

Live Lesson Notes

Happiness

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What you will learn in this worksheet:

Useful vocabulary

Collocations

What is happiness?

Idioms

What makes you happy?

Are younger people happier than older people?

Model Answers

Useful Links

Measuring happiness

<https://www.thehappyco.it/433744673>

The happiest man on earth

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Introduction

In this free IELTS Speaking lesson on the topic of Happiness, you will learn collocations and idioms to talk confidently about happiness and what it means to you.

[Watch the complete video about this topic of the Happiness here.](#)

Warm Up Questions

These are the kind of questions on this topic of Happiness that you might find in IELTS Speaking.

Speak out your answer to the following questions!

What is happiness?

What makes you happy?

Are younger people happier than older people?

Are the things that make us happy now, different from years ago?

Useful vocabulary

Here is some useful language to talk about the IELTS Speaking topic of Happiness. Notice the 'grammar' of these words, how they are used, and what prepositions can be used.

I am happy that you came to visit

She was such a happy baby, always smiling!

I am happy to be here

Happy with the answer

Happy for you (somebody)

Happy about that

Find a **synonym** of HAPPY in this sentence

I am _____ **that you came to visit**

Here 'happy' describes a feeling of happiness. So we can use the following words as synonyms.

Glad

Elated = *very happy*

Thrilled = *extremely happy*

Delighted

Pleased

Content

Find a **synonym** of HAPPY in this sentence

She was such a _____ baby, always smiling!

Here 'happy' is an adjective to describe a person or thing with the qualities of happiness. So we can use these words.

Cheerful

Jolly

Joyful

Jovial

Happy-go-lucky

Pleasant

Collocations:

A happy marriage / memory / childhood / occasion

Happy with the answer

Happy for you

Happy about that

A happy coincidence

To find true happiness

Be blissfully happy

A happy meal (at MacDonald's)

Happy hour (in a bar when drinks are cheaper for a limited time)

Happy Christmas!

What is happiness?

We could approach this answer in 2 ways. Firstly giving a definition of happiness, like from a dictionary. Secondly, by giving a more personal interpretation of what it means to us.

1. If we are talking about a definition, happiness...

...**is an emotional, physical, and mental** state of well-being

...**is** a feeling of **deep satisfaction** in life

...**is something we achieve by** having a purpose and a sense of meaning in life

2. Personally, for me, happiness is...

...**Being** healthy

...**Being** grateful

...**Having** good friends

...**Having** a day off work

...**Achieving** our goals

...**When** I pass my exams

...**When** I am cooking

...**When** I get a lovely present

...**When** my kids are happy

...**when** we are satisfied with our lives

...**when** you have peace of mind

Happiness is difficult to define

It's **hard to put your finger on it** (= *hard to identify or to express/say*)

Everyone **sees it** differently

It depends on each person

It's also interesting to consider (and talk about) whether happiness is something we feel automatically, something we choose, or something we have to work on and train.

Is it a state?

Is it a choice?

Is it a skill?

In this video a French buddhist talks about the need to train happiness.

Idioms about happiness

Watch the video with Stan the Man and spot the idioms!

To be **tickled pink** = very happy

I would be tickled pink, if I won the lottery

To be **over the moon**

She was over the moon when she passed her test.

To be **on top of the world**

I am on top of the world when I am teaching

To be **pure bliss** = it's heaven!

Strolling in the park, smelling the flowers is pure bliss!

To be **on a high** = to be very happy / elated

To **have a whale of a time** = to have a great time

I had a whale of a time at your party yesterday

To be **in your element** = to do something you really enjoy/like

*I like dancing, I am really **in my element** on the dance floor*

What makes you tick? = What makes you happy?

To be as happy as the day is long = *to be very happy*

To walk on air = to be very happy

*I am **walking on air** when I listen to Pavarotti sing.*

It was music to my ears = it made me very happy

*When I heard I got a Band 8, **it was music to my ears!***

Are younger people happier than older people? Why?

It **depends on the situation** they are **facing**

It depends on the **mindset** of each person

It **varies from person to person**

Maybe youngsters have more pressure from social media, exam pressure, even cyber-bullying, and so this **brings them down** (=makes them sad).

I believe youngsters **have less on their minds**, and so tend to be happier.

Yeah, health-wise definitely, youngsters are happier.

It's possible that older people are more **happy-go-lucky**, they don't care what others think of them, so they **are more inclined to be content**.

I think old people are happier than youngsters, as they aren't worried about their career, education, and job.

No, not at all, **quite the opposite**. I think old people are **more content** because the younger ones are **overly occupied with** work challenges and deadlines.

Model Answers

Q1. What do you like to do when you are happy?

A.

Well for me personally, when I am happy, I like to go into the kitchen and start cooking. If I am in a good mood, I love **to dabble in the kitchen** (=try cooking things) and do, you know, cook some new recipes.

I mean, for me it's **pure bliss** when you are cooking and **the dish turns out really nice**, the same as the picture in the cook book and then of course I really enjoy eating the meal with the family and for me you know, I am really **over the moon**, if the family **appreciate the food**, and just getting together and having a bit of **quality family time** around food that I have cooked.

For me, that's a great way of, you know, of enjoying myself and being **contented**.

Q2. Describe a happy moment you have had?

A.

I'd like to tell you about a time when I went to see a concert with my family. **It was going back maybe a year ago.** I think it was the summer time 'cos I remember it was quite warm. The weather was quite hot.

And **I had bought** some tickets to take my family to a classical music concert.

We were very excited about going there and then **on the day**

we went to this **auditorium** to watch this concert and when we went into the auditorium, it was so impressive. I mean the colours, the lights, the decoration, **the whole décor of the place** was, you know, absolutely fantastic. It looked beautiful and then we sat down.

But then when the music began, it was like we **were walking on air.** I mean it was the most beautiful classical music I have heard in a long time. I turned to look at my wife and she **was on cloud nine** and I think when I looked at my daughter, well she seemed to be really enjoying herself, right? She seemed to **having the time of her life**, listening to the music, all these different melodies and there was some singing as well, almost **angelic music.**

So we really enjoyed it, and after the concert, we **went for a stroll**

along the promenade and we were talking about what we liked about the music. The different sounds and the different visual effects that were there in the auditorium. Really, you know, we **enjoyed it immensely**. It was a really, really happy moment. We were very content and delighted with the whole event that we went to.

Q3. How can we define happiness?

A.

Well, it's a really very interesting question and I **was mulling this over** (=thinking about) the other day because I was watching a video of a monk who was talking about the definition of happiness.

On the one hand, there are a kind of **book definitions** that say happiness is all about your **physical and emotional wellbeing** and that's true.

But personally, for me, happiness is the small moments in life. It's the little things that happen to us, **day in and day out** (=everyday). You know, happiness is when I am strolling through the park and I can smell the flowers and hearing the bird song. Happiness is when suddenly I see a fish jumping out of the water along the promenade where I walk every day. A beautiful sunset, these little things for me, are happiness.

It's a really, really interesting question because **going back to** the monk, he was suggesting that happiness is something we can learn and a skill we can develop, and you can **hone the skill** (*=develop the skill*), to make it better and better.

I'm **in two minds about that** at the moment. I think, it's probably true but for me, happiness is something we see in the little things every day.