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**EDIS<sup>®</sup> PED**

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# EXPLORING HAPPINESS

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## Topic:

Happiness – between personal perception and global indicators included in the World Happiness Report prepared annually by the United Nations

## Key words:

Happiness, life satisfaction, well-being, World Happiness Report 2025, International Day of Happiness, Global Rankings

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**Grade:** 11

**Level:** Upper-Intermediate (B1+/B2)

**Lesson:** *EXPLORING HAPPINESS*

**Aims:** To develop Ss' 21<sup>st</sup> century skills, such as emotional self-regulation and well-being, intercultural competence, communication and collaboration skills through the following activities:

- Talking and writing about happiness factors and the importance of being happy
- Reading an online article about the UN *World Happiness Report* and discussing which countries are the happiest in the world
- Watching a BBC video about an experiment performed on the *International Day of Happiness*
- Discussing several Instagram posts on the topic 'Happiness is ...' and writing some original definitions of what being happy really means
- Listening to Bobby McFerrin's song 'Don't Worry Be Happy' on the platform LyricsTraining to fill in the missing lyrics

**Type of lesson:** Integrated skills class

**Skills:** Speaking, Reading, Listening, Writing

**Linguistic Functions:** Describing, giving opinion, explaining

**Materials:** Questionnaires created with Quizziz and Curriki studio, a video lesson created on the TEDEd platform

**Equipment:** A laptop and an overhead projector or an interactive whiteboard, Ss's smartphones used as working tools, wireless internet







## ACTIVITY 1:

Interaction: T-S, S-T

Timing: 8 minutes

### Aims:

- To arouse Ss' interest in the topic of the lesson by means of a live questionnaire
- To talk and write about happiness factors and the importance of being happy

**Organisation:** Whole class and individual work

### Procedure:

- The T focuses students' attention on several questions about happiness and an intriguing photograph accompanied by the following quote: ***“You don't find happiness; you have to make it.”*** In order to collect Ss' answers, the T uses a live quiz that he/she created on Quizziz. At the end of the activity, the T shares the leaderboard with the participants and opens the discussion to the whole class. The T makes some comments on Ss' responses, but he/she also elicits some reasons for the submitted opinions.

### Assessment:

- The live quiz is a useful tool as it turns a speaking activity into a writing one so as to enable all students, especially the shy ones, to express their opinions. The T will create a relaxed atmosphere as fluency, and not accuracy, is the focus of this introductory activity. An instant correction of grammar or vocabulary mistakes would only inhibit the communication between the T and his/her Ss.

### Expected difficulties:

- Certain Ss may be reluctant to take part in the quiz. Therefore, the T constantly stimulates those Ss.



Link to the  
questionnaire  
created on Quizziz


Happiness is ...

2/4

Open Ended

Participant's view

2/4



What is the most important thing people need to be happy?

Write your response...



## ACTIVITY 2:

Interaction: T-S, S-T, S-S

Timing: 12 minutes

### Aims:

- To read an online article about the UN *World Happiness Report* to discover what makes a country happy
- To discuss which countries are the happiest in the world

**Organisation:** Individual and pair work

### Procedure:

- At first, the T checks if Ss know anything about the *World Happiness Report* made annually for the United Nations. Then Ss are asked to explore the beginning of the article to make sure their information is correct and they are even challenged to discuss which countries they think are the happiest in the world. The T can also ask Ss if they are surprised by any of the countries named in the list, or by their positions.
- After that, Ss are invited to scan the article and work in pairs to solve an interactive questionnaire created on the Curriki studio platform. Ss will search for information, providing the correct answers to the true / false, multiple choice or fill-in-the-blank questions, thus developing not only their communication and collaboration skills, but also their reading comprehension skills.
- Finally, Ss can also be invited to make some guesses related to the position held by Romania in the *World Happiness Report* and search for this information online.

**Assessment:** Instant feedback to the interactive questionnaire; Teacher + Pair assessment of the activity by correcting the possible mistakes in point of information and

**Expected difficulties:** Ss may be slow in fulfilling the task, so the activity may take longer than expected.





# World Happiness Report 2025 shows people are much kinder than we expect

Link to the online article:

<https://www.ox.ac.uk/news/2025-03-20-world-happiness-report-2025-shows-people-are-much-kinder-we-expect>








# Link to the interactive quiz created with Curriki studio:

Project: World Happiness Report 2025 > Playlist: World Happiness Report 2025

Activity: World Happiness Report 2025 Previous < > Next



What key message does the 2025 World Happiness Report emphasize about human nature?

