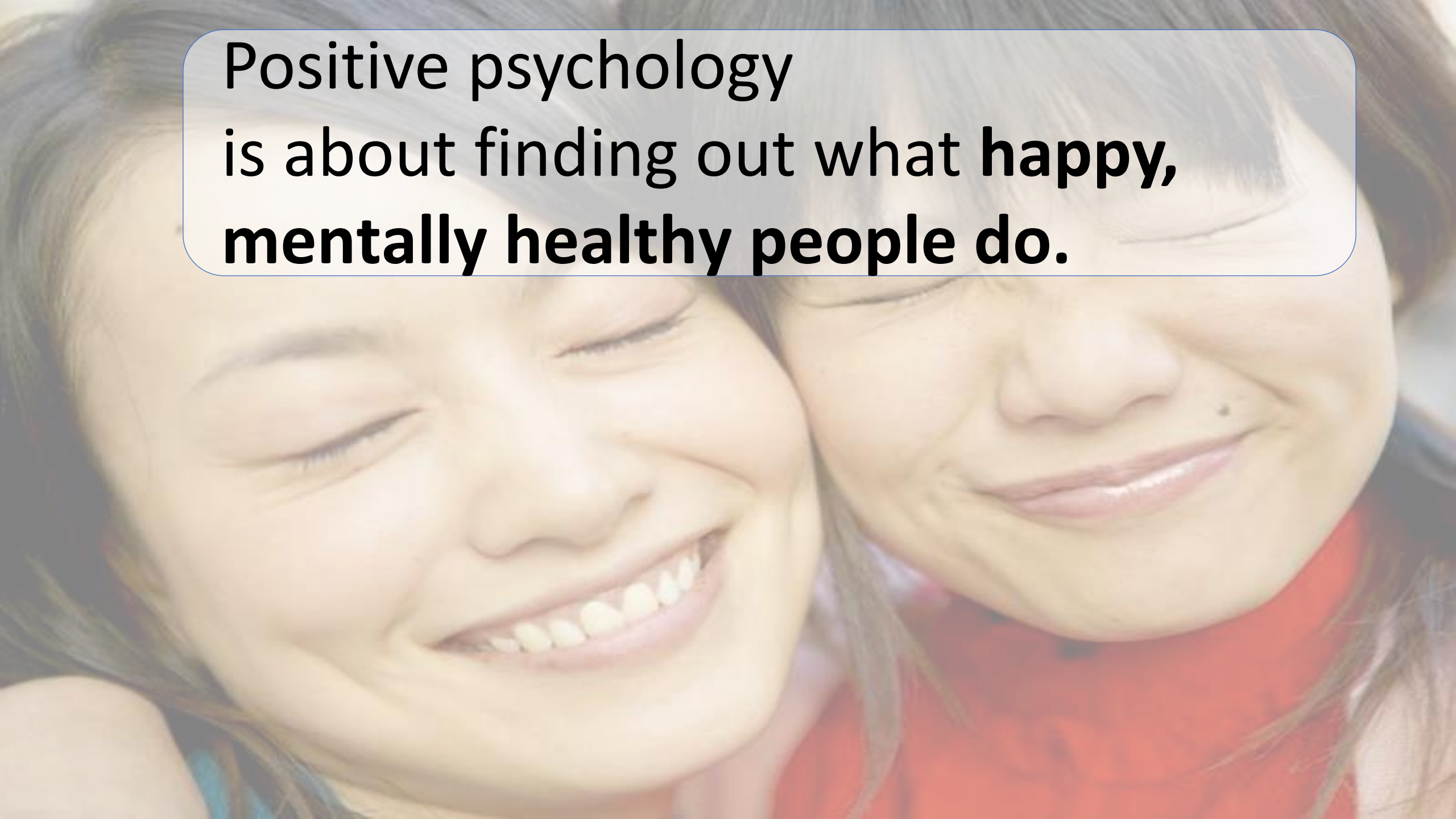


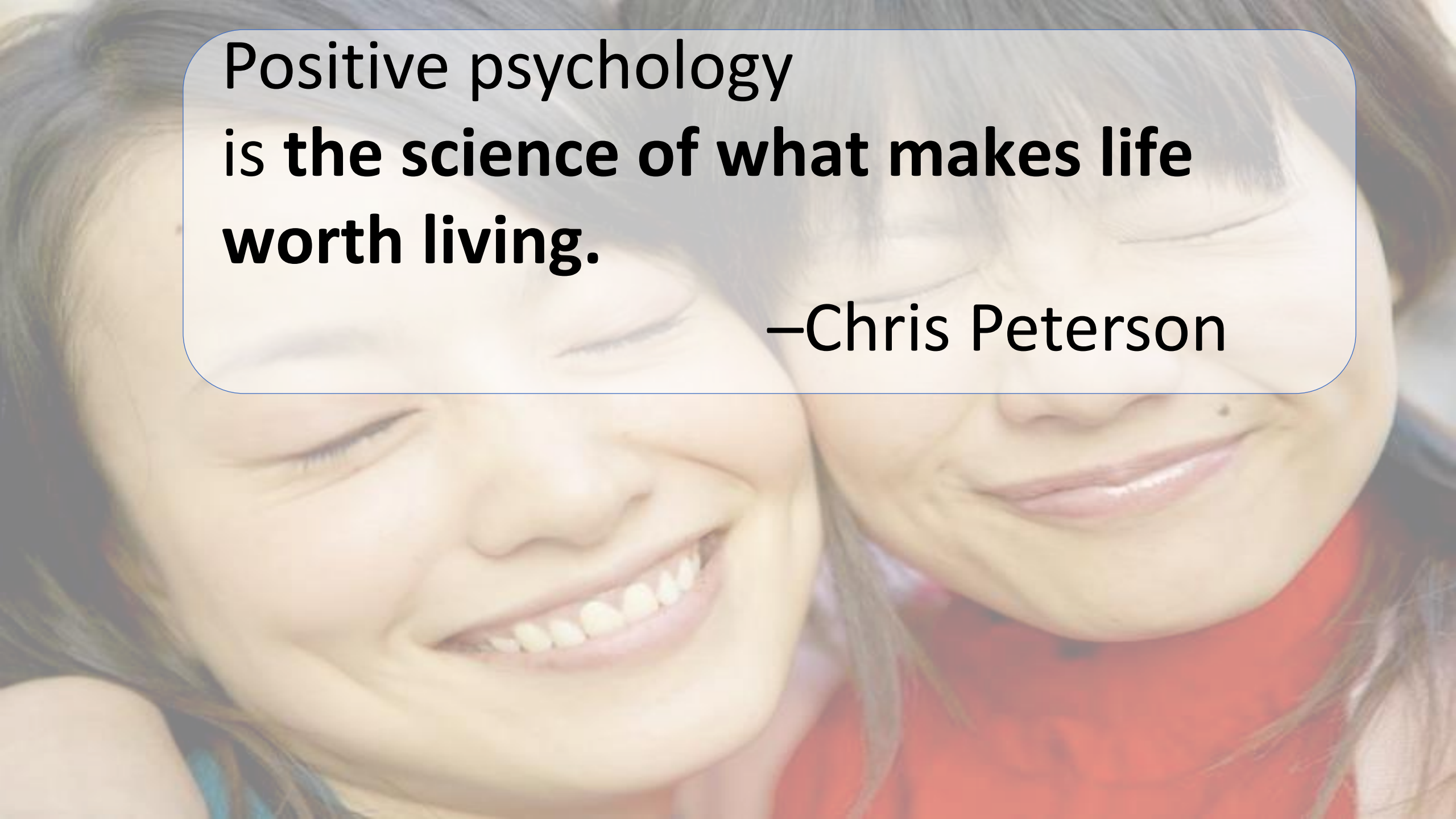


Positivity:

Going deeper

A close-up photograph of two young women smiling and laughing. The woman on the left is laughing with her eyes closed and mouth open, showing her teeth. The woman on the right is smiling gently with her eyes partially closed. They are both wearing red turtleneck sweaters. The background is blurred.

Positive psychology
is about finding out what **happy,**
mentally healthy people do.

A close-up photograph of two young women smiling warmly. The woman on the left is in the foreground, her face slightly tilted, showing her teeth. The woman on the right is slightly behind her, also smiling. They both have dark hair. The background is softly blurred. A semi-transparent white box with rounded corners is overlaid on the upper part of the image, containing the text.

**Positive psychology
is the science of what makes life
worth living.**

—Chris Peterson

A photograph of a forest with tall, thin trees. Sunlight is streaming through the canopy on the right side, creating a warm, golden glow. The ground is covered in dry leaves and pine needles. A semi-transparent grey box is overlaid at the bottom, containing the text "Going deeper" in red.

