

Sample pages



FEELING GOOD? p8



TRUE LOVE p10



NICE DAY, ISN'T IT? p12



SOMEONE SPECIAL p14

**SPEAKING** 1.1 Talk about what makes you happy 1.2 Ask and answer personal questions  
1.3 Make conversation 1.4 Talk about important people in your life


**LISTENING** 1.2 Listen to stories about offers of marriage 1.3 Understand routine  
exchanges 1.4 Watch an extract from a BBC comedy

**READING** 1.1 Understand an article about the secrets of happiness

**WRITING** 1.2 Write about an important year in your life; Improve your use of linking  
words 1.4 Write about your best friend

**BBC**

**INTERVIEWS**

 What do you look for  
in a friend?



## VOCABULARY

### FREE TIME

- 1 A** Think about three things that make you happy (e.g. *my family, walking on the beach, eating good food*). Work in pairs and compare your ideas.
- B** Complete phrases 1–5 with the verbs in the box.

go eat have play spend

- 1 go shopping/on holiday/for a walk
- 2 \_\_\_\_\_ time with family/money/time alone
- 3 \_\_\_\_\_ out/with friends/good food
- 4 \_\_\_\_\_ time off/a barbecue/a party
- 5 \_\_\_\_\_ (a) sport/a musical instrument/games

**C** Work in pairs. Do any of the activities in Exercise 1B make you happy? Add some more activities to the list.

## READING

- 2 A** Read the magazine article. Which of these things do you do already? Which could you do more of?
- B** Work in pairs. Which of the seven ideas do you think are the most/least important for you? Do you have any other ideas to include?

# the Seven Secrets of Happiness

Everyone has a different idea of what happiness is, but most of us want to be happier. So, what can we learn from looking at the habits of happy people? Here are seven things to make you happy.

**1 Sleep More** Most people don't sleep enough. If you want to feel good about life, then try to sleep for at least seven hours a night.

**2 Do Some Exercise** You don't need to run for 20km or go to the gym every night, but a small amount of exercise will help you feel happy. Go for a short (10–15 minute) walk somewhere beautiful. It wakes up your brain.

**3 Give to Others** Research shows that giving money or time to help others makes you feel happier. Buying someone an unexpected present or spending some time doing voluntary work will give you a feeling of joy.

**4 Be Interested** Love what you do and try to learn something new. People who are curious and learn new things experience feelings of satisfaction and happiness.

**5 Spend Time with Family and Friends** This is probably the most important thing you can do. People who have a strong network of social relationships are not just happier; they live longer, too!

**6 Focus on the Moment** Try to find opportunities each day to enjoy the small things in life. Spend a little time on your own, and just enjoy the moment.

**7 Smile!** Smile more (even when you're feeling sad). Smiling can actually make you feel better. People who post big smiley photos of themselves on Facebook actually feel happier because they see the photo every day and it reminds them of happy times.



## GRAMMAR

### QUESTION FORMS

**3 A** Read the questions. Think about your answers.

- How many hours do you usually sleep?
- Are you good at sport?
- How much time do you spend doing exercise? Where do you go?
- What do you do that really interests you?
- When did you last learn something new? Where were you?
- What small things in life do you enjoy?

**B** Work in groups. Ask and answer the questions.

**4 A** Complete the questions in the tables.

Questions with auxiliaries			
question word	auxiliary	subject	infinitive
Where 2 _____	1 _____ did	you	go? last learn something new?

Questions with <i>be</i>			
question word	<i>be</i>	subject	adjective/noun/verb + -ing, etc.
4 _____	3 _____ were	you you?	good at sport?

**B** Circle the correct word in bold to complete the rules.

- RULES**
- In questions with auxiliaries, put *do/does/did* **before/after** the subject.
  - In questions with *be*, put *am/are/is/was/were* **before/after** the subject.

▷ page 128 **LANGUAGEBANK**

**5 A** Put the words in the correct order and add an auxiliary or *be* to make questions.

- many / your / how / in / people / family?
- see / often / you / parents / how / your?
- family / with / you / spending / your / time / enjoy?
- last / your / when / celebration / family?
- you / with / live / who?
- you / often / eat / friends / how / out / with?
- friend / your / live / where / best?

**B** 1.1 Listen and check.

**C STRESSED WORDS** Look at audio script 1.1 on page 168. Underline the stressed words. Listen again and repeat.

*How many people are in your family?*

**D** Work in pairs. Ask and answer the questions.


## SPEAKING

**6 A** Work in pairs. You are going to interview other students. Look at the prompts and make questions about each topic. Choose a third topic to talk about.

Holidays

How long?

Who?



What?

Where?

Weekend

What?

Where?



Work / Study?

Get up?

????

Where?

Why?

What?

**B** Work in groups. Ask and answer the questions.

**C** Tell the class. Who do you think:

- has the best holidays?
- has very busy weekends?
- enjoys staying at home?
- does the most exercise?
- sleeps the most?
- really knows how to enjoy themselves?