



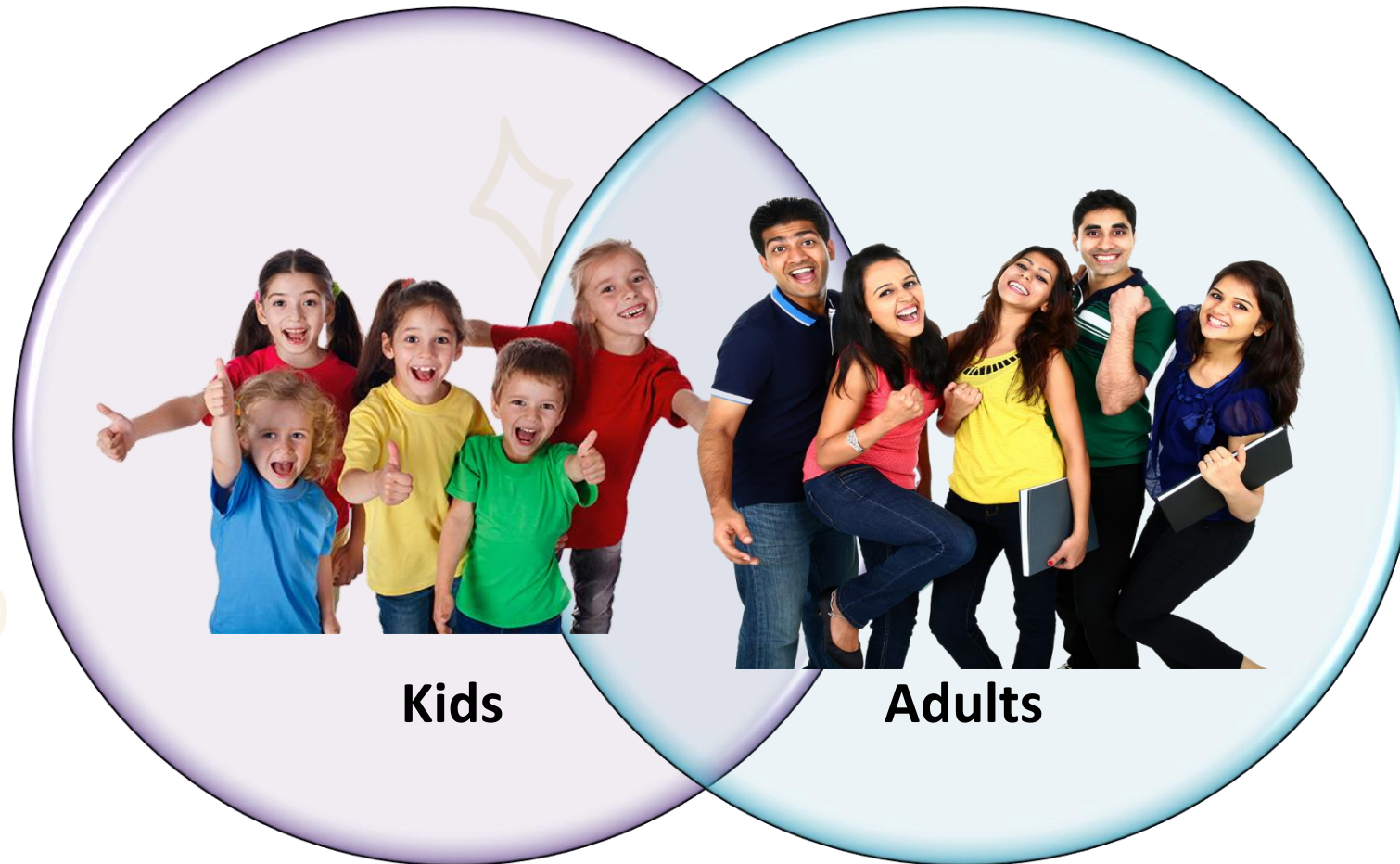
LESSON 2. WHAT MAKES YOU SAD

At the end of this lesson, students will be able to:

1. Compare and contrast
2. Formulate sentences using because and because of accordingly.
3. Construct cleft sentences with what.
4. Tackle possible reactions to random scenarios.
5. Develop ideas on how to make various places happier.