- ☐ People are generally lonelier than assumed.
- ☐ Happiness is determined mainly by wealth.
- ☐ Most people act out of self-interest.
- ☒ People are kinder than we tend to expect.

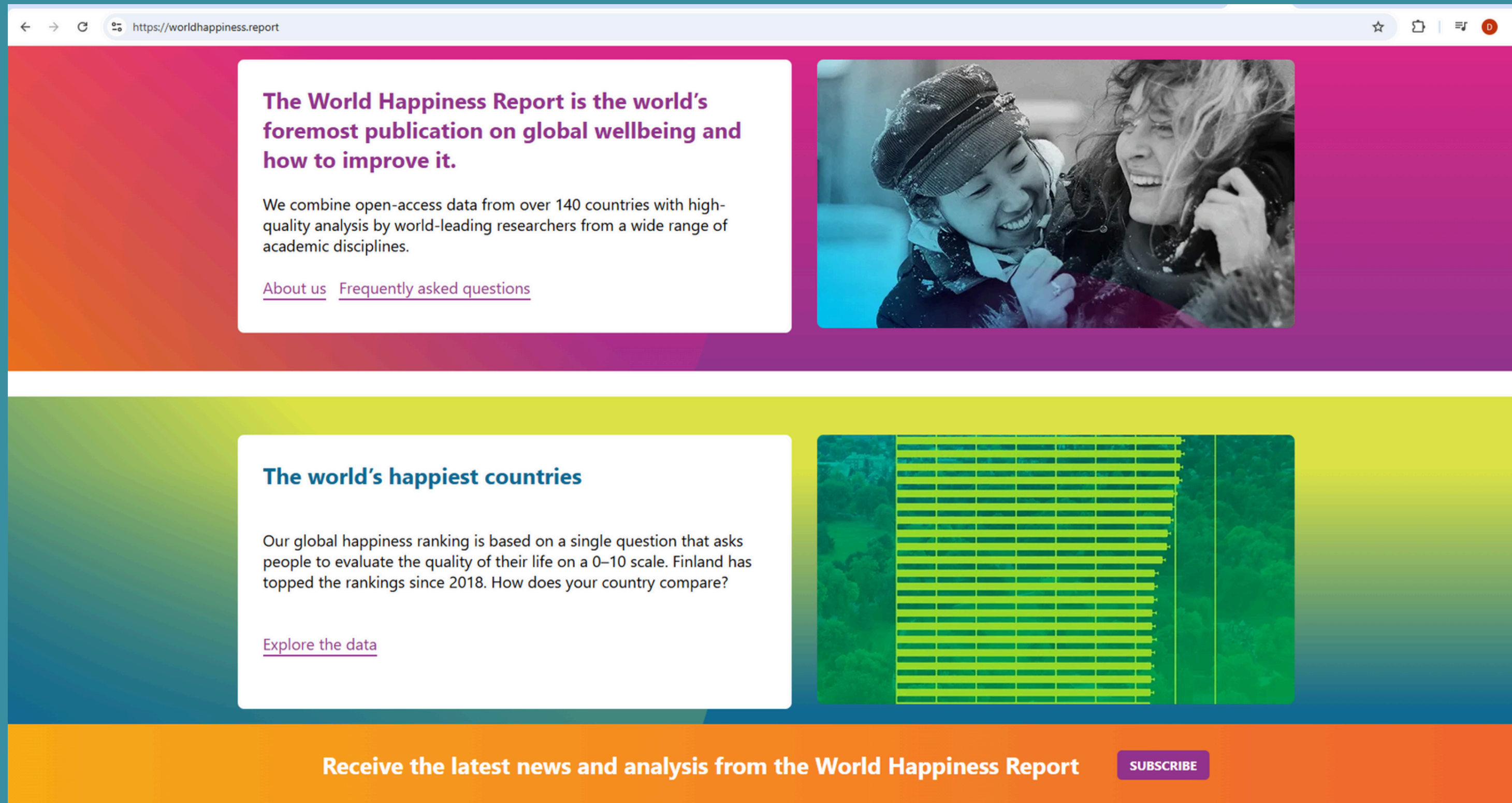
Well done!

