

# Lesson Plan: What makes a good life? Lessons from the longest study about happiness.

LEVEL B2 AND ABOVE.

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## a) Pre-watching (15 minutes)

Ask students these questions. They should answer in small groups, then do some whole group feedback. I suggest you form the groups attending to age. Answers might vary according to life experience.

1. *What keeps us healthy and happy trough life?*
2. *If you were going to invest in your future self, where would you put your time and your energy?*
3. *What are your most important goals in life?*

Based on the Ted video:  
“What makes a good life?”

<https://www.youtube.com/watch?v=8KkKuTCFvzI>

## b) Watch until minute 1:17. (5 minutes)

4. Ask this question and get whole class feedback: *Are you surprised with what is said in the video?*

"There isn't time ~ so brief is life ~ for bickerings, apologies, heart-burnings, callings to account. there is only time for loving ~ & but an instant, so to speak, for that." - Mark Twain

## c) Now watch until 1:57. (20 minutes)

5. Ask this question: *How can we analyse the entire life of somebody?* (whole class question)
6. Ask them to work in the groups you organised during the prewatching. They have 10 minutes to design a plan to study 100 people lives, from their childhood till they die. They also have to focus on their level of happiness.
7. Choose a spokesperson per group and ask them to explain their conclusions.

**d) Watch until minute 6:01 (15 minutes)**

8. Before watching, ask them to gather as many details as possible about how the project is conducted.

9. *What did they find out about these people?*

10. *What lessons do you think they've learnt from this study?*

**e) Watch until the end. (25 minutes)**

11. Discuss these questions in groups:

a) *What is the lesson they learnt? Give as many details as possible*

b) *Do you agree with this lesson?*

c) *What's the effect of long-lasting and close relationships in our lives?*

12. Now you know the secret, *what can you do to achieve a better life?* Design a plan.

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