Going deeper

depth

Casper Johansson @ Unsplash

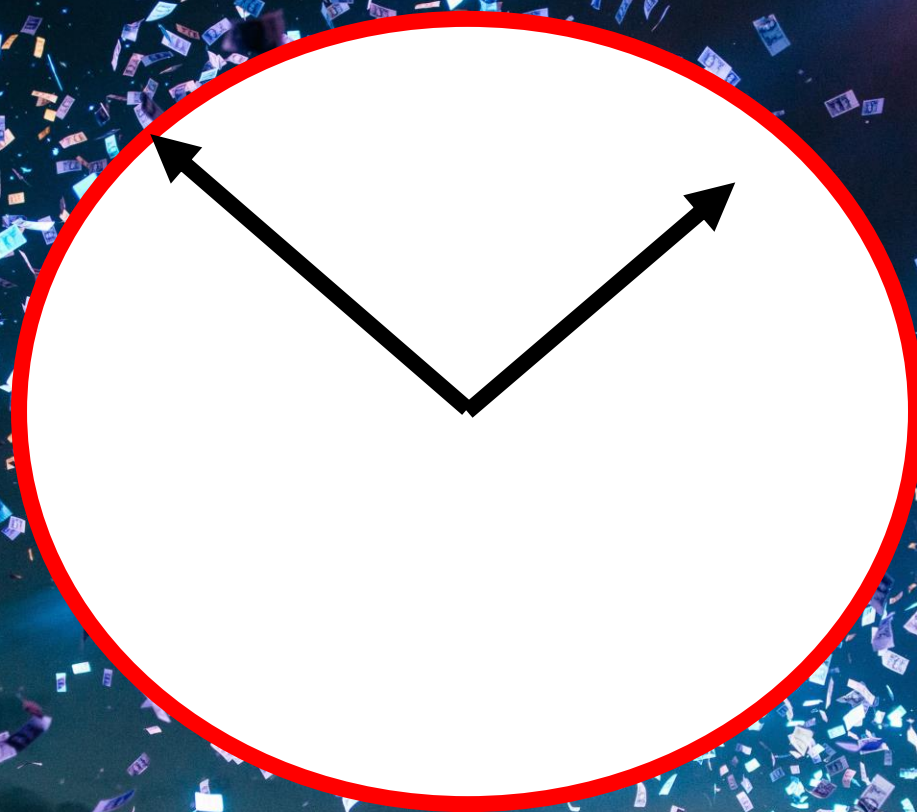




**Making
friends**



frequency



Time confetti

THE LAB HAPPINESS

Dr. Laurie Santos,

Yale University

ask Unladylike: Happiness vs. Toxic Positivity

[episodes/116/ask-unladylike-happiness](#) 5/18/21



**People feel
“time famished.”**

**BUT people actually
“have more free time NOW
than they did 5 or 10
years ago.”**

Dr. Laurie Santos,

Yale University

Ask Unladylike: Happiness vs. Toxic Positivity

<https://unladylike.co/episodes/116/ask-unladylike-happiness> 5/18/21



“The problem is the free time we have is broken up into really stupid chunks.”

Dr. Laurie Santos,

Yale University

Ask Unladylike: Happiness vs. Toxic Positivity

<https://unladylike.co/episodes/116/ask-unladylike-happiness> 5/18/21



**Pairs: What could you do
in those
3-10 minute chunks?
Write your ideas?**

Note: you want to be happier,
not more productive.



**Pairs: What could you do
in those
3-10 minute chunks?**

Go for a walk outside.

Have a cup of soup.

Listen to a song that will make u 😊.

Stretch OR Exercise.



**Pairs: What could you do
in those
3-10 minute chunks?**

Your ideas:



Just smile



Enjoy the



Yulia Matvienko
@ Unsplash



deep breathing

in through
the nose

out through the mouth





deep breathing

OUT - 2-3-4-5-6

Hold - 2-3-4-5

IN - 2-3-4

Hold - 2-3-4-5



Exercise

Exercise

THIS IS YOUR **LIFE.**
DO WHAT YOU LOVE,
AND DO IT OFTEN.
IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL EMOTIONS ARE NECESSARY.
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NICEST PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN. GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE. SEIZE THEM.
LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM.
SO GO OUT AND START CREATING.
LIFE IS LIVE YOUR DREAM
SHORT. AND SHARE
YOUR PASSION.

THIS IS YOUR **LIFE.**
DO WHAT YOU LOVE.
AND DO IT OFTEN.
IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL EMOTIONS ARE VALID.
WHEN YOU SAY, "ADVENTURE"
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS
AND SHARE YOUR INSPIRING DREAM WITH THEM.
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YOUR PASSION.

2021-10-08 13:11:05

THIS IS YOUR **LIFE.**
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IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL THINGS ARE MEANINGFUL
WHEN YOU GET APPROXIMATE
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
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LIFE IS **LIVE YOUR DREAM**
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2021-10-08 13:11:01

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AND DO IT OFTEN.
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IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP!
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL EMOTIONS ARE BEAUTIFUL,
WHEN YOU LET THEM.
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
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ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
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IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL THINGS ARE ALREADY
WHEN YOU SAY, "WOW."
LIFE IS SIMPLE. EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.
SEE THE BEST PERSON YOU SEE. WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
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2021-10-08 13:11:05

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THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL THINGS ARE ALREADY
WHEN YOU SEE, APPRECIATE
LIFE IS SIMPLE. EVERY LAST BITE.
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2021-10-08 13:11:05



2021-10-08 13:11:08

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IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING. ALL DECISIONS ARE MEANINGFUL.
WHEN YOU EAT, APPRECIATE.
LIFE IS SIMPLE. EVERY LAST NITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.
FOR THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS
AND SHARE YOUR INSPIRING DREAM WITH THEM.
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2021-10-08 13:10:56



Energy break



5

right here,
right now.

**What are 5
exercises you
could do right
here,
right now?**



**Your
ideas:**





**Here are
some more.**

jumping



balancing





**running
in place**

**touching
your
toes**





**doing
squats**

jumping jacks

Courtesy pixshark



stretching



**Work with
a partner.**

**Do an
exercise.**

**Partner,
match it.**



**Partner, when you
want to change...**



**make an
“X” with
your arms.**

**You start
the next
one.**



Do this for 1 minute.



00:00:59
749

Pause

Clear





**Why move
in English
class?**

**Your
body
is
like a**

“second brain”



**Your
body
is
like a**

“second brain”





How long
20 do your
minutes
students
sit in
class?

**Blood
build-up**

**I DON'T
suggest:**
Checking your phone..

FOMA.
(Fear Of Missing Out)



Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>

Solen Feyessa
@ Unsplash

**I DON'T
suggest:**
Checking your phone.

**Distracting activities
easier than productive ones**



Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>

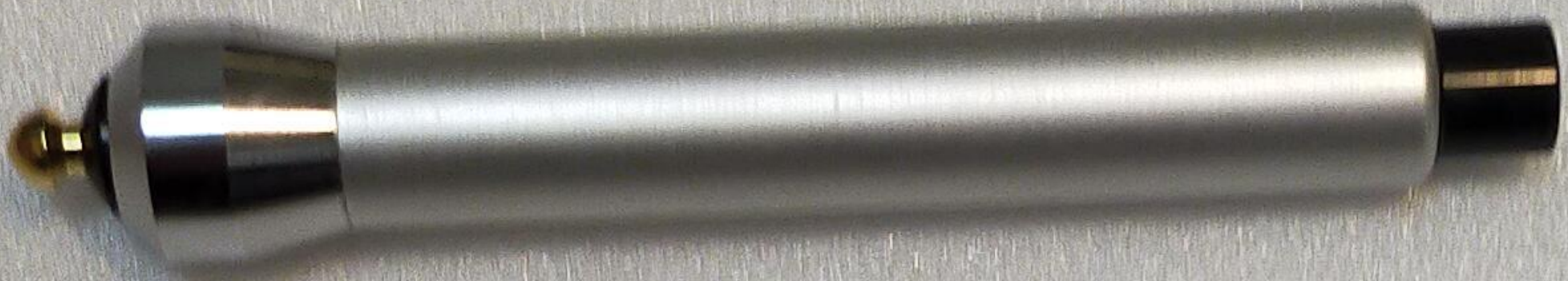
Solen Feyessa
@ Unsplash

**I DON'T
suggest:**
Checking your phone.
You're not





My fav



電気針 (ハリ) accupressure needle

HelgesenHandouts .weebly.com

Home

Prez. handout sets

Non-English majors
(warm-ups & tasks)

ELT & the Science of
Happiness (Positive
Psychology)

DIY Neuro-ELT

Physical Activity in the
ELT class

Energy breaks

Extensive Reading



Hi. I'm Marc Helgesen. I'm a professor in the **Department of Modern Business** at **Miyagi Gakuin Women's University**, Sendai, Japan. I also teach at **Nagoya University of Foreign Studies MA TESOL Program**

Home

Positive brain chemicals

Getting started

Introducing happiness

Main Activity Download
Center

10 Minutes for Happiness
(quick tasks)

Happiness Haiku
(consolidation)

New! 3 minutes for
positivity

ELT & the Science of Happiness

This website is about ELT -- English Language Teaching. And about Positive Psychology -- something TIME magazine calls, "**the Science of Happiness**."

