

# What Makes You Happy



## Listing

### After this unit, you should be able to:

- 📌 write a paragraph about what makes you happy;
- ★ list up the things that make you happy;
- 📌 review and improve your writing.



### Warm-up



Was there anything that made you happy recently?

YES ▶ What was it?

NO ▶ What do you like to do and why?

### Hints

health / test results / dreams / hobby / family / free time / fashion / music / sweets



### Model

Read the article someone wrote about what makes them happy.

<sup>1</sup> There are two things that really make me happy: listening to music and cooking. <sup>2</sup> First, when I listen to music, I like to pay attention to the lyrics, which often make me think deeply about my life and my relationships. <sup>3</sup> Thinking deeply about these issues makes me happy about what I have and the people in my life. <sup>4</sup> Second, when I cook, I get a feeling of \*accomplishment. <sup>5</sup> I start with a number of ingredients, and after working with them for a time, I finish with something completely different. <sup>6</sup> Seeing what I have accomplished by myself makes me feel happy. <sup>7</sup> In addition, I can eat what I made, which also makes me happy. <sup>8</sup> The happiness that I feel after listening to music or cooking is why I enjoy them so much.

\*accomplishment 達成

### Check It Out

- Q1 What are the two things that make the writer happy?
- Q2 What kind of feeling does the writer get when cooking?
- Q3 Why does the writer enjoy listening to music and cooking so much?



### One-Minute Chat



What is true happiness for us?

### Hints

being satisfied / being loved / being trusted / living safely / rich life / freedom / helping someone / permanent job / having a dream  
Why do you think that? / Anything else? / Exactly.



## Logic and Structure



読み手に分かりやすいように主張したいことを列挙してパラグラフを展開する方法を Listing といいます。“First,” “Second,” のような表現を用い主張を段階的に述べます。特に, topic sentence を読んだ読者の疑問に答えるように supporting sentences を書く場合, Listing は効果的です。主張したいことをどの順番で並べるかは自由ですが, 自分の最も主張したい部分を最後に書くと読みやすいパラグラフになります。



### Think It Through

Fill in the blanks in the table below according to the model passage.

#### ● Modelの構成

Topic Sentence (主題文)	幸せを感じることが2つある。			
Supporting Sentences (支持文)		幸せなこと	幸せと感じる理由	具体的な理由／説明／例
	1	( <sup>1</sup> )こと	( <sup>2</sup> )のが楽しい	( <sup>3</sup> )について考える
	2	( <sup>4</sup> )こと	( <sup>5</sup> )がある	・( <sup>6</sup> ) に仕上がる ・( <sup>7</sup> ) ができる
Concluding Sentence (結びの文)	上記の2つのことを, とても楽しむことができるということが幸せだ。			

### ▶ Logical Connectors ◀

列挙する : first(ly) (1番目に) / first of all (何よりもまず) / second(ly) (2番目に) / third(ly) (3番目に) / last(ly) [finally] (最後に)

**First of all**, one of the things that makes me happy is eating delicious ice cream after jogging.  
(まず, 私を幸せにすることの1つは, ジョギングの後においしいアイスクリームを食べることです。)

**Secondly**, I am very happy to have time to play my favorite game after exams.  
(2つ目に, 試験の後, 大好きなゲームをすることができる時間はとても幸せです。)

**Lastly**, spending time with my dog Nana is the calmest and happiest time for me.  
(最後に, 愛犬のナナと過ごす時間が最も穏やかで幸せな時間です。)



### Figure It Out

Arrange the sentences below in the correct order to make a paragraph.

a→( )→( )→( )→( )→( )→( )→h

- When I think about true happiness seriously, I notice three things that I am happy about.
- Keeping a regular routine and staying healthy is important to me.
- First of all, I'm happy to have a place where I belong, such as school and home.
- Thirdly, I'm happiest to have my family and friends, who support me.
- I feel comfortable being in those places.
- Secondly, I am happy that I can eat three meals a day and keep my daily routine.
- People cannot live alone.
- True happiness must be something we usually don't notice.






## Put It Together

### Listen



Listen to the students' talk. Organize what the students say in the table below using the words and phrases in the box.

Name	Topic	1	2
 Emily	<input type="checkbox"/> Helping others <input type="checkbox"/> Relaxing <input type="checkbox"/> Exercises <input type="checkbox"/> Foods	( <sup>1</sup> )	( <sup>2</sup> )
 Ken	<input type="checkbox"/> Helping others <input type="checkbox"/> Relaxing <input type="checkbox"/> Exercises <input type="checkbox"/> Foods	( <sup>3</sup> )	( <sup>4</sup> )
 Yui	<input type="checkbox"/> Helping others <input type="checkbox"/> Relaxing <input type="checkbox"/> Exercises <input type="checkbox"/> Foods	( <sup>5</sup> )	( <sup>6</sup> )

#### Helping others:

help her brother do his homework / help elderly people cross the street / help her parents wash the dishes

#### Relaxing:

watching TV / reading comic books / watching movies / jogging / taking a bath

#### Exercises:

walking / playing soccer / jogging / swimming / playing tennis

#### Foods:

Italian food / sushi / sweets / homemade apple pie

### Talk

In pairs, talk about the topics you heard in **Listen**.

Whose idea was the closest to yours?

I think \_\_\_\_\_ idea was the closest to mine because

\_\_\_\_\_.

How about you?

