

2

Happiness



VOCABULARY

Working towards goals

STUDENT'S BOOK p25

1 ☆☆☆ Choose the correct option.

- 1 Listening to music and taking exercise are good ways to boost / **progress** your mood.
- 2 In life, it's important to have goals that you can **compete** / **work** towards.
- 3 If you want to feel happy, it's important to **appreciate** / **overcome** the good things in your life.
- 4 We have an important exam on Friday – I hope I **accomplish** / **manage** to pass it!

2 ☆☆☆ Replace the underlined words in each sentence with the words in the box.

accomplish aim compete with ~~motivate~~
 overcome progress

- 1 The best teachers are able to provide a reason for their students to study. motivate
- 2 Most people have to work hard in order to improve and move forward in their career.
- 3 I have a free day today, so I'm trying to succeed in doing a lot of tasks.
- 4 When you're playing sport, I think you should always try or plan to do your best.
- 5 Zara was able to succeed in dealing with her fear of flying.

3 ☆☆☆ Choose the correct words to complete the sentences.

- 1 Marcia hopes to study finance – what **adapts** / **aims** / **motivates** her is wanting to make a lot of money.
- 2 Negative feelings are normal, so we should accept them instead of trying to **overcome** / **compete** / **encourage** them.
- 3 It's useful to remember the things you've **progressed** / **motivated** / **accomplished**, as well as the goals you're working towards.

4 ☆☆☆ Complete the blog post with the correct form of the words in the box. There are two words you don't need.

accomplish adapt ~~aim~~ appreciate boost
 compete encourage manage motivate
 overcome progress work

I want to be a doctor, so I'm ¹ aiming to study medicine at university. I know I'll need to ² with a lot of other students for a place on the course. To ³ my chances of succeeding, I'm taking extra classes in science and maths. I'm lucky that my parents have always ⁴ me to identify my goals and ⁵ towards them. They've always believed in my ability to ⁶ whatever I choose to do, and I really ⁷ their support. If I do ⁸ to get accepted onto the course, I'll work really hard – obviously there will be challenges to ⁹, but I know I'll be able to deal with them. What really ¹⁰ me is having a career where I can make a difference to people's lives.



5 ☆☆☆ Write a sentence about each of the following points. Use at least one verb from exercise 4 in each sentence.

- 1 Your goals for the next two years

- 2 What you need to do to achieve the goals

- 3 The people who support you (e.g. your family, your teachers, your friends)

1 ☆☆☆ Read the introduction. What do you think the four teenagers' tips will be about? Read the texts quickly to check your ideas.

2 ☆☆☆ Match the headings to the texts. There's one heading you don't need.

- 1 B Manage your stress levels
- 2 Be kind to others
- 3 Have a healthy lifestyle
- 4 Make happiness your number one goal
- 5 Spend time with people you like

3 ☆☆☆ Choose from the teenagers (A, B, C or D). According to the texts, which teenager ...

- 1 makes time to relax?
- 2 says happiness is about having strong friendships?
- 3 talks about giving up their time to help others?
- 4 thinks taking regular exercise is helpful?
- 5 feels better when they do things for other people?
- 6 believes managing your time helps reduce stress?
- 7 has decided to take care of their body?
- 8 thinks it's important to appreciate the present moment?

4 ☆☆☆ Answer the questions in your own words.

- 1 Whose ideas do you think are most useful? Why?

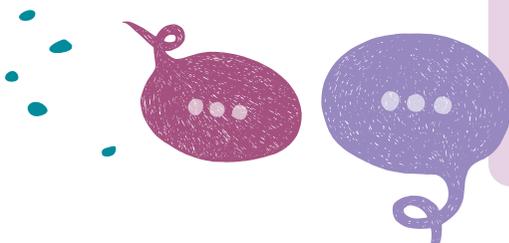
.....

- 2 Do you do any of the things suggested in the texts? Which ones?

.....

- 3 What is your tip for helping yourself to feel happy?

.....



What can you do to help yourself feel happier? We asked four teenagers for their practical tips. Here's what they told us.

A – Mateo

I try to look after myself physically. I usually manage to play sport or go to the gym three or four times a week. Sometimes it can be hard to motivate myself, but I always feel better after I work out. It really boosts my mood and reduces stress. I sleep better too – I aim to get 7–8 hours' sleep a night. I try to eat quite healthily, lots of fruit and vegetables, not too much fast food or fizzy drinks. It feels like I'm making positive choices to treat my body well. That's what makes me happier.



