

Body, Mind, Happiness

Task 1.

Answer the following questions:

1. What can you do to be healthy?
2. Does it matter what you eat?
3. Is it important to have a beautiful body?
4. Is it important to be smart and well educated?
5. What do you do to be happy?

Task 2.

Finish the sentence below:

Happiness is _____.

Task 3.

Write things or activities that make you happy in the boxes below. Then share your ideas with your partner and see how they are similar or different.

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Teachers' Notes

You can use a number of tasks to introduce the topic. You may use the worksheet, or perhaps for task 2 you could give our slips of paper and ask students to write their own definitions of happiness following your example on the board e.g.

Happiness is *walking your dog in the afternoon*

Happiness is *dancing with your friends*

Happiness is *having a lie in in the morning*

You can then collect the slips and ask the students to help you arrange the lines into a poem. They may take turns and read out the poem to the group, each reading their own lines.

You may play some relaxation music while the students are chatting or working on their tasks individually.