VI12 HAPPINESS



Beginner

amused delighted blissful joyous marvelous giddy

Activity 1 Pronunciation Guide

Activity 2 Picture Story

HAPPINESS

the happiness training plan STRATEGIES 1-12 1 Express Gratitude 2 Use Your Strengths 3 Live With Purpose 4 Find Your Power 5 Get Physical 6 The Happiness Diet 2 Die happiness Diet 7 Learning Optimism 8 Bounceback-ability 9 Improving Relationships 10 Spiritual Happiness 11 Rest & Renewal 12 The Fun Factor

Intermediate

thrilled	well-being		
contented	ecstatic	high	merry
tickled	zing		
cloud nine	elated	humor	mirth
pleased	zip		
beatitude	glad	hilarity	

Activity 1 Pronunciation guide Activity 2 Screen English:

http://www.youtube.com/watch?v=So93Iny2HWI

HAPPINESS



Advanced

light-hearted turned-on vim and vigor blessedness top of the world pep

seventh heaven twilight zone

sunny

Activity 1 Use in a sentence **Activity 2** Let's talk

What makes you happy?

The fabulous moment in your childhood/high school days/adulthood. The humorous travel experience you've had. Joyous time you have spent with your family. Hilarious movies that you have ever watched.

The frenzy person you know. Your favorite comedian. Funniest book or stories you have read.