B – Olivia

Get organized. I used to get really stressed when I had a lot of school work, so I had to work out how to overcome that. My parents encouraged me to plan my study time carefully and not leave everything to the last minute. I always do that now, and I'm much more relaxed. I try to give myself some free time every day just to relax.



C – Khalid

Happiness isn't something you work towards. I think you're more likely to feel happy when you're doing things that mean something to you. For me, that's being with my friends – gaming, playing music or just hanging out and talking. We're really close and I feel good when I'm with them. I know I can trust them and they'll support me when I need it. That helps me to stay positive. So my tip is, enjoy doing things in the present moment with people you like. Don't worry too much about the future.



D – Amelia

I think doing things to help other people is important. I volunteer with a local charity – we work with elderly people who need help around their home or garden. I started with an hour a week, then I progressed to a whole day at weekends. I help a woman called Alice. We've become friends, and it makes a big difference to her. After each visit, I always feel like I've accomplished something useful. It makes me feel good about myself, especially when Alice says that she appreciates what I do. So yes, being kind is what works for me.



GRAMMAR

Present perfect simple and continuous

➡ STUDENT'S BOOK p27

- 1 ☆☆☆ Choose the correct option. Sometimes both are possible.
- 1 My mum is a writer. She has written / She has been writing five books.
 - 2 I 've made / 've been making a lot of positive changes since last year.
 - 3 The children have never felt / have never been feeling more motivated.
 - 4 I haven't got any more exams, I 've finished / 've been finishing them all.
 - 5 You 've accomplished / 've been accomplishing a lot since you started here.
 - 6 Have they done / been doing the happiness survey?

- 2 ☆☆☆ Complete the sentences using the verbs in brackets and *for* or *since*. Use the present perfect continuous whenever possible.
- 1 I have made (make) a lot of progress since my exams.
 - 2 The students (work) towards the new exams six months.
 - 3 We (adapt) to new ways of using technology the pandemic.
 - 4 Hundreds of students (manage) to get top grades from this university 1950.
 - 5 She (overcome) a lot of health difficulties last year.
 - 6 People (talk) more about mental health a few years.

- 3 ☆☆☆ Complete the text. Use the present perfect continuous when possible and the present perfect simple when not possible.

Help us boost HAPPINESS LEVELS for local children!

Recently our town council ¹ has been looking (look) at the levels of happiness of children in our area. They conducted a survey and the results show some worrying trends.

The levels of happiness in our children ² (go) down over the last few years. The financial situation of many people in our town ³ (get) gradually worse.

Over the last year, many parks and leisure centres in our area ⁴ (close). Many local schools ⁵ (cancel) hundreds of after-school activities because of financial problems. Around half of the children in our survey ⁶ (not go) on a school trip at all this year. The government needs to help schools and families overcome these financial problems.

We ⁷ (managed) to collect more than 1,000 signatures for our petition and we encourage all readers to add their names and help us work towards a brighter future for local children.

- 4 ☆☆☆ Use the prompts to create survey questions. Use the present perfect continuous when possible.
- 1 how / you / look after your health?
How have you been looking after your health?
 - 2 how many times / you do sport this week?
.....
 - 3 how often / you miss a meal this week?
.....
 - 4 you / worry more than usual recently?
.....
 - 5 you / ever experience bullying at school?
.....
 - 6 you / have any difficulty sleeping recently?
.....
 - 7 what / activities / you do / after school this week?
.....

- 5 ☆☆☆ Add one more question to the survey. Then answer it for yourself.
-
-
-



VOCABULARY AND LISTENING

Life stages

➔ STUDENT'S BOOK p28

1 ☆☆☆ Match the words in the box to the definitions.

adulthood birth childhood middle age
old age ~~older person~~ retirement teenager
toddler youth

- 1 someone in their 70s to their 90s older person
- 2 the stage after you finish working
- 3 from the age of about 70 onwards
- 4 someone aged 13–19
- 5 the start of life
- 6 between the ages of three and twelve
- 7 the life stage when you are young
- 8 a very young child, not a baby
- 9 from the age of 18
- 10 from the age of about 45 to 70

2 ☆☆☆ 🎧 02 Listen to five people talking about different stages of life. Write the number of each extract next to the words you hear.

