

VIDEO/ PODCAST- BASED DISCUSSION

✦ **WHAT IS
HAPPINESS?** ✦

SPEAKINGCORNER.PL

ANSWER THE QUESTIONS

1. Do you think happiness is a choice or something that happens to us?
2. Do you think social media has a positive or negative impact on happiness?
3. Can money buy happiness? Why or why not?
4. Is happiness the ultimate goal in life? Why or why not?
5. Can someone be happy while living an unfulfilled life?
6. Can practicing gratitude make us happier? Why or why not?
7. Is solitude necessary for happiness, or do we need social connections?



“WHAT IS HAPPINESS?”

Video





HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

**“blend of experience of pleasure
and the experience of meaning
and fulfilment in life”**



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“What gives life meaning and purpose”



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“not being compared
to my peers”



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“something more long-term”



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“achieving big milestones
like graduating from college”



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“mundane, everyday little things
in my life”



HOW FAR DO YOU AGREE?

WHAT IS HAPPINESS?

“deep connection you get
with somebody else”



“WHAT MAKES YOU HAPPY?”

#183: Chats with Shana



VOCABULARY

catchy

page turner

elated

FLIP PAGES

SNUGGLE

ON THE SPUR OF
THE MOMENT

THE SHIT HIT THE FAN

roll one's eyes

REMINISCE

THE BEST THING SINCE

SLICED BREAD

SOME OF THE THINGS THAT MAKE PEOPLE HAPPY

Which ones can you relate to?

1

- THE SMELL OF FRESH BREAD
- A CUP OF COFFEE IN THE MORNING
- YOUR FAVOURITE FOOD
- INDULGING IN YOUR GUILTY PLEASURE

2

- NATURE AND THE OUTDOORS
- MUSIC AND ART
- PLANNING AND GOING ON A VACATION

3

- LEARNING A LANGUAGE
- SITTING BY THE FIREPLACE
- QUIET MORNINGS WHEN THE WORLD IS STILL ASLEEP
- FINISHING A BOOK

4

- SOCIAL CONNECTIONS
- HUGS (6 SEC-HUG)
- REMINISCING ABOUT GOOD TIME
- LAUGHING WITH FRIENDS

Spodobała Ci się ta prezentacja?

Po więcej materiałów zapraszam tutaj:



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