#### Hints for Talk

Expressions	get rid of stress (ストレスを取り除く) / the time when I'm happiest (私の至福の時間) / doing nothing (だらだらする) / have a similar routine (同じような決まった日課がある) / feel sad (悲しく感じる) / a feeling of gratitude (感謝の気持ち) / contribution to society (社会への貢献)
-------------	--



**Answer** Now, you are asked about yourself. Answer Haruto's question.



What is the thing in your everyday life that makes you happiest?



YOU Well, \_\_\_\_\_.

### For Your Use

#### 比較を表す構文

- ① Nothing is +比較級 ... than ~: 「～より…なものはない」 という意味を表す

**Nothing is more dear to me than** drinking a cup of coffee.

1杯のコーヒーを飲むことよりいいことではない。

- ② Nothing is as [so] ... as ~: 「～ほど…なものはない」 という意味を表す

**Nothing is as** important to me **as** time with my family. 家族と一緒にいる時間ほど大切なものはない。

- ③ No (other) A ... +比較級+than B: 「(他の) どのAもBより…でない」 という意味を表す

**No other** time is more relaxing to me **than** when I am watching TV.

テレビを見る時間よりリラックスする時間はない。

- ④ No (other) + A + is as [so] + 原級 + as B: 「Bほど…なAはない」 という意味を表す

**No place is as good as** a cottage with a fireplace. 暖炉のある別荘ほど素敵な場所はない。

#### Exercise

#### A Arrange the words and phrases in the parentheses to match the Japanese.

1. マンガを読むことほどおもしろいことはない。

( as much fun / nothing / reading comic books / is / as ).

\_\_\_\_\_.

2. 音楽を聴く時ほど大切な時間はない。

( as / when I am listening to music / as important / is / no time / to me ).

\_\_\_\_\_.

3. 朝にシャワーを浴びることよりさっぱりするものはない。

( taking a shower in the morning / than / is more refreshing / nothing ).

\_\_\_\_\_.

4. 友人と話をすることより貴重なものはない。

( talking with friends / is / than / no other / more valuable / thing ).

\_\_\_\_\_.

#### B In pairs, ask each other the following questions. Answer them by using the expressions above.

- What is the most important thing for you?
- What is the least necessary thing to you?

Well, I'm really *into* music.

So how about joining a band?



## Try It Out

You are going to fill out an entry form for an online lesson.



### JOIN OUR ONLINE LESSON

High school students from all over the world can participate in our online weekly lesson. If you would like to attend our lesson, send us your thoughts using the entry form below.

**Weekly Topic:** What makes you happy?

## Step 1 Brainstorming

### What makes you happy?

- Check categories that make you happy.

Categories		
<input type="checkbox"/> Doing what I like	<input type="checkbox"/> Helping others	<input type="checkbox"/> A feeling of accomplishment
<input type="checkbox"/> Exciting experiences	<input type="checkbox"/> Peaceful feelings	<input type="checkbox"/> Having a dream
<input type="checkbox"/> Human relationships	<input type="checkbox"/> Challenging work	<input type="checkbox"/> _____

- Decide which category to write about.

### POINTS

- ★何に幸せを感じるかを考えてみましょう。
- 好きなことをする
- 目標がある など
- ★右ページの名言も参考にしましょう。

## Step 2 Make a list.

Based on the category you chose in Step 1, make a list below.

ex. Doing what I like	Category:
1. Listening to music	1.
2. Cooking	2.
3. Taking pictures	3.

### POINTS

- ★Step 1でチェックをした中から1つ選び、その下位項目を2〜3つリストアップしましょう。
- 行動、活動
- 具体例など

## Step 3 Organize your ideas.

### Fill in the outline of the paragraph.

- How do these things make you happy?

Topic Sentence	
Supporting Sentences	1つ目 説明, 理由:
	2つ目 説明, 理由:
	3つ目 説明, 理由:
Concluding Sentence	

### POINTS

- ★構成を考え、メモしましょう。
- 導入で、あげる項目を明示しよう
- 1つ目、2つ目、3つ目のそれぞれの行動、活動に具体的な説明や理由を加えよう
- 結びでは簡潔に内容をまとめよう

## [Famous Quotes]

*Happiness is when what you think, what you say, and what you do are in harmony.*

— Mahatma Gandhi

*My life didn't please me, so I created my life.*

— Coco Chanel

*Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.*

— Albert Einstein

*Let us make our future now, and let us make our dreams tomorrow's reality.*

— Malala Yousafzai

### Step 4 Write the first draft.

- Write your paragraph. Write at least 100 words.


#### POINTS

★ Step 3で書いた構成案を参考に、リストアップしながら書きましょう。

★ p. 30を参考に、自分の中にある表現も活用しながら書きましょう。

### Step 5 Review your partner's writing.

- Read your partner's draft and check the following points.

#### Check Points

- リストを明確に示して、わかりやすく構成することができる
- リストにあげた項目について説明や理由を具体的に書くことができる
- 100語以上で書くことができる

1<sup>st</sup>2<sup>nd</sup>☐☐☐☐☐☐

#### POINTS

★ チェック項目以外の点でもアドバイスできることがあればしてみましょう。

### Step 6 Rewrite your paragraph.

- Based on your partner's suggestions, improve your paragraph.
- After rewriting your paragraph, check the points above again.

#### POINTS

★ p. 66を参考にして文章を整えましょう。

**Further Activity** In a group of 3 or 4, make a speech based on what you wrote.  
After your speeches, ask each other questions.

#### Were you able to:

- ! write a paragraph about what makes you happy?
- ★ list up the things that make you happy?
- ♥ review and improve your writing?

A B C

A B C

A B C