

The Happiest Country in the World, B2

Lesson plan and notes:

This is a full lesson including the speaking, reading and vocabulary activities for students of A2, B2 and C1. The order of activities is meant to smoothly introduce students to new vocabulary and practice both speaking and reading. However, when you go through the pages, T may decide to use individual elements that suit their needs.

B2

Intro - brainstorming the topic and a brief discussion

Slide 3 - T starts by initiating a discussion based on the intro questions that are meant to encourage ss to talk about their personal opinions and experiences.

Vocabulary introduction and practice

Slide 5 - T introduces vocabulary through **quizlet** set and multiple choice exercise. SS decide what the words mean. Next ss do the synonym match in **learningapps** and reinforce the meanings of the words they just learnt. The last vocabulary exercise gives ss the opportunity to practice the words in context. They get a list of sentences and new words and need to put them in context.

Reading practice

Slide 6 - True and false statements about the text. Ask ss to go through the statements before they read the article and decide what they believe could be true or false. Ask them to read the text and confirm the answers. Discuss.

Reading practice continued

Slide 7 - it's a continuation of the reading practice but this time ss get comprehension questions and need to find the answers to them. The ss have a notes field to write the answers down. Check the answers.

More vocabulary practice

Slide 8 - contains a short text where the new words are used in context. Ss need to put them back inside and check.

Slide 9 and 10 - contain more vocabulary exercises - word formation. It's a good exercise for ss to work with dictionaries and learn new forms of the words they studied.

Discussion

Slide 11 - contains discussion questions for further speaking practice. They encourage ss to express their opinions and expand on the topic of happiness.

The navigation through the set is self-explanatory. It's quite easy to follow the icons and different instructions. The buttons may look different but their function is the same.



go back to the index page



next page



restart the set



[download link](#)



The Happiest Country in the World, B2 - WS

1. **Introduction.** Let's talk. What's your opinion?

1. Do you think happiness depends more on personality or on the environment you live in? Can someone be happy anywhere?
2. How would you describe a happy society? What would it look like in terms of lifestyle, work, education, or health?
3. Do you think some countries are naturally "happier" than others?
4. How do you usually measure your own happiness? Is it something you think about often?
5. What are some habits or routines that can help people feel more satisfied with life?
6. Can governments or communities do anything to increase the happiness of their people? What kind of policies or public services might help?
7. How has your idea of happiness changed over time? What made you happy as a child vs. now?

2. **Vocabulary intro:**

quizlet set + Match the words with their meanings or synonyms (learningapps):

The Happiest Country in the World, B2 - WS

PART 1

- | | |
|-------------------------------|-------------------------|
| _____ 1. remarkable | A. worry / stress |
| _____ 2. achievement | B. cause / reason |
| _____ 3. to raise a question | C. clear / open |
| _____ 4. to attract attention | D. depend on |
| _____ 5. to identify | E. success |
| _____ 6. citizen | F. unusual / impressive |
| _____ 7. to provide | G. give / supply |
| _____ 8. assistance | H. recognize |
| _____ 9. anxiety | I. draw notice |
| _____ 10. to rely on | J. resident / member |
| _____ 11. factor | K. support / promote |
| _____ 12. rate | L. level / amount |

PART 2

- | | |
|------------------------|-------------------------|
| _____ 13. transparent | A. stress / conflict |
| _____ 14. to encourage | B. to emphasize / show |
| _____ 15. tension | C. to appreciate / |
| _____ 16. to recharge | prize |
| _____ 17. to improve | D. to rest / recover |
| _____ 18. to highlight | E. to build up / |
| _____ 19. to emphasize | reinforce |
| _____ 20. to cope with | F. strong / tough |
| _____ 21. to | G. to concentrate on |
| _____ strengthen | H. to manage / handle |
| _____ 22. resilient | I. to support / promote |
| _____ 23. to focus on | J. to get better |
| _____ 24. to value | K. stress / highlight |
| | L. clean / open |