It is for EFL and ESL teachers who want to use activities that work on specific language points

**ELT & The
Science of
[happiness]**

**Task: How many
“Questions words” do
you know? Write them.**

Who What When Where Why How

Is Are Do Did Have Had



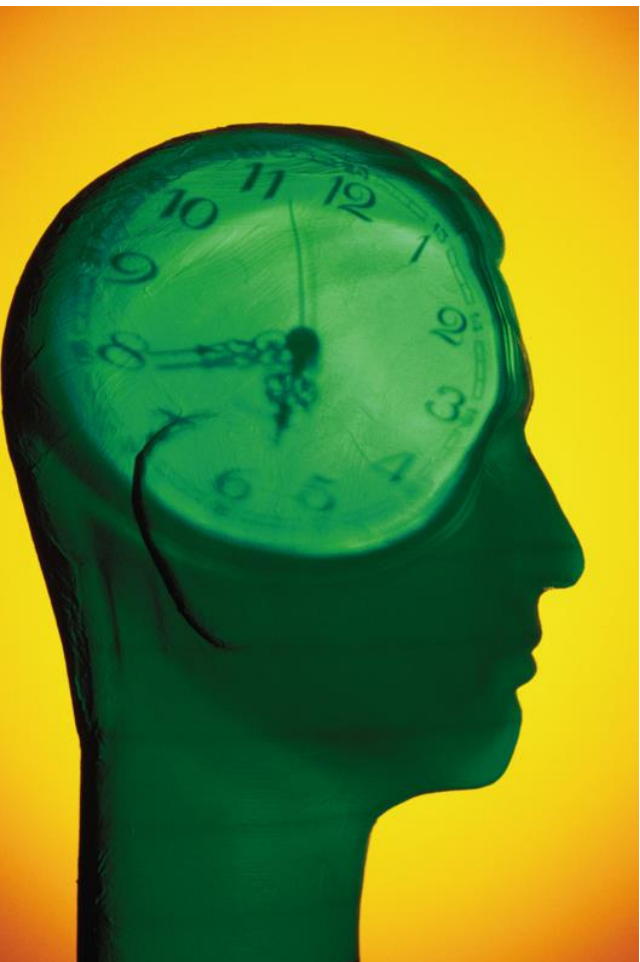
**3 minutes
for positivity**

3-minute pairwork

Topic:

**What is an experience
you really enjoyed?**

What is an experience you really enjoyed?



1 minute

Think Time

What do I want to say?

How will I say it?



What is an experience you really enjoyed?



Pairwork

A speaks. 1 minute.

B ask questions.

Check (✓) question words.

The “question words” kept
the conversation going.



How do you feel now?

You “re-experienced”
that happy time.



Language learning:
discourse strategy



Positive psychology:
Active Constructive Response



Your partner got a job promotion.

Active

Constructive

Wow. Great.

**Tell me all
about it.**

Passive Destructive

That's nice.

What's for dinner?

Passive

Constructive

Wow. Great.

That's nice.

Active Destructive

**Oh. Now you are
going to be even
busier than now.**

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ELT & the Science of Happiness

This website is about ELT (English Language Teaching). And about Positive Psychology – some of the best things we can do, *the science of Happiness.*"

It is for EFL and ESL teachers who want to use activities that work in the classroom.

16 topics

- positive emotion
- gratitude
- mindfulness

**ELT & The
Science of
[happiness]**

3 minutes for positivity



3/2021

Note to teachers: These are short positive psychology fluency exercises. They are designed to build gratitude (**g**), positive emotion (**pe**) and mindfulness (**m**). They are very short and, if you use them as a warm-up, get the lesson off to a good start. Also see the “**Take it deeper**” idea below. for the gratitude and positive emotion topics.

- **Who loves you? (g•pe)** Work in pairs. Who loves you? It doesn’t have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. When do feel loved? Take 1 minute *Thinking Time*. Then tell your partner about it. Partner, ask questions. 1 minute each.
- **Who do you love? (g•pe)** Work in pairs. Who do you love? It doesn’t have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. How do you show your love? Take 1 minute *Thinking Time*. Then tell your partner. Partner, ask questions. 1 minute each.
- **Something good this week. (pe)** Work in pairs. What is something good that happened this week? Take 1 minute *Thinking Time* – What will you say? How will you say it? Then tell your partner. Partner, ask questions. 1 minute each.
- **Yoga breathing#1. (m)** Students, close your eyes. Breath out though your mouth. Then hold your breath. Then breath in through your nose. Then hold. Teacher: Lead them through this, counting slowly. Out 2-3-4-5-6. Hold 2-3-4-5. In 2-3-4. Hold 2-3-4-5. Continue for about 2 minutes.
- **Favorite food. (pe)** Work in pairs. What is a food you really, really enjoy? Take 1 minute *Thinking Time* – What makes it so good? What is it made of? When and where do you eat it? How will you say it? Then tell your partner. Partner, ask questions. 1 minute each.

Take it deeper ?

Before the activity, have students write as many “question words” as they can. Of course, the “WH-words” (*who, what, were, etc.*) are good. They can also write other words like *is/are, do/did, can/could*, etc. When they are speaking, their partner asks as many questions as possible. They check (✓) the words they use. They are practicing “keeping the conversation going.” The questions help the first speaker remember the positive experience more deeply. These become “active constructive” questions.

See *Flourish* by Seligman (2011, p. 49) for more.





3 more minutes

Choose a topic.

Blue = mindfulness

**Black “g/pe” = gratitude/
positive emotion**

Do it with a partner.

depth

Casper Johansson @ Unsplash





**Making
friends**



Home

Positive brain chemicals

Getting started

Introducing happiness

Main Activity Download
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(quick tasks)

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(consolidation)

New! 3 minutes for
positivity

Becoming Friends

ELT & the Science of Happiness

This website is about ELT -- English Language Teaching. And about Positive Psychology -- something TIME magazine calls, "**the Science of Happiness.**"

It is for EFL and ESL teachers who want to use activities that work on specific language points (grammar, functions, topics and vocabulary)

ELT & The Science of [happiness]



Dr. Arthur Aron
SUNY – Stony Brook

The Experimental Generation of Interpersonal Closeness: A Procedure and some Preliminary Findings

Personality and Social
Psychology Bulletin
April 1997

36 questions

Pairs.

3 sets of 12 questions each.

Both members answer each.

About 20 minutes for each set.

Set one

**#2 Would you like to be famous?
In what way?**

**#6 If you were able to live to the
age of 90 and retain either the
mind or body of a 30-year old
for the last 60 years of you life,
which would you want?**

Try it!

5 minutes.



Brett Jordan
@ Unsplash

Set two

#15 What is the greatest accomplishment of your life?

#19 If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?

Try it!

5 minutes.