- | | |
|--------------------|------------------|
| <u>2</u> adulthood | old age |
| birth | retirement |
| childhood | teenager |
| older person | toddler |
| middle age | youth |

3 ☆☆☆ You are going to hear three members of the same family talking about happiness at their stage of life. Before you listen, look at the photos. Which person do you think will say that ...



Laura, aged 15



Nicola, Laura's mum



James, Laura's grandad

- 1 when they were young, they weren't grateful for their family?
- 2 being a teenager today isn't as easy as in the past?
- 3 they think older people are less stressed about life?
- 4 spending time with their relations is what makes them happy?
- 5 as a teenager, you're neither an adult or a child?
- 6 as they get older, they feel comfortable with who they are?

4 ☆☆☆ 🎧 03 Listen and check your answers for exercise 3.

5 ☆☆☆ 🎧 03 Listen again. Are the sentences true (T), false (F) or doesn't say (DS)? Correct the false sentences.

- 1 Laura wants people to treat her like a grown-up.
.....
- 2 Laura feels positive about her parents, her interests and her friends.
.....
- 3 Laura enjoys exams and doesn't find them stressful.
.....
- 4 Nicola would like to feel more confident about herself.
.....
- 5 Nicola is extremely proud of her daughter and likes her to do things that make her happy.
.....
- 6 James grew up in a large family who didn't have much money.
.....
- 7 During his career, James made a lot of money.
.....
- 8 Staying healthy is what makes James happiest in his old age.
.....



GRAMMAR

Question forms

➡ STUDENT'S BOOK p29

1 ☆☆☆ Read the questions. Are they subject questions (S) or object questions (O)?

- 1 S Who usually helps you overcome difficulties?
- 2 How do most elderly people travel in the city?
- 3 What happened during her childhood?
- 4 Who do teenagers ask for advice?
- 5 What motivates you to study?
- 6 Who adapts the test questions?
- 7 What are your happiest memories?
- 8 What helps you accomplish your goals?

2 ☆☆☆ Match the question tags a–h with the questions 1–8.

- 1 d He's really happy,
 - 2 She hasn't slept well,
 - 3 You've worked really hard,
 - 4 There are some great tips,
 - 5 We'll feel better later,
 - 6 They can't see us,
 - 7 Dad really appreciated our help,
 - 8 He's been working towards an A grade,
- | | |
|----------------|-----------------|
| a won't we? | e has she? |
| b can they? | f aren't there? |
| c haven't you? | g hasn't he? |
| d isn't he? | h didn't he? |

3 ☆☆☆ Complete the dialogue with the correct question tags.

- A You know Tawana, 1 don't you ?
- B Yes, she's your best friend, 2?
- A That's right. But she's been a bit strange recently.
- B You haven't had an argument, 3?
- A No, she's just ... distant. You don't think she's upset with me, 4?
- B Have you done anything to upset her?
- A I don't think so.
- B You've invited her to the concert, 5?
- A Yes, but she hasn't replied.
- B Well, it was a really stressful week, 6? Maybe she's just tired.
- A I'll call her and check she's OK.

4 ☆☆☆ Use the answers to complete the interview questions.



Pop legend **JU JITS** sits down for a chat about life, happiness and health

What¹ have you been doing lately ?

I've been doing a lot of things lately. I've been recording some new songs and I've been playing some small gigs.

What² ?

Lots of things make me cry! Cute animals, love songs, sad films. I cry a lot!

Where³ ?

My happy place is the city. I like the lights and the noise and the energy of the city.

What⁴ ?

The most difficult time in my life was during the COVID pandemic. I was very lonely and I missed making music and performing.

Who⁵ ?

My cats really know me. I think we have an understanding!

How⁶ ?

I relax by practising yoga and going for long walks.

What⁷ ?

Children inspire me, from toddlers to teenagers – childhood is a magical time!

Who⁸ ?

My dad helps me in a crisis. He's always there for me. Thanks, Dad.

5 ☆☆☆ Think about someone you would like to interview. Write two subject questions and two object questions for them.

.....

.....

.....

.....

