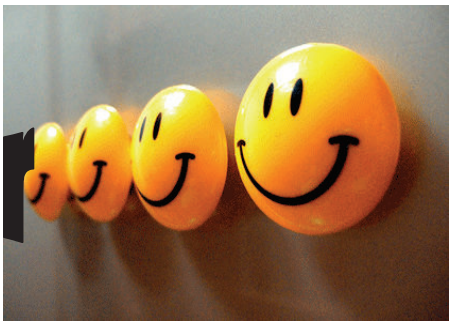
Easy Access English

Happy Hour



Activity One: Survey – ask each-other

What's your happiest hour of the day?	
What generally makes you happy?	
What do you think most people need in order to be happy?	
What's the secret of happiness in one word?	

Activity Two – Read the article to see if you agree with the author's definition of happiness.

What is Happiness ?

Happiness and unhappiness are opposite sides of a judgement about your situation. If you judge your situation as bad for you, that's unhappiness. If you judge a situation as good for you, that's happiness.

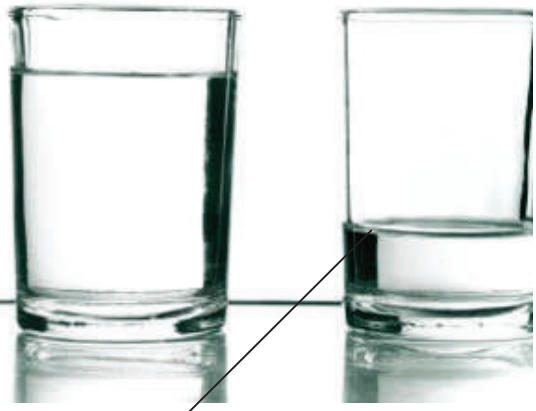
The experience of happiness is one of those general terms we use to say, "I feel good emotionally." People use different terms to describe what feels good for them. For someone it might be excitement, passion, exhilaration, fulfillment, freedom, feeling fully alive with inspiration and joy. For another it might be more peaceful, content, capable, hopeful, satisfied, and comfortable feeling. Whatever you call it, it just feels darn good.

Our natural state of being is to be happy. When you remove all the uncomfortable emotions we humans can experience (and they are numerous), you're left with happiness. So it's easiest to define happiness by what it is not.

Happiness is what you feel when you're NOT feeling....

Self-doubt
depressed
scared
worried

unsatisfied
bored
ashamed
guilt
discontent
anxious
annoyed
angry
irritated
stressed
frustrated
down
sad
jealous

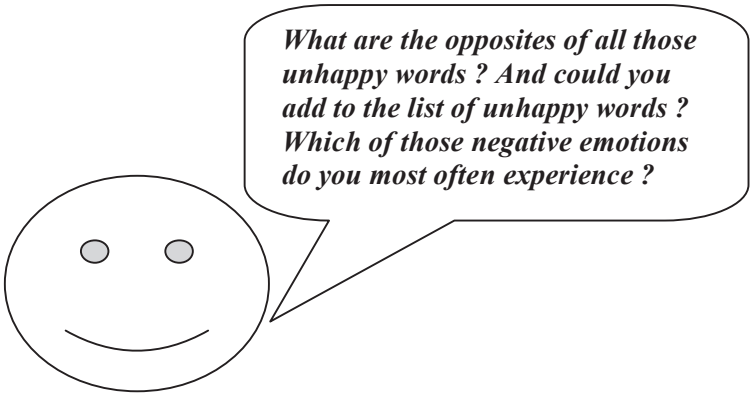


Is this glass partly full or partly empty ?

Pleasure vs. Happiness

Happiness is not pleasure although they can appear similar. Pleasure is enjoyment of an outside stimuli. You might find pleasure in buying a new car, or in going on vacation, or having friends over for dinner, or having sex, or....the list is long on what you might enjoy experiencing. Pleasure requires an external stimuli for you to experience it. Happiness does not. Happiness is a belief about yourself and the outside world. You can be doing something you normally experience as pleasurable but not be happy! Pleasure is born from the external world, happiness is born from the internal workings of our own minds.

Source: http://www.selfcreation.com/





Activity Three – It's happy hour again

1. What does the term happy hour mean ?
2. What time is happy hour usually ?
3. Do you like happy hour ?
4. Do you take advantage of happy hour?
5. People in England, especially England often go out with their workmates after work to a pub. Is this common in France ?

- Listen to the happy hour song.
- Try to build up a picture of what it's about.
- Now tell the story of the particular happy hour described.
- Say what happens next to the person in the song.

