

Feeling happy

Level: PRE-INTERMEDIATE (Vocabulary & Grammar)

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 Walking in the countryside Looking at old photos Cooking
Passing a test Buying something new

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 Canada Denmark Finland
Iceland the Netherlands Sweden Switzerland

<i>Happiness rank</i>	<i>Country</i>
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
7. I hate

(Optional Activity with a partner)

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.