

ELT & “The science of happiness”

This is the first of a series of worksheets designed to help students (and teachers) incorporate principles of “positive psychology” into their lives.

This dictation identifies 8 behaviors that happy, mentally healthy people do. These were identified by Dr. Sonja Lyubomirsky of the University of California – Riverside.

You can read a very simple summary of these ideas at:

<http://www.centreforconfidence.co.uk/pp/techniques.php?p=c2lkPTImdGlkPTMmaWQ9NjQ=>

(the same site has more complete information. Click “evidence” in the left margin).

The idea of this lesson is to use it early on in a term. Then, follow it up with some of the “10 minutes happiness warm-ups” or other activities from this website. (These ideas need to be practiced regularly, not done as a “one shot” lesson. You may want to have students glue the list to the inside cover of their textbook or notebook.

Notice that each item has a number in a white circle (①②③). These same numbers in white circles appear on the corresponding “10 minute warm-up” worksheets. This is to help the learners connect the specific activity to the overall reason they are doing it. Also, it helps teachers make sure they are covering the range of items on Lyubomirsky’s list.

There are at least 3 ways to do this activity:

- As a pairwork. Students work with a partner, each dictating half of the sentences. Use the A and B page version. This is the fastest option.

- As a groupwork. Copy the “groupwork” worksheet for each student. Also copy the dictation sentences below for the students. You’ll need one copy for each 7 students. Cut the sentences into strips. Students stand, mingle and dictate their sentences to each other.

This takes more time but has the advantage of including physical movement.

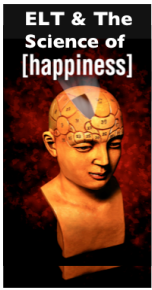
- Completely as a dictation. Only copy the sentences strips, not the main worksheet. Dictate the first sentence (①Think about good things in your life.) (It is done as the example). Students stand and circulate, dictating the complete sentences to each other. This takes the longest since they are writing complete sentences and not just key words.

I would appreciate your feedback: march@mgu.ac.jp

Note to teachers in Japan (which is where I live). I find my students understand all the sentences easily except “forgive”. There is another version of the dictation sentences on this website (www.ELTandHappiness.com) that has forgive defined in Japanese.

Best,
Marc Helgesen

April 2012



The science of happiness pairwork

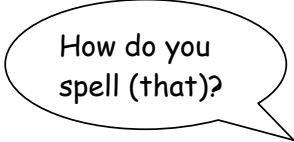
Scientists know what happy people do.
Here are 8 good ideas.



What's number one? Once more, please. Got it. Thanks.	Think about good things in your life. OK. Think about good things in your life.
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1 Stand up. Find a partner. Say your sentence.
Your partner will write. Write your partner's sentence.

- ① Think about good things in your life.
There are so many nice things. Remember them.
- ② Do kind things.
Kindness really does make you happy.
- ③ Say "" to people who help you.
So many people help you. Tell them.
- ④ Take time for your friends and family.
These are the most important people in your life. Let them know.
- ⑤ people who make you .
Forgive. If you don't, you carry the problem.
- ⑥ Take care of your health and your body.
A healthy body gives you a happy mind.
- ⑦ Notice good things .
Think about good events every day.
- ⑧ Learn to work with your problems and your stress.
You will have problems in your life. You can get past them.



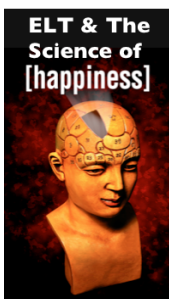
2 Sit with your partner. Read all the sentences.
How do you do these things? Say your ideas.

3 Put away this paper.
Can you remember all 8 ideas? Say them.
How will you do them?



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The science of happiness

pairwork

Scientists know what happy people do.
Here are 8 good ideas.

Partner

B

What's number one? Once more, please. Got it. Thanks.	Think about good things in your life. OK. Think about good things in your life.
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- 1** Stand up. Find a partner. Say your sentence.
Your partner will write. Write your partner's sentence.

- ① Think about **good things** in your life.
There are so many nice things. Remember them.
- ② Do things.
Kindness really does make you happy.
- ③ Say "thank you" to people who help you.
So many people help you. Tell them.
- ④ Take time for your .
These are the most important people in your life. Let them know.
- ⑤ Forgive people who make you feel bad.
Forgive. If you don't, you carry the problem.
- ⑥ Take care of your .
A healthy body gives you a happy mind.
- ⑦ Notice good things as they happen.
Think about good events every day.
- ⑧ Learn to work with your .
You will have problems in your life. You can get past them.

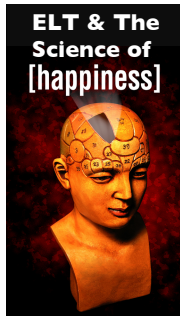
How do you
spell (that)?

- 2** Sit with your partner. Read all the sentences.
How do you do these things? Say your ideas.
- 3** Put away this paper.
Can you remember all 8 ideas? Say them.
How will you do them?



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The science of happiness groupwork

What makes people happy? You will learn in this course.
Scientists know what happy people do.
Here are 8 good ideas.

What number?	Number one.
Read it to me.	Remember good things in your life.
Once more, please.	Remember good things in your life.
Got it. Thanks.	

- ① Stand up. Find a partner. Say your sentence.
Your partner will write. Write your partner's sentence.
Then change partners.

- ① Remember **good things** in your life.
There are so many nice things. Remember them. Count your blessings.
- ② Do things.
Kindness really does make you happy.
- ③ Say "" to people who help you.
So many people help you. Tell them.
- ④ Take time for your .
These are the most important people in your life. Let them know.
- ⑤ people who .
Forgive. If you don't, you carry the problem.
- ⑥ Take care of your .
A healthy body gives you a happy mind.
- ⑦ Notice good things .
Think about good events every day.
- ⑧ Learn to work with your .
You will have problems in your life. You can get past them.

How do you
spell (that)?

- ② Sit with your partner. Read all the sentences.
How do you do these things? Say your ideas.
- ③ Put away this paper.
Can you remember all 8 ideas? Say them.
How will you do them?



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The science of happiness groupwork

Teacher, copy the sentences.

Cut the sentences apart.

Give one to each student.

② Do kind things.

③ Say “thank you” to people who help you.

④ Take time for your friends and family.

⑤ Forgive people who hurt you.

⑥ Take care of your health and your body.

⑦ Notice good things as they happen.

⑧ Learn to work with your problems and your stress.