The Housemartins – Happy Hour
http://www.youtube.com/watch?v=-ehden6aPl0

It's happy hour again
I think I might be happy if I wasn't out with them
And they're happy it's a lovely place to be
Happy that the fire is real the barman is a she
Where the haircuts smile
And the meaning of style
Is a night out with the boss
Where you win or you lose
And its them who choose
And if you don't win then you've lost

What a good place to be
Don't believe her
'Cause they speak a different language
And it's never really happened to me
{It's happy hour again}
Don't believe her oh no
'Cause its never really happened to me
{It's happy hour again}

oh woah woah

It's another night out with the boss
Following in footsteps overgrown with moss
And he tells me that women grow on trees
And if you catch them right they will land upon their knees

Where they open all their wallets
And they close all their minds
And they love to buy you all a drink
And then we ask all the questions
And you take all your clothes off
And go back to the kitchen sink

What a good place to be
Don't believe her
'Cause they speak a different language
And it's never really happened to me
{It's happy hour again}
Don't believe her oh no
'Cause its never really happened to me
{It's happy hour again}

woah woah woah woah ho

What a good place to be
Don't believe her
'Cause they speak a different language
And it's never really happened to me
{It's happy hour again}
Don't believe her oh no
'Cause its never really happened to me
{It's happy hour again}
Don't believe her
Don't believe her
Doooooooon't believe her

Activity Four – 'ness

Happy - adjective

Happiness - noun

'ness is a suffix which changes te adjective to a noun.

Ness (Ness) **-ness** *suffix*
[Middle English *-nes*, from Old English.]

State; quality; condition; ***process; is; being; existing;*** degree: *brightness.*

The suffix ness creates a state of being. The suffix is added to the end of an adjective or participle. Instead of the word just describing an object, It shows the object or person to have that condition.

Easy Access English

Activity Five – Here is a list of words with the suffix 'ness. Try to write a paragraph with as many as them in it as possible: You can use a dictionary…

witness → to witness

awareness
illness
darkness
consciousness
weakness
happiness
fitness
sickness
effectiveness
madness
sadness
goodness
thickness
bitterness
harness
kindness
loneliness
willingness
brightness
forgiveness → to forgive
fairness
closeness
competitiveness
emptiness
likeness
nervousness

seriousness
softness
sweetness
sharpness
usefulness → usefull
eagerness
fondness
selfishness
slowness
stiffness
tenderness
cleanliness
greatness
tiredness
unfairness
unhappiness
unwillingness
awkwardness
carelessness
oldness
deafness
drunkenness
eyewitness
firmness
foolishness
freshness
friendliness

fullness
gentleness
harshness
helplessness
hopelessness
idleness
meanness
nearness → neat
prettiness
redness
righteousness
rudeness
shyness
toughness
ugliness → ugly
unpleasantness
whiteness
aggressiveness
coolness
dampness
dizziness
drowsiness
dryness
expressiveness
flatness
forgetfulness
heaviness

homesickness
ineffectiveness
inventiveness → to invent
lateness
laziness
loudness
maleness
nakedness
narrowness
nastiness
naturalness
neatness
newness
nothingness
powerlessness
rightness
ruthlessness
smoothness
thoroughness
tidiness
tightness
togetherness
uneasiness
wariness

Find the adjective or a verb for each one.

How many of these words can you get into one sentence which makes sense ???????

Activity Six – Read the article and answer the questions.

Psychologists Know what Makes People Happy. USA Today.

The happiest people spend the least time alone. They pursue personal growth and intimacy; they judge themselves by their own measures, never against what others do or have.

"Materialism is toxic for happiness," says University of Illinois psychologist Ed Diener. Even rich materialists aren't as happy as those who care less about getting and spending.

Because the December holidays are friend- and family-oriented, they painfully reveal the intimacy missing in some lives, And yet some people manage to look on the bright side, even if they lose their jobs in December. Others live in darkness all year for no apparent reason.

Even physical health, assumed by many to be key to happiness, only has an impact if people are very ill. Objective health measures don't relate to life satisfaction, but subjective feelings do. Plenty of healthy people take their health for granted and are none the happier for it.Meanwhile, the sickly often bear up well, and hypochondriacs cling to misery despite their robust health.

Good feelings aren't "all in the head," though. Actions matter, just not in the way often believed.

Life satisfaction occurs most often when people are engaged in absorbing activities that cause them to forget themselves, lose track of time and stop worrying. "Flow" is the term Claremont Graduate University psychologist Mihaly Csikszentmihalyi (pronounced cheeks-sent-mee-hi) coined to describe this phenomenon.