The Happiest Country in the World, B2 - WS

Context sentences. Fill the gaps with the correct word from the box:

remarkable | identify | anxiety | rely on | factor | rate | transparent |
recharge | highlight | emphasize | strengthen | resilient |

1. Finland's free healthcare is an important _____ for happiness.
2. The report _____ differences between older and younger people.
3. People feel less _____ when they know they have help from the government.
4. Many people _____ their friends and family during hard times.
5. Finland's government is very _____ about how it uses money.
6. Outdoor activities help people _____ their energy and reduce stress.
7. The World Happiness Report is a _____ achievement for Finland.
8. Researchers want to _____ why Finland is so happy.
9. Low crime _____ make people feel safe.
10. The culture _____ people to have a good work-life balance.
11. Strong communities help _____ social bonds.
12. Experts _____ the importance of kindness and trust.

achievement | to raise a question | attract attention | citizen | provide |
assistance | encourage | tension | improve | cope with | focus on | value

1. Winning the gold medal was a major _____ for the young athlete.
2. The teacher decided _____ about the fairness of the exam results.
3. The singer's bright outfit helped her _____ during the show.
4. Every _____ has the right to vote in a democratic country.
5. The Red Cross works to _____ food and medical care to people in need.
6. If you need help with your homework, don't be afraid to ask for _____.
7. Parents should _____ their children to try new activities.
8. There was a lot of _____ in the room before the test began.
9. Exercise and healthy food can greatly _____ your energy levels.
10. It's important to learn how to _____ stress in a healthy way.
11. In her speech, she said we should _____ on solutions, not problems.
12. He doesn't care much about money; he places more _____ on friendship and honesty.

3. Reading practice. Read the article and mark the correct answer.

The Happiest Country in the World, B2

Why Is Finland the Happiest Country in the World?

March 25, 2025, Global Affairs

1. For the seventh year in a row, Finland has been named the happiest country in the world according to the World Happiness Report 2024. This remarkable achievement has attracted worldwide attention and raised an important question: what exactly makes Finland such a happy and satisfying place to live? Researchers and experts have studied Finnish society and identified several key reasons behind this happiness, backed by real examples from everyday life in Finland.

2. One major reason for Finnish happiness is the country's strong social support system. Healthcare and education in Finland are free for all citizens. This means that when people visit a doctor or send their children to school, they do not have to worry about paying large bills. Moreover, if someone loses their job, the government provides financial assistance to help them through difficult times. This system reduces the stress and anxiety often caused by financial problems, making people feel safer and more secure about their futures. For example, Finnish parents can rely on free daycare and maternity leave programs, allowing them to balance family life and work without worrying about high costs. This social safety net creates peace of mind for many families.

3. Another key factor is the high level of trust that

Finnish people have in their government, police, and even their neighbors. Trust is important because it creates a sense of safety and stability in society. In Finland, crime rates are very low, and people feel comfortable walking alone at night or leaving their doors unlocked at home. This trust also means that people believe their government is fair and transparent, which encourages cooperation and reduces social tensions. For instance, Finnish citizens often participate actively in local decisions, knowing that their voices matter and that public officials act honestly. This positive relationship between people and institutions contributes to a calm and stable community environment.

4. Finnish people also enjoy an excellent work-life balance, which plays a crucial role in their happiness. While Finns work hard and are productive, they make sure not to let work take over their lives. The average working week is shorter than in many other countries, and there is a strong cultural value placed on spending free time outdoors, relaxing, and enjoying hobbies. Many Finns take long vacations every year, often traveling to their summer cottages by lakes or forests. Others enjoy sports like cross-country skiing, swimming, or cycling. These activities help people recharge and reduce stress, improving their mental health and overall happiness. In fact, Finnish companies often encourage flexible working hours,

The Happiest Country in the World, B2

allowing employees to balance job responsibilities with personal life more easily.

