

11 Myth or Reality: Happiness

Teacher's Notes

1 Synopsis

Pat and Amanda take part in a TV game show called *Myth or Reality*. First, they have to guess the top three answers to this question *What is the most important key to happiness?* If they choose one of the top three answers, they have to then say whether this is a myth or reality. For example, Amanda guesses correctly that having friends is regarded as important. She thinks this is “reality,” and the host tells us that research shows she is right. In the next round, they are given three more beliefs about what makes people feel happy and have to once again guess – myth or reality?

Length of video: 6:31min

2 Target Language

Grammar: first conditional

Vocabulary: happiness

Language points: agreeing and disagreeing: *I'm really sure that's true. You're absolutely right. I couldn't agree more. I totally disagree. I'm afraid I don't agree. No way! I'm not sure about that.*

3 Procedural Notes

A Before you watch

As a class. Have some students read aloud the statements and check comprehension. Elicit that the structure used in each statement is conditional. If necessary, review the structures on the board: *If + simple present, will + verb without to OR will + verb without to + if + simple present.*

In pairs. Have pairs decide whether they think each statement is “myth” or “reality” (i.e., true or false). Then, encourage pairs to write at least two conditional sentences stating their own beliefs about what makes people happy. If necessary, brainstorm some ideas on the board: being with the person you love, being attractive, being successful, living in a great area, having many friends, etc. Have pairs report back to the class.

B While you watch

1 Individuals. Play the whole video and prompt students to find out if their answers to the exercise in *Before you watch* were correct. Have them check if the people in the video mention any of their own ideas. Ask some questions to check comprehension, e.g., *What are the people doing? Who won the game?* Then, have students

say if the three statements in *Before you watch* were “myth” or “reality.” Have students say if any of their own ideas were mentioned.

Answer key:

- 1 Reality
- 2 Reality
- 3 Myth

2 Individuals. Have students read the statements and check comprehension. Play the video again while students circle True or False. Have students check their answers in pairs. Then, check answers as a class. Alternatively, you can ask the students to first circle True or False, and then watch to check what they've remembered.

Answer key:

- 1 True 2 False 3 False 4 True 5 False
- 6 True 7 False

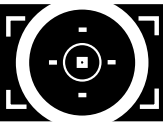
C After you watch

1 As a class. Explain that students are going to work in pairs to create their own version of the game show, but with a different topic. Since they can't survey 100 people, they will need to decide for themselves what they think the three most likely “top answers” are. Tell them not to worry about the “myth or reality” part of the show, unless they do know for sure that the answers they choose are myths or reality.

In pairs. Have pairs select one of the four topics, and write three “top answers” for it. Remind students that their answers have to be as realistic as possible. While pairs are working, circulate to help as necessary.

2 In groups. Have pairs say which topics they picked. As much as possible, have pairs that chose different topics work together to form groups of four. Have them take turns playing their games, so that first one pair acts as the game show host, challenging each member of the other pair to guess the top answers (as Amanda and Pat did in the video), then the other pair acts as host. While students are working, circulate to help as necessary.

As a class. If time, have pairs change who they work with, and have some groups play their games in front of the class.



11 Myth or Reality: Happiness

D Language points

Individuals. Have some students read aloud the expressions. Explain the chart headings. Have students write the expressions under the correct headings in the chart. Check answers, encouraging students to read out the expressions with appropriate intonation. Point out to students that *No way!* is an informal expression, but the rest are neutral.

Answer key:

Strongly agree: I'm really sure that's true.

You're absolutely right. I couldn't agree more.

Politely disagree: I'm not sure about that.

I'm afraid I don't agree.

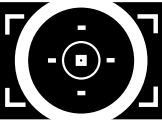
Strongly disagree: No way! I totally disagree.

E Your viewpoint

In groups. Read the questions aloud and check that everybody understands them. Have students work in small groups and give them time to discuss the questions. As well as using expressions for agreeing and disagreeing, remind students to use the first conditional where appropriate, as in the example. While groups are working, circulate to help with grammar and vocabulary. Finish off with a class discussion.

