**Ex. 1a Match the halves of the sentences.**

|  |  |
| --- | --- |
| 1 Carol is an excellent cook. She’s in e) her element in the kitchen**.** | a) on cloud nine. |
| 2. When I heard she'd passed her exam I felt on g) top of the world! | b) the moon when we had a surprise party for his 80th birthday. |
| 3 I never expected to win, so I'm a) on cloud nine. | c) happy camper about that. |
| 4 Milena is a real party girl. She goes out every night and has f) a whale of a time! | d) a kid in a candy store when he talks about the recording equipment they have. |
| 5 My grandpa was over b) the moon when we had a surprise party for his 80th birthday. | e) her element in the kitchen**.** |
| 6 She had copied my essay and I was not a very c) happy camper about that. | f) a whale of a time! |
| 7 He sounds like d) a kid in a candy store when he talks about the recording equipment they have. | g) top of the world! |

**Ex. 1b Choose two-three idioms from ex. 1a and use them in your own sentences.**

After receiving the promotion, she was on cloud nine.

During the music festival, we had a whale of a time dancing to our favorite bands.

**Ex. 2 Fill in the gaps with the words from the table in the appropriate form.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| income | welfare system | life expectancy | tax | maternity/paternity leave |
| healthcare | flexible working hours | quality time | disabled | childcare |

The Netherlands is a great place to live. It has a strong economy, a good 1) welfare system and low unemployment. People in the Netherlands also earn high wages, but they pay high 2) taxes. So how happy are people in the Netherlands? The recent World Happiness Report says that they're very happy - in fact, they're the sixth happiest people in the world. But why?

One reason could be their high 3) income. The average Dutch person earns about $56,000 a year. That's much higher than the global average of $17,000. 4) Healthcare is also very good, and 5) life expectancy is high - around 82 years. The authorities think a lot about the 6) disabled and they have the same opportunities to study and work as ordinary people.

Another reason could be the work-life balance. People in the Netherlands have a lot of free time. They get four weeks' paid holiday every year, and there's a 7) maternity/paternity leave when you have a baby. Many people work part-time and there are 8) flexible working hours. This means they can start and finish work at different times. They can also work from home. This gives them more 9) quality time with their families, and it's much easier to find 10) childcare. There are lots of after-school clubs and activities for children. All this helps to make people feel happier.

**Ex. 3a Study the following examples and choose the correct alternative in the given rules.**

*a) Even the healthiest people can’t be completely happy* ***unless*** *their nearest and dearest are healthy, too.*

*b) A country can come top of the list of the happiest countries in the world* ***provided that (providing that)*** *it has a strong economy, reliable government, and a deep sense of community.*

*c) Everyone can be happy* ***as long as*** *they love and are loved.*

1 ‘***Unless***’ is used to say what will or will not happen if something else does not happen or is not true. It means *if/except* if. After ***‘unless’*** a *positive/negative* form of the verb is used.

2 If you say that something will happen ‘***providing’*** or ***‘providing that’*** something else happens, you mean that the first thing will happen only if the second thing also happens. ‘***Providing/provided (that)’*** means ‘on the condition (that)’.

3 ***‘As long as’*** means the same as *providing(provided that)/unless.*

**Note!** If we refer to the future, after ***‘unless’, ‘as long as’, ‘provided that’, ‘providing that’*** we use present tenses. In the other part of the sentence, we use ***‘will’(won’t)***.

*d) I’ll lend you some money* ***as long as/provided that/providing*** *that you pay me back next week.*

*e) She won’t come* ***unless*** *you invite her.*

**Ex. 3b Fill in the gaps in the following sentences with *‘unless’* or *‘as long as’/’provided that’/ ‘providing that’.***

1 He hasn't got any hobbies — unless you call watching TV a hobby.

2 You are allowed to go provided that you let us know when you arrive.

3 I won't tell them — not unless you say I can.

4 You can borrow the car provided that you don’t drive too fast.

5 I will quit my job unless I get a pay rise.

6 You can have a dog provided that you promise to take care of it.

7 As long as you love me, I don't care who you are or where you are from.

8 You may keep the book a further week provided that no one else requires it.

**Ex. 3c Read the text and choose the correct alternative.**

If you're happy and you know it, clap your hands. That's what the song says, anyway. But what *if/when* you don't know it? What if you're not sure if you're happy or not? Then this article is for you. Here are five things that happy people do every day.

**1** **Be grateful:** Happy people are grateful. They say 'thank you' *when/if* someone does something nice for them, and they don't take things for granted. They are happy with what they have, *as long* as*/unless* they have enough money and a place to live in. If they get a new car, they don't want a better one next month. They love their car and they look after it.

