

“ Happiness is an inside job. ”

The quote above is a well-known saying. Being happy is also “easier said than done”. In other words, it takes effort to live a happy life. You have to plan your own happiness. Read **A Prescription for Happiness**. Do you need to “up your dosage”?

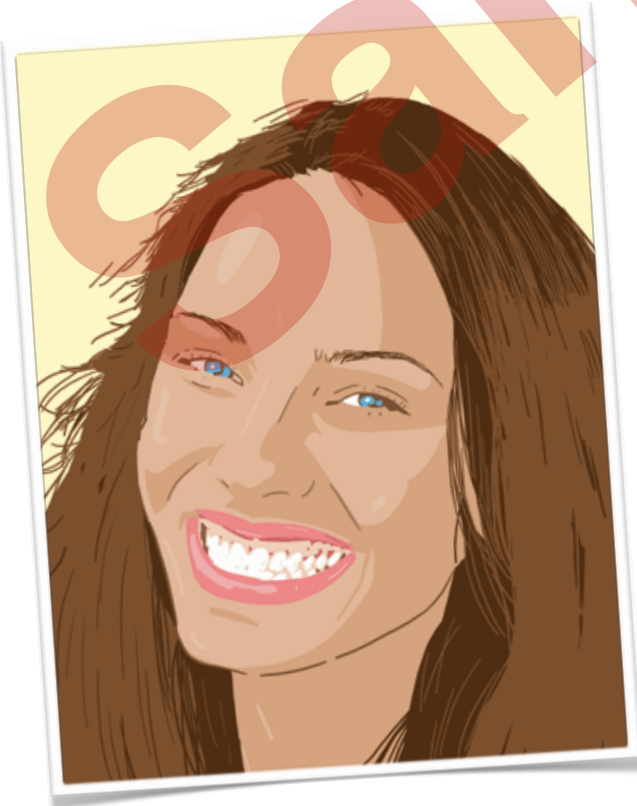
## Warmup ☀

Work together as a class. Complete this thought with as many nouns or phrases as possible:

*Happiness is ....*

## Pre-Reading Warm Up Questions ☀

1. What affects happiness most, money, health or love?
2. What age are people happiest?
3. Should you smile when you are unhappy?
4. Why do we feel happier in some places than others?
5. How long does a hug usually last?



## A PRESCRIPTION FOR HAPPINESS

### 1. Understand the statistics.

**Genetics** determine about 50% of your happiness level. 10% comes from external factors like health and income. The rest is up to you. If you weren't born happy, work harder at it.

### 2. Don't think about your age.

Worrying about how old you are getting will make you **miserable**. Happy people don't care about **age appropriateness**. If you want to wear pigtails, go for it. Most people get happier after the age of 50.

### 3. Smile even if you're faking.

Health experts say that smiling releases natural pain-killers. These may help you fight off colds and flus. A **fake** smile is better than no smile.

### 4. Surround yourself with beauty.

Happiness is mainly an inside job. However, a beautifully decorated room or office can improve your **mood**. Beautify the room you spend most of your time in. Stay organized.

### 5. Hug for at least 6 seconds.

A hug with a close friend or family member should last at least 6 seconds. Studies show that children who are hugged a lot become happier adults.

### 6. Keep a daily to-do list.

Meeting goals and **deadlines** increases a sense of well-being. Make a new list each day, and always plan something to **look forward to**.

### 7. Count your blessings.

Even on bad days, you have to be grateful. Experts recommend keeping a **gratitude** journal. For best results, count your blessings before you go to sleep.

**BONUS TIP:** Always end your day or activity on a happy note. This is the part you will remember and share with the world.



### COMPREHENSION

**True or False. Read the statements below. If the statement is true based on the reading, write T beside the sentence. If it is false, write F. If it is false, correct the information.**

1. A quick hug is better than a long hug. \_\_\_\_\_
2. We control less than 50% of our happiness. \_\_\_\_\_
3. Deadlines make us miserable. \_\_\_\_\_
4. A smile should last at least six seconds. \_\_\_\_\_
5. A gratitude journal is a way to keep track of your blessings. \_\_\_\_\_

### VOCABULARY REVIEW

#### A. SUMMARIZE Vocabulary (Pairs)

**Student A:** Reread 1-3 on Page 1. Look up any words in bold that you do not know. Put away the reading and try to retell your half of the prescription to your partner. Don't look at the reading as you speak. Use the words below to help you remember.

**Student B:** Do the same with items 4-7. Cross off each word as you or your partner uses it.

**Partner A (1-3)**  
 prescribe  
 genetics  
 miserable  
 age appropriateness  
 fake

**Partner B (4-7)**  
 mood  
 deadline  
 look forward to  
 blessings  
 gratitude

#### B. Word Forms

Write the word form beside the vocabulary word.

- |                     |                         |
|---------------------|-------------------------|
| prescribe (_____)   | prescription (_____)    |
| genetic (_____)     | genetics (_____)        |
| misery (_____)      | miserable (_____)       |
| grateful (_____)    | gratitude (_____)       |
| appropriate (_____) | appropriateness (_____) |

#### C. Example Sentences

Make example sentences using both word forms for each word in Part B.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

### DESCRIBE and REPORT (Direct vs. Indirect Speech)

#### My Happy Place

1. Think about the place where you feel happiest. Maybe it is a restaurant, a beach, or your very own bedroom.
2. Describe this “happy place” to a partner.
3. Take notes as your partner describes his or her “happy place”.
4. Tell the class about your partner’s happy place. Use “indirect/ reported speech”.

**When you describe the place to your class, use reported speech. Common reported speech verbs are “said”, “told”, and “asked”.**

#### Direct speech

She said: *“My favorite place is my grandma’s sunroom. There are lots of tropical plants in there. My grandma plays classical music. I feel so happy in that room.”*

#### Reported speech

*“She said that she loves her grandma’s sunroom. She says it’s her happy place. She said there are lots of tropical plants in her grandma’s sunroom. She says she loves the classical music her grandma listens to in there. It makes her happy.”*

**TIP:** When reporting things that are still true in the present, you do not need to change the second verb to be “more in the past”. It is up to you.

“She said she loves” or “She said she loved” are both fine. Some people include “that” after the reporting verb. “She said that she loves...”

**Create your own happiness list. What is your prescription for happiness?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Share your list with ESL-Library!  
[www.ESL-Library.com/happinesslesson](http://www.ESL-Library.com/happinesslesson)

#### Doctor’s Orders ROLE PLAY

Create a role-play between a depressed patient and a doctor. Why is the patient unhappy, and what does the doctor recommend? Practice using words that are marked in bold in the reading.



**ANSWER KEY**

**Note: It would help to pre-teach a lesson on reported and indirect speech prior to this lesson.**

**COMPREHENSION QUESTIONS****A. True or False**

1. False. A hug should last at least six seconds.
2. True.
3. False. A sense of accomplishment from a deadline can make us happy.
4. False. The reading says a hug should last at least six seconds.
5. True.

**VOCABULARY REVIEW****B. Word Forms**

Write the word form beside the vocabulary word.

prescribe (verb)	prescription (noun)
genetic (adjective)	genetics (noun)
misery (noun)	miserable (adjective)
grateful (adjective)	gratitude (noun)
appropriate (adjective)	appropriateness (noun)