Brett Jordan
@ Unsplash

Set three

#26 Complete this sentence:

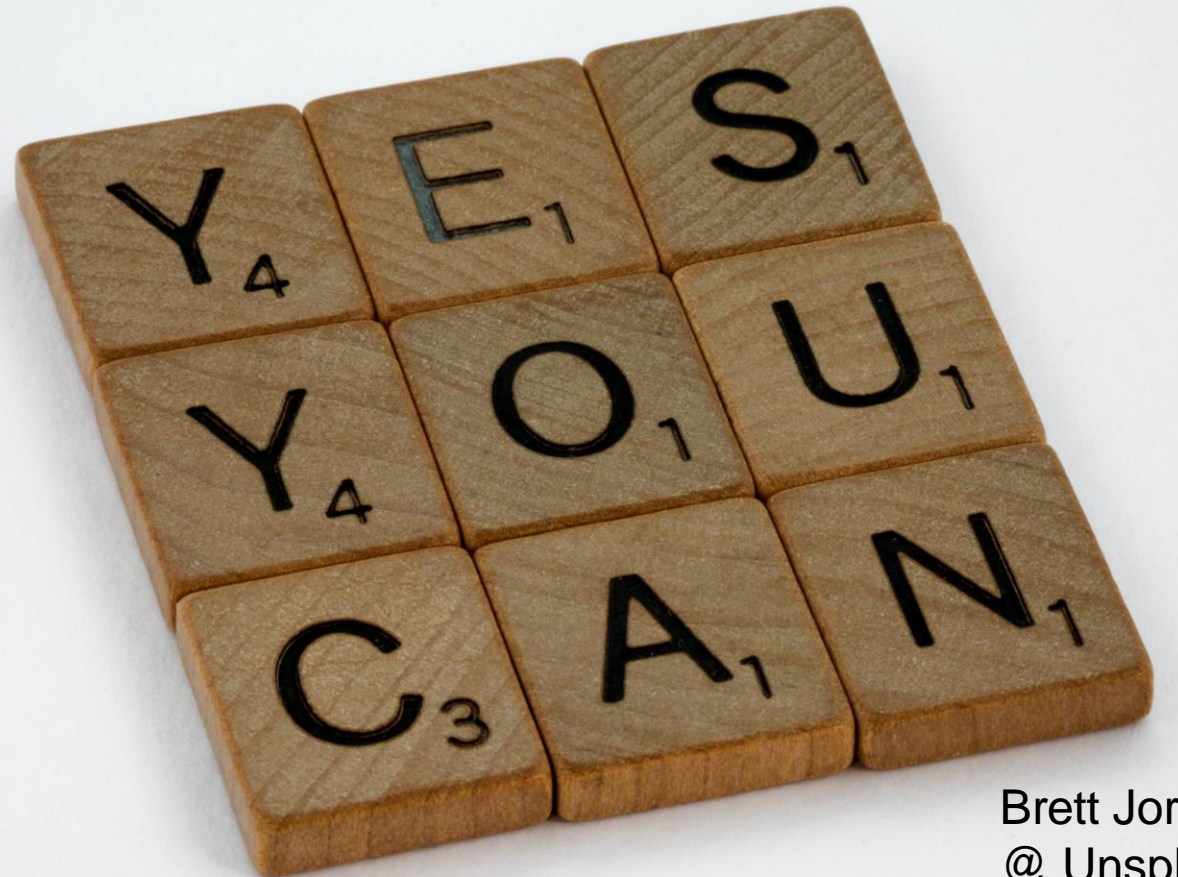
**“I wish I had someone with
whom I could share...”**

(分かち合う)

**#30 When did you last cry in front
of another person? By yourself?**

Try it!

5 minutes.



Brett Jordan
@ Unsplash



36

**QUESTIONS
THAT LEAD
TO LOVE.**



Reader's Digest

The 36 Questions That Can Make You Fall in Love with Anyone




Reader's Digest Editors

Updated: Apr. 29, 2020



This quiz from psychologist Arthur Aron has helped boost intimacy between thousands of strangers, resulting in friendship, romance, and even marriage.



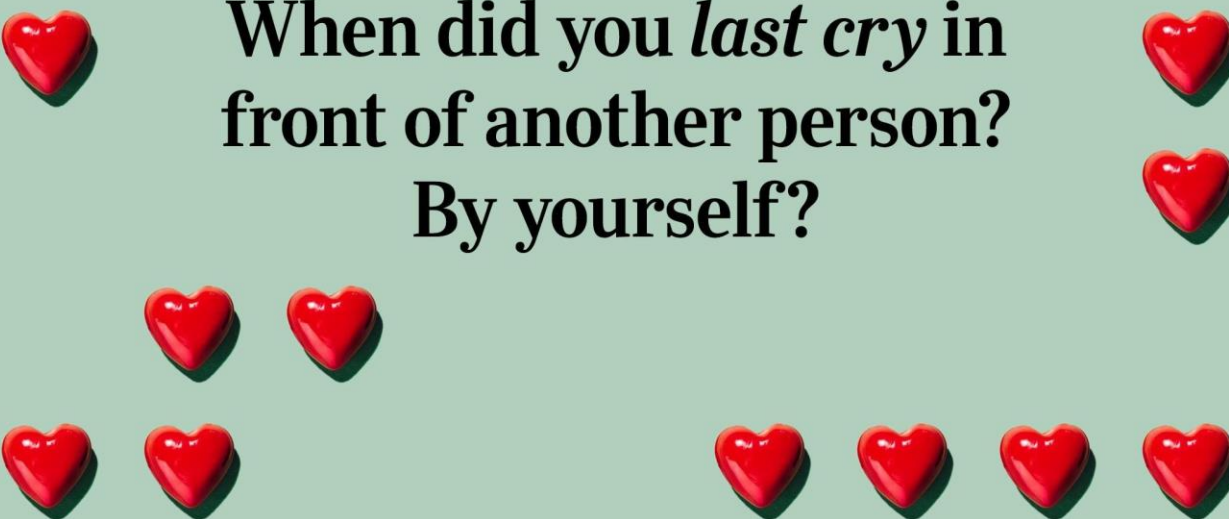
EMILIA MANEVSKA/GETTY IMAGES



Complete this sentence:
“I wish I had someone
with whom I could share ...”



When did you *last cry* in
front of another person?
By yourself?



Changes for EFL task

Simplified language

#2 Would you like to be famous?

In what way?

→ #2 Would you like to be famous?

For what?

Changes for EFL task

Simplified language

#6 If you were able to live to the age of 90 and retain either the mind or body of a 30-year old for the last 60 year of you life, which would you want?

35

**→ Imagine you could live to the age of 90.
You can either have the mind of a**

Changes for EFL task

Simplified language

#6 If you were able to live to the age of 90 and retain either the mind or body of a 30-year old for the last 60 years of you life, which would you want?

**→ Imagine you could live to the age of 90.
You can either have the mind of a
30-year-old the rest of your life.
Or can have the body of a
30-year-old the rest of your life.
Which do you want?**

Changes for EFL task

Student choose their questions:

**Spend 3 minutes looking at
the questions.**

Check (✓) the ones that seem interesting.

Now talk for 10 minutes.

depth

Casper Johansson @ Unsplash





frequency



**Making
friends**

depth

Casper Johansson @ Unsplash





frequency

**OBSERVE
STILLENCE**

**One minute
to notice**



Sounds around us

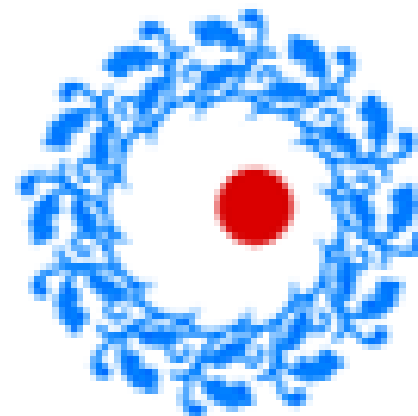
Birds were singing.
A truck was driving by.





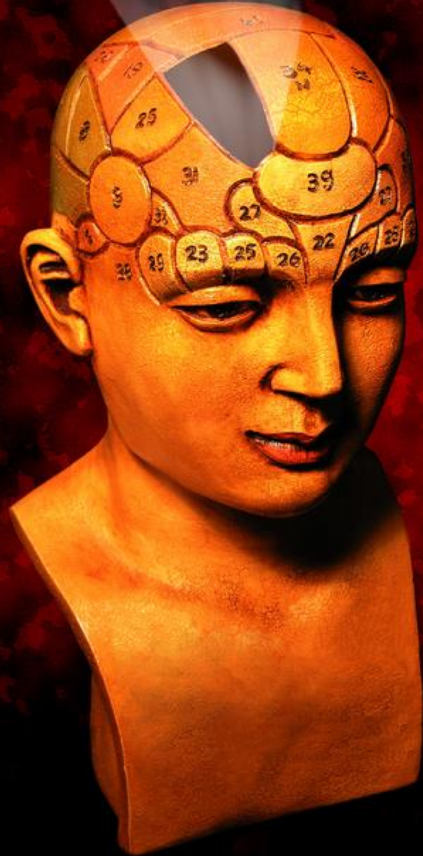
Thank you.

PechaKucha



20 x 20

ELT & the science of [happiness]



**Positive
Psychology
in ELT**

Traditional psychology



**Mental
illness**

Positive psychology



What's going
on with
happy,
mentally
healthy
people?

