

## HAPPINESS



### Activity 1: Warm-up

- How do you define happiness? What is important for you?

friends	a good job	independence	family
money	stability	success	(your choice)

- Work in pairs and collect synonyms for the word “happy”.

pleased	glad	content	cheerful	exuberant	alive	joyful
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If possible, create nouns or verbs from the words above.

pleasure to please	X	content	cheerfulness to cheer up	exuberance	X	joy joyfulness
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- Money doesn't bring happiness. Do you agree with this statement?
- How do you define being rich?
- Work in pairs and find synonyms for the word “rich”.

wealthy	affluent	well-to-do	well-off	prosperous	tycoon
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- What would you do if you won a lottery?

## Activity 2: TED talk - Michael Norton: How to buy happiness

### Before watching

#### 2A: Match the halves to make expressions.

1.	to go into E	A	polls
2.	to measure F	B	schools
3.	to hold D	C	paper
4.	political A	D	true
5.	low-income B	E	debt
6.	a slip of C	F	happiness

#### 2B: Vocabulary: Match the words (1-10) with their definitions (A-J).

1.	a dodge ball B	A	a student who is studying for a first degree at a college or university
2.	a donation I	B	a game played by children standing in a circle using a large rubber ball that one child throws at another, who tries to avoid being hit
3.	a glossy D	C	to illegally get money or information from someone by using force or threats
4.	a jerk F	D	a photograph printed on shiny paper
5.	an incentive H	E	not very important, serious, or valuable
6.	an undergraduate A	F	someone who does stupid, annoying, or unkind things
7.	antisocial J	G	to annoy someone
8.	to bug someone G	H	a thing that motivates or encourages someone to do something
9.	to extort C	I	money or goods that you give to an organization, especially one that helps people
10.	trivial E	J	not interested in meeting other people, or not enjoying friendly relationships with them

Definitions A,B,C,E,F,G,I,J: <http://www.macmillandictionary.com/>

Definitions D,H: <http://www.oxforddictionaries.com/>

#### 2C: Fill the gaps with the word from the activity 2B. Put them into the correct form where necessary.

- If you want to help people in need, you can make a **donation** to charity.
- He is aggressive and displays **antisocial** behaviour.
- I don't understand why she cries over **trivial** matters.
- Mobsters often **extort** money from small businesses.
- He kept **bugging** me to lend her money.



2D: Watch the TED talk and answer the questions:

*To watch the speech scan the QR code or go to [http://bit.ly/AT\\_Happiness](http://bit.ly/AT_Happiness)*

1. What happens to people if they win a lottery?

*They go into debt and their social relationships get ruined.*

2. What would readers do if they won a lottery?

*They would buy their own mountain and build a house on top, they would take money bath, take a picture and send it to everyone begging for money.*

3. Why generally money doesn't make us happy?

*Because we spend it on the wrong things and on ourselves.*

4. What was the experiment in Canada about? Explain the rules and the results.

*The undergraduates taking part in the experiment were supposed to either spend the money they got on themselves or on other people. Researches called at the end of the day and asked how happy the participants were. People who spent money on other people got happier. The mood of people who spent money on themselves hadn't changed.*

5. How were the results different in Canada and Uganda?

*People in Canada and Uganda had different motivations when they spent money on other people. In Uganda the reasons weren't as trivial as in Canada.*

6. Explain the global correlation between charity and happiness.

*Giving money to charity is positively correlated with happiness – people who donate money, are happier than people who don't.*

7. Present the experiment in Belgium. What were the results?

*Members of sales teams were supposed to spend money either on themselves or on their teammates. The teams which are prosocial sell more products. Letting people spend money on their team is a return on investment.*

8. What project does Michael Norton present as a good start of handling money in a different way?

*You can support projects helping low-income schools.*

9. If money can't buy happiness, you're not spending it right. - How do you understand this statement?

### Activity 3: Macklemore – Wings

#### 3A: Speaking

- Are commodities/gadgets/devices/brands etc. important in our society? Yes/no? No?
- Are brands important to you? Are they important in our society?
- Do you remember anything special (a gadget, something to wear, a toy etc.) which made you happy and you dreamt about it as a child?



