

# Reading: Persuasive

Before you read

1



Sources of happiness are different for everyone. In order of importance to you, re-order these words, and compare them with your partner.

family - friends - money - health -  
reading - movies - games - travelling  
- work - art - technology - food -  
shopping - driving - sports

You

family

friends

health

Your partner

money

games

travelling

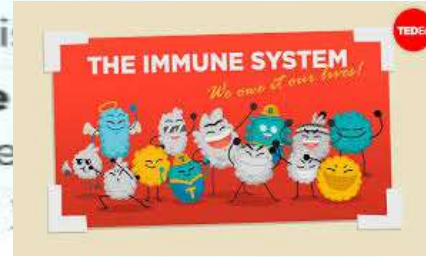




# Happiness



Did you know that happiness is important for your health? Experiments prove that it gives you a strong **immune** system. Scientists have found that people who experience happiness in their daily life, using a **spiritual** approach, recover from surgery more quickly. Some studies show that there are several elements to happiness – a positive way and having a



health? Experiments prove that it gives you a strong immune system. Scientists have found that people who experience happiness in their daily life, using a spiritual approach, recover from surgery more quickly. Some studies show that there are several elements to happiness – a positive way and having a



You don't need a lot of money to be happy, although living in poverty is difficult. But having a reasonable level of income, more money doesn't make us happier. The **material** things that make life easier don't make us happier. The people in the West have not got happier in the last 50 years, despite massive increases in their standards of living.



When we are always thinking negatively, we will experience moments of unhappiness. When you experience unhappiness, and you are always thinking negatively, we will experience moments of unhappiness.



**depression.** However, the opposite is also true. Positive thinking gives you a sense of happiness. Positive thoughts can be about yourself, your family, or your friends. They can also be thoughts about other people, their good **qualities** and the things they do for you. Positive thoughts can be about yourself, your family, or your friends. They can also be thoughts about other people, their good qualities and the things they do for you.



The main sources of happiness are said to be family, friends, enough money, and a social life, family, friends, enough money, and a social life. The happiest people spend the least time alone and don't care about buying material things. Research has shown that if we feel happy, we also become more sociable and helpful to others. This also means we contribute more to the community.



## 2 Comprehension questions

1. Happiness is linked to health. Explain.

**It gives you a strong immune system and you recover from surgery quickly.**

2. What does the underlined word **despite** (paragraph 2) mean? .....

**in spite of**

3. Find the opposite of the word **small** in the text

**massive**

4. The text uses four different sources of information to persuade readers, write them down.

**Happiness is good for health**

**Our thoughts affect our happiness**

**Happiness doesn't need a lot of money**

**There are main sources of happiness**

5. How does being happy affect society positively?

**If we feel happy, we become more sociable and helpful to others.**



3

**Vocabulary:** In groups, organize the following words in the correct co

3  
5

Fear – worry – excitement – failure – happiness – hope – sadness –  
success – clarity - loneliness – friendship – loss – **confusion** - anger –  
**anxiety** – able – goodness – unpleasant – calm – thankful – **regret**

### Positive Thoughts

excitement

hope

clarity

able

calm

happiness

success

friendship

goodness

thankful

### Negative Thoughts

fear

failure

loneliness

confusion

anxiety

worry

sadness

loss

anger

unpleasant



**4 Grammar:** The past perfect is an event or action that happened another one. We use **had + the past participle**.



Mary arrived after the bus **had left**.

I arrived at the building, but the meeting **had already started**.



**Complete the sentences with the past perfect form of the verbs in brackets:**

**hadn't stopped**

1. The carer didn't stop because he ..... at the red light. (not stop)

**hadn't heard**

2. The woman didn't know the good news, until they told her. (not hear)

**had seen**

3. Sam ..... the movie, but couldn't remember the title. (see)

**had been**

4. My mother was worried because I ..... sick all week. (be)

**had trained**

5. After Jake ..... for two months, he won the marathon! (train)

## Before you listen

- 1
  - Do you think food can change our moods?
  - What do you think emotional eating means?

**Of course, food can change our moods. When we eat healthy food, we feel better. Emotional eating is eating large amounts of food in response to feelings instead of hunger.**

Listen to **Happiness Tips**, and write the tips under the correct column heading.