4 Video Script

Brad:	Welcome to Myth or Reality. Today's topic is happiness. I'm your host, Brad McBride. This is Pat, and this is Amanda. Are you guys ready? Pat?	Pat:	Well, I think you need a certain amount of money to meet your needs and to be comfortable, but I don't think that having an enormous amount of money will make you happier. Some rich people are extremely unhappy. I think it's a myth.
Pat:	I'm psyched. I am so ready.	Brad:	You're right, Pat. Studies show simply having enormous wealth does not make you any happier. It's just a myth. Now, let's go to Amanda. Well, Amanda, he's on a roll.
Brad:	Amanda?	Amanda:	Oh, yeah? No big deal.
Amanda:	He doesn't stand a chance. I'm gonna kill him.	Brad:	Two answers remain on the board. If you can figure one of them out, you can pick up some points.
Brad:	OK. Let's get started. We asked a group of 100 people selected at random – What is the most important key to happiness? Our contestants will try and guess the top three answers. For every answer guessed correctly, you'll get 100 points. Then, they'll tell us if those answers are myth or reality for an additional 100 points. Pat, what is the most important key to happiness?	Amanda:	Well, I'm a pretty happy person.
Pat:	Well, people think if you have a lot of money then you'll be happy. So, one of the top three answers must be wealth.	Brad:	And what makes you happy?
Brad:	Did they say wealth? Let's find out.	Amanda:	Having friends, that's got to be one of the answers.
Woman 1:	I think the key to happiness is having money.	Brad:	Sounds good. Did people say friends? Let's find out.
Man 1:	Being rich.	Woman 3:	Good relationships are so important for happiness.
Man 2:	Being rich.	Woman 4:	Friends and relationships.
Woman 2:	Wealth.	Man 4:	Friends and relationships.
Man 3:	The key to happiness is having money.	Man 3:	Friends and relationships.
Brad:	You're right, Pat. Wealth was one of the top three answers. And now to earn 100 more points, is wealth a key to happiness? Is that myth or reality?	Man 1:	A key to happiness is good friends.
		Brad:	Yes! Our survey showed just that. People think friends and relationships are a key to happiness. In fact, it's our number one answer.



11 Myth or Reality: Happiness

- Brad:** What do you think, Amanda? Are friends and relationships a key to happiness? Is that myth or reality?
- Amanda:** I'm really sure that having good relationships with family and friends is a key to happiness. Yes, it's absolutely true.
- Brad:** Let's see. Yes, that's reality. Numerous studies show that close relationships are one of the most important keys to happiness. You get 100 points. Now, let's go back to Pat. There is one more answer up on the board. Let's see if Pat can get it. Pat, what do you think the answer is?
- Pat:** That's pretty hard. I mean, it could be a lot of things. It could be just about anything. So, maybe some people are just born that way.
- Brad:** You're just born that way – genetics! Did anyone say it? Let's find out. No, sorry, Pat, nobody said it. Let's see if Amanda can guess what the answer is.
- Amanda:** What about where you live? No, no, that can't be one of the top three. Well, some people think that being attractive will make you happy, so I'm gonna say being attractive.
- Brad:** Being attractive. Did anyone say it? Let's find out.
- Woman 5:** I think looking good on the outside makes you feel good on the inside.
- Man 4:** Good looks.
- Woman 1:** Good looks.
- Man 2:** Good looks.
- Man 5:** Being good-looking.
- Woman 6:** Being attractive makes people happy.
- Brad:** Yes! Our survey showed that people think being absolutely gorgeous is a key to happiness. What do you think, Amanda? Is being beautiful a key to happiness? Is that myth or reality?
- Amanda:** That's really hard. It might be true because you would certainly get more dates, but I'm pretty sure there are just as many good-looking people who aren't really happy at all. It might make a small difference, so I'm gonna say it's true, it's reality.
- Brad:** And you are correct. Studies show that beauty can make people happier, but the effect is small. But you earn 100 points. And now let's move on to our lightning round! In this round, the first person to hit the buzzer gets a chance to answer the question. Ready? If you act happy, you will feel happy. Myth or reality? Pat?
- Pat:** Err?
- Brad:** Sorry, Pat, time's up. Let's see if Amanda can get it. If you act happy, you will feel happy. Myth or reality?
- Amanda:** Gee. Just acting happy can't make you really happy. I'm gonna say it's a myth.
- Brad:** No, it might seem strange but research shows that you can make yourself happy by acting happy. Next question. Ready? If you work out regularly, you can become happier. Myth or reality? Pat?
- Pat:** Whenever I work out, I feel better, so that must be true, Brad.
- Brad:** Let's see if research backs you up, Pat. Yes, it does. Studies show that exercise can dramatically reduce depression in many people. Pat gets 100 points. Let's move on to our next question. People who live in cold climates are not as happy as people who live in warm climates. Myth or reality? Amanda?
- Amanda:** It's hard to say, but I'm pretty sure it's a myth.
- Brad:** You're right, that's a myth. According to a recent study, Denmark is one of the happiest countries in the world. And that means Amanda is our winner here today on Myth or Reality. Congratulations, Amanda. You must be happy.
- Amanda:** I'm wicked happy!
- Brad:** Thanks for watching. Tune in next week on Myth or Reality.