WRITING WORKSHOP

An informal email ➡ STUDENT'S BOOK p32

New Message

Subject: Unforgettable trip!

Dear Layla,

A How are you? Did you get home OK? I've just arrived home and I wanted to write to you straight away. I can't thank you enough for today; it was amazing! I'm still excited!

B It means a lot to me that you took time off to show me around the college. I was amazed that I managed to find my way on the underground and I really appreciate that you met me at the station.

C The highlight of the day was the tour of the campus and visiting the science labs. I've been looking through the college website all evening – I feel so motivated to study now! It was really kind of you to take me into your classes. It was great to meet your friends, too. I'm very grateful for all their kind words. They really encouraged me to apply.

D I can't stop thinking about college now. It's really boosted my confidence. I've filled out the application form and I'm going to send it tomorrow. Who knows if I'll get a place? I'll let you know as soon as I have news! Thanks again for everything!

Take care,
Luke

WRITING HELP

Read the tips. Find the examples in the text. Use the colours to help you.

- Use the present perfect simple for a recently finished past action.
- Use the present perfect continuous for actions which started in the past and continue now.
- Remember object questions have an auxiliary verb.
- Remember subject questions don't need an auxiliary verb.



PREPARE

1 Read Luke's email to Layla. What was Luke surprised about?

⚡ WRITING HACK!

Using a variety of structures and expressions

2 Read the email again and find five different ways to say thank you the writer uses.

- 1 *I can't thank you enough.*
- 2
- 3
- 4
- 5
- 6

3 Make a list of the little things your friends and family have done for you this week.

Ruby – waited for me after school yesterday

Mum – cooked my favourite dinner

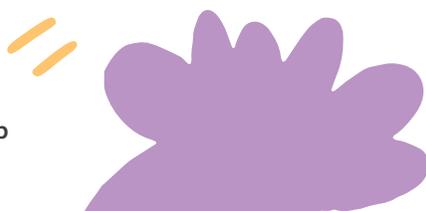
.....

.....

.....

4 Use the expressions from exercise 2 to write sentences to thank your friends and family.

- 1 *Ruby, it was really kind of you to wait for me yesterday.*
- 2
- 3



REVIEW

- Exam Preparation**
- Exercise 1: Oxford Test of English Reading Part 4
 - Exercise 2: Cambridge B2 First Reading and Use of English Part 4

- 1 Read the article about laughter therapy. For each question, choose the correct answer.

Laughter therapy:

it may sound like just an excuse to have fun, but it's a therapy with a serious side too. It's been used in schools and universities to help students overcome challenges like being nervous before exams and to generally improve their mental health. In one university, students were offered a programme of activities such as breathing exercises and playful laughter. The highlight was a session where students had to laugh silently. At first, they managed it, but soon everyone was laughing loudly together!

Students felt that the programme helped them relax and that it improved cooperation between classmates. They learned to appreciate spending time with their classmates and they worried less about problems like exam results and money. Teachers said laughter therapy helped students concentrate better, leading to better participation in class and better grades in exams.



low res

- What is the main purpose of laughter therapy?
 - To teach students different ways of having fun
 - To reduce stress and increase well-being
 - To show students the serious side of laughter
- What made the students laugh the most during the sessions?
 - Talking about money
 - Spending time with each other
 - Trying to laugh without making any sound

- According to the text, what benefits did students experience in their studies?
 - They were more focused and worked better with each other.
 - They became more competitive.
 - They studied different ways of relaxing.
- What would be the best title for this text?
 - Just relax!
 - Beating Stress with Laughter
 - Competition versus Cooperation

- 2 Complete the second sentence so that it has a similar meaning to the first sentence. Use between two and five words, including the word given.

- It's ages since we last went to London. HAVEN'T
We ages.
- Tell me about the people you enjoy spending time with. DO
..... spending time with?
- Our team took part in the tournament last year and we're in it again this year. COMPETED
This is the third year that the tournament.
- I'd like to know when you arrived in Spain. LIVING
How long in Spain?
- Many people are happiest when they are in their 70s and 80s. AGE
For many people, is the happiest time of their life.
- Tell me about the things that make you feel motivated. BY
What are the things you?
- What makes it possible for you to stay positive? MANAGE
How stay positive?
- Can you tell me when you first met each other? KNOWN
How long each other?