#### Macklemore – Wings

Produced by Ryan Lewis  
 Written by Ben Haggerty, Hollis Wong-Wear  
 Composed by Ryan Lewis, Andrew Joslyn

#### 3B: Watch the video, listen to the song and fill the gaps with the given words.

*To watch the video scan the QR code or go to [http://bit.ly/AT\\_Happiness](http://bit.ly/AT_Happiness)*

I was seven years old, when I got my first pair  
 And I stepped outside  
 And I was like, "Momma, this air bubble right here, it's gonna make me fly"  
 I hit that court and when I jumped, I jumped, I swear I got so high  
 I touched the net, "Momma, I touched the net," this is the best day of my **life**  
 Air Max's were next,  
 That air bubble, that mesh  
 The box, the smell, the stuffin', the tread,  
 In school I was so cool  
 I knew that I couldn't crease 'em  
 My friends couldn't **afford** 'em  
 Four stripes on their Adidas  
 On the court I wasn't the best, but my kicks were like the **pros**  
 Yo, stick out my tongue so everyone could see that logo  
 Nike Air Flight, but bad was so dope  
 And then my friend Carlos' brother got **murdered** for his Fours, whoa  
 See he just wanted a jump shot, but they wanted to start a cult though  
 Didn't wanna get caught, from Genesee Park to Othello  
 You could clown for those Pro Wings, with the Velcro  
 Those were not tight

I was trying to fly without leaving the ground,  
Cause I wanted to be like Mike, right  
Wanted to be him,  
I wanted to be that guy, I wanted to touch the rim,  
I wanted to be cool, and I wanted to **fit in**,  
I wanted what he had, America, it begins  
I want to fly,  
Can you take me far away?  
Give me a star to reach for  
Tell me what it takes  
And I'll go so high  
I'll go so high  
My feet won't touch the ground  
I stitched my wings  
And pull the strings  
I **bought** these dreams  
That all fall down  
We want what we can't have, **commodity** makes us want it  
So **expensive** damn, I just got to flaunt it  
Got to show 'em, so exclusive, this that new shit  
A hundred dollars for a pair of shoes I would never hoop in  
Look at me, look at me, I'm a cool kid  
I'm an individual, yeah, but I'm part of a movement  
My movement told me be a **consumer** and I **consumed** it  
They told me to just do it, I listened to what that **swoosh** said  
Look at what that **swoosh** did  
See it consumed my thoughts  
Are you stupid, don't crease 'em, just leave 'em in that box  
Strangled by these laces, laces I can barely talk  
That's my air bubble and I'm lost if it **pops**  
We are what we **wear**, we **wear** what we are  
But see I look inside the mirror and think Phil Knight tricked us all

Will I stand for change or stay in my box  
 These Nikes help me define me, but I'm trying to take mine off  
 I want to fly  
 Can you take me far away?  
 Give me a star to reach for  
 Tell me what it takes  
 And I'll go so high  
 I'll go so high  
 My feet won't touch the ground  
 I stitched my wings  
 And pull the strings  
 I **bought** these dreams  
 That all fall done  
 It started out with what I wear to school  
 That first day, like these are what make you cool  
 And this pair, this would be my **parachute**  
 So much more than just a pair of shoes  
 Nah, this is what I am  
 What I wore, this is the source of my **youth**  
 This dream that they **sold** to you  
 For a hundred dollars and some change  
 Consumption is in the **veins**  
 And now I see it's just another pair of shoes

afford	bought (x2)	commodity
consumed	consumer	expensive
fit in	life	murdered
parachute	pops	pros
sold	swoosh (x2)	veins
wear (x2)	youth	