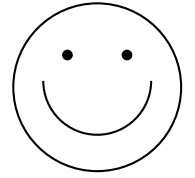




# B2 Cambridge Listening Part 3



**EXERCISE 1** WRITE FIVE WORDS THAT COME TO YOUR MIND WHEN YOU HEAR THE WORD 'HAPPINESS'.

.....  
.....

READ THE DEFINITION OF 'HAPPINESS' ACCORDING TO THE CAMBRIDGE DICTIONARY. DO YOU AGREE WITH IT? HOW WOULD YOU DEFINE 'HAPPINESS'?

## happiness

noun [U]

UK /'hæp.i.nəs/ US /'hæp.i.nəs/

**B1**

the feeling of being happy:

**EXERCISE 2** READ THE STATEMENTS BELOW (A-H). DISCUSS IF YOU AGREE OR DISAGREE WITH THEM.

- A - Having a happy personality allows you to cope effectively with problems.
- B - Happiness comes from having someone special to share your thoughts with.
- C - Happiness is all about the experience of overcoming problems.
- D - Happiness is a short escape from everyday routine.
- E - True happiness lies in making others happy.
- F - Older people are less happy than younger ones.
- G - Happiness is being thankful for what you have.
- H - Happiness comes from achieving your goals.

**EXERCISE 3** READ THE SCRIPT AND LISTEN TO SPEAKER 1. CHOOSE FROM THE LIST (A-H) WHAT SPEAKER 1 SAYS HAPPINESS IS TO THEM. IDENTIFY THE DISTRACTORS. AND JUSTIFY THE CORRECT ANSWER.

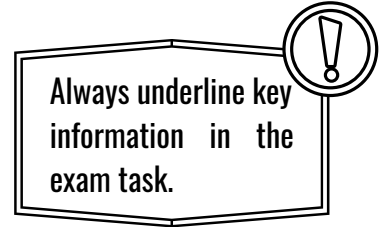
*What is happiness? From an early age happiness for me is sitting in a boat in the middle of a lake on a summer's day and doing some serious fishing ... all alone just me and my thoughts. No stress, get away from it all for an hour or so, but maybe not completely aimless – not just lying on a beach somewhere, but having some task to do. Then, when it's all over, it's back to normal life and problems and hassle, and having to fight to get what you want. But that brief moment of happiness helps me to reflect and make sense of my life.*

