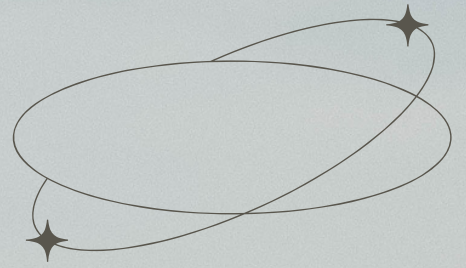


LIFE'S SMALL PLEASURES

Video Based Lessons

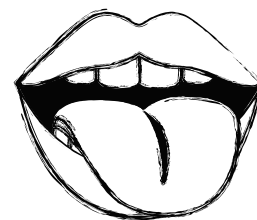


Students learn about and discuss what
are the small pleasures of life.

**PPTx, videos, transcript, checklist,
discussion questions, ranking and
more ...**



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"/> bingeing 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?

Simple PLEASURES

**"SIMPLE PLEASURES ARE THE LAST HEALTHY
REFUGE IN A COMPLEX WORLD."
- OSCAR WILDE**

1. Feeling of sun on your face
2. Sleeping in a freshly made bed
3. Stunning views
4. Waking up to bird songs
5. A nice dinner
6. Being in the countryside
7. Flowers and trees blossoms
8. Listening to your favourite songs
9. Making someone smile or laugh
10. Long walks
11. Going to the beach
12. Dining out
13. Birds tweeting
14. Cake, desserts
15. Sleeping in a big bed
16. Finding money
17. Sitting in a the garden
18. Having dinner made for you
19. A roaring fire
20. Getting a delivery
21. Finishing a really good book
22. Watching a good movie
23. Discovering new places
24. Payday
25. Home cooking
26. Gossiping with friends
27. Seeing a butterfly
28. Laughing out loud at a film
29. Wearing a fancy outfit
30. Getting a compliment
31. Sound of rain on the window
32. Cuddling
33. Having a picnic
34. Sunbathing
35. Not having to set the alarm
36. People watching
37. Having a cup of tea
38. Having a good hair day
39. Having a coffee/tea in bed
40. Lazy Sunday mornings
41. Doing exercise
42. Discovering new food
43. The wind blow through trees
44. Smell of toast in the morning
45. Seeing old people hold hands
46. Discovering new music
47. Buying fresh local food produce
48. Sunsets. Sunrises.
49. Swimming outside
50. Donating to charity

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



Check off 5 things that are your greatest
"small pleasures".

- | | |
|--|---|
| <input type="radio"/> BREAKFAST
IN BED | <input type="radio"/> SLEEPING
IN |
| <input type="radio"/> FINDING
MONEY | <input type="radio"/> FRESH
BREAD |
| <input type="radio"/> SEE A
BROADWAY SHOW | <input type="radio"/> GO WHALE
WATCHING |
| <input type="radio"/> GETTING
A BARGAIN | <input type="radio"/> LUNCH WITH
FRIENDS |
| <input type="radio"/> SINGING IN THE
CAR | <input type="radio"/> PUTTING ON
NEW SOCKS |
| <input type="radio"/> A COLD
DRINK | <input type="radio"/> SMELL OF FRESH
CUT GRASS |
| <input type="radio"/> MOM'S COOKING | <input type="radio"/> LIVE ABROAD |
| <input type="radio"/> HEARING A
GOOD JOKE | <input type="radio"/> HUGGING
A PET |
| <input type="radio"/> NEW FRESH
SNOW | <input type="radio"/> RELAXING ON
THE BEACH |

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?

Small Pleasures by Constantin Pilavios



Once upon a time in a country far away a boy lived very different from all the others his name was Eftichis.

Everything ran smoothly in his life until one day many many years ago an incident made him see life from a different perspective.

And then, a big secret was revealed The solution to a riddle that humans have been trying to solve for centuries now.

He discovered the meaning of life. He now knows that happiness is nothing more than moments, small and invisible moments.

Like when someone covers you up at night. Dreaming ... Waking up to a sparrow's song on fresh-smelling clean sheets next to someone you love. Touching them, smelling them.

Feeling the warm water dropping on your face. Your house smelling of freshly-baked cake. Holding a warm cup when it's cold outside.

Cutting a lemon from your tree. Feeling the fresh winter breeze brushing your face.

Feeling light and empty of thoughts. In total calmness. Under the water.

To keep doing things you did when you were young. When everyone is running under their umbrellas you are standing in the rain.

Walking barefoot on wet grass. Taking a balloon out for a walk. Believing in things that cannot be explained
That a ladybird is a good sign.

To have no fear. Doing things that do not suit your age. Hearing the waves hit the shore. Feeling the earth under your feet. Thinking of nothing.

Someone whispering a secret to you. Watching the sunset even when others know that you can't see it.

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