

Unit 4: Beauty, health, and happiness

By: Ekaterina Arshavskaya, PhD, Associate Professor of EAP at USU

Handout 4A

Directions: Before we watch the video, let's check if you know the following words: *tangible, to perceive, contemporary, ancestors, pervasive, nutritious, to evaluate, to evolve, artworks, to navigate, to neglect, shabby, monotony, aesthetically pleasing, impact, recovery, wards, factors, harmonious, inherent*

Take Cornell notes while watching the video.

Summarize the video in 1-2 sentences.

Identify three interesting details from the video to discuss with the class.

- [Why Beautiful Things Make us Happy – Beauty Explained](#)



Handout 4B

Directions: Before we watch the video, let's check if you know the following words: *an antidote, to crave, impulses, hardship, gratitude, virtue, random, fate, reciprocity, to modify, to motivate, consequences, traps, to solidify, in a nutshell, caveats, to appreciate, insulting, mind-blowing*

Take Cornell notes while watching the video.

Summarize the video in 1-2 sentences.

Identify three interesting details from the video to discuss with the class.

- [An Antidote to Dissatisfaction](#)



Handout 4C

Directions: Before we watch the video, let's check if you know the following words: *foundation, to affect, generally, harmless, environment, to discredit, to persist, threats, sensitive, unsettling, to cause, associations, current, robust evidence, unproven dangers, to compromise*

Take Cornell notes while watching the video.

Summarize the video in 1-2 sentences.

Identify three interesting details from the video to discuss with the class.

- [Could your Phone Hurt you? Electromagnetic Pollution](#)

Extension Activities: Students search the kurzgesagt.org for an interesting video. The students summarize and write a personal reaction to the video they chose. They create a personal mini-dictionary related to the video on their websites. They also share them in the class with each other. They can use their personal websites for reference. As they listen to each other, students should take notes and then report back what they understood.

