

## **“Happiness”**

**Aims:** to train to speak English expressing own opinion on the theme, to bring up a respectful attitude to the opinions of other people, to develop listening, reading, writing, speaking skills and to develop interest to learning English.

**Equipment:** presentation "Happiness", student's book "Get 200"

### **Lesson plan:**

#### **Beginning of the lesson**

##### *I. Greeting*

**Teacher:** Good morning, pupils! I am glad to see you too. Send me your smile. Send your smile to each other.

##### *II. Aim*

**Teacher:** Dear boys and girls! Today we are going to speak about one of the most important things in the life of every person - about happiness, What is happiness? When do we feel happy or unhappy? The questions are not easy to answer. I want to begin our lesson with the words of Franklin Roosevelt: "Happiness lies in the joy of achievement and the thrill of creative effort." And till the end of our lesson I'd like everybody to find the answer what is happiness for you.

#### **Main part of the lesson**

##### *III. Warming-up*

**Teacher:** What is happiness for you? (3-4 students answer the question)

**Teacher:** As you see each of you has his own idea of happiness. If you look up in a dictionary you will read: "Happiness is a feeling of pleasure, satisfaction, luck and good fortune" The description is vivid, but is not complete.

**Teacher:** Have you ever been happy?

Are you happy now?

When are your parents happy?

When are your brothers and sisters happy?

Can old people be happy?

Can little children be happy? (the students answer the questions)

**Teacher:** As you see different people have different ideas of happiness.

#### *IV. Listening*

**Teacher:** Everyone tries to find happiness in something pleasant (family, friends, hobbies, sport). Many people try to relax during the shopping, or become popular wearing designer clothes, especially women. Now, open your books at the page 120. You will hear twice four extracts concerning the fashion industry. For each sentence choose the answer which fits best according to what you hear. Put the answer in the correct column. There is one extra sentence, you do not need to use.

#### *V. Reading*

**Teacher:** Now let us read the text about food that make us happy. While reading we have to choose the correct answer to fill in the gaps so that we obtain a logical and grammatically correct text.

#### *VI. Speaking*

**Teacher:** Do you agree or disagree with these opinions on happiness?(explain)

1. Money makes you happy.
2. The older you become, the happier you are.
3. Men are happier than women.
4. Married people are happier than single people.
5. People in warmer climates are happier than people in colder climates.
6. It's hard to be happy in today's world.
7. Every country should have a Minister of Happiness.

**Teacher:** Here you have the 10 secrets to a happy life. Let us read and discuss them.

#### **1. GIVING**

Do things for others - volunteer to work for a charity in your spare time

#### **2. RELATING**

Connect with people - get in touch with friends with whom you have lost contact

#### **3. EXERCISING**

Take care of your body - go for a run.

#### **4. APPRECIATING**

Notice the world around - take time to appreciate wildlife in your area.

#### **5. TRYING OUT**

Keep learning new things - learn a new language.

#### **6. DIRECTION**

Have goals to look forward to - make resolutions and stick to them.

#### **7. RESILIENCE**

Find ways to bounce back - learn from defeats to do things better in the future.

## **8. EMOTION**

Take a positive approach - focus on the happy moments of your life rather than the sad.

## **9. ACCEPTANCE**

Be comfortable with who you are - do not dwell on your flaws.

## **10. MEANING**

Be part of something bigger - join a society or club.

### *VII. Writing*

**Teacher:** What do you need to be happy? Could you write 5 things which are necessary for your happiness? (Some students read their sentences to the class.)

### *VIII. Video*

## **The final part of the lesson**

### *1. Summarizing*

**Teacher:** A man will be happy if everyone around him is happy. Can a man share his happiness? Of course. I'll give you a wonderful recipe of happiness: "Take a bowl of patience, pour full heart of love into it, add two handful of generosity, sprinkle with kindness, splash a bit of humour and add faith as much as possible. Mix everything thoroughly. Spread on a slice of the life given to you and offer to everyone whom you meet on your way."

I wish we all would be happy and the feeling of happiness, this splendid and exciting feeling, would never leave us.

Dear students open your diaries and write down your homework: Write an essay "The happiest day in my life".

Dear students thanks for your job! Don't forget to prepare your homework. You may go. Good - bye!