

Good Vibes

Topic Discussion Activities

1. Happiness Boosters

Small Group Discussion

From the following list, which type of activity would you recommend to change a friend's sad mood?

- ☐ watching an old movie
- ☐ listening to your favorite song
- ☐ talking to a friend
- ☐ watching TV
- ☐ talking to someone in your family
- ☐ writing about your feelings in a diary or journal
- ☐ going shopping
- ☐ reading a book
- ☐ playing a sport
- ☐ going out for a walk by yourself



Supporting Your Opinion

Why would you recommend some of these activities to your friend? Why wouldn't you recommend the other activities?

2. Useful Expressions

Do you know these words and phrases? Use them to describe personal experiences.

Feeling	Verbs	Expressions
down/blue/sad upset/angry shocked/stunned/devastated	to cheer someone up to make someone happy to make someone feel better to lessen/ease one's sorrow or pain	in a good/bad mood down in the dumps under the weather not feeling myself lately

ECCE Reading Practice

3. What Do You Think?

In small groups, discuss the following questions.

Many people say that laughter is the best medicine. What do you think?

Can laughter actually cure a disease or solve any problem? Why? Why not?

4. Brainstorming

Complete the chart with different effects you think laughter has on people.

Effects of Laughter

5. Skimming

Read the first paragraph of the Reading Passage. Which effects of laughter are mentioned? Are they positive or negative?

Effects of Laughter

Discuss how your predictions in Exercise 4 compare with what you wrote here in Exercise 5?

6. Missing Phrases

Find the best place for these phrases in the reading as indicated by the numbered blank.

- a. ____ resort to unhealthy activities
- b. ____ are held in hospitals
- c. ____ may actually help me
- d. ____ find other people

Reading Passage

Read the passage, and then answer the questions on pages 5 and 6 according to the information given in the passage.

(1) Hearty laughter can change one's mood in an instant. It can erase fear, anger, worry, and sadness. Moreover, research has shown that laughter exercises the heart, lungs, and abdominal muscles. It boosts the immune system and even increases blood flow to the brain. Laughter has also been found to increase alertness, creativity, and memory, while increasing tolerance to pain and lowering blood pressure. However, laughter has often been considered to be the opposite of paying attention or working in schools or business settings.

(2) Recently in the United States, laughter is being recognized for its health benefits. Because of this, there has been rapid growth in the number of laughter clubs being formed each year. One leader explains, "Pre-school kids laugh more than 400 times a day, while most adults have only about 15 daily laughs. This is a shame because laughing is a great stress reducer that actually changes the chemistry of the brain." Laughter experts recommend taking a humor break rather than ____^①____, such as drinking, smoking, or overeating to release tension.

(3) Certified laughter leaders are finding more consulting work with corporations these days. These consultants reduce stress and increase job satisfaction through humor therapy. In fact, they have found that one of the most common reasons why people leave their jobs is not because of their salary; it is because they are unhappy.

(4) One laughter expert explained how laughter helped her: "Although

I couldn't change what happened in my life, I realized I could change my attitude. I discovered that laughter is a physical activity that _____ ② _____ find and experience inner peace, happiness, and love."

(5) To have more opportunities to enjoy a good laugh each day, you need to _____ ③ _____ who are bubbling over with infectious giggles. When they laugh, you will too. Luckily, people are now recognizing the growing importance of laughter. One example of this new trend is the 200 plus "laughter clubs" that _____ ④ _____, schools, and businesses.

7. Skimming and Scanning

Quickly skim the reading to find the following information. Some of the topics may not be mentioned. If they are, indicate the paragraph where you found them.

		Mentioned? Yes/No	If so, in which paragraph(s)?
1.	The effects of laughter on the body		
2.	Job satisfaction		
3.	The work of laughter experts		
4.	Where the next laughter club will meet		
5.	A personal anecdote		
6.	Cultural attitudes about laughter		
7.	Differences between children and adults about laughing habits		
8.	Suggestions to laugh more		

8. Checking Comprehension

Read the passage on pages 4 and 5 again. Answer the questions. Underline the text in the passage that contains information to answer these questions. Circle the letter of the best response.

1. According to the article, someone who laughs a lot
 - a. has high blood pressure
 - b. works out a lot
 - c. is stressed
 - d. fights infections more effectively

2. According to the reading, what should we learn from pre-schoolers?
 - a. to laugh in class
 - b. to laugh more often
 - c. to be 400 times more creative
 - d. to take humor breaks
3. According to the article, what can we infer about humor therapy?
 - a. It reduces job satisfaction.
 - b. It increases blood pressure.
 - c. It increases creativity.
 - d. It guarantees a better salary.
4. What is the best title for the article?
 - a. Laughter Changes Our Brains
 - b. Laugh and Look Younger
 - c. Laughter Can Help Pre-Schoolers
 - d. Laughter: A Useful Resource

9. Identifying Opinions

Decide whether the statement agrees or disagrees with the author's opinion. Circle *agree* or *disagree*. Then decide whether you agree or disagree. Circle *agree* or *disagree*. Find evidence in the article to support these opinions. Give reasons to support these opinions.

	Author's Opinion	My Opinion
Laughter specialists think that happiness is more important than salary.	Agree/Disagree	Agree/Disagree
We can learn a lot from young children.	Agree/Disagree	Agree/Disagree

ECCE Language Practice

10. Vocabulary: Word Forms

Complete the chart using one or more words you know in each box.