Speaker 1: \_\_\_\_\_



# B2 Cambridge

## Listening Part 3

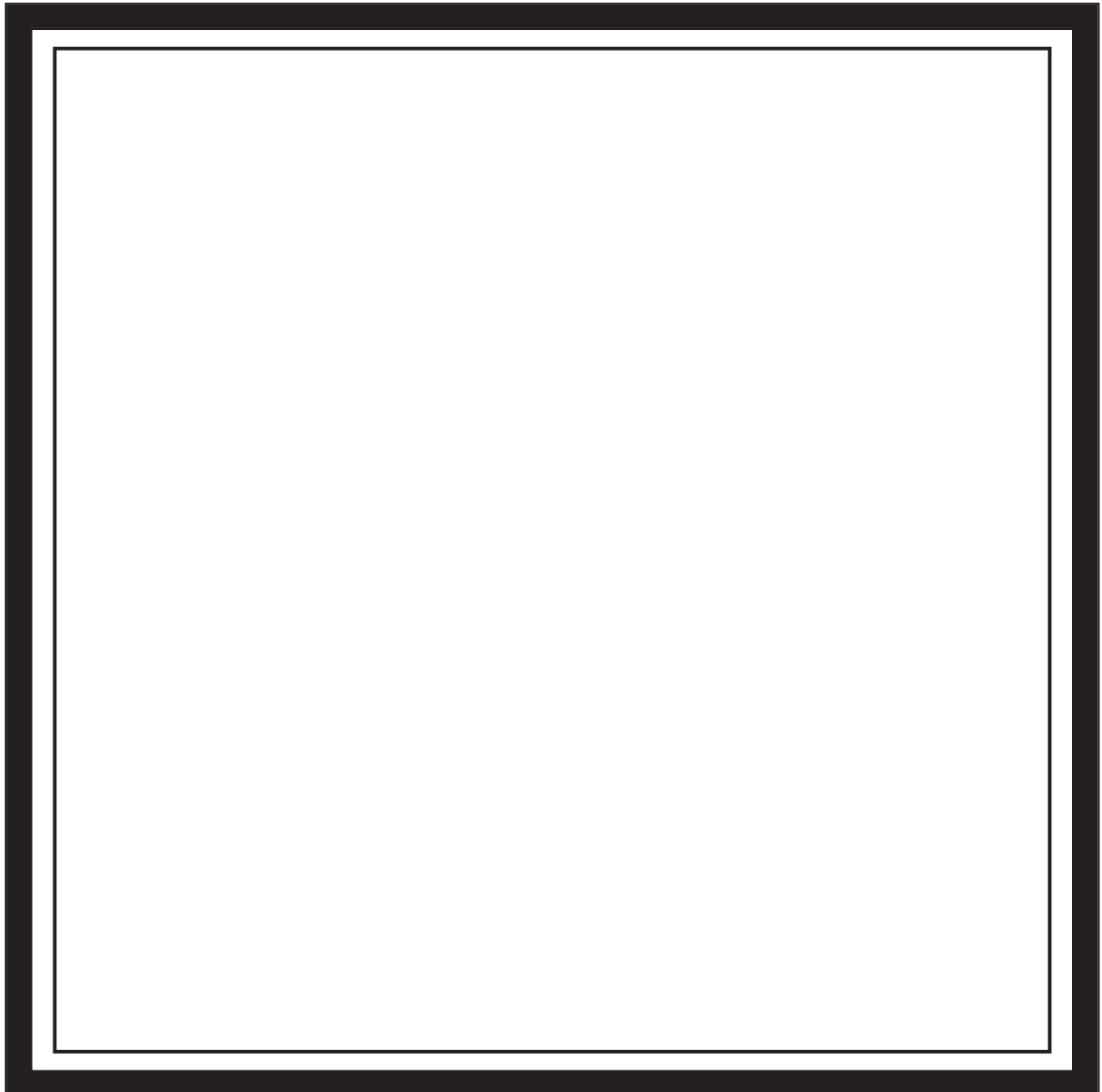


**EXERCISE 4** READ THE EXAM TASK AND UNDERLINE KEY INFORMATION. LISTEN TO SPEAKERS 2-5 AND COMPLETE THE EXAM TASK.

You will hear five short extracts in which people are talking about happiness. For speakers 2-5, choose from the list (A-H) what each person says happiness means to them. Use the letters only once. There are three extra letters which you do not need to use.

Speaker 2: \_\_\_\_\_ Speaker 3: \_\_\_\_\_ Speaker 4: \_\_\_\_\_ Speaker 5: \_\_\_\_\_

**EXERCISE 5** DRAW HAPPINESS. PRESENT YOUR DRAWINGS AND EXPLAIN WHAT HAPPINESS MEANS TO YOU.



# Teacher's notes

## Exercise 1. Lead-in

6 mins

Write on the whiteboard **HAPPINESS**. Collect answers from students and write them down around the word.

*Suggested answers: family, love, friends, free time, freedom, home, holidays, etc.*

Look at the Cambridge Dictionary's definition of happiness. Discuss if students believe that this definition is complete. If not, ask them to rewrite it and give their own definitions of happiness.

## Exercise 2. Pre-listening discussion

10 mins

Students work in pairs and go over the statements (A-H) about happiness. Students discuss which statements they agree or disagree with and justify their answers.

Listen to their conversations and provide speaking feedback at the end of the task.

## FCE - Listening Part 3 - Explanation (optional)

3 mins

If this is the first time doing this kind of task, explain each step of this exam task or refer the students to the [B2 First Exam Format](#) to find more information about it.

