

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 1

#51 How to be happy

Skills/ Objectives: Reading

PART 1: Before you read...

Preparatory questions

1. What makes you happy?
2. What can we do to be happy?

Vocabulary

1. Interconnected (adjective): things that are connected or related to each other
2. Stimulate (verb): to encourage something to grow or develop
3. Endorphins (noun): a chemical released in the brain to reduce pain, that can make somebody feel happy or full of energy
4. Pleasurable (adjective): enjoyable
5. Persistence (noun): the act someone who continues to do something in a determined way

PART 2: Article

In this article, psychologists offer some suggestions about what people can do to make themselves happy.

How to be happy (click the link read the article)

<https://learnenglishteens.britishcouncil.org/skills/reading/advanced-c1-reading/how-be-happy>

(Source: British Council)

PART 3: Let's discuss

1. Which of the suggestions do you find the most useful? Why?
2. What do you do to make yourself happy?

PART 4: Learn further

How to Be Happy When the People Around You Are Not

This article discusses ways that people can do to overcome the effects of other people on their happiness.

<https://www.psychologytoday.com/intl/blog/fulfillment-any-age/201809/how-be-happy-when-the-people-around-you-are-not>