5. Finland's stunning natural environment is another essential element that supports happiness. The country is known for its thousands of lakes, vast forests, and clean air. National parks and outdoor recreational areas are accessible to almost everyone, and Finns regularly spend time in nature. Activities such as hiking in the summer, skiing in the winter, or simply walking in the forest are common. Studies show that spending time in nature can reduce stress, improve mood, and increase feelings of calm and contentment. Many Finns believe that their connection with nature is one of the main reasons for their happiness, providing a peaceful escape from the busy modern world.

6. Despite these positive factors, the 2024 World Happiness Report also highlights differences between generations. Older people, especially those over 60, report higher levels of life satisfaction compared to younger generations aged 15 to 24. Young people in Finland and other Western countries often face pressures from social media, uncertainty about jobs, and financial difficulties, which can cause stress and lower happiness levels. Mental health experts emphasize the need for better support systems to help younger people cope with these challenges and improve their well-being.

7. There is, however, encouraging news about kindness and community spirit growing around the world, including in Finland. Since the COVID-19 pandemic, many people have become more willing to help others, donate money to charities, and volunteer their time. This increase in acts of kindness—around 10% globally—strengthens social bonds and creates a sense of belonging. In Finnish neighborhoods, it is common for people to help each other, whether by sharing food, checking on elderly neighbors, or organizing community events. These supportive actions help build happier, more resilient communities.

8. What lessons can other countries learn from Finland? The Finnish example shows that happiness is not just about economic wealth. It depends on a strong social safety net, trust in government and each other, a healthy balance between work and personal life, and a close connection with nature. Encouraging outdoor activities, building trust through fair and transparent institutions, and promoting kindness in communities are key strategies to improve well-being. Finland's experience suggests that other nations can create happier societies by focusing on these areas and valuing not only material wealth but also social and emotional health.

The Happiest Country in the World, B2

Reading Comprehension - Multiple choice questions

1. Why has Finland received worldwide attention recently?

- a. It has won a global sports event
- b. It was named the happiest country again
- c. It created a new education system

2. What is the reason Finnish citizens don't worry about large medical bills?

- a. They have very high salaries
- b. Private companies cover the cost
- c. Healthcare is free for everyone

3. What kind of government support do unemployed people receive?

- a. Training only
- b. Nothing
- c. Financial assistance

4. How does the Finnish system affect people's anxiety levels?

- a. It increases them
- b. It reduces them
- c. It has no effect

5. What benefit do Finnish parents receive?

- a. Free family holidays
- b. Free daycare and maternity leave
- c. Money for private schools

6. Why do people in Finland feel safe in their neighborhoods?

- a. There is a strong police presence everywhere
- b. The crime rates are low
- c. . They always stay indoors

The Happiest Country in the World, B2

Reading Comprehension - Multiple choice questions

7. What helps reduce social tensions in Finland?

- a. More television programs
- b. Government control of media
- c. Trust in fair and transparent institutions

8. How do Finnish citizens often participate in public life?

- a. By avoiding politics
- b. By following leaders without question
- c. By joining local decisions

9. What supports good work-life balance in Finland?

- a. Long hours and overtime
- b. Shorter working weeks and flexible hours
- c. Weekend classes for employees

10. What is a common way Finns relax?

- a. Going to shopping malls
- b. Spending time in nature
- c. Watching TV for long hours

11. Why is nature so important to Finnish happiness?

- a. It offers fun nightlife
- b. It provides jobs in tourism
- c. It helps reduce stress and improve mood

12. What happened after the COVID-19 pandemic in terms of kindness?

- a. People became more selfish
- b. Acts of kindness increased globally
- c. Finnish people stopped helping others

The Happiest Country in the World, B2

4. More vocab practice - Gapped text - read the text and put the words from the box into the context

emphasize | assistance | anxiety | raised | factors | strengthen | focus | cope | kindness |
encourage | recharge | resilient | achievement | citizen | highlight | remarkable

“My Year of Living Slower” – A Blog by Anna Wells

Last January, I made a 1. _____ decision: to slow down and change the way I live. It wasn't because of a major event, but more of a personal 2. _____. I wanted to reach. I was constantly tired, busy, and filled with 3. _____. That 4. _____ a question in my mind — what was I really doing with my time?

