

1. Topic: Internet

1. **Always-on lifestyle** (*n*) – Lối sống lúc nào cũng online
2. **Digital rabbit hole** (*n*) – “Hố thỏ” online (xem lan man, càng xem càng sâu)
3. **To hop online** (*v*) – Lên mạng một chút
4. **Attention economy** (*n*) – Nền kinh tế chú ý (giành giật sự chú ý người dùng)
5. **To double-check online** (*v*) – Tra/xác minh lại trên mạng
6. **Instant access** (*n*) – Truy cập tức thì
7. **Information overload** (*n*) – Quá tải thông tin
8. **To go down the internet** (*v*) – Sa đà vào việc lướt mạng
9. **Low signal zone** (*n*) – Khu vực sóng yếu
10. **Offline hours** (*n*) – Khoảng thời gian không online
11. **To unplug for a while** (*v*) – Tạm “cai” mạng/thiết bị một lúc
12. **A life without Wi-Fi** (*n*) – Cuộc sống không có Wi-Fi (ám chỉ bất tiện/khó chịu)

1. How often do you go online?

S + usually / often / rarely + V + Thời gian

Most of the time, S + V + when / before / after + clause

Gợi ý: go online every day, check social media, scroll through feeds, surf the web, watch videos, read the news, daily routine

2. How does the internet influence people?

The N + can + V + both + positively and negatively

S + be + (more / less) + adjective + because of + noun

Gợi ý: stay connected, access information easily, shorten attention span, online addiction, change lifestyle, influence opinions, shape behaviour

3. Do you think you spend too much time online?

S + think(s) (that) + S + V + too much / too little + noun

Sometimes S + realise(s) that + clause

Gợi ý: screen time, waste time online, lose track of time, feel guilty, try to cut down, set limits, digital detox

4. What would you do without the internet?

Without + noun, S + would + V

S + would have to + V + instead of + V-ing

Gợi ý: read physical books, meet friends in person, use the library, watch TV, do outdoor activities, rely on offline tools, go back to traditional ways

2. Topic: Happy things

1. **A little win** (*n*) – Niềm vui nhỏ, “thắng lợi” nho nhỏ
2. **Mood-lifter** (*n*) – Thứ làm tâm trạng tốt lên
3. **To light up** (*v*) – Bùng sáng (vui ra mặt)
4. **To get a kick out of something** – Thấy rất vui/thích thú vì điều gì đó
5. **Pure joy** (*n*) – Niềm vui thuần khiết
6. **To feel on top of the world** – Vui sướng như “đứng trên đỉnh thế giới”
7. **A proud moment** (*n*) – Khoảnh khắc tự hào
8. **To crack a smile** – Bắt cười nhẹ, mỉm cười
9. **Instant gratification** (*n*) – Thỏa mãn tức thì
10. **To ride the high** – Tận hưởng cảm giác hưng phấn sau một việc vui
11. **A happiness boost** (*n*) – Cú tăng hạnh phúc, làm vui lên nhanh

1. Is there anything that has made you feel happy lately?

Recently, S + have / has + V3 + and + S + feel(s) + adj

S + feel(s) + adj + when + clause

Gợi ý: good news, spend time with loved ones, finish a task, receive a compliment, small everyday moments, feel grateful, brighten my day

2. What made you happy when you were little?

When S + was / were little, S + used to + V

Back then, S + was really excited about + N / V-ing

Gợi ý: playing with friends, toys and cartoons, birthday parties, family trips, simple games, no pressure, carefree childhood

3. Do you feel happy when you achieve something?

S + definitely / always + feel(s) + adj + when + clause

Achieving + N / V-ing + makes S + feel + adj

Gợi ý: sense of achievement, feel proud of myself, see my effort pay off, reach my goals, boost my confidence, feel motivated

4. Do you think people are happy when buying new things?

S + think(s) (that) + S / people + feel(s) + adj + when + V-ing

Sometimes / Often, + V-ing + can + make + someone + feel + adj (but ...)

Gợi ý: short-term happiness, retail therapy, feel excited at first, temporary satisfaction, material things vs real happiness, emotional comfort, regret later