1/1

Reuse <> Embed



# Link to the World Happiness Report 2025 website





### ACTIVITY 3:

Interaction: T-S, S-S, S-T

Timing: 20

minutes

#### Aims:

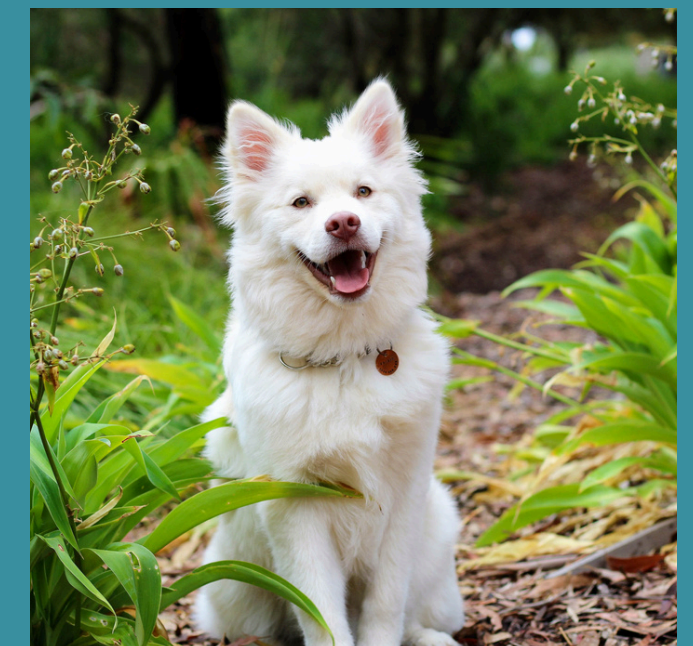
- To expose Ss to authentic materials
- To listen for specific information

**Organisation:** Whole class and individual work

#### Procedure:

**This activity consists of five different sections.**

- **WATCH:** Ss watch a piece of news broadcast by BBC on the *International Day of Happiness*. The video presents an experiment, put into practice the results published in the *World Happiness Report*, testing how many people will return a lost wallet in Belfast.
- **THINK:** To test listening comprehension, Ss will answer several multiple-choice questions as part of a quiz created on the TEDEd platform, in the THINK section. Ss will be encouraged to compare their answers with their deskmates' before communicating them to the teacher.







### ACTIVITY 3:

#### (Part 2)

- **DIG DEEPER:** In this section Ss will have access to additional resources related to the lesson topic. The T will guide them to an article about the International Day of Happiness and assign the accompanying tasks as homework.
- **DISCUSS:** *Happiness is ...* Students will be challenged to an informal discussion, starting from a series of illustrations and definitions of happiness, posted on an Instagram page. Ss read several definitions of happiness and talk about the ones they like.
- **AND FINALLY:** Ss are asked to give their own definition of Happiness accompanying it with an appropriate drawing or picture.

#### Assessment:

- Teacher + whole class assessment of the activity by correcting the possible mistakes in point of information

#### Expected difficulties:

- Ss may miss some of the information or they may have contradictory opinions, so the activity may take longer than expected.



# Link to the activity created on the TEDEd platform

## BBC News International Day of Happiness World Happiness Report 2025

Lesson created by [Dana Cioroiu](#) using TED-Ed's [lesson creator](#).  
Video from [Action for Happiness](#) YouTube channel.

### Let's Begin...

On the International Day of Happiness, Mark Easton visits Belfast to put the latest research from the World Happiness Report into action, by testing how many people will return a lost wallet. The report features Karolyn Gaston, our brilliant Action for Happiness volunteer, who co-leads our group in Northern Ireland.



**WATCH**

**THINK**

**DIG DEEPER**

**DISCUSS**

**...AND FINALLY**




# Link to the homework to be assigned in the DIG DEEPER section

[Home](#) [Online courses](#) [Learning hub](#) [Skills](#) [Grammar](#) [Vocabulary](#) [Business English](#) [General English](#) [English levels](#)

[General English](#) > [Magazine zone](#) > [International Day of Happiness](#)


## International Day of Happiness



There's more behind the International Day of Happiness than you might think. Find out more by reading the article and answering the questions.

Do the preparation task first. Then read the article and do the exercises.