I began writing this blog, not to 5. _____ attention, but to stay motivated and 6. _____ on what matters. In each post, I try to 7. _____ small moments — like cooking a simple meal or going for a walk. These helped me 8. _____ and see life differently.

Soon, I noticed that readers — from students to busy parents — started following and sharing their own stories. One 9. _____ from Italy wrote about how he started gardening. Another reader in Canada said she now values time offline more than before.

I also explored ways to 10. _____ with stress. I stopped checking emails at night, joined a yoga class, and accepted that I can't do everything. These changes helped improve my mood and 11. _____ my relationships.

I also learned that being 12. _____ doesn't mean being perfect. It means trying again after failure. The blog gave me a transparent space to be honest, and people responded with 13. _____.

Now, when people ask me how I've managed, I always say it's a mix of small things. The key 14. _____ were time, kindness, and letting go of pressure. I still get tired, but I no longer feel lost. I hope this blog will 15. _____ others to slow down too. Sometimes, the biggest changes begin with simple choices — and a little help or 16. _____ from others.

The Happiest Country in the World, B2

5. Vocabulary practice . Fill the gaps with the correct word

- 1.The athlete's _____ performance surprised everyone at the competition.
- 2.Graduating from university was a big _____ for Maria.
- 3.The new policy _____ about fairness for all employees.
- 4.The bright colors of the advertisement quickly _____ from shoppers.
- 5.Police managed to _____ the suspect from the security footage.
- 6.Every _____ must follow the laws of their country.
- 7.The charity _____ food and shelter for homeless people.
- 8.Volunteers give _____ to people affected by natural disasters.
- 9.Tom felt a lot of _____ before his job interview.
- 10.Many people _____ public transportation to get to work every day.
- 11.Weather is a key _____ when planning an outdoor event.
- 12.The crime _____ in this city has decreased over the last year.
- 13.The company's financial reports are very _____ so investors trust them.
- 14.Teachers _____ students to ask questions and share ideas in class.
- 15.There was a lot of _____ in the room before the final exam results were announced.
- 16.After a long day at work, I like to _____ by listening to music.
- 17.Regular exercise can _____ your overall health.
- 18.The report _____ the importance of safety in the workplace.
- 19.The coach _____ teamwork during practice.
- 20.She learned how to _____ stress through meditation and yoga.
- 21.Volunteering helps to _____ community relationships.
- 22.Soldiers need to be _____ to overcome difficult challenges.
- 23.The meeting will _____ improving customer service.
- 24.We _____ honesty and respect in all our friendships.

The Happiest Country in the World, B2

6. Let's discuss

1. Do you agree that trust in government is essential for a happy society? Explain your opinion.
2. Why do you think kindness is important for happiness? Have you seen examples of kindness recently?
3. 1. What do you think is the most important factor for happiness in your country? Why?
4. How do you balance work and free time? What could your country learn from Finland?
5. Do you spend much time in nature? How does it affect your mood?
6. What challenges do young people face in your country today? How could these be addressed?
7. How can governments make their policies more transparent? Why does this matter?
8. What can individuals do to become more resilient in difficult times?

7. More vocabulary practice - words in context. Read the text carefully and write ONE word in each gap.

The Happiest Country in the World, B2

Building Resilient Communities in Times of Uncertainty

In recent years, there has 1. _____ a remarkable shift in how communities respond to crises and uncertainty. Whether facing economic challenges, natural disasters, or health emergencies, many cities have demonstrated a level of resilience that deserves recognition. One such achievement is the growing movement to build supportive networks that provide emotional and practical assistance 2. _____ those in need.

Experts highlight the importance of strong social ties 3. _____ a key factor in community recovery. Studies show that communities with open communication, transparent leadership, and shared goals tend to recover faster and 4. _____ successfully. Local leaders often emphasize that no single person can cope alone during hard times, and learning to rely 5. _____ one another is essential.

At 6. _____ same time, increasing levels of anxiety and tension in society raise questions about how prepared we are for future challenges. Mental health professionals encourage people 7. _____ recharge regularly by taking breaks, connecting with loved ones, and maintaining healthy habits. These actions 8. _____ only help people cope with stress but also strengthen their ability to face difficulties.