**Mental
health**



**Remember
good things**



**Say,
“thank you.”**



**Do kind
things**



**Friends
& family**



Forgive



**Stay
healthy**

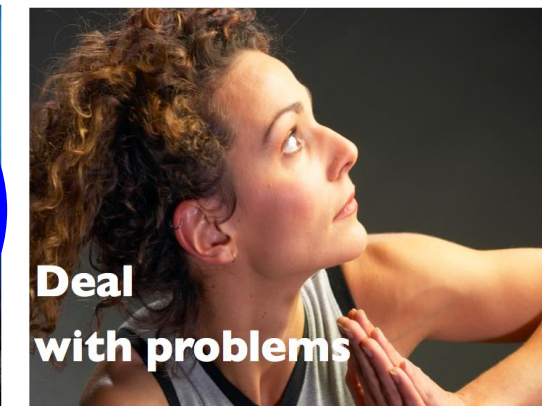
A vibrant rainbow arches across a blue sky, its colors transitioning from red at the top to violet at the bottom. The rainbow is positioned over a mountain valley. To the left, a steep, forested hillside rises, its trees appearing as a dense green texture. In the foreground, a calm body of water reflects the light, with a small, dark, rocky island or peninsula visible in the lower left. The overall scene is peaceful and scenic, with the rainbow serving as a focal point of natural beauty.

Notice good things

A close-up, profile shot of a young woman with voluminous, curly brown hair. She is looking upwards and to the right with a hopeful or contemplative expression. Her hands are clasped together in a prayer-like gesture near her chest. She is wearing a grey tank top with a black trim. The background is a solid dark grey. The lighting is soft and directional, coming from the upper left, highlighting her face and hair.

**Deal
with problems**

Topic Grammar Functions



A Chinese proverb:

If you want to be happy

for an
hour --

Take
a nap



A Chinese proverb:

If you want to be happy

for a
day --

Go
fishing



A Chinese proverb:

If you want to be happy

for a
month --

Get
married



A Chinese proverb:

If you want to be happy
for an
year --
Inherit a
lot of
money



A Chinese proverb:

If you want to be happy

for a lifetime --

Help
someone else





**Remember
good things**



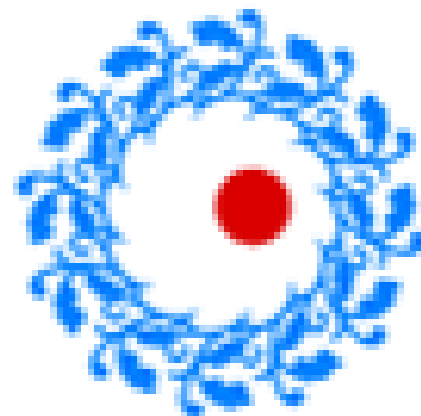


**Random
acts
of
kindness**

**Do more
of what
makes you happy.**



PechaKucha



20 x 20

Your brain Your body

Neurons:

85 billion

500 million

85,000,000,000

500,000,000

**Neurotransmitters
identified:**

> 100

> 40

Dopamine production:

50%

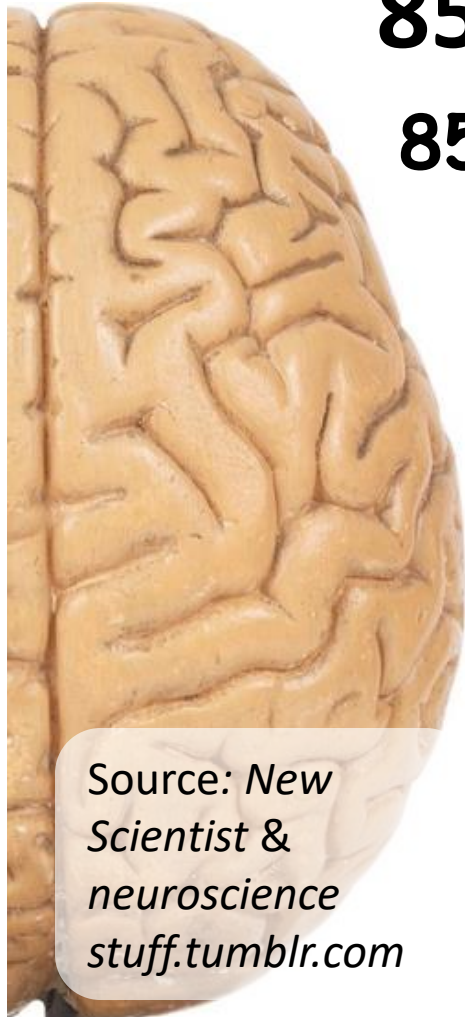
50%

Serotonin production

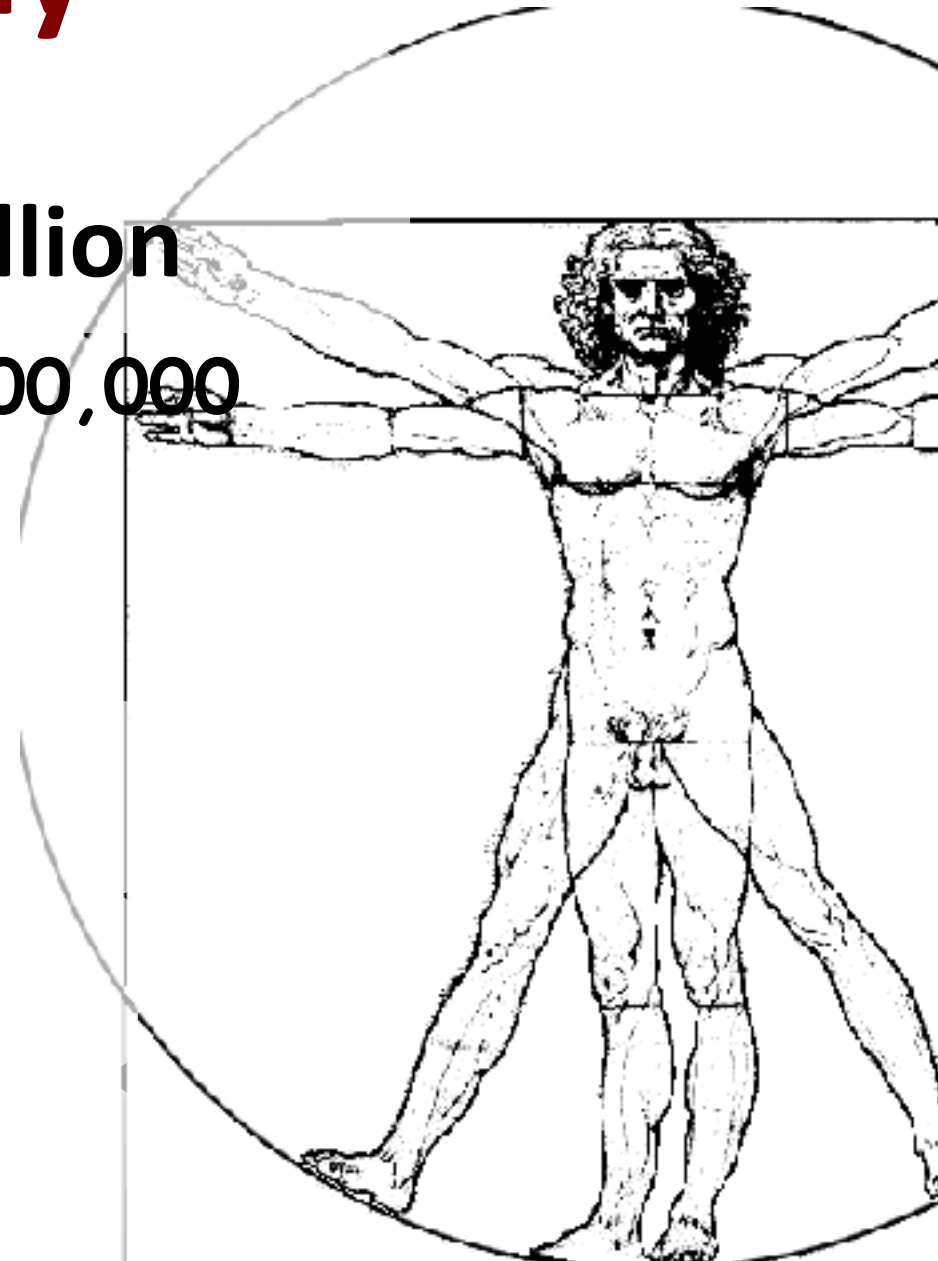
5%

95%

Both affect blood flow



Source: *New Scientist & neuroscience stuff.tumblr.com*





ELTandHappiness .com

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ELT & the Science of Happiness

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ELT & The Science of [happiness]



**Remember
good things**





**Say,
“thank you.”**



**Do kind
things**

Random acts of kindness




Random acts of kindness

Choco Ninja



Snack time!
Here you are!





