

# Daily Happiness &

how to obtain it



# Have you got a...

## GUILTY PLEASURE\*?

*\*something, such as a habit, film, or music, that one enjoys despite understanding that it is not generally held in high regard, or is seen as unusual or weird*

Weird movies

Grazing

Actor/singer

Binge watching(&eating)

# USED TO - BE USED TO - GET USED TO



## Used to + V(base)

Used when we talk about something we did regularly in the past, but do not do it now.

He used to play football before the accident.  
I used to live in London.

## Be used to + V-ing/noun/pronoun

Used when we say that we are accustomed to something or something is normal for us, not strange or new.

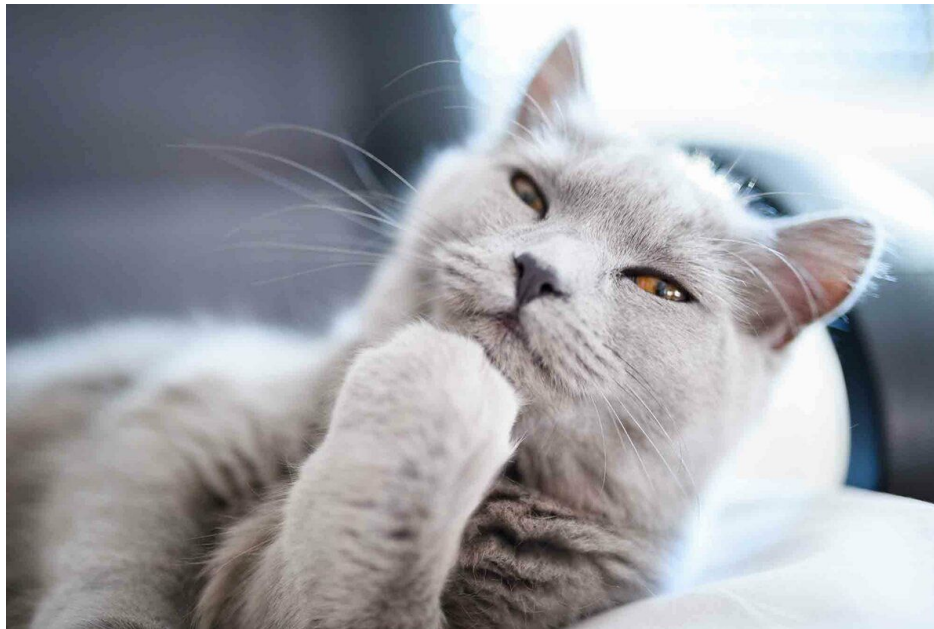
Jenny is used to driving on the left.  
I'm not used to listening to loud music.

## Get used to + V-ing/noun/pronoun

Used to say that something is in the process of becoming normal or common.

Ski instructors get used to cold weather.  
Cindy has to get used to driving on the left.

- *Is it always bad to have guilty pleasures?*
- *Do we have the same phenomenon in Russia? (if not then why?)*
- *Why do you think people are ashamed of some of their harmless habits (preferences)?*
- *Shall we hide(abandon) our interests if the others don't share them?*



# Did you know..?

*Different nations have some useful habits we could borrow.*

*Try and guess!*

*TRUE or FALSE?*

- The French love cheese, butter, cream, and bread. Yet, obesity levels here are among the lowest in Europe.

*Fatty foods are eaten regularly, in small portions. They also spend more time on dining. They also spend more time on dining. Eating slowly prevents gorging because the stomach is allowed to feel full.*

# Where does it come from..?

Italy

Mexico

Thailand

India

Sweden

Turkey

Singapore

# What is happiness?



# Would you opt for a life with no pain?

By Hayley Levitt and Bethany Rickwald



# Lessons Worth Sharing

Hedonism

Net-pleasure – pure pleasure

A no-brainer – an easy task to solve

Dissuade smb from smth – talk smb from doing smth

Be(fall) head over heels – fall desperately in love

Rendezvous – romantic meeting

Be in /blissful/ ignorance – not know smth

Intrinsic(true) value

# What would you choose..?





# Do we appreciate what we've got?

*What were the 5 things that made you feel happy recently?*



# Home task!

- ✓ Tell your partner about a thing that made you *smile/laugh/giggle/chuckle/smirk or beam* all over your face – EVERY DAY for a WEEK!

Strictly in ENGLISH!!!(Ancient Greek will do as well)

Consider:

Using a voice message

Attaching some pics to your story

Making a video