**2 Help others**: Happy people help other people. They listen to their friends when they have problems, and they try to make them feel better. They give their time and money to people who need it, *unless/providing that* the person really needs it. They don't like giving money to people in the street because they think these people might use it for drugs or alcohol, but they often give money to charities.

**3** **Have goals:** Happy people have goals in life. They know what they want to do and they do it. *If*/*when* they want to be an engineer, they study engineering at university. *If/when* they want to travel around the world, they save money and go travelling. They don't just dream about doing these things; they make them happen.

**4** **Be positive**: Happy people are positive. They try to see the good side of everything, even when bad things happen. For example, if they lose their job, they don't think 'I'll never find another job', they think 'Now I can find a better job'. They don't worry *unless/as long as* it is really necessary. They certainly don’t worry about things that probably won't happen, such as being attacked by a shark when they're swimming in the sea.

**5** **Smile** Finally, happy people smile. Even when they don't feel happy, they smile because it makes them feel better. And the good thing is, *when/if* they smile, other people smile too. So, if you're not sure if you're happy or not, try smiling and see what happens!

**Writing preparation**

**Tips for Being Happy**

**Ex. 4a A website asked its readers for tips for being happy. Read one of the responses. Think about how the text is organized.**

Do you want to be happy? Get a pet! There are so many reasons why having a pet can make your life better. Here are just a few:

1. Unconditional love: Your pet will always love you, no matter what. They don't care if you had a bad day at work or if you didn't do the dishes. They'll be there for you with a wag of their tail or a purr.

2. Stress relief: Spending time with your pet can help reduce stress levels. Studies have shown that playing with a dog or cat can lower blood pressure and release feel-good hormones in the brain.

3. Companionship: Pets can be great companions, especially if you live alone or feel lonely. Just having them around can make you feel less alone and more connected to the world.

So how can you get a pet? There are many options, depending on your living situation and lifestyle. If you have a lot of space and enjoy being active, a dog might be a good fit for you. If you live in a small apartment, a cat could be a better choice. You could also consider getting a smaller pet like a hamster, rabbit, or fish. Whatever type of pet you choose, they're sure to bring joy and happiness to your life.

**Ex. 4b Get ready for writing a similar blog (140-200 words) in class on how to be happy. Follow the stages below.**

**Stage 1 Think about your own tips for being happy.**

**Stage 2 Think about how to organize your text. Use the headings below to make notes on your tips. Use one paragraph for each idea.**

|  |  |
| --- | --- |
| Tip | Get a pet |
| Why it helps | Gives you unconditional love – decreases stress – makes you feel less alone |
| How to do it | Choose which pet fits better your lifestyle |

**Practice Gratitude**

Another key to happiness is practicing gratitude. Taking time each day to reflect on the things you are thankful for can shift your focus from what's lacking to what you have. This simple practice can enhance your overall well-being and outlook on life, fostering a more positive mindset.

**Engage in Physical Activity**

Engaging in regular physical activity is vital for both your physical and mental health. Exercise releases endorphins, the body's natural mood elevators, which can help combat feelings of stress and anxiety. Whether it's a brisk walk, a yoga session, or a dance class, finding an activity you enjoy can significantly contribute to your happiness.

**Cultivate Meaningful Relationships**

Building and nurturing meaningful relationships with friends, family, or a community can greatly impact your happiness. Connecting with others, sharing experiences, and providing support creates a sense of belonging and fulfillment. Investing time and effort into relationships can lead to increased happiness and overall life satisfaction. By incorporating these tips into your daily routine, you can enhance your happiness and well-being, leading to a more fulfilling and joyful life.

I wish I had studied harder for the exam last week.

I wish I were able to participate in swimming competitions more often.

I wish you wouldn’t be so nervous about upcoming performance.

I wish my neighbor wouldn’t leave his trash bags near my door.

In case of rain, bring an umbrella with you.

Provided that the weather holds up, we can have a picnic this weekend.

Plants can’t grow as expected unless you water them regularly.

As long as you stay focused and dedicated, you can achieve your goals.

I would be on top of the world if I was able to solve math problem

2 I felt like a kid in a candy store when I was in the library

3 I’m in my element when I’m trying to solve interesting math problem

4 I think I’ll be over the moon if I won swommin competition

5 I had a whale of a time when was on my favorite group concert

6 I was on cloud nine after getting high mark on the exam

7 I was not a happy camper when my brother took my book without asking

If he hadn’t entered the university, he wouldn’t study Hindi

If he hadn’t studied Hindi he wouldn’t went to India

If he hadn’t gone to India he wouldn’t have taken up yoga

If he hadn’t taken up yoga, he wouldn’t decide to become a yogi and drop out of university.