Unit 9 Happiness Answers

Happiness

New nuns playing ball at their monastery in Arequipa, Peru

Answers will vary.
Students should give reasons and examples to support their answers.

WARM UP
Answer these questions with a partner.
1. What are some things that make you happy?
2. Do you think people in your country are generally happy?
3. Which country do you think has the happiest people?

In Pairs: Ask students to do more research about happiness in relation to countries. Tell them to do a
LEsson A

What makes you happy?

A Hopi woman laughing. Research has shown that laughter lowers your stress, improves your health, and makes you happier.

LISTENING

A. What's important for you to be happy? Choose five things from the list below. Rank them from 1 (most important) to 5. **Answers will vary. Circled items are mentioned by the speaker.**

- hobbies
- family
- good health
- a lot of money
- having goals
- helping other people
- a good education
- a nice house
- enough money
- friends
- a pet
- other

B. Listen for the main idea. Listen to the beginning of a conversation. Which of these statements are true? Check [✓] all that are correct.

- One person read a book about happiness.
- Happiness is different for each person.
- Both people like to cook.
- Some things make almost everyone happy.

C. Listen for details. Listen and look at the list above in A. Which things did the speaker say are important? Circle them.

D. Discuss with a partner. Show your ranking in A to your partner. Say why you chose those things.

I ranked "a lot of money" number 3. In my opinion, you need money to be happy.

Really? I don't think you need a lot of money to be happy, but it helps.
CONVERSATION

A. Listen to the conversation.

A: What do you think people need to be happy?

B: I think money is the most important thing.

A: Really? Why do you think that?

B: Because if you have money, you can buy things you want.

A: That’s true. I think that’s important, but I think your family is important, too.

B. Practice with a partner. Use the words on the right.

C. Practice again. Talk about things that make you happy.
The Happiest Places on Earth

READING
A. Read. Read the passage on the next page. As you read, try to complete words 1 to 9.

B. Listen for details. Check your answers.

C. Work with a partner. Look again at the list of things that make people happy on page 92. Which ones are common in San Luis Obispo? 


LISTENING
A. Listen for details. Denmark is one of the happiest countries in the world. Listen. Are the sentences below true or false?

<table>
<thead>
<tr>
<th>Most Danish people</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. pay high taxes</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>2. enjoy the long winters</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>3. spend a lot on healthcare</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>4. work part time</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>

B. Listen again. Complete the missing information.

1. Danes pay taxes of up to ___60___%.
2. ___95___% of all Danes are members of a club.
3. ___30___% volunteer to help other people.
4. Most Danes work ___37___ hours each week.
5. They usually have ___6___ weeks of vacation.
6. Almost ___30___% bike to work.

DISCUSSION
Comparing and contrasting two things. With a partner, say how your country is the same as and different than Denmark and San Luis Obispo. Use the language below.

Both San Luis Obispo and my hometown of Valencia are pretty laid-back. People in San Luis Obispo are really healthy, but many people in Valencia smoke. Neither Denmark nor my country have low taxes.
Dan Buettner’s book Thrive lists it as one of the happiest cities in the U.S. Why?

THE CITY
- is close to both the (1) ocean and the mountains. It has a lot of natural beauty and many places to hike or bike.
- is laid-back. There are lots of parks, cafés, and open areas where people can relax. Even in the downtown area, there are very few cars and almost no (2) traffic.
- is very safe—many people don’t lock their (3) doors, day or night.
- has a lively arts scene—every summer, there are several free concerts and art (4) festivals.
- is a (5) healthy environment. Food is fresh, and there is no (6) smoking in restaurants and most outdoor public places.

THE PEOPLE
- are known for their high levels of emotional well-being. They smile more and experience less (7) sadness than people in other U.S. cities.
- are very active; many (8) bike to work or school.
- are sociable. They spend a lot of time with (9) family and friends. Many also volunteer and help others in the community.
An Island Paradise

BEFORE YOU WATCH

About the video. Molokai, in Hawaii, is known as “the Friendly Island.” The people who live there are famous for being laid-back and having happy lives.

Read the quotes below. Three of them are from the video, and one of them is not. Which quote is NOT from the video?

1. “Molokai is just a very laid-back, slow pace island. There is no rushing.”

2. “Molokai’s a very beautiful place, and the people are nice, but sometimes I wish there was a little more excitement.”

3. “We don’t need whatever the other islands have. We can live with whatever we have here.”

4. “A lot of the people that come and visit our island want to make big changes, but you know what? We don’t need the changes.”

WHILE YOU WATCH

Check your answers. As you watch, check your answer to the question above.
AFTER YOU WATCH

A. What do you remember? Why are the people in Molokai so happy? Make a list of reasons.

B. What do you think? Do you think Molokai is paradise? Check (√) the sentence that best describes your opinion. **Answers will vary based on personal opinions.**

- [ ] Yes, this is my idea of paradise. It's beautiful, the people are friendly, and life is laid-back.
- [ ] I don't understand why people think this is paradise. It's so boring! There's nothing to do.
- [ ] It looks relaxing. It's nice for a quiet vacation, but I wouldn't want to live there.

C. Talk with a partner. Share your answers to A, and explain your answer to B.