If you choose to do this explanation in class, there are a few things that need to be mentioned:

- Listen to 5 speakers talking about a similar topic.*
- Each extract is about 30 seconds long.*
- Match speakers with one option (A-H).*
- There are eight options and five speakers, meaning three options are not used.*

## Exercise 3. Exam answer analysis

5 mins

Listen to Speaker 1 and read the transcript at the same time. Students identify the correct answer and the distractors. Underline in the text the correct answer and the distractors.

**1.D - ...get away from it all for an hour or so... (...) Then, when it's all over, it's back to normal life and problems and hassle...**

## Exercise 4. FCE - Listening Part 3 - Exam practice

8 mins

Students work individually. Give students about 30 seconds to read the exam task and underline any key information. Students listen to five speakers twice and choose the answer that best answers the exam task.

**2.H - So for me, it's all to do with...setting yourself a list of things to get through and then you've completed them. Now you can be happy.**

**3.A - But in my experience happy people get through life more easily - if you take things seriously all the time, that's when you get stressed or have health issues, maybe.**

**4.G - I also get moments when I'm just, say, sitting on a train, and suddenly I think of my children's smiling faces, and realise how lucky I am, how happy they make me - and my husband too, of course.**

**5.C - I honestly think it's all about your life not being too easy. If everything in your life is handed to you on a plate by rich parents then I actually don't think you're as happy as someone who's had to struggle a bit in their life.**

# Teacher's notes

## TRANSCRIPTS (also available in [B2 First Handbook - Cambridge English](#))

**Speaker 1:** What is happiness? From an early age happiness for me is sitting in a boat in the middle of a lake on a summer's day and doing some serious fishing ... all alone just me and my thoughts. No stress, get away from it all for an hour or so, but maybe not completely aimless – not just lying on a beach somewhere, but having some task to do. Then, when it's all over, it's back to normal life and problems and hassle, and having to fight to get what you want. But that brief moment of happiness helps me to reflect and make sense of my life.

**Speaker 2:** I think to be happy, you do obviously need some financial security – not rich ... I didn't say that, 'cos there's an important difference. Also I'd say you need humour in your life ... that's kind of obvious too. Having lots of free time to do what you want? Not sure, there. I'd say quite the reverse, actually. For me, you really appreciate your moments of leisure when you've done lots of hard work. If it's all play and no work in your life, then you don't enjoy it. So for me, it's all to do with ... setting yourself a list of things to get through and then you've completed them. Now you can be happy.

**Speaker 3:** I sometimes wonder if being happy is something to do with age. Very young children are happy most of the time; very old people are happy when they think of fond memories, and also they're happy when they see their grandchildren happy. So happiness is not just specific to one age group. That's certainly the case with my family. But in my experience happy people get through life more easily – if you take things seriously all the time, that's when you get stressed or have health issues, maybe. And sometimes life can be a real pain, let's be honest.

**Speaker 4:** Happiness comes in many shapes and forms. Personally I'm happy when I'm active, doing my sports and feeling all healthy. But maybe that's a rather self-centred view. I also get moments when I'm just, say, sitting on a train, and suddenly I think of my children's smiling faces, and realise how lucky I am, how happy they make me – and my husband too, of course. My life could've turned out much worse, as it has for many people. Will I still be happy when they've all grown up and gone away? I'm sure when that time comes, I'll find a new form of happiness.

**Speaker 5:** It's sometimes said that you make your own happiness, and I've got some sympathy for that view. But in my experience, it's something more than that. It might sound strange, but I honestly think it's all about your life not being too easy. If everything in your life is handed to you on a plate by rich parents then I actually don't think you're as happy as someone who's had to struggle a bit in their life. When you can share your struggles with others and laugh about how you got through them, that's when you're truly happy. That's certainly how it's worked out for me.

### Exercise 5. Post-listening discussion

10 mins

Give a few minutes to draw happiness. Students present and explain their drawings to the rest of the group.

### Error corrections

3 mins

Provide speaking feedback.