**Happiness & Self-Care in America**

**☐ Part 1: Vocabulary**

**Swedish Translation**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ comprehensive**– adj. including many, most, or all things

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ participant**– n. a person who is involved in an activity or event

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tend**– v. to give your attention to and take care of (something or someone)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ interview**– v. to question or talk with (someone) in order to get information or learn about that person

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ decline**– n. the process of becoming worse in condition or quality

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ romantic**– adj. of, relating to, or involving love between two people

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ psychiatrist**– n. a doctor who treats mental or emotional disorders : a doctor of psychiatry

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ empathy**– n. the feeling that you understand and share another person's experiences and emotions

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bicker**– v. to argue in a way that is annoying about things that are not important

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ instant**– n. a very short period of time

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regularly** *– adv.*at the same time every day, week, month, etc. **: o**n a regular basis

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bake***– v.*to cook by dry heat especially in an oven

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ garden** *– v.*a piece of ground in which fruits, flowers, or vegetables are grown

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ opportunity** *– n.*a favorable combination of circumstances, time, and place

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rollercoaster** *– n.*a ride at an amusement park which is like a small, open train with tracks that are high off the ground and that have sharp curves and steep hills

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_routine** *– n.*a regular way of doing things in a particular order

**☐ Part 2: Video**Watch the video *What makes a good life?*: <https://youtu.be/8KkKuTCFvzI>

**☐ Part 3: Listening Comprehension**

Listen to the recordings and answer the questions in DigiExam

**☐ Part 5: Discussions**

Work in pairs (or in a group of three)

**Topics to choose from**

* Are you a happy person?
* What is **happiness** for you?
* What do you think is the color for **happiness**?
* Do you think that **happiness** lies within you?
* Can money buy **happiness**?
* Is **happiness** a state of mind?
* What makes you feel happy?
* What are the three most important things for you to be happy?