

Life Is Better Together

Upper-intermediate (B2-C1)



WARM-UP DISCUSSION

Choose the option that's more you, then explain why.

1. 👥 Group trip or solo adventure
2. 🍳 Cooking together or eating out alone
3. 🎵 Live concert or headphones and a playlist
4. 🏞️ Hiking with friends or reading in nature
5. 🎯 Team sport or personal hobby?



READING TEXT

Part 1. Read the following text.

The Power of Shared Experiences

Psychologists suggest that sharing experiences with others deepens enjoyment and strengthens relationships. Whether it's travelling, attending a concert, or cooking together, these moments often feel more meaningful than doing the same things alone.

Research shows that shared experiences increase connection and belonging. When people laugh, struggle, or celebrate together, their brains release oxytocin, which promotes trust and bonding. This is why team activities, volunteering, and even family dinners can build stronger communities.

Importantly, shared experiences don't have to be extraordinary. Everyday activities — like going for a walk with a friend or sharing a coffee — can be just as powerful. What matters most is the sense of togetherness. In a busy, digital world, choosing to do things together is one of the simplest ways to boost wellbeing and happiness.

Part 2. Match each idea to its example from the reading.

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| 1. Shared experiences strengthen relationships | A. Doing things together increases trust and bonding |
| 2. Ordinary moments can be meaningful | B. Simple connection boosts happiness |
| 3. Togetherness supports wellbeing | C. Sharing coffee or walking with a friend matters |
| 4. Shared experiences build community | D. Group activities and teamwork create unity |
| 5. Connection is chemical too | E. Oxytocin promotes bonding and trust |

Discuss: Which idea do you most relate to — and why?



VOCABULARY & SPEAKING

Part 1. Match the words/phrases to their meanings.

Shared experiences

Sense of togetherness

Strengthen relationships

Build community

Bonding activities

Meaningful moments

Promote trust

Memorable experience

1. _____ Activities that bring people closer emotionally
2. _____ Events that are significant and valuable to remember
3. _____ Feelings of unity or belonging with others
4. _____ To create or support a connected group of people
5. _____ To encourage confidence and reliability in others
6. _____ Connections or events enjoyed with other people
7. _____ To make friendships or connections stronger
8. _____ An occasion that is not easily forgotten

Part 2. Fill the gaps with the correct words/phrases. Then, finish the sentences with your own ideas.

1. A _____ I'll never forget was ...
2. _____ are important because they ...
3. A _____ I had with friends or family was ...
4. It's easier to _____ when people ...
5. It's hard to _____ if ...
6. Spending time together can really _____ because ...
7. I feel a _____ most when ...
8. A _____ I'd love to repeat is ...



Part 3. Read each statement and decide if you agree, disagree, or partially agree. Then explain why.

1. Life feels richer when shared with others.
2. You can have deep connections online as well as in person.
3. Group experiences are more valuable than individual ones.
4. You don't need big events — small moments matter more.
5. Happiness is only real when shared.

Part 4. Discuss how you would respond in each situation.

1. Your workplace wants to improve teamwork. What bonding activities could they organise?
2. A friend has just moved to a new city. How can they build a sense of community?
3. You want to plan a meaningful weekend with people you care about — what would it include?

Part 5. Choose one statement and provide details.

- Shared experiences make ordinary days extraordinary.
- Technology connects people more than it separates them.
- Life is better when we focus on belonging, not competition.

Explain your choice and give one real example.



Part 6. Rank the following from 1 (most powerful) to 5 (least powerful) for building human connection.

- ☐ Helping someone in need
- ☐ Travelling together
- ☐ Sharing food
- ☐ Playing music or sport
- ☐ Overcoming a challenge together

Discuss: Which one do you think creates the strongest memories — and why?

REFLECTION

Discuss the following questions.

1. Which phrase from today's lesson best describes your lifestyle?
2. What shared experience from your life do you feel most grateful for?
3. What's one small way you could create more connection this week?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write 8–10 sentences about a shared experience that was meaningful for you. Use at least 5 of today's target vocabulary items.

