HAPPINESS

B2 SPEAKING CLASS • Discussion, reflection & real-life experiences

Lesson goals: Explore what happiness means, describe a memorable happy experience, give thoughtful opinions, and use new expressions naturally.

1. Warm-up: What is happiness?

- What does happiness mean to you?
- Is happiness a feeling, a choice, or a way of life? Why?
- Can someone be happy without having a lot of money?
- Do experiences bring more happiness than possessions?
- Does social media make people happier or create unrealistic expectations?
- Can difficult experiences teach us to appreciate happy moments?

Useful language: From my perspective... • I tend to believe that... • What matters most is... • It depends on what you mean by...

2. Talk about your happiest moment

Think of a moment when you felt genuinely happy. It could be a family occasion, a trip, a personal success, a reunion, or a simple everyday moment.

- When and where did it happen?
- Who were you with?
- What exactly happened?
- Why was that moment so special to you?
- How did you feel at the time?
- Has the memory changed the way you think or live?

Speaking challenge: Speak for 1–2 minutes. Organise your answer: **background** → **what happened** → **your feelings** → **why you still remember it**. Use linking expressions such as *at first, suddenly, eventually, looking back*.

3. Deeper discussion

- Can people learn to be happier?
- Is happiness temporary, or can it be a long-term state of mind?
- Why do some people compare their lives with others?
- Can being successful guarantee happiness?
- What role do friendship and family play in our happiness?
- Can you feel happy and worried at the same time?
- Do people appreciate ordinary moments enough?
- What small habits can improve everyday well-being?

4. Agree, disagree & respond

- “Happiness is not about having everything; it is about appreciating what you have.”
- “Money cannot buy happiness, but it can make life easier.”
- “The happiest people are not necessarily the most successful.”
- “You create your own happiness.”

Useful responses: I see your point, but... • I partly agree because... • That may be true; however... • One example that comes to mind is...

5. Vocabulary: English-to-English meanings

Expression	Easy English meaning	Example
pay off	To bring a good result after time, effort, or patience.	All her hard work **paid off** when she passed the exam.
your thing	Something you especially enjoy, are interested in, or feel comfortable doing.	Outdoor activities are really **my thing**.
make the most (of)	To use an opportunity, situation, or time as well as possible.	Let's **make the most of** the weekend.
all over	In every part of a place; everywhere. In “It's all over,” it can mean finished.	There were decorations **all over** the room. / The game is **all over**.

6. Use the expressions

- Describe something you worked hard for that eventually paid off.
- What activity is really your thing? Why do you enjoy it?
- How can you make the most of a free day?
- Describe a place where you have seen happy people all over the place. What was happening?

7. Final speaking task: My happiness plan

Imagine you want to make your everyday life more enjoyable. Suggest three realistic changes. Explain how each one could help, and decide which would make the biggest difference.

Challenge: Use all four expressions from the vocabulary table and support your ideas with examples.

Teacher note: Encourage expanded answers, follow-up questions, comparisons, and specific examples. There is no single correct definition of happiness.