

Gratitude & Joy

Intermediate (B1-B2)



DISCUSSION

Part 1. Discuss the following questions.

1. What's one small thing that made you smile recently?
2. Who's someone you feel grateful for, and why?
3. When do you usually notice joy in your day? Morning, evening, or somewhere in between?

Part 2. Read the following quote and discuss what it means to you.

"Joy doesn't make us grateful; gratitude makes us joyful."

— Brené Brown



VOCABULARY

Part 1. Match the words to their meanings.

Gratitude	Appreciation	Contentment	Optimism
Generosity	Kindness	Empathy	Joy

1. _____ A warm sense of thankfulness and recognition of good in your life
2. _____ The ability to understand and share another's feelings
3. _____ A giving spirit, especially of time or resources
4. _____ A state of peaceful happiness with what you have
5. _____ A tendency to expect positive outcomes
6. _____ A feeling of great pleasure or delight
7. _____ The act of being friendly, considerate, or helpful
8. _____ Recognition of someone's efforts or qualities

Part 2. Choose three words that feel most important to you right now. Explain why with a short example.

READING ACTIVITY

Part 1. Read the following text.

On her way to work one rainy morning, Maya noticed an older man struggling with his umbrella. She smiled, held the door for him, and wished him a good day.

Later, the same man stopped for coffee and paid for the next customer. That customer went to the office and brought their team pastries. By lunchtime, laughter filled the building.

Maya never saw what happened next, but her small act had started a ripple of kindness.

Sometimes joy begins with something as simple as noticing others and choosing to be kind.



Part 2. Answer the following questions based on the text.

1. What moment in the story stood out to you? Why?
2. Have you ever seen one small act of kindness spread to others?
3. The text suggests "joy begins with noticing." Do you agree? What does "noticing" mean to you in daily life?
4. How do people in your country show appreciation?

VOCABULARY & SPEAKING

Part 1. Match each phrasal verb to its correct definition.

Pay off	Look back on	Reach out	Lift up
Give back	Spread around	Count on	Open up

1. _____ To rely on someone for help or support
2. _____ To share something widely with others
3. _____ To reflect on past events
4. _____ To express your thoughts or feelings to someone
5. _____ To reward or benefit in the long run
6. _____ To improve someone's mood or confidence
7. _____ To make contact to offer help or ask for help
8. _____ To return kindness, time, or resources to others

Part 2. Complete each sentence with your own idea.

1. I believe gratitude often **pays off** in the form of ...
2. I sometimes look back on ... to remind myself of good times.
3. When I'm stressed, I usually **reach out** to ...
4. A kind message can really **lift up** ...
5. Helping others allows me to **give back** to ...
6. I try to **spread around** positivity by ...
7. I know I can always **count on** ... when I need support.
8. I find it easier to **open up** to ... when I'm feeling low.

Part 3. Match each idiom to its correct definition.

Count your blessings

Feel on top of the world

Light up one's life

In high spirits

Spread the love

On cloud nine

1. _____ To share warmth, kindness, or positive feelings with others
2. _____ To be extremely happy or joyful
3. _____ To recognise and be thankful for good things in life
4. _____ To bring great joy or happiness to someone
5. _____ To be very cheerful and lively
6. _____ To feel as if you are flying with happiness

Part 4. Complete each sentence with your own idea.

- I always try to **count my blessings** for ...
- I **felt on top of the world** after ...
- My friend really **lights up my life** because ...
- I'm usually **in high spirits** when ...
- I like to **spread the love** by ...
- I was **on cloud nine** when ...

Part 5. Discuss the following questions.

1. What brings people joy in your country?
2. How do people show gratitude in everyday life – through words, actions, gifts, or time?
3. Do you think people are more joyful when they help others or when they achieve something for themselves? Why?
4. What habits or routines help you stay positive and optimistic?



REFLECTION

Reflection – The Gratitude Letter

Think of someone who has made a difference in your life – a teacher, friend, family member, or colleague.

Write a short note of thanks using vocabulary from today's lesson.

Example: Dear Mum, thank you for always believing in me and lifting me up when I lose confidence. I'm so grateful for you.

If you prefer, share your letter aloud with a partner.

