



# Topic

## Conversation for Advanced

Lesson 3  
What guarantees  
happiness?

## Lead in

Answer the question.

□ What are synonyms of **happiness**?

grief

delight

fury

bliss

hatred

contempt

merry



## Target Language

Introduce the learning goals to the student.

In this lesson, we will learn to talk about **what guarantees happiness:**

- read an article about what guarantees happiness;
- learn words and expressions about what guarantees happiness in the passage;
- share your thoughts about what happiness means.

### Key words:

1. fuzzy
2. flourishing
3. contentment
4. linked
5. attributed
6. neuropsychological
7. optimism

## Reading

Read the passage and pay attention to the key words.

All people feel a different range of emotions. Some of these emotions are pleasant and are always wanted to be felt while other emotions we try to avoid as much as possible due to the pain they may cause us. What is perhaps the most popular and desired of these emotions is “Happiness”. While all people are naturally inclined to seek to be happy, one might consider what actually would make him or her happy. Is happiness the same for everyone? What actually defines happiness?



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*Comprehension Check:*

1. *What is the most popular and desired of all emotions?*



## Reading

Read the passage and pay attention to the key words.

Happiness can be considered a **fuzzy** concept and could mean many different things to many people. Some closely related concepts to happiness are well-being, quality of life, **flourishing**, and **contentment**. According to a research study, humans seem happiest when they have: pleasure (tasty food, warm baths, etc.), engagements (or flow, the absorption of an enjoyed yet challenging activity), relationships (social ties have turned out to be an extremely reliable indicator of happiness), meaning (a perceived quest or belonging to something bigger), and accomplishments (having realized tangible goals).



*Comprehension Check:*

- 2. How is happiness defined in the article?*
- 3. On what occasions are humans seem happiest according to a research study?*



## Reading

Read the passage and pay attention to the key words.

Happiness has also been closely **linked** to religion. Such an association may be **attributed** to the social connections of organized religion, and the **neuropsychological** benefits of prayer and belief. To elaborate further, the benefits that make people happier from religion include social contact and support that result from religious pursuits, the mental activity that comes with **optimism** and volunteering, learned coping strategies that enhance one's ability to deal with stress, and psychological factors such as "reason for being."

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*Comprehension Check:*

4. How has happiness been closely linked to religion?

*Explain briefly.*



## Respond to Reading

Complete the task.

Identify what is being described. Choose the correct answer from the box on the right.

1. Finally getting your dream job as a game developer at Nintendo.
2. Enjoying a roasted chicken at a fancy restaurant.
3. Volunteering to give aid to those in need and help the world become a better place.
4. Challenging yourself to learn how to play multiple instruments.

meaning

engagements

pleasure

accomplishments

## Free Talk

Choose one that makes you the happiest, then answer the questions on the right.



- What are other things that can make people happy aside from the choices on the left?
- Do we really need to be happy to live a good life?
- How would you define 'happiness'?



## Summary

Make a summary of the topic you have learned today.

It is not how much we have, but how much we enjoy, that makes happiness.

☐ Talk about why we yearn for happiness.

You may use some of the words you've learned today.

1. linked
2. attributed
3. optimism
4. contentment
5. fuzzy
6. flourishing
7. neuro-psychological

*Your opinion...*

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