tefltoulouse

Name: Nancy Vergauwen **Date:** 15/07/2025 **Level:** Upper intermediate **Number of students expected:** 4 **Topic:** Happiness	
Main lesson focus (underline one): Grammar / Vocabulary / Pronunciation / Reading / <u>Listening</u> / Speaking / Writing	
Learner outcome(s): The students will be able to answer gist and detailed questions about a recording of a research about happiness, and discuss what happiness means for them.	
Grammar: N/A **Vocabulary: varies, variety, mental health, provide, treatment, anxiety, interventions, external, possessions, overall, satisfaction, attitudes** **Phrases:**	
Materials: recording, handouts	
Assumptions: For this lesson I assume the Ss already know…	
An anticipated problem: SS may have a problem to understand the recording. **My proposed solution: Play the recording slower.**	
What I intend to work on based on previous feedback: Clear instructions for the production task, modeling.	

Stage of lesson No. of minutes	Procedure (What I / they do)	Objective (Why am I / are they doing this?)	Main skill students will be practising eg L
Pre-listening 5 min 15 min	**Engage** **Set the task before the song. I am going to play a song write 3 things that could make him happy.** I am gone show them the song "Happy" by Pharrel Williams. You know this song? What is it about? How is he feeling?What makes him happy? What makes you happy?What brings you hapiness? --- I 'll make a mind map on the board of hapiness **Pre-vocabulary** A matching task. Pick out some words who needs somemore attention. Varies from the verb to vary, variety (pronounciation), mental health (uncountable noun), anxiety (pronounciation), interventions (stress), external (stress), possessions (stress), overall (stress), satisfaction (stress)	I'm trying to get the learner's interest and I set the topic in a context. Teaching some vocabulary so they can understand the recording.	S
While listening 20 min	**Task 1** Read the statements below. Now listen and answer the questions with true or false. Compare your answers with your partner. **Task 2**	A gist listening	L+W

	Put your pens down. Read the following statements and fill in the gaps.	Listening for more detailed information	L+W
After listening 15 min	Happiness survey. D: With the other students I: Interview the other students T: 10 MIN S: sheets Afterwords feedback in the class	Students practise speaking about the topic.	S+W

Happiness varies greatly from person to person

Happiness is something we all we want. However, happiness varies greatly from person to person. A new study shows that how happy we are depends on a wide variety of factors. An assistant professor of psychology at the University of California led the study. It could help mental health professionals to provide better treatments for people who have depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

The professor suggested that happiness comes from external circumstances (like income and possessions) or internal feelings. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with factors like wealth, jobs and relationships. This is the one used for the World Happiness Report. The second is a "top-down" model. This suggests happiness comes from our attitudes towards life. People can control this through meditation or therapy. The final model is a bidirectional one, where bottom-up and top-down models interact.

LISTENING – Listen and fill in the gaps with these words:

Want, varies greatly, effective, external, attitudes towards, wide variety of, in the journal, better treatments, possessions, factors

Happiness is something we all we 1._____. However, happiness 2._____ from person to person. A new study shows that how happy we are depends on a 3. _____ factors. An assistant professor of psychology at the University of California led the study. It could help mental health professionals to provide 4. _____for people who have depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build 5. _____ interventions." Her study has been published 6. _____"Nature Human Behaviour".

The professor suggested that happiness comes from 7._____ circumstances (like income and 8._____) or internal feelings. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with 9, _____ like wealth, jobs and relationships. This is the one used for the World Happiness Report. The second is a "top-down" model. This suggests happiness comes from our 10. _____ life. People can control this through meditation or therapy. The final model is a bidirectional one, where bottom-up and top-down models interact.

Vocabulary: Match the definition with the right word

Varies (v)   Care given to help someone get better

Variety(n)   Changes or is different in different cases

Mental health (n)   A mix or range of different things

Provide (v)   A feeling of worry or nervousness

Treatment (n)
The state of a person's emotional and thinking well-being

Anxiety (n)   Things that belong to someone

Interventions (n)   A feeling of being pleased or content

External (adj)   Considering everything together

Possessions (n)   To give or offer something

Overall (adj/adv)   The way people think or feel about something

Satisfaction (n)   Actions taken to help improve a situation

Attitudes (pl)   On the outside or from the outside

Task 1:

TRUE / FALSE: Say if the sentences are true (T) or false (F).

1. There are very few factors that make us happy or unhappy. **T / F**
2. Knowing what makes us happy can help with treatments for anxiety. **T / F**
3. The study on happiness is now published in a journal. **T / F**
4. A professor said money cannot make us happy. **T / F**
5. The professor said there are two models of happiness. **T / F**
6. The World Happiness Report uses a bottom-up model of happiness. **T / F**
   7. A top-down model of happiness can involve meditation. **T / F**

HAPPINESS SURVEY

interview other students. Write down their answers.

	Student 1	Student 2	Student 3
Q1 Does a new car brings you hapiness?			
Q2 Does seeing children playing make you happy?			
Q3 Does being in nature brings you hapinesss?			
Q4 Does listening to music makes you happy.			
Q5 Does going to a party brings you hapiness?			
Q6 Does reading a book brings you happiness?			
Q7 Are you happy everyday? Is it possible?			