**Friends
& family**

WE HAVE NO



TALK TO
EACH OTHER



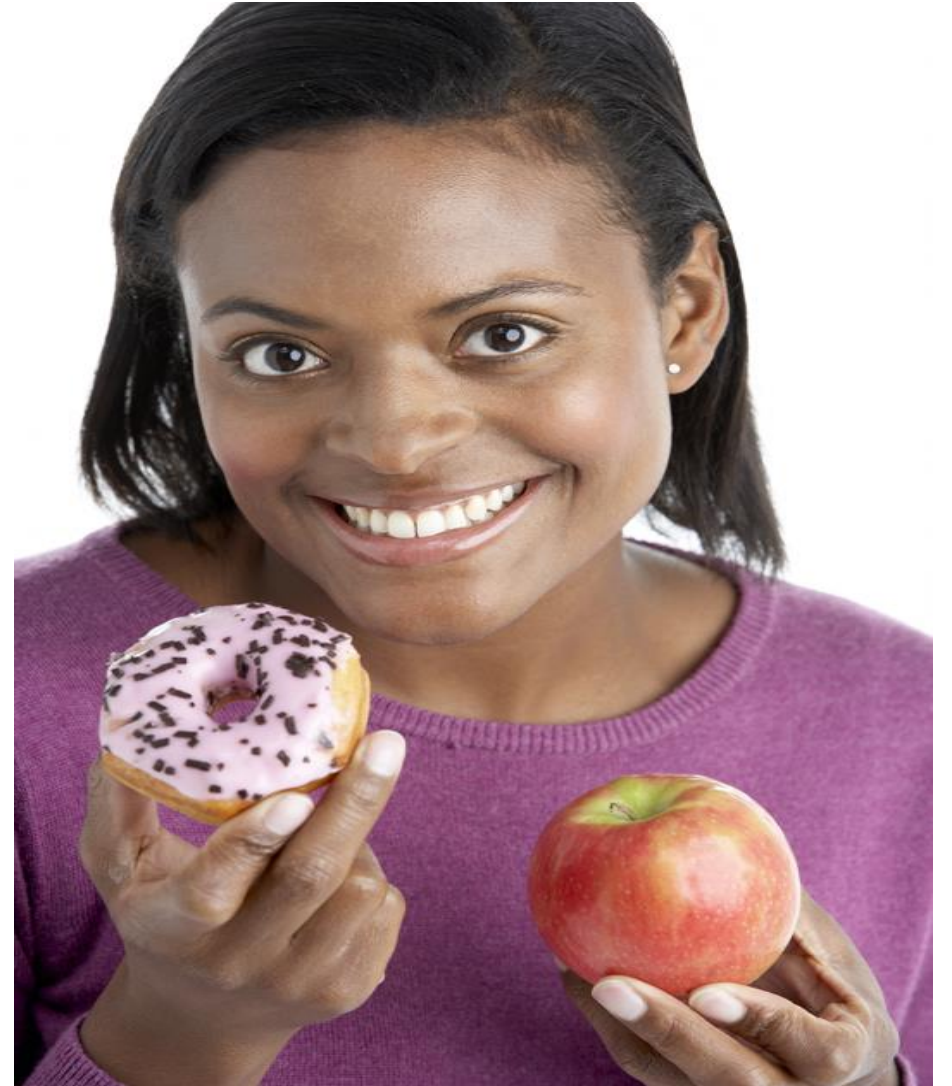
Forgive



← Good Choice
Bad Choice →

Teen brain not fully developed

**Forgive
yourself**

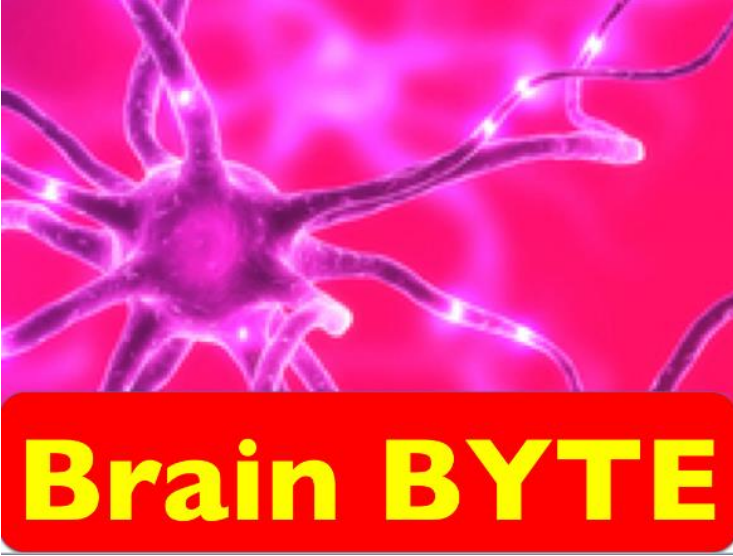




**Stay
healthy**



Energy break

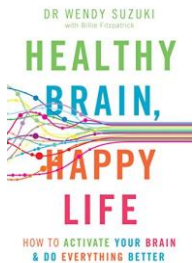


**Why is exercise
so important?**

A single workout...

Single workout:

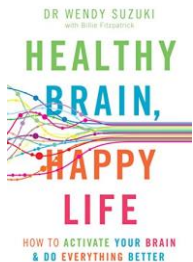
Improves your reaction time



:Reference

Single workout:

Increases your ability to pay attention.



:Reference

Single workout:

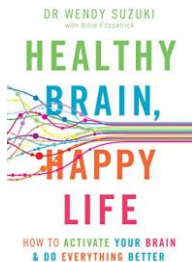
Increases brain chemicals*:

Dopamine (memory & motivation)

Serotonin (memory)

Noradrenaline

(better mood)



:Reference

Neurotransmitters
& hormones



Long-term workouts:

Increase attention & positive mood



Reference:



Long-term workouts:

Give you a better memory



Reference:



Long-term workouts:

Protect your brain from aging & memory loss



Reference:

**This is
Wendy Suzuki, PhD
Neuroscientist
New York
University**



Watch.

Do what she does.

**Repeat what
she says.**



for the rest of your life.

Pause (k)



11:15 / 13:02



https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

From 11:15



Let's
move!

ELTandHappiness.com
→ **Main Activity Center**
→ **Health and your body**

A vibrant rainbow arches across a misty mountain landscape. The rainbow is positioned on the right side of the frame, with its colors clearly visible. The background features rolling mountains covered in dense evergreen forests, shrouded in a light mist. The sky is a pale blue with soft, wispy clouds. The overall mood is serene and uplifting.

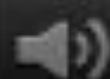
Notice good things

The basketball game

Watch the video.

How many passes does
the team in WHITE make?

**Count how many times
the players wearing
white pass the ball**



0:04 / 1:42





**Deal
with problems**



TALK to someone

Don't KITY : Keep It To Yourself

Exercise

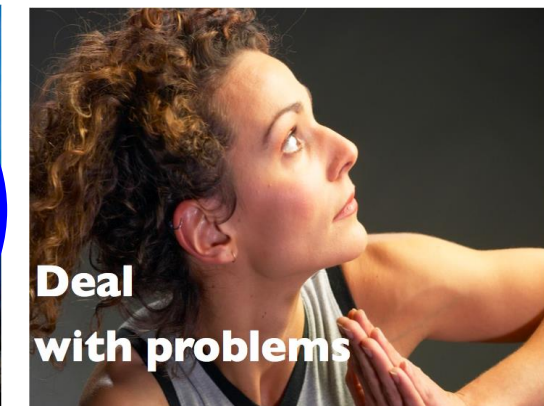
Meditate or try yoga (breathing)

Get enough sleep

Time for yourself for FUN/what you enjoy

hot baths / laugh more/ eat well...

Topic Grammar Functions





“to attend to,
appreciate,
and enhance
positive experiences”
- Bryant & Veroff



“pay attention to,
be thankful for,
and make
positive experiences stronger”

- Bryant & Veroff
(paraphrased)



**Remember
good things**

A vibrant rainbow arches across a blue sky, its colors transitioning from red at the top to violet at the bottom. The rainbow appears to originate from a point on the right side of the image, just above a dense forest of evergreen trees. The forest covers a mountain slope that descends towards a body of water in the foreground. The water is calm, reflecting the blue of the sky and the green of the trees. In the far distance, more mountain ranges are visible under a hazy sky. The overall scene is peaceful and scenic, with the rainbow being the central focus.

Notice good things



Anticipation



**Remember
good things**



**Notice good
things**



savoring



Anticipation



3 good things, today!