Compare and Contrast

Compare and contrast what causes kids' and adults' happiness.



Finland ranked happiest country in the world - again

Finland has been named the happiest place in the world for a fourth year running, in an annual UN-sponsored report. The World Happiness Report saw Denmark in second place, then Switzerland, Iceland and the Netherlands.

New Zealand was again the only non-European nation in the top 10. The UK fell from 13th to 17th place.

Data from analytics researcher Gallup asked people in 149 countries to rate their own happiness. Measures including social support, personal freedom, gross domestic product (GDP) and levels of corruption were also factored in. The country deemed the most unhappy in the world was Afghanistan, followed by Lesotho, Botswana, Rwanda and Zimbabwe.

There was a "significantly higher frequency of negative emotions" in just over a third of the countries, the report authors said, likely pointing to the effects of the pandemic.

However, things got better for 22 countries. Several Asian countries fared better than they had in last year's rankings, while China moved to 84th place from 94th.

"Surprisingly there was not, on average, a decline in well-being when measured by people's own evaluation of their lives," John Helliwell, one of the report's authors, said in a statement.

"One possible explanation is that people see Covid-19 as a common, outside threat affecting everybody and that this has generated a greater sense of solidarity and fellow-feeling." Finland "ranked very high on the measures of mutual trust that have helped to protect lives and livelihoods during the pandemic", the authors said. The Nordic nation of 5.5 million people has managed far better than the majority of Europe during the pandemic, with just over 70,000 cases and 805 deaths, according to Johns Hopkins University.

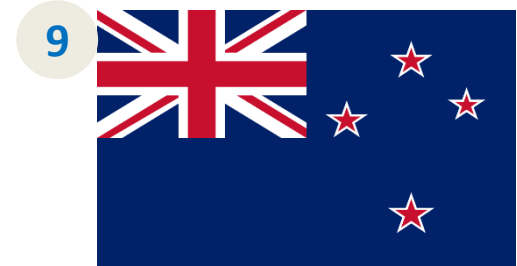
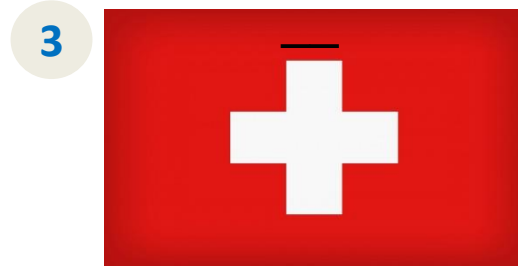
Source: [Finland ranked happiest country in the world - again - BBC News](#)

Reading Exercise

According to the report, the ten happiest countries are:



1 Finland



Tell whether the sentence is True or False.

1. How many times in a row has Finland been named the happiest country in the world?
2. What's the common denominator among the other countries aside from the Top 9 in the ranking?
3. What is the probable effect of pandemic on over a third of the countries according to the report?
4. What's unpredictable on how people's evaluate their own well-being?
5. Explain how Finland ranked the happiest country in the world?

Vocabulary Spotlight

in a row

in succession



WHAT ABOUT YOU?

1. Pretending not to have read the report, what do you think is the happiest country in the world?
2. What do you think caused Afghanistan and the others to rank the least happy countries in the world?
3. What do you think is the ranking of your country in the report?
4. What needs to done in your country to make it to the Top 10?

Why are they happy?

Why do you think the following people are happy?

1



2



3



4



5



6



7



8





Because, Because of

Because is a conjunction. Because of is a preposition.

because + clause

We won the quiz bee because you were witty.

because of + noun/pronoun

It is because your wit that we won the quiz bee.

Fill in the blanks with either the conjunction because or preposition because of.