[Preparation](#)

**Online English courses**  
  
**Our websites**

- ✓ LearnEnglish Kids for children aged 5 to 12
- ✓ LearnEnglish Teens for children aged 13 to 17
- ✓ TeachingEnglish for teachers and teacher educators

**Help**

- ✓ Free online English test





## ACTIVITY 4:

Interaction: T-S, S-T

Timing: 10 minutes

### Aims:

- To listen to a song about happiness in order to fill in some missing information in the lyrics

**Organisation:** Whole class

### Procedure:

- The T invites Ss to listen to Bobby McFerrin's song 'Don't Worry Be Happy' on the platform LyricsTraining. It is a platform on which Ss can play music videos for free in order to fill in the lyrics of their favourite songs. Ss can also select the appropriate level: Beginner, Intermediate, Advanced or Expert. It is a great learning tool that Ss enjoy thoroughly.

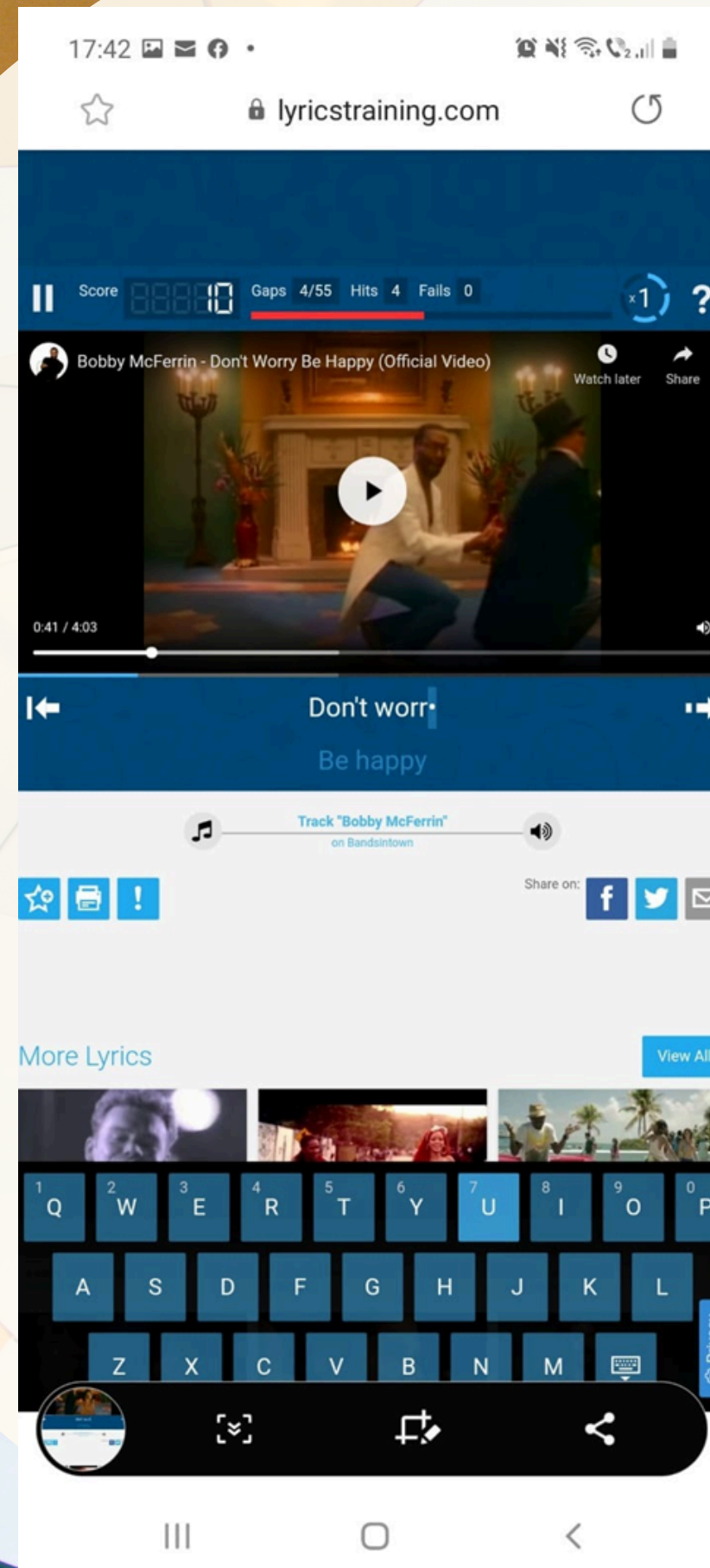
**Assessment:** Teacher + whole class assessment of the activity by correcting the possible mistakes in point of information

**Expected difficulties:** -





[Link to](#)  
[the song](#)





BE  
HAPPY

