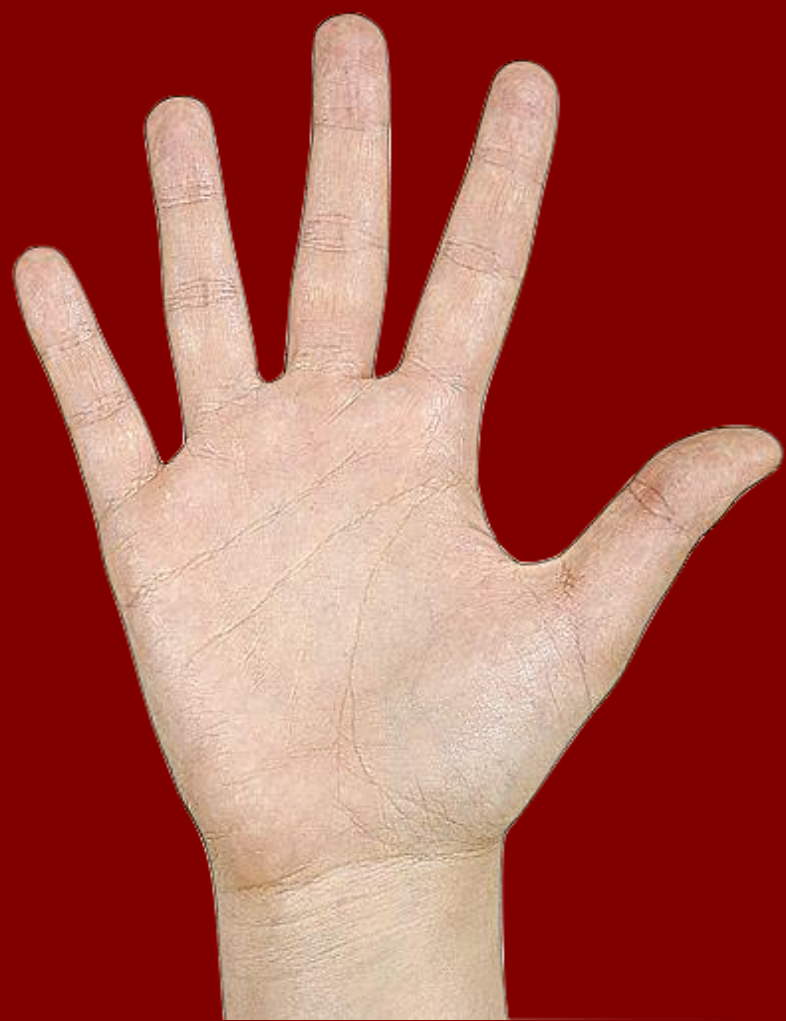




# Spaced











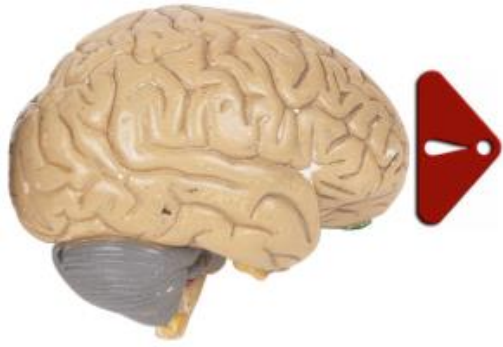




# repetition





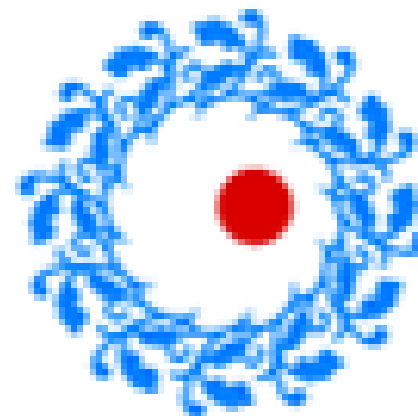


# Spaced repetition



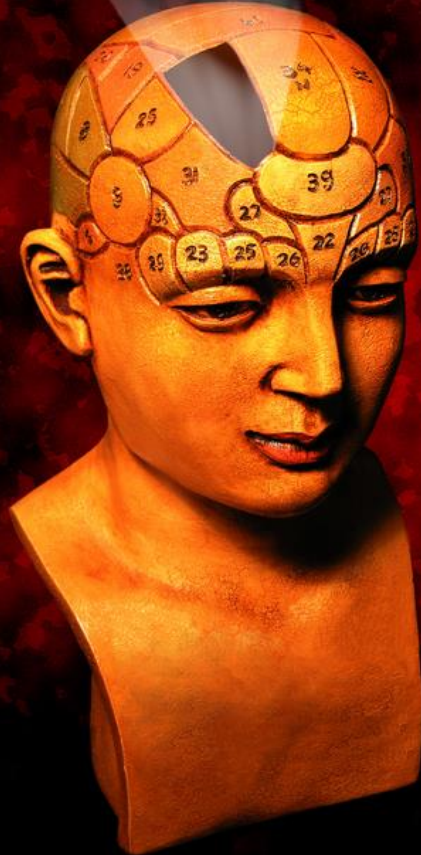


*PechaKucha*



**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**



**Forgive**



**Stay  
healthy**



A vibrant rainbow arches across a blue sky, spanning over a deep valley. The valley is filled with dense evergreen forests covering the slopes of mountains. In the foreground, a grassy field is visible, with a small body of water or a rocky stream bed on the left. The overall scene is serene and majestic, with the rainbow acting as a focal point of hope and beauty.

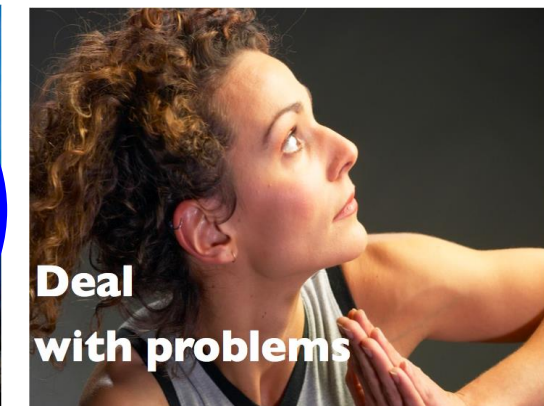
**Notice good things**

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 front of her chest. She is wearing a grey tank top with a black trim. The background is a dark, solid color. 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**





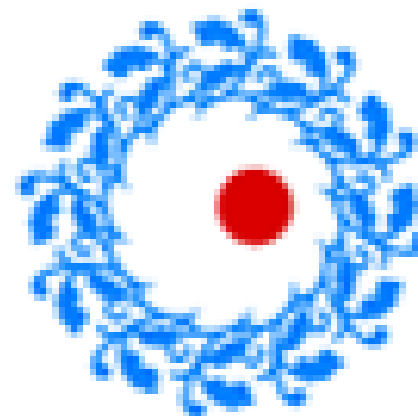


**Random  
acts  
of  
kindness**

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



*PechaKucha*



**20 x 20**