1. I was late this morning _____ the traffic.
2. She can't drive _____ her blindness.
3. The bank closed down _____ the recession.
4. I came back _____ I'd forgotten my briefcase.
5. We stopped playing football _____ the rain.
6. Tom is very difficult to understand _____ his weird accent.
7. Paul moved to Paris _____ his job.
8. John crashed his Truck _____ he was driving too fast.
9. I cannot come _____ the weather.
10. I'm asking you _____ I want to know your opinion.
11. We see each other almost every day _____ we are in the same class.
12. I had to take the bus _____ my car broke down.
13. I prefer driving _____ I am afraid of flying.

Use context clues to define the words in bold. Use them in your own sentences.

1. He **takes pride in** the works of his students in his art class.
2. In the autumn I returned to my Southern home with a heart full of **joyous** memories.
3. He wisely **contented himself with** his family and his love of nature.
4. He deserves **gratitude** for the invaluable contribution he has made.
5. The doctor was **optimistic** that this treatment would put his patient's cancer into remission.
6. After having a great day at work, Martha was in a happy and **chipper** mood.
7. As he redoubled his efforts so the **mirth** of the audience grew more hysterical.
8. She wasn't the same Juliet Avery who had cycled to the hospital yesterday morning, **blithe** and carefree.
9. Live music and a parade set an **upbeat** mood for the official opening.
10. The kids were **ecstatic** when we brought home the new video game system.



Listening 2.1

https://www.ted.com/talks/michael_norton_how_to_buy_happiness/transcript?referrer=playlist-what_makes_you_happy

Complete the following questions with words given below and answer.

Give synonyms and antonyms of these words.

afford

lend

benefit

debt

beg

charity

- When was the last time you donated money to _____?
- Do you know anyone who has gone into _____? Why did it happen?
- What can we do for poor people who _____ for money?
- What have you done recently to _____ others?
- Have you ever _____ money to someone who hasn't given it back?
- Can people in your country _____ to go on holiday abroad?

Vocabulary Spotlight

antisocial



not sociable; not wanting the company of others.

What is its antonym?

At TEDxCambridge, Michael Norton shares fascinating research on how money can indeed buy happiness -- when you don't spend it on yourself. He talks about money and happiness, which are two things a lot of us spend a lot of our time thinking about, either trying to earn them or trying to increase them. And a lot of us resonate with this phrase, we see it in religions and self-help books: money can't buy happiness.

Answer the following questions:



1. How do people take winning the lottery?
2. What do college undergrads often spend their money on?
3. Discuss the effect of people spending money on themselves versus when they spend it on others.
4. How are money and happiness correlated?
5. Why was DonorsChoose.org mentioned in the talk?
6. What was the speaker's challenge at the end of the talk?
7. From your personal point of view, do you agree with his observations?

Ponder this: Can money buy happiness? Expound your answer.

Practice and change the underlined words to make true for you.

A: This is a very random question but what makes you happy?

B: That certainly is. To be honest, there's a lot, which make it hard to answer.

A: I know right! Okay, does what about your family make happy?

B: Spending time with them is what makes me happy.

A: Me too! What about material things?

B: Maybe the newest model of iPhone would make me happy.

A: That would definitely make me happy too. What else?

B: Let me think... Hanging out with my friends like you makes me happy, as well as having to bond with my pet dog.

A: I'm happy that there are a lot of things that make you happy.

B: There's actually a lot that it's too many too many? Anyway, how about you?

A: Oh! Do you have the whole day?



Vocabulary Spotlight

To be honest

used when giving real opinion





Cleft Sentence with What

WH cleft sentences are also sometimes called pseudo cleft sentences. What cleft sentence is one of them. In pseudo-cleft sentences, the emphasis (focus) is usually at the end of the sentence. This is the basic structure of a WH (pseudo) cleft sentence.

What clause + be verb + emphasized word or phrase

In WH cleft sentences, the understood (old) information is at the beginning of the sentence rather than the end of the sentence. The focus (new information) is at the end of the sentence.

A: What makes you happy?

B: Spending time with my family is what makes me happy.

In the second sentence, the focus is on the new information: Spending time with my family makes me happy.

