

Activity Type

Reading, writing, listening and speaking activity, pair and group work

Language Focus

Happiness

Critical thinking, data collection, analyzing and evaluating

Aim

To consider what makes you happy and to share the information with classmates and examine the findings.

Preparation

Make one copy of the worksheet for each student.

Level

Pre-intermediate

Time

40 minutes

Introduction

In this critical thinking worksheet activity, students consider what makes them happy. The students then share the information with their classmates and examine the findings.

Procedure

Give each student a copy of the worksheet.

Ask the students to write down ten things that make them happy.

Next, divide the students into pairs.

Ask the students to share the information with their partner and ask each other why those things make them happy.

Afterwards, have each pair join with another pair to make a group of four.

The groups then discuss and find out the most popular categories for happiness, e.g. health, education, money, relationships, etc.

Students write the most popular categories from their group at the top of each column in the chart and write examples underneath.

Examples:

If someone says having a well-paid job, students put that in the 'money' category.

If someone says being loved, students put that in the 'relationships' category.

Each group then tells the class their findings. The other students listen and give their opinions on the categories and examples.

Write up the most popular categories on the board and examine the findings together as a class. Discuss the reasons for happiness and how it's important to choose the right things to make you happy.

A. Write down ten things that make you happy in your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

B. Share the information with a partner and ask your partner to explain his or her answers.

C. Now, work in groups of four. Discuss and find out the most popular categories for happiness, e.g. health, education, money, relationships, etc.

Write the most popular categories from your group at the top of each column and write examples underneath, e.g. If someone says having a well-paid job, put that in the 'money' category. If someone says being loved, put that in the 'relationships' category.

D. Now, tell the class your findings. Do you agree with other groups' categories and examples?

