

Tasksheet 1.1 (a) The science of happiness dictation and answer key

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

✂ .....  
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3. Take time for your friends and family.

✂ .....  
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4. Do kind things.

✂ .....  
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5. Forgive people who hurt you.

✂ .....  
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6. Take care of your health and your body.

✂ .....  
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7. Notice good things as they happen.

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8. Learn to work with your problems and your stress.

## Tasksheet 1.1 (b) The science of happiness dictation

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

*What number?  
Read it to me.  
Once more, please.  
Got it. Thanks.*

*Number one.  
Remember good things in your life.  
Remember good things in your life.*

**Stand up. Find a partner. Say your sentence.  
Your partner will write the sentence you say. Write your partner's sentence.  
Then change partners.**

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

*How do you  
spell (that)?*

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

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