- Sweden
- Finland
- Switzerland

Happiness rank	Country
1.	
2.	Norway
3.	
4.	
5.	
6.	
7.	
8.	New Zealand
9.	
10.	



3 Advice for happiness

Match the sentence halves.

- | | |
|---------------------|-------------------------|
| 1. Do things | a. around you. |
| 2. Take care | b. for others. |
| 3. Notice the world | c. new things. |
| 4. Keep learning | d. of something bigger. |
| 5. Have goals | e. of your body. |
| 6. Be part | f. to look forward to. |

4 Grammar: Verb + ing (gerund)

Look at the box below.

We usually use the **-ing form (gerund)** after some verbs. For example:

hate	enjoy	can't stand	finish
don't mind	like	love	spend time

- Luke **loves playing** football.
- She **likes going** to the cinema.
- Amy **enjoys walking** in the forest.

Now, complete the sentences with the verbs below in the correct form.

buy **do** **help** **paint** **swim** **tidy** **wash**

1. Tara loves walking her dog.
2. Oliver doesn't mind _____ his mum in the kitchen.
3. Hugo finished _____ his homework an hour ago.
4. Sophie spends time _____ pictures at the weekends.
5. James enjoys _____ in the sea.
6. Louise can't stand _____ the dishes.
7. Josh hates _____ his room.
8. Kate likes _____ new clothes.



5 Practice

Complete the sentences below so that they are true for you, e.g: "I like going to parties."

- 1. I like
- 2. I don't mind
- 3. I often spend time
- 4. I enjoy
- 5. I can't stand
- 6. I love

Now work with a partner. Ask and answer questions like in the examples below. For each question, use the verb 'do'.

Example: What do you enjoy doing?
I enjoy playing the guitar.

Example: What don't you mind doing?
I don't mind going to the supermarket.



1 What makes you happy?

Get class feedback after the activity.

2 The world's happiest countries

Go through the answers with students at the end of the activity.

1. Finland 2. Norway 3. Denmark 4. Iceland 5. Switzerland 6. The Netherlands 7. Canada 8. New Zealand, 9. Sweden, 10. Australia

3 Advice for happiness

Students can work in pairs and check answers with the teacher.

1. b 2. e 3. a 4. c 5. f 6. d

4 Grammar: Verb + ing (gerund)

Make sure students understand the explanation.

2. helping 3. doing 4. painting 5. swimming
6. washing 7. tidying 8. buying

5 Practice

Monitor the activity. Help students form questions if necessary. Get class feedback after the activity.

