

## Тема: Рецепт счастья / Recipe for Happiness

### Film discussed: “Validation”

**Цель:** совершенствование иноязычной коммуникативной компетенции членов клуба

**Задачи:**

- Создать условия для обучения грамотно вести диалог на иностранном языке (умение сформулировать и доказать свою точку зрения, умение с пониманием отнестись к позиции собеседника, овладение этикой диалогового общения); развивать способности постигать смысл произведения искусства;
- ознакомить с разносторонним подходом людей к понятию «счастье»; показать разницу между коротким счастьем извне и надежным и постоянным счастьем как состоянием души; дать возможность ребятам высказать свое мнение о счастье; дать рекомендации, как можно измениться ради собственного счастья; способствовать развитию творческих способностей.



### COURSE OF SESSION

#### 1. Classroom rules

#### 2. GETTING TO KNOW YOU ICEBREAKER “The question web”

There are people who have already known each other. But there are also some newcomers. And it is high time to get acquainted with them. We will do it with the help of the question web

You need to have a spool of string or wool for this game. Ask the young people to stand in a circle. Hold on to the end of the string and throw the ball/spool to one of the young people to catch. They then choose a question from 1-20 to answer. A list of 20 sample questions is given below. Holding the string they then throw it to another member of the group. Eventually this creates a web as well as learning some interesting things about each other! At the end of the game you could comment:

\_\_We all played a part in creating this unique web and if one person was gone it would look different. In the same way it's important that we all take part to make the group what it is, unique and special.

#### 3. Introduction

- What holiday is celebrated at the end of March? (*the International Day of Happiness. This year's theme is Share Happiness - focusing on the importance of relationships, kindness and helping each other*). And at today's meeting we are going to speak about happiness.
- What is the recipe for happiness? Do you have one? Let's work out such a recipe together. So let's make a list of the things that make you feel happy. Write down your ingredient on paper and put it on this bag.

На доске изображена сумка, на которой все делают надписи составляющих счастья.

- Are we the only ones who are responsible for all these ingredients? Well, then who is it up to?
- And now let's make a list of the things that we have and with the help of which we can make people happier at least for a moment. Write down these things and stick them on the vase

На доске изображена ваза, на которой все делают надписи составляющих счастья, которыми они могут поделиться.

- Great! And now look! We need so many things to be happy but we can use just a few to make other people happy.
- So probably our recipe for happiness doesn't work? Let's check. OK, face first your left shoulder partner and smile to each other. Then do the same with your right shoulder partner. Do you feel happier now? Of course, no. One smile done command can't make you happy.
- Let's do this the other way. Look at your face partner. Give him/her a real compliment.
- Got it? Do you feel a little bit happier?
- We are done with this. Let's try to work out a chronological timeline. First you compliment your partners, then they smile.... Why? It is pleasant to hear nice words about themselves as these words make them more confident, lift the spirit only if the words/compliments are sincere. It is a well-known fact that a sincere compliment causes a smile, the smile affects the area of the brain where natural endorphins (hormones of happiness) are produced. Endorphines lift our spirit. The feeling of satisfaction appears and we feel happy. Agreed?

*На доске изображены два смайла - один грустный, а второй - веселый .. Ведущий рисует схему действий, приводящих от скуки к веселью: sincere compliment/kind words + smile = confidence + satisfaction + good mood = happiness.*

#### **4. Before-watching tasks**

- How often do you smile sincerely in a day? Give me feedback with your fingers.
- How often do you hear compliments?
- How often do you compliment others?
- As you see, that's something to think about!
- Today I'm offering you a short film "Validation". In this film you will hear a lot of compliments.
- Vocabulary work

- What do you think the word “validation” mean?

- Match the words and phrases to their meanings:

<i>cheekbones</i>	<i>to patronize</i>	<i>to be a backbone</i>	<i>to smirk</i>	<i>efficient</i>
<i>gorgeous</i>	<i>sincere</i>	<i>thorough</i>	<i>a fee</i>	

1. visit some place regularly
2. to be very useful and competent in what you do
3. the bony arch that forms the cheek prominence below the eye; zygomatic bone
4. not hypocritical or deceitful; open; genuine
5. to smile in an affected, often offensively self-satisfied manner
6. a fixed sum of money which is charged by an institution
7. to be a main support; to be very necessary
8. to be accurate; exhaustively complete
9. dazzlingly beautiful or magnificent

## 5. Watching the film / While-watching tasks

- What famous people appear in the film?
- What is Hugh’s secret?
- What is Victoria?
- What does Hugh do to make her smile?
- When did Victoria last smile?
- What happens to Hugh when he can’t make Victoria smile?
- What job does Hugh get next?
- What does the woman in the wheelchair love most in the world?
- How does Hugh find out that Victoria has changed?
- Where does Victoria work now?
- Why did Victoria’s mother forget how to smile?
- What is the relationship between Victoria and the woman in the wheelchair?
- What do Victoria and Hugh do next?
- Which city do they visit?

### • After watching activities.

- Answer the following questions:
- ✓ Did you enjoy the film?
- ✓ How did the film make you feel?
- ✓ Does saying nice things to people make a difference?
- ✓ Does our recipe for happiness work?
- ✓ Why so strange title? How many subtexts/connotations can we notice?
- ✓ Imagine such a character works in an educational establishment. Will our recipe work with kids and adults?
- ✓ Does the film have a message? (There are people who believe that all evils are outside, not inside themselves. The main character exposes the talents of ordinary people who start to realize that there are enough reasons for joy, for a holiday, for a smile. And this is definitely wonderful. And the world around is changing almost beyond recognition, because we and our smiles have such a powerful force that they can change everything around).
- ✓ What is motivation?
- ✓ In what way can we help people increase their motivation?

- ✓ Can people destroy your motivation? How?
- ✓ What are the three things that motivate you?
- ✓ Do you think motivated people more successful in life than unmotivated ones?
  - **Creative task.**
- ✓ Make up a slogan for a promotional poster of the film.
  - **Reflection**
- ✓ Write 10 word, or 20 word story about today's meeting in your Instagram.
- ✓ I'm grateful for your work. Remember to use our recipe for happiness in your everyday life. Smile to each other, give compliments in order each of us and the world become a little bit kinder and happier

### **✓ GETTING TO KNOW YOU ICEBREAKER "The question web"**

1. If you had a time machine that would work only once, what point in the future or in history would you visit?
2. If you could go anywhere in the world, where would you go?
3. If your house was burning down, what three objects would you try and save?
4. If you could talk to any one person now living, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. Do you have a pet? If not, what sort of pet would you like?
8. Name a gift you will never forget?
9. Name one thing you really like about yourself.
10. What's your favourite thing to do in the summer?
11. Who's your favourite cartoon character, and why?
12. Does your name have a special meaning and or were you named after someone special?
13. What is the hardest thing you have ever done?
14. If you are at a friend's or relative's house for dinner and you find a dead insect in your salad, what would you do?
15. What was the best thing that happened to you this past week?
16. If you had this week over again what would you do differently?
17. What is the first thing that comes to mind when you think about God?
18. What's the weirdest thing you've ever eaten?

19. If you could ask Christ to change one problem in the world today, what would you like him to change?

20. What book, movie or video have you seen/read recently you would recommend? Why?

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