### Lifestyle



Eat healthy meals

Do some exercise



### Social Life

Socialise

Smile at people

Be grateful

Do something to help people

Talk to your family and friends





**3**  Based on the listening, in groups, discuss and answer the following:

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1. What other kinds of food affect your happiness?

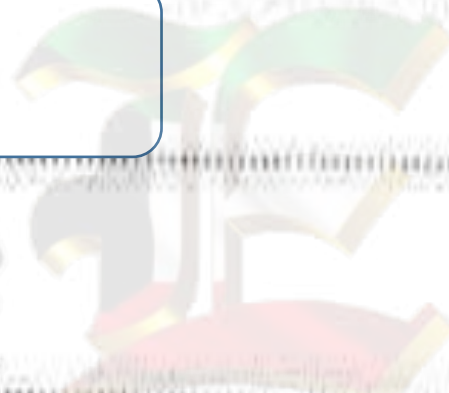
**They are nuts, bananas and avocados.**

2. Some people believe that ice cream, chocolate and fast food make you happy. Is that true?

**No, it is not true.**

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You can use a dictionary to help you.

# Vocabulary: Change the following verbs and adjectives into nouns.

**Verbs:** contribute, examine, excite, improve, possess

**Adjectives:** angry, blind, dangerous, different, disappoint, happy, hungry, intelligent, obedient, sad

ness	tion/ion	er	(e)nce	ment
blindness	possession	anger	obedience	excitement
happiness	contribution	danger	difference	improvement
sadness	examination	hunger	intelligence	disappointment

## Grammar:

- 1 Wish is used to talk about wanting things to be different or about regrets in the past. We use I wish in the past or with the past perfect (had+past participle).

It is raining heavily. → I wish it stopped raining.

It was raining heavily. → I wish I had brought my umbrella.





1. I don't speak Chinese, I wish **I spoke Chinese.**

2. I lost my wallet. I wish **I hadn't lost my wallet.**

3. The movie was long and boring. I wish **I hadn't watched it.**

4. My brother can play the piano, but I can't. I wish **I could play the piano.**



Discuss the images with your classmates. Use wish to complete the following situations, what are these people thinking?



Lost in another country

1) .....

I wish I hadn't travelled.



Stuck in traffic

2) .....

I wish I hadn't driven here .



Closed bookshop

3) .....

I wish I hadn't come at that time.



Forgot information

4) .....

I wish I had remembered the information.



Rainy weather

5) .....

I wish I had brought my umbrella.



## Grammar:

1 Third conditional. We use **if** to talk about something in the past that **did not happen**, and **imagine its consequences**.

We use (if + past perfect, would + have + past participle).

If I **had driven** more carefully, I **would have avoided** the accident.

If I **hadn't crashed** my car, I **wouldn't have paid** so much to repair it.



## Read and circle the correct answers:

1. If the food had arrived/arrived on time, we wouldn't have been so hungry.
2. If I had saved enough money, I would have bought/ would buy a new bicycle.
3. If the weather had been better, I would have gone/would go to the beach for a swim.
4. If I had been at home when he called, I wouldn't have missed/wouldn't miss his message.



2



Using these given information and images, write what you know about social life in Kuwait.

### Family gatherings

How often do families have a gathering?

**Families gather many times every year**



### Diwaniya

Why is it an important part of social life in Kuwait?

**Because it is a famous meeting place.**

### Celebrations

What celebrations can you think of?

**Eid Al-Fitr - National Day**



# Festivals

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Festivals are happy occasions in which people enjoy the fun and entertainment that is provided.

Everyone finds in festivals something they enjoy most.

**Write a two-paragraph report in your notebook about what people do in festivals that makes them happy and what you, in particular, find most exciting.**



Title

# Festivals

Festivals are nice times for fun and joy.

Introduction

people take part in the activities of festivals.

Activities people enjoy in festivals



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marchin

g



offers and discounts

meeting people



What I find most exciting



Meeting my friends



To enjoy my time



Conclusion

Festivals are moments for excitement and happiness. People relax and entertain themselves in festivals.