3 good things happened today!

*This is an activity from positive psychology
-- the "science of happiness"*

Each day this week, think of three good things that happened?

They can be big things or little things.

Write them. Why did they happen?

Write a reason.

Example:

Good thing ① *Dinner tasted great tonight.*

Why? *My mom's a good cook.*

OR *I was really hungry.*

OR *Pizza is my favorite.*

OR *I helped make dinner.*

Day one: day

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day two: day

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____



Ideas:

- good food
- friends and family
- a beautiful day
- something...
 - ... that was fun
 - ... nice someone did
 - ... nice you did
 - ... that made you smile
 - ... that made you laugh
- someone...
 - ... helped you
 - ... said something nice.
 - ... said, "Thank you."



Science Fact: People who do this everyday for a week are usually happier for the next six months. They feel better, are less depressed and continue noticing good things.

Sources: Seligman, M. 2011. *Flourish*. New York: Free Press, p. 33-34. and Seligman, M., Steen, T., Park, N. & Peterson, C. "Positive Psychology Progress: Empirical Validation of Interventions." *American Psychologist* 60 (2005): 410-21.

Good thing À

Dinner tasted great tonight.

Why? **My mom's a good cook.**

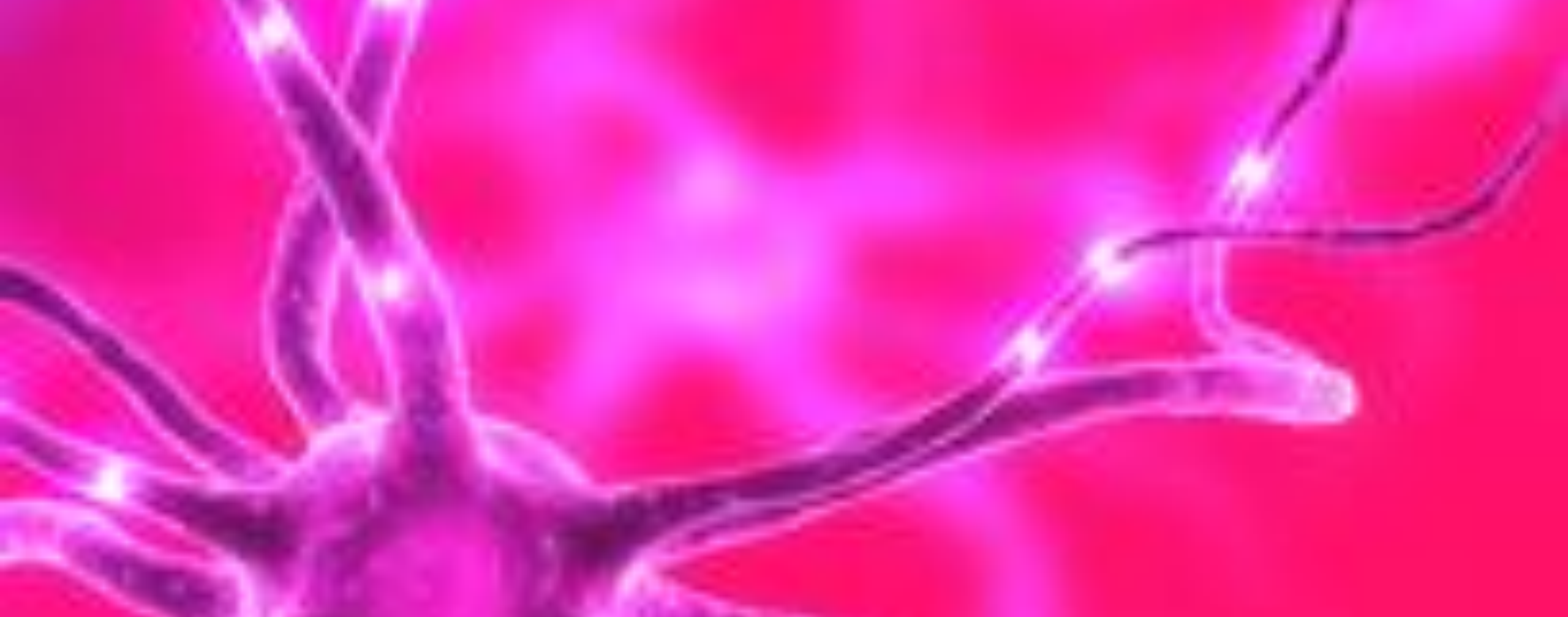
OR I was really hungry.

OR Noodles are my favorite.

OR I helped make dinner.

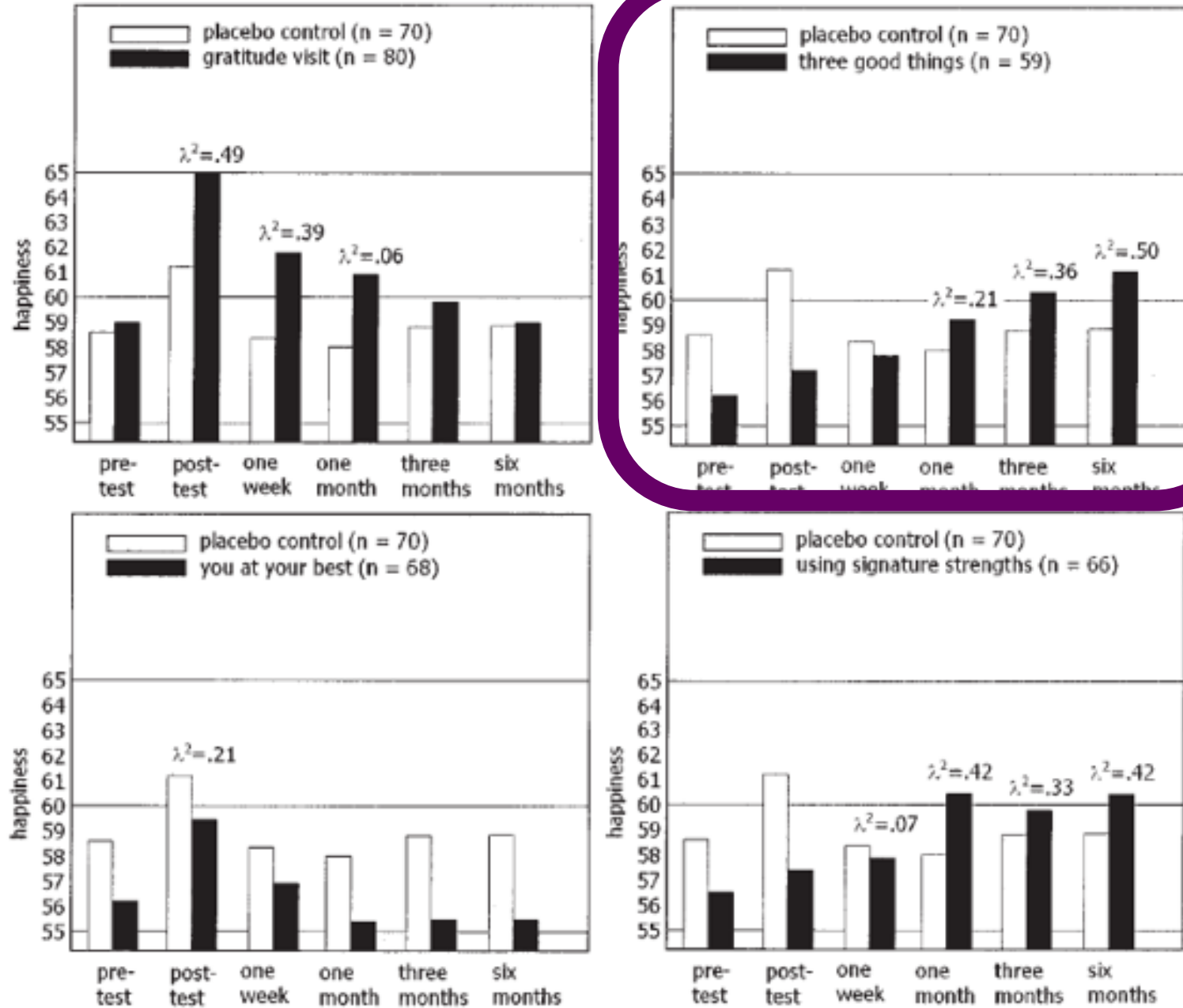


3 good things, today!