Noun	Adjective	Synonyms	Antonym (adjectives)
fear	fearful	afraid, frightened	fearless
anger			
worry			
sadness			
creativity			

11. Vocabulary: Word Categories

Using these words, create groups of related words according to their meaning. There may be different ways to group them. You can use as many boxes as you want from the chart. Then, give each category a name, and have at least two words in each category. An example is provided.

chuckle	gurgle	shout
cry	holler	smile
frown	laugh	wail
giggle	scream	weep
grin	screech	yell

Verbs that May Express Happiness	Category	Category	Category	Category
smile giggle				

12. Grammar: Placement of Adverbs in Active and Passive Verb Forms

Use the words in parentheses to complete the sentences. Use the verbs in the correct tense. An example has been done for you.

Example:

Several studies have repeatedly shown (repeatedly/show) that people who laugh more often live longer and are more satisfied with their lives.

1. The validity of the results of such studies _____ (question/recently).
2. An experiment involving teenagers and auto industry workers _____ (conduct/nowadays) in Central America to show the relationship between literacy levels and happiness.
3. Researchers in Ottawa _____ (find/actually) that laughter increased tolerance and reduced anxiety.
4. The work of laughter specialists _____ (recognize/not/publicly) before Dr. Mothe published the results he obtained with multi-national companies just a few years ago.
5. Unhappiness at work _____ (consider/now) the most important reason why companies are requesting psychological counseling for their staff.

13. Sentence Completion

Complete the sentences with information about yourself. Then use them as conversation starters to talk to your partner.

1. I've been recently notified that _____
_____.
2. A friend of mine was caught _____
_____.
3. To be happy, it is essential that _____
_____.
4. In spite of many obstacles, _____
_____.
5. My family has always recommended that _____
_____.

ECCE Writing Practice

THE ANN ARBOR TIMES

Happiness: past and future. Some people feel happy when they can have the latest technological gadgets, change their car every year, or move to a larger house. On the other hand, some people feel happy when they can help others; they do not think about their own material possessions. Different people do different things to look for happiness. What does happiness mean to you? *The Ann Arbor Times* wants to know your opinion about how happiness has changed over the years.

14. Writing Exercises

Choose one of the task options.

A. Letter to the Editor

Write a letter to the editor of *The Ann Arbor Times*. Describe first what you think made people happy in the past (e.g., during the time of your parent or grandparents), and then what you think will make people happy in the future. Explain your opinion about the best way to achieve happiness.

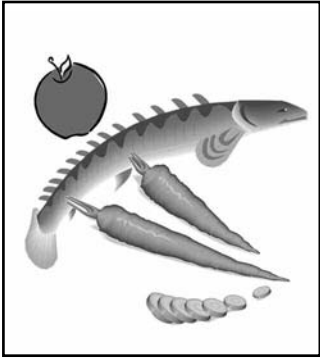








B. Essay

Happiness has different meanings to different people. Some say that we can only expect to live “happy moments” in our lives, and that real happiness is impossible to achieve. Others experience moments of happiness just by being in contact with nature, attending a concert, or working on a task they enjoy. What is your definition of happiness? How can happiness be cultivated in society?

ECCE Listening Practice


15. Listening: Short Conversations

After each conversation, a question is asked about what was heard. The possible answers to the question are shown as pictures. Circle the correct answer for each question. Remember that each conversation is heard only once. Conversations are not repeated on the test.

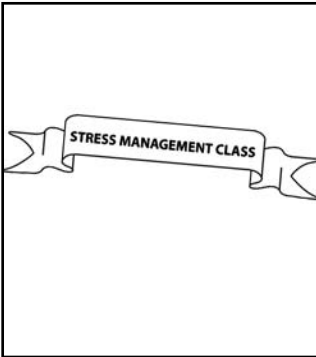
	A	B	C
1.			
	A	B	C
2.			
	A	B	C
3.			

4.

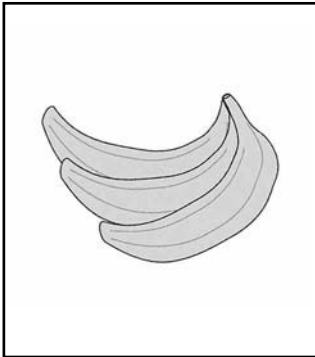
A



B




C




5.


A



B



C



ECCE Speaking Practice

16. Offering Advice

Work in pairs. One of you will look at the information in Box A, and the other one will look at the information in Box B (on page 153). A will ask B questions to find out more about the problem. Then A needs to offer B some advice.

What advice can you offer? Why did you choose that option? Why didn't you choose the other one? *Make sure you use some of the information that B mentioned in your answer.*

- A.** Your friend has a problem.
Ask questions to find out what the problem is and offer your advice.

Look at the pictures and ask:

- Who is this person?
- What is the problem?
- What are the possible solutions?
- What are the advantages and disadvantages of each solution?



17. Elaboration Questions

With a partner, ask each other these questions. Try to spend at least two minutes responding to each question. Encourage each other to develop the topic. Pay attention to the level of detail when elaborating.

1. In what ways can people find happiness by spending time on the Internet?
2. What kind of friendship can you develop with someone you haven't met in person?
3. In what ways can chat rooms be dangerous?
4. In what ways can a person be happy without having a social life and friends who care about him or her?