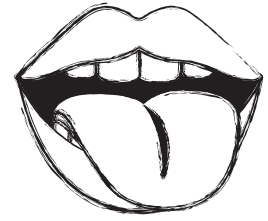


Simple Pleasures



Which of these small pleasures do you enjoy?
Discuss when you did or usually experience them.

- | | | |
|--|--|--|
| <input type="checkbox"/> sleeping in | <input type="checkbox"/> getting a bargain | <input type="checkbox"/> petting a dog / cat |
| <input type="checkbox"/> the smell of flowers | <input type="checkbox"/> getting a manicure | <input type="checkbox"/> make pancakes |
| <input type="checkbox"/> comfort food at night | <input type="checkbox"/> friendly chit-chat | <input type="checkbox"/> hot bath |
| <input type="checkbox"/> singing in the shower | <input type="checkbox"/> new sheets / bedding | <input type="checkbox"/> new socks |
| <input type="checkbox"/> morning coffee | <input type="checkbox"/> cuddling | <input type="checkbox"/> get likes on FB |
| <input type="checkbox"/> laughing hysterically | <input type="checkbox"/> hammocking | <input type="checkbox"/> doing nothing |
| <input type="checkbox"/> reading in bed | <input type="checkbox"/> being out in nature | <input type="checkbox"/> binging on Netflix |
| <input type="checkbox"/> greasy food | <input type="checkbox"/> big bowl of ice cream | <input type="checkbox"/> a friendly hug |
| <input type="checkbox"/> a good nights sleep | <input type="checkbox"/> early mornings alone | <input type="checkbox"/> being silly |
| <input type="checkbox"/> full plate of pasta | <input type="checkbox"/> chewing gum | <input type="checkbox"/> getting a hair cut |

WHAT OTHER SMALL PLEASURES DO YOU HAVE?

THE

TOP 10

Life's Greatest Little Pleasures



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THE TOP 10

Life's Greatest Little Pleasures

1. Sleep
2. Finding money you forgot about
3. Cuddling with someone or a pet
4. Laughing so hard you cry
5. Staying in and doing nothing
6. Sleeping in newly washed sheets / bedding
7. Getting a bargain
8. Making someone smile
9. Catching up with an old friend
10. Laughing at past events and stories

THE GREATEST LITTLE PLEASURES IN LIFE

Sleeping Is Life's Greatest Pleasure

British people have **voted** a good night's sleep as life's "greatest little **pleasure**." A newspaper did a survey into what gave Britons most pleasure. Bed activities filled four of the top ten spots. **Cuddling** a loved one in bed came third; having a **lie-in** was fifth and sleeping in freshly-washed sheets sixth. Finding 'a tenner' (£10, or 20,000 won) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were crying with laughter, making someone smile and catching up with an old friend. There were plenty of things in the list that most people around the world would agree with. These include **realizing** that your **queue** in the supermarket is the one moving fastest, and at number 50, **popping** bubble wrap.

The survey **observed** that almost all of the things in the top fifty didn't need money. "It's often the little things that brighten up life, like getting into bed after a long day. You can't beat that feeling."

- **Look at the Survey list of life's greatest pleasures.**
- **Which would you put in your top ten?**
- **Why?**
- **Which ones have you never experienced?**
- **Which ones would you like to experience?**
- **Which ones would you not enjoy?**

Survey Top 50 Greatest Little Pleasures in Life

1. A good night's sleep
2. Finding money you forgot about
3. Cuddling up with a partner or a pet in bed
4. Crying with laughter
5. Staying in and doing nothing
6. Sleeping in newly washed bedding
7. Getting a bargain
8. Making someone smile
9. Catching up with an old friend
10. Laughing at things that have happened in the past
11. Eating a Sunday roast with your family
12. Someone saying you look nice
13. Curling up on the sofa with a good book and a hot drink or soup
14. Discovering you've lost a bit of weight

15. Breakfast in bed
16. Waking up thinking it's a work day, and then realizing it's the weekend
17. A random person smiling at you in the street
18. Looking through old photo albums
19. Eating a takeaway
20. First snow fall of the year
21. Singing your heart out to your favorite song in car
22. Having lunch with friends
23. Listening to a baby laughing
24. Having a massage
25. Reading a book or listening to your iPod on holiday by the pool
26. Playing in snow
27. Finding a pair of jeans that fit perfectly
28. Being chatted up
29. A girly-night in
30. A pampering session at home
31. The smell of freshly cut grass
32. Sitting in the pub with your friends
33. Looking at a baby asleep in a cot
34. Waking up in a room with an amazing view
35. Clothes shopping
36. Receiving a letter from a friend
37. Fitting into an old pair of jeans again after losing some weight
38. Staying up all night getting to know someone special
39. Your mom's cooking
40. Getting dressed up for a night out
41. Watching a live band
42. Drinking a cold beer after work
43. Browsing in a secondhand book shop
44. Going to the cinema
45. Getting a new hairstyle
46. Your queue being the quickest in the supermarket
47. The cold side of the pillow
48. Watching a DVD
49. Getting tipsy
50. popping bubble wrap

RANKING: Which of these are best? What would you like to add to the list?

- sleeping
- catching up with old friends
- reading books
- popping bubble wrap
- finding money in your pocket
- cuddling loved ones
- crying with laughter
- standing in a fast-moving queue

DISCUSS

- Do you agree that sleeping is life's greatest pleasure? Why or why not?
- What was your greatest pleasure when you were a child? How about when you were a teenager? In your 20s?
- Do you think people will find different things pleasurable in the future?
- What things do you love that don't need money?
- When was the last time you went to the cinema? Had a 'girly-night in'?
- Have you ever been made breakfast in bed for someone, or vice-versa?
- What do you think is the best way to chat someone up?
- How would you feel if a random person smiled at you in the street?
- Do you sing in the car? How about in the shower? When riding your bike?
- What's your favorite takeaway (takeout food)?
- Do you like watching a live band? Have you ever been to a concert or music festival?
- What's your favorite song? Why do you like it so much?
- What do you like to do in your free time?
- If you had more free time, how would you spend it?
- If you have an unexpected day off work or school, how do you like to spend it?
- How do you like to spend public holidays (for example voting day!)
- Do you like your mom's cooking? What is her specialty?
- Where is the most beautiful place you have ever been?
- Do you think people's pleasures are the same all over the world?
- When was the last time you cried with laughter?
- What goes through your mind when you have to wait a long time in a queue?
- Why do people like popping bubble wrap?
- What's the best way to cheer you up if you have a bad day?
- Do you like curling up on the sofa with a good book? What kind of book?
- When was the last time you paid someone a compliment?