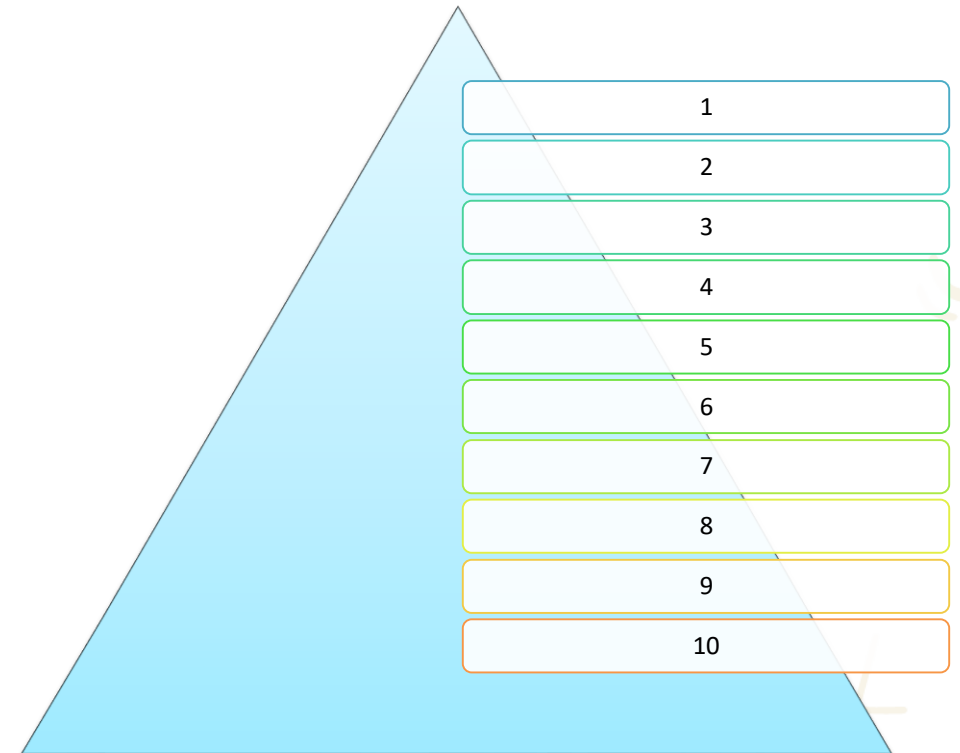
Note: cleft structures with **what-clauses** are often used with verbs expressing an emotive response to something like **adore, dislike, enjoy, hate, like, loathe, love, need, prefer, want**, etc.

Try these:

1. What makes you sad?
2. We now need actions rather than words. (What do we need now?)
3. I enjoyed the brilliant music most of all in the Ballet Frankfurt performance. (Which did you enjoy?)

Talking Points

Rank the simple things and/or the complex things that (would) make you happy. Explore the link and the image below and find more things that could possibly make you happy. Use pseudo cleft sentence (what).



1
2
3
4
5
6
7
8
9
10

Click me: <https://thingstobehappyabout.com/>



make somebody do something

to cause someone do something:

To make + object + verb in the infinitive without **to**

My idol's signature on his album I bought makes my heart jump.

Getting the newest model of that phone will surely make her feel like on cloud nine.

Imagine scenarios with the following and discuss what they (would) make you do.

1



money gift

2



A+ score

3



meet and greet with idol

4



destination

5



latest gadget

6



proud parents

Vocabulary Spotlight

On cloud nine

Over the moon

Like a dog with two
tails

Happy camper

Paint the town red

On top of the world



expressions to use to
express happiness



Listening 2.2

<https://youtu.be/1YAzAu3Ut6c>

Watch the video and enumerate the steps on how to be happy.



Abstract Nouns - Review

Happiness is an uncountable noun. Happiness can be measured, but it can't be counted. Most abstract nouns are uncountable.

What other abstract nouns can you think of that are uncountable?

Can you think of any abstract nouns that are countable.

Where does it belong?

What can done to these places help to make people happier?

Places	Loopholes	Happiness Ideas
Living Room		
Bedroom		
School		
Shopping Mall		
Library		
Hospital		
The Internet		
Park		
Airport		
Other Public Areas		



A sailor went to sea to see, what he could see.
And all he could see was sea, sea, sea.

The End