

Name _____ Class _____ Date _____

HAPPINESS AROUND THE WORLD

Before you watch

- 1 Complete the sentences with the words in the box.

bear down key network

- Which social network do you use the most?
- Bear in mind we only have 30 minutes.
- My brother is feeling a bit down after losing his new phone.
- A good diet is key to a healthy life.

- 2 What makes you happy? Put the ideas (a-h) in order of importance for you. Then compare with a partner.



- spending time with friends
- spending time outdoors
- looking after the environment
- working hard at school
- having a hobby you enjoy
- helping others
- being with your family
- being kind to people

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Students' own answers

While you watch

- 3 Watch the video. What does the video say is the key to happiness in these countries? Complete the table.

1 Costa Rica	<u>a strong network of friends, family and neighbours</u>
2 Norway	<u>short working hours, lots of free time</u>
3 Ecuador	<u>spending time outdoors</u>
4 Bhutan	<u>education</u>

- 4 Watch the video up to 01:23 and complete the sentences.

- Costa Rica is famous for its relaxed lifestyle.
- In Costa Rica the most important thing is NOT work.
- In Norway people only work an average of 27 hours a week.
- Norwegians have free time for volunteer work in the community.
- Norwegians also have the chance to spend time outdoors.

- 5 Watch the video from 01:23 to the end. What is the significance of the following terms in these countries?

- Ecuador / legal rights
Ecuador is the first country to give legal rights to nature.
- Ecuador / go to court
In Ecuador citizens can go to court to protect nature.
- Bhutan / good marks at school
In Bhutan getting good marks at school is not the only important thing in education.
- Bhutan / be kind
In Bhutan people are educated to be kind to other people.
- Bhutan / 60%
Bhutan has promised to keep 60% of its land as forest.

After you watch

- 6 Discuss the questions below with a partner. Do you agree?

- Which country seems to have the best approach to happiness, in your opinion?
- Of all the things in the video, is there one change you would like your country to make?
- Do you think young people are happier now than they used to be? Why / Why not?

Students' own answers