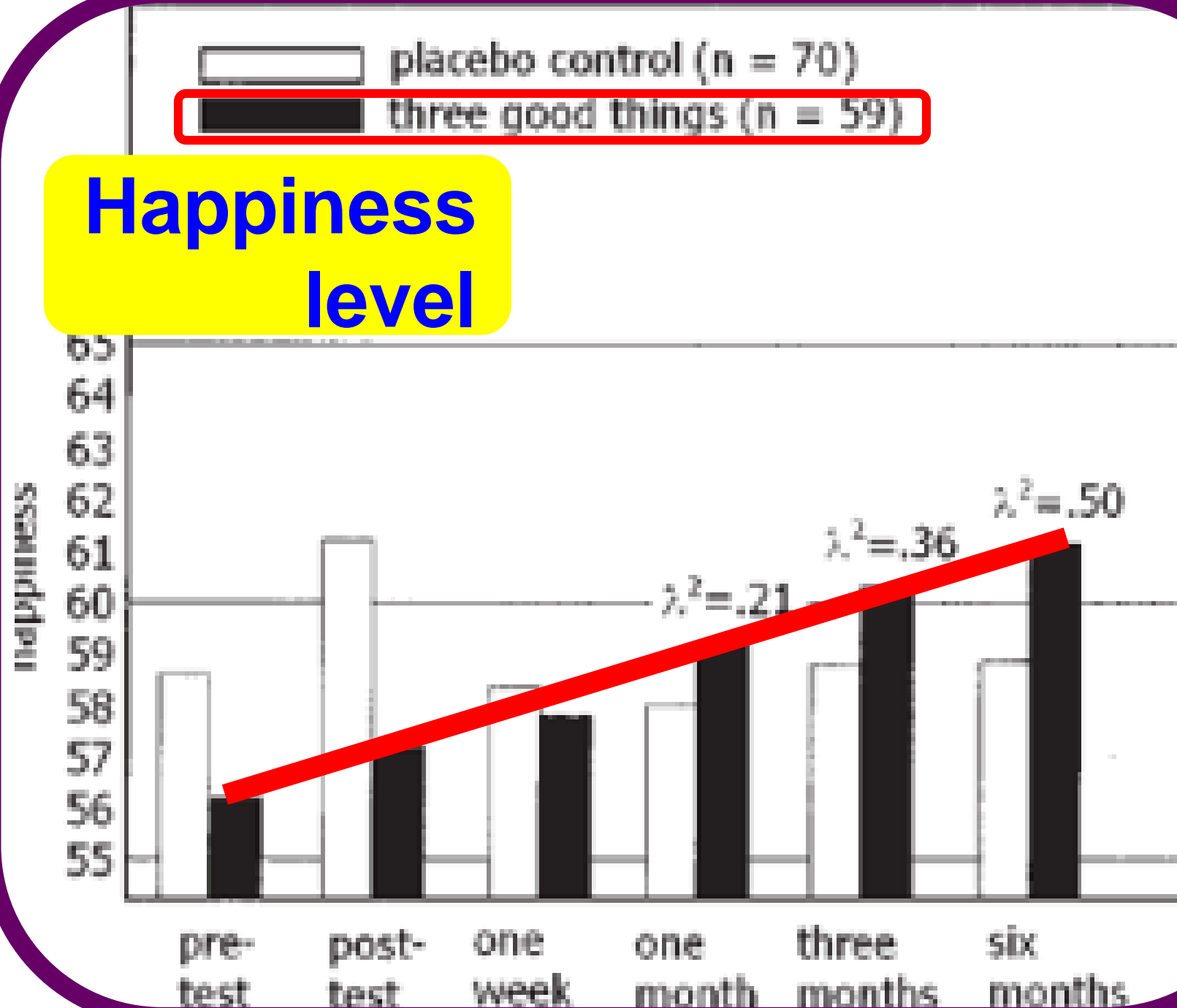


Brain BYTE

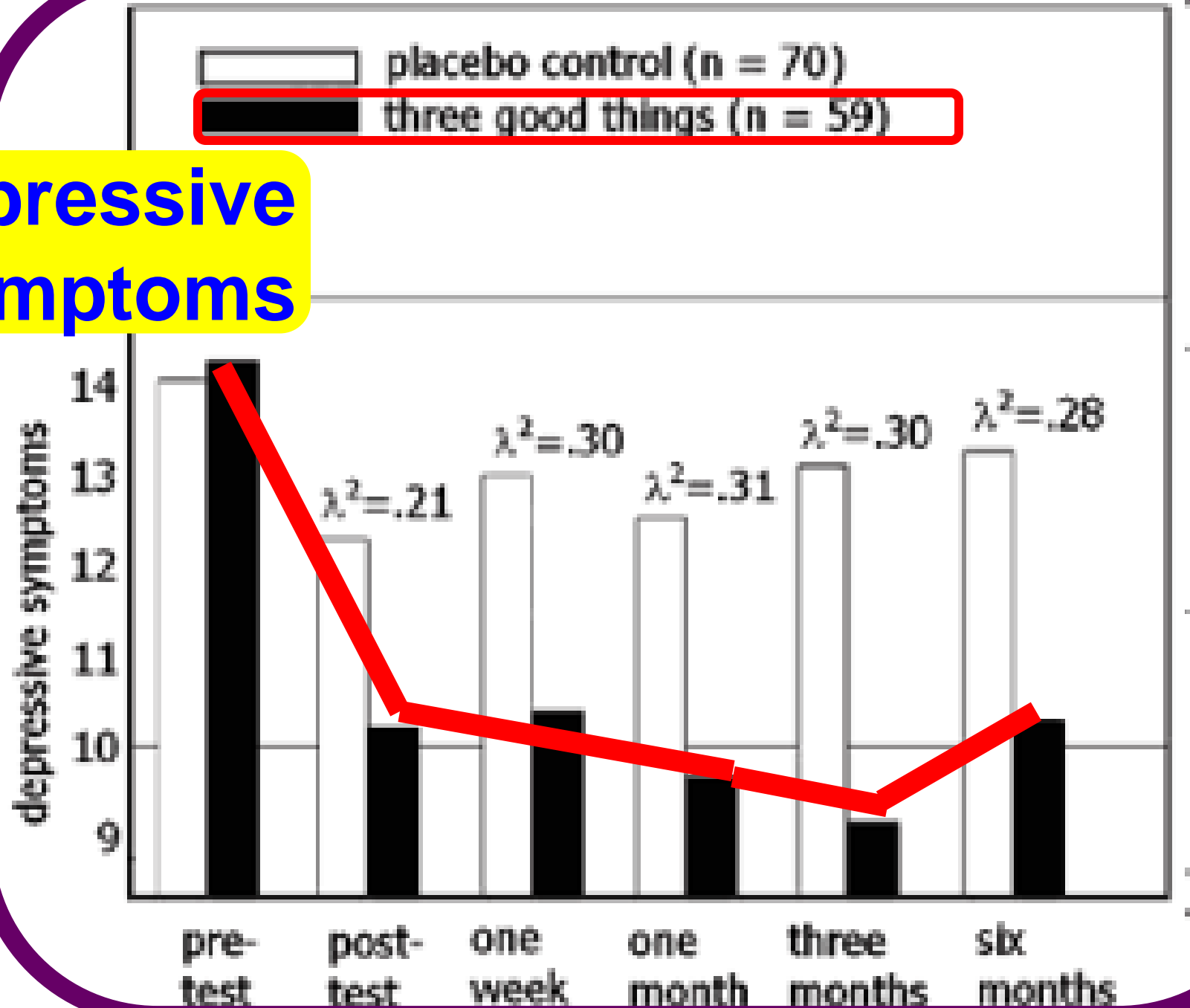
Figure 1
Steen Happiness Index Scores



Happiness level



Depressive symptoms



7 days



6

**months
of results**

3 good things, today!



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ELT & The Science of [happiness]





A metaphor
*borrowed**

and expanded on from
Tal ben-Shahar

* Sounds better than “stolen”

The best song ever



much
more
MUSIC

I WILL ALWAYS LOVE YOU
WHITNEY HOUSTON
THE BODYGUARD SOUNDTRACK (1992)
ARISTA/BMG

10

The best song ever



10

The best song ever



9^{1/2}

The best song ever



$$9^{1/2} + 10 + 9^{1/2}$$

~~29~~ noise



simplify

[happiness]



OCTOBER 16, 2006

www.time.com

TIME



What a Mess . . .
Why a tawdry
Washington sex scandal
may spell the end
of the Republican
revolution

2 reactions:

Great!

Great, but...

A strategy: Steal time

10 minutes for a...

- warm-up
- cool-down task
- an energy builder
- a fluency task





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ELT & T Science [happine



Random acts of kindness

Choco Ninja



おやつの時間です。
どうぞ

