

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 10 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 15 years of age.
- 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

www.apa.org/monitor/jan01/positivepsych.aspx

www.forbes.com/2010/07/14/world-happiest-countries-lifestyle-realestate-gallup-table.html

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 learnt from the happiness survey.
- They should write 10 questions.

5 Speaking

- Suggest students select a variety of students to interview (ie 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.