

# A happiness survey Teacher's Notes

## Aim

This lesson looks at how we evaluate happiness: what makes people happy/unhappy, and where the happiest people in the world live and why.

## Warmer

Write the question *What makes you happy?* on the board. Put the students into pairs and ask them to write a list of ideas.

## 1 Reading

- Put students into groups and ask them to write another list of things which make people happy in general.
- Then ask the students to read the first paragraph of the text quickly and see how many of their ideas are mentioned.
- Ask students to make a list of what they think are the ten happiest nations, according to the survey.
- They can compare their lists in pairs before reading the rest of the text and checking their answers. Ask them if they are surprised by the results.

## 2 Comprehension

- Ask students to answer the comprehension questions individually, referring back to the text if they need to.
- Put the students in pairs to check their answers.
- Check the answers as a class.
- Ask the students for their opinions on the last question.

### Answers

- 1 155
- 2 over the age of 15
- 3 the previous day or month
- 4 Europe
- 5 63rd
- 6 day-to-day feelings and overall happiness
- 7 Countries with high standards of living are ranked higher in the survey.
- 8 It suggests that money gives you a sense of wellbeing, but it won't bring you happiness.

## Websites

Here are some websites with more information.

[worldview.gallup.com](http://worldview.gallup.com)

[www.apa.org/monitor/jan01/positivepsych.aspx](http://www.apa.org/monitor/jan01/positivepsych.aspx)

[www.forbes.com/2010/07/14/world-happiest-countries-lifestyle-realestate-gallup-table.html](http://www.forbes.com/2010/07/14/world-happiest-countries-lifestyle-realestate-gallup-table.html)

[www.targetmap.com/viewer.aspx?reportId=2903](http://www.targetmap.com/viewer.aspx?reportId=2903) – shows a world happiness map

## 3 Vocabulary

- Ask students to read the definitions, and look for the words in the text.
- Encourage them to discuss their answers in pairs.
- Monitor and help where necessary.
- Check the answers as a class.

### Answers

- 1 survey
- 2 rate
- 3 scale
- 4 rely on
- 5 joint
- 6 ranked
- 7 performance
- 8 Gross Domestic Product (GDP)

## 4 Writing

- Put the students into small groups, preferably the same ones that they worked in for exercise 1.
- Ask them to write their own happiness surveys, based on their answers in exercise 1 and what they have learned from the happiness survey.
- They should write ten questions.

## 5 Speaking

- Suggest students select a variety of students to interview (e.g. equal number of male and female, a range of ages and nationalities etc.)
- Remind students to record the answers, but to keep them confidential.
- When they have interviewed and recorded the answers, invite each group to give feedback on the results of their happiness survey.
- Invite other groups to comment or ask questions.