One project in Sweden has recently attracted attention for its community-based support system. Local volunteers work together to support vulnerable citizens, particularly 9. _____ elderly and those with limited mobility. The program allows residents to identify local needs quickly and respond effectively.

The program also focuses 10. _____ education and awareness. Through workshops and public talks, it aims 11. _____ improve understanding of mental health and disaster preparedness. Organizers value every participant's contribution and believe that giving people a voice in local decisions increases trust and engagement.

Although challenges remain, the success of 12. _____ initiatives serves as a powerful reminder that cooperation and compassion are crucial in difficult times. As recovery rates vary 13. _____ place to place, it is essential to emphasize what works and continue building stronger, 14. _____ connected communities.

The Happiest Country in the World, B2

Answer Key:

Synonym, match

Part 1: 1-F, 2-E, 3-C, 4-I, 5-H, 6-J, 7-G, 8-K, 9-A, 10-D, 11-B, 12-L

Part 2: 13-L, 14-I, 15-A, 16-D, 17-J, 18-B, 19-K, 20-H, 21-E, 22-F, 23-G, 24-C

Sentences in context - part 1

1. factor
2. highlights
3. anxiety
4. rely on
5. transparent
6. recharge
7. remarkable
8. raise a question
9. rates
10. encourages
11. strengthen
12. emphasize

Sentence in context - part 2

1. achievement
2. to raise a question
3. attract attention
4. citizen
5. provide
6. assistance
7. encourage
8. tension
9. improve
10. cope with
11. focus on
12. value

Reading Comprehension - Multiple choice questions

1. Why has Finland received worldwide attention recently?

☒ It was named the happiest country again

2. What is the reason Finnish citizens don't worry about large medical bills?

☒ Healthcare is free for everyone

3. What kind of government support do unemployed people receive?

☒ Financial assistance

4. How does the Finnish system affect people's anxiety levels?

☒ It reduces them

5. What benefit do Finnish parents receive?

☒ Free daycare and maternity leave

6. Why do people in Finland feel safe in their neighborhoods?

☒ The crime rates are low

7. What helps reduce social tensions in Finland?

☒ Trust in fair and transparent institutions

8. How do Finnish citizens often participate in public life?

☒ By joining local decisions

9. What supports good work-life balance in Finland?

☒ Shorter working weeks and flexible hours

The Happiest Country in the World, B2

Reading Comprehension - Multiple choice questions

10. What is a common way Finns relax?

☒ Spending time in nature

11. Why is nature so important to Finnish happiness?

☒ It helps reduce stress and improve mood

12. What happened after the COVID-19 pandemic in terms of kindness?

☒ Acts of kindness increased globally

Words in context - Gapped text My Year of Living Slower

1. remarkable
2. achievement
3. anxiety
4. raised
5. attract
6. focus
7. highlight
8. recharge
9. citizen
10. cope
11. strengthen
12. resilient
13. kindness
14. factors
15. encourage
16. assistance

Context sentences 1

1. remarkable
2. achievement
3. raised a question
4. attracted attention
5. identify
6. citizen
7. assistance
8. anxiety
9. rely on
10. factor
11. rate

12. transparent
13. encourage
14. tension
15. recharge
16. improve
17. highlighted
18. emphasized
19. cope with
20. strengthen
21. resilient
22. focus on
23. value

Gapped text 2 - Building Resilient Communities

1. been
2. to
3. as
4. more
5. on
6. the
7. to
8. not
9. the
10. on
11. to
12. such
13. from
14. more



Terms of use

By purchasing or downloading this file, you agree to the following:

- * This product is for personal or classroom use only.
- * No part of this document may be distributed, posted on the internet, sold or edited without permission of the author.
- * You may not use any part of this resource to create another resource.
- * You may share about the use of this resource on blogs and/or social media, but please credit the author and provide a link when possible.

Thank you for respecting my copyright.