

## Why having fun is the secret to a healthier life?

Catherine Price, *Why having fun is the secret to a healthier life*, TED talks [online], [dostęp 30 grudnia 2022 r.], dostępny w Internecie: [https://www.ted.com/talks/catherine\\_price\\_why\\_having\\_fun\\_is\\_the\\_secret\\_to\\_a\\_healthier\\_life?referrer=playlist-the\\_most\\_popular\\_ted\\_talks\\_of\\_2022&autoplay=true](https://www.ted.com/talks/catherine_price_why_having_fun_is_the_secret_to_a_healthier_life?referrer=playlist-the_most_popular_ted_talks_of_2022&autoplay=true)

### I Warm-up speaking activity.

Tell each other about a recent moment when you were having fun.

When was it? What did you do? What was the occasion? How did you feel?

### II Match the words with their translation.

- |                 |  |
|-----------------|--|
| 1. exhaustion   | a. skutek uboczny, przeciwnieństwo                                 |
| 2. languish     | b. zdolność do przypadkowych odkryć, szczęśliwy zbieg okoliczności |
| 3. astonishing  | c. tęsknić, marnieć, stracić animusz                               |
| 4. flip-side    | d. zadziwiający  |
| 5. ridiculous   | e. wymyślać , udawać   |
| 6. serendipity  | f. wyczerpanie   |
| 7. radiant      | g. dokładny, precyzyjny  |
| 8. accurate     | h. promienny   |
| 9. make-believe | i. zaraźliwy   |
| 10. contagious  | j. idiotyczny, śmieszny  |

### III Watch the video and answer the questions.

[https://www.ted.com/talks/catherine\\_price\\_why\\_having\\_fun\\_is\\_the\\_secret\\_to\\_a\\_healthier\\_life?referrer=playlist-the\\_most\\_popular\\_ted\\_talks\\_of\\_2022&autoplay=true](https://www.ted.com/talks/catherine_price_why_having_fun_is_the_secret_to_a_healthier_life?referrer=playlist-the_most_popular_ted_talks_of_2022&autoplay=true)

1. Why do people keep themselves busy all the time according to the speaker?
2. What colour would the speaker's daughter associate with *having fun*?
3. What are 3 factors present in *having fun*?
4. How does the speaker describe the "flow"?
5. What are the positive aspects of "having fun" mentioned in the whole speech?
6. Why should you put away your phone to have more fun?

### IV Decide if the sentences are True or False.

1. "Having fun" always means doing something.
2. It is difficult to recognize when people are enjoying themselves.
3. "Connection" means sharing the experience with somebody.
4. When people are truly having fun they become involved in the activity.

5. According to the speaker, only the best ideas for having fun can be found in magazines.
6. You can increase playfulness spirit if you encourage somebody else to a playful rebellion.
7. Having fun should never be put at the top of your to-do list.
8. Ability to enjoy yourself can make you a better partner, parent and employee.

**V Match the words with their definitions.**

- |               |                                  |
|---------------|----------------------------------|
| 1. ditch work | a. flexible                      |
| 2. sneak out  | b. make it the most important    |
| 3. prioritize | c. leave secretly                |
| 4. resilient  | d. avoid work without permission |

**VI Discuss your ideas in small groups.**

1. What are your opinions about the speaker's ideas? Do you agree with her? Do you find them true or not all of them?
2. What are your ways of having fun? Do you make having fun your priority?
3. How can games and play be important in the classroom?
4. Did you use to play games in your primary/secondary school? How about now? Are games and having fun present in classes at university?

**VII Extra activity.**

Find a game/activity which can be introduced in a language classroom that would make the group laugh/enjoy themselves. Introduce the activity in class.



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