
BBC LEARNING ENGLISH

6 Minute English worksheet

Are you flourishing?



Listen to the full episode here: <https://bbc.in/417CFBN>

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**
2. **Now listen to the first two minutes of the episode.**
 - What do the presenters say the episode is about?
 - What is this week's question? What do you think the answer is?
3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. Which study investigated the life happiness of over 200,000 people in 22 countries?
 - a) Global Flourishing Study
 - b) Global Happiness Study
 - c) Global Wellbeing Study
2. What is 'a word that has become fashionable and is being used a lot, especially in the media'?
 - a) crossword
 - b) buzzword
 - c) catchword
3. Which word is similar in meaning to 'gratitude'?
 - a) thankfulness
 - b) elegance
 - c) admiration
4. Which phrase means 'the thing everyone wants to know'?
 - a) the big league
 - b) the big picture
 - c) the big question
5. Which country scored highest in the Global Flourishing Study?
 - a) Britain
 - b) Indonesia
 - c) Mexico
6. What are 'small wins'?
 - a) times someone with little power beats a powerful person
 - b) minor successes which take you closer to your long-term life goals
 - c) the ups and downs of life

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. buzzword – word or expression about a particular topic that has become fashionable and is being used a lot, especially on television and in newspapers
- b. nugget – small piece of something good or precious, such as a nugget of wisdom or a nugget of gold
- c. the big question – the thing everyone would like to know
- d. gratitude – feeling thankful and appreciative for what you have
- e. savour – fully enjoy something by experiencing it slowly and mindfully
- f. small wins – minor achievements or successes which contribute to larger goals in life

5. 1a, 2b, 3a, 4c, 5b, 6b

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet, and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.