People in flow may be sewing up a storm, doing brain surgery, playing a musical instrument or working a hard puzzle with their child. The impact is the same: A life of many activities in flow is likely to be a life of great satisfaction, Csikszentmihalyi says. And you don't have to be a hotshot to get there.

"One of the happiest men I ever met was a 64-year-old Chicago welder with a fourth-grade education," he says. The man took immense pride in his work, refusing a promotion to foreman that would have kept him from what he loved to do. He spent evenings looking at the rock garden he built, with sprinklers and floodlights set up to create rainbows.

Teenagers experience flow, too, and are the happiest if they consider many activities "both work and play," Csikszentmihalyi says. Flow stretches someone but pleasurably so, not beyond his capacity. "People feel best when doing what they do best," he says.

Everyone has "signature strengths," Seligman adds, and the happiest use them. Doing so can lead to choices that astound others but yield lasting satisfaction.

Signature strengths

That's what happened to Greg and Tierney Fairchild. He was a Ph.D. candidate at Columbia, and she'd already earned a Ph.D., when they learned that the child she was carrying had Down syndrome, along with a serious heart defect requiring surgery.

In the Fairchilds' intellectual circle of friends, some viewed having a retarded child as unthinkable — and let them know it. Lots of people, including some family members, assumed they'd opt for abortion. After thoroughly exploring all the angles — medical, practical and emotional — they decided to keep their daughter, Naia.

They were leading with their strength. An interracial couple, they both had long histories of taking bold, less traveled paths rather than following the parade.

Greg was the first black on his high school track team at a Southern, mostly white school; he became student body president. Tierney was the only MBA student at her university also getting a Ph.D. in education because she wanted to train executives.

And they chose each other, despite all the stares of bigots they knew they'd face forever.

"We haven't shied away from tough choices," Greg says, "and we've been able to persevere through some difficulties other people might not have been able to."

Tierney says, "We thought having Naia would be a challenge, but we really wanted her, and just because something's a challenge, I'm not the type to turn away."

That was a few years ago. Now Naia is a 4-year-old people magnet with a great sense of humor, the first Down syndrome child to be "mainstreamed" at the preschool for University of Virginia staff. (Greg teaches in the business school.) She walked late, talked late and is potty-training late—just as her parents expected. "And so what?" Tierney asks. "She's brought us a huge amount of joy because she's such a happy child."

Tierney, who is manager of executive education at United Technologies Corp., feared she'd have to quit work to care for Naia, but that wasn't necessary. Tierney and Greg gave Naia a baby brother, Cole, 22 months ago. "We're so grateful for these kids," Greg says.

Gratitude helps

Gratitude has a lot to do with life satisfaction, psychologists say. Talking and writing about what they're grateful for amplifies adults' happiness, new studies show. Other researchers have found that learning to savor even small pleasures has the same effect. And forgiveness is the trait most strongly linked to happiness, says University of Michigan psychologist Christopher Peterson.

"It's the queen of all virtues, and probably the hardest to come by," he adds.

'More fun, less stuff'

There's also evidence that altruistic acts boost happiness in the giver. That doesn't surprise Betsy Taylor, president of the Center for a New American Dream, a Takoma Park, Md., non-profit that favors simple living and opposes commercialism. "The altruism part is worth keeping in mind over the holidays," Taylor says. "Our mantra is 'more fun, less stuff.' Do for others, we say."

Karen Madsen, 51, of Everett, Wash., is a believer. For several years, she's organized local families to buy holiday gifts for needy foster children. Madsen sinks in about $1,000 herself, often trimming her own kids' Christmas haul to do it. "You'd see these notes from foster kids, 'I don't really need anything, but my little sister needs a coat because she's cold.' "

Her son, William Shepherd, a high school senior, doesn't mind. "It's a lot of fun to go shopping for their toys," he says. "I have enough, and it feels good to make sure other people can enjoy the holidays, too."

Many parents would be amazed that a kid could be happy to get less, but surprise is the name of the game with happiness. People aren't very good at predicting what will make them happy, research shows.

1. What do the happiest people have in common ?
2. Do material things help people to be happy ?
3. Why do end of year holidays make some people unhappy ?
4. Why was the Chicago welder happy ?
5. Are people happy just becuase they are in good health ?
6. Why does gratitude help people to feel happy ?
7. What's a people magnet ?
8. What is the queen of all virtues ?
9. What's good about altruism ?
10. What examples are given of altruistic acts ?

Activity Seven – Watch the videos and explain what happens and what they mean to say about happiness…

1. A Short Introduction to Happiness

http://www.youtube.com/watch?v=yGGxwTnljTc&feature=related

2. Happiness is good for you

http://www.youtube.com/watch?v=b8SnIHT9pJ0

