

# Happiness

*"Happiness is an inside job."*

—Author Unknown

*The quote above is a well-known saying.  
Being happy is also "easier said than done."  
In other words, it takes effort to live a happy life.  
In this lesson, you will read A Prescription for Happiness.  
Do you need to "up your dosage"?*



## Pre-Reading

### A. Discuss

Work together as a class.  
Complete this thought  
with as many nouns and  
phrases as possible:

*Happiness is...*

### B. Warm-Up Questions

1. What affects happiness the most: money, health, or love?
2. What age are people happiest?
3. Should you smile when you are unhappy?
4. Why do we feel happier in some places than others?
5. How long does a hug usually last?

### C. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- |                                |  |
|--------------------------------|--|
| _____ 1. genetics              | a) to have a feeling of excitement for something happening in the future |
| _____ 2. miserable             | b) the date something is due to be finished                              |
| _____ 3. age-appropriate       | c) one's overall feeling (e.g., happy, sad)                              |
| _____ 4. fake                  | d) positive things in life, such as health, friends, and a good job      |
| _____ 5. mood                  | e) the study of inherited genes  |
| _____ 6. deadline              | f) thankfulness and appreciation for one's blessings                     |
| _____ 7. look forward to       | g) very unhappy  |
| _____ 8. blessings             | h) suitable for a certain stage of development                           |
| _____ 9. gratitude             | i) with a happy(ier) thought or with an activity that makes one happy    |
| _____ 10. on a happy(ier) note | j) not real  |

# Reading

## A PRESCRIPTION FOR HAPPINESS

### 1. *Understand the statistics.*

**Genetics** determine about 50% of your happiness level. 10% comes from external factors like health and income. The rest is up to you. If you weren't born happy, work harder at it.

### 2. *Don't think about your age.*

Worrying about how old you are getting will make you **miserable**. Happy people don't care about **age appropriateness**. If you want to wear pigtails, go for it. Most people get happier after the age of 50.

### 3. *Smile even if you're faking.*

Health experts say that smiling releases natural pain-killers. These may help you fight off colds and flus. A **fake** smile is better than no smile.

### 4. *Surround yourself with happy.*

Happiness is mainly an inside job. However, a beautifully decorated room or office can improve your **mood**. Beautify the room you spend most of your time in. Stay organized.

### 5. *Hug for at least 6 seconds.*

A hug with a close friend or family member should last at least 6 seconds. Studies show that children who are hugged a lot become happier adults.

### 6. *Keep a daily to-do list.*

Meeting goals and **deadlines** increases a sense of well-being. Make a new list each day, and always plan something to **look forward to**.

### 7. *Count your blessings.*

Even on bad days, you have to be grateful. Experts recommend keeping a **gratitude** journal. For best results, count your **blessings** before you go to sleep.

### **Bonus Tip:**

Always end your day or activity **on a happy note**. This is the part you will remember and share with the world.

# Comprehension

Read the statements below. If the statement is true, write T beside the sentence. If it is false, write F and correct the information.

- \_\_\_\_\_ 1. A quick hug is better than a long hug.
- \_\_\_\_\_ 2. We control less than 50% of our happiness.
- \_\_\_\_\_ 3. Deadlines make us miserable.
- \_\_\_\_\_ 4. A smile should last at least six seconds.
- \_\_\_\_\_ 5. A gratitude journal is a way to keep track of your blessings.

# Vocabulary Review

## A. Summarize

### Student A:

Reread 1–3 on page 2. Look up any words that you do not know. Put away the reading and try to retell your half of the prescription to your partner. Don't look at the reading as you speak. Use the words below to help you remember, and cross off each word as you or your partner uses it:

- prescription
- genetics
- miserable
- age appropriateness
- fake

### Student B:

Reread 4–7 on page 2. Look up any words that you do not know. Put away the reading and try to retell your half of the prescription to your partner. Don't look at the reading as you speak. Use the words below to help you remember, and cross off each word as you or your partner uses it:

- mood
- deadline
- blessings
- look forward to
- gratitude

## B. Word Forms

Write the word form for each vocabulary word. Then write example sentences for each word. Use your notebook if you need more room.

#	Word	Word Form	Example Sentence
1	prescribe		
2	prescription		
3	genetic		
4	genetics		
5	misery		
6	miserable		
7	grateful		
8	gratitude		
9	appropriate		
10	appropriateness		

# Describe and Report

## A. Direct Vs. Indirect Speech

### Direct Speech

She said: "My favorite place is my grandma's sun room. There are lots of tropical plants in there. My grandma plays classical music. I feel so happy in that room."

### Indirect/Reported Speech

"She said that she loves her grandma's sun room. She says it's her happy place. She said there are lots of tropical plants in her grandma's sun room. She says she loves the classical music her grandma listens to in there. It makes her happy."

**Tip:**

When reporting things that are still true in the present, you do not need to change the second verb to be "more in the past". It is up to you.

"She said she loves..." or "She said she loved..." are both fine. Some people include "that" after the reporting verb. "She said that she loves..."

## B. My Happy Place

1. Think about the place where you feel happiest.  
Maybe it is a restaurant, a beach, or your very own bedroom.
2. Describe this "happy place" to a partner.
3. Take notes as your partner describes his or her "happy place."
4. Tell the class about your partner's happy place. Use "indirect/reported speech." Common reported speech verbs are "said," "told," and "asked."

# Role-Play

## DOCTOR'S ORDERS

Create a role-play between a depressed patient and a doctor.  
Why is the patient unhappy, and what does the doctor recommend?  
Practice using words that are marked in bold in the reading.

# Writing

## A. Brainstorm

What is your prescription for happiness? Use this space to brainstorm some ideas.

## B. Make a List

Write your list here, or type it in a blog post or word document.

### MY PRESCRIPTION FOR HAPPINESS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
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10. \_\_\_\_\_  
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