

 攀登英语阅读系列·分级阅读第五级

Happy Tips

北京师范大学“认知神经科学与学习”国家重点实验室攀登英语项目组 编著



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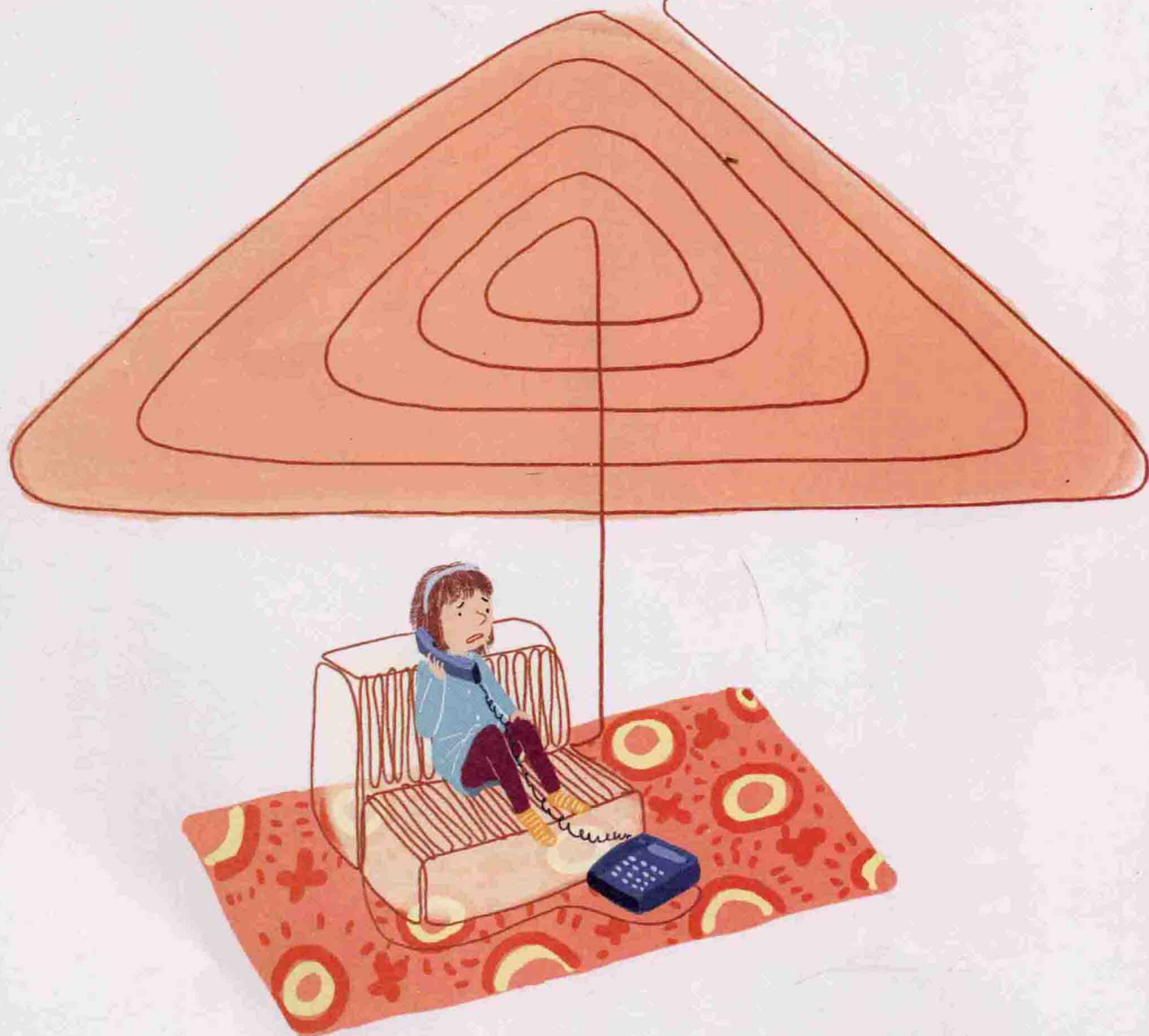
We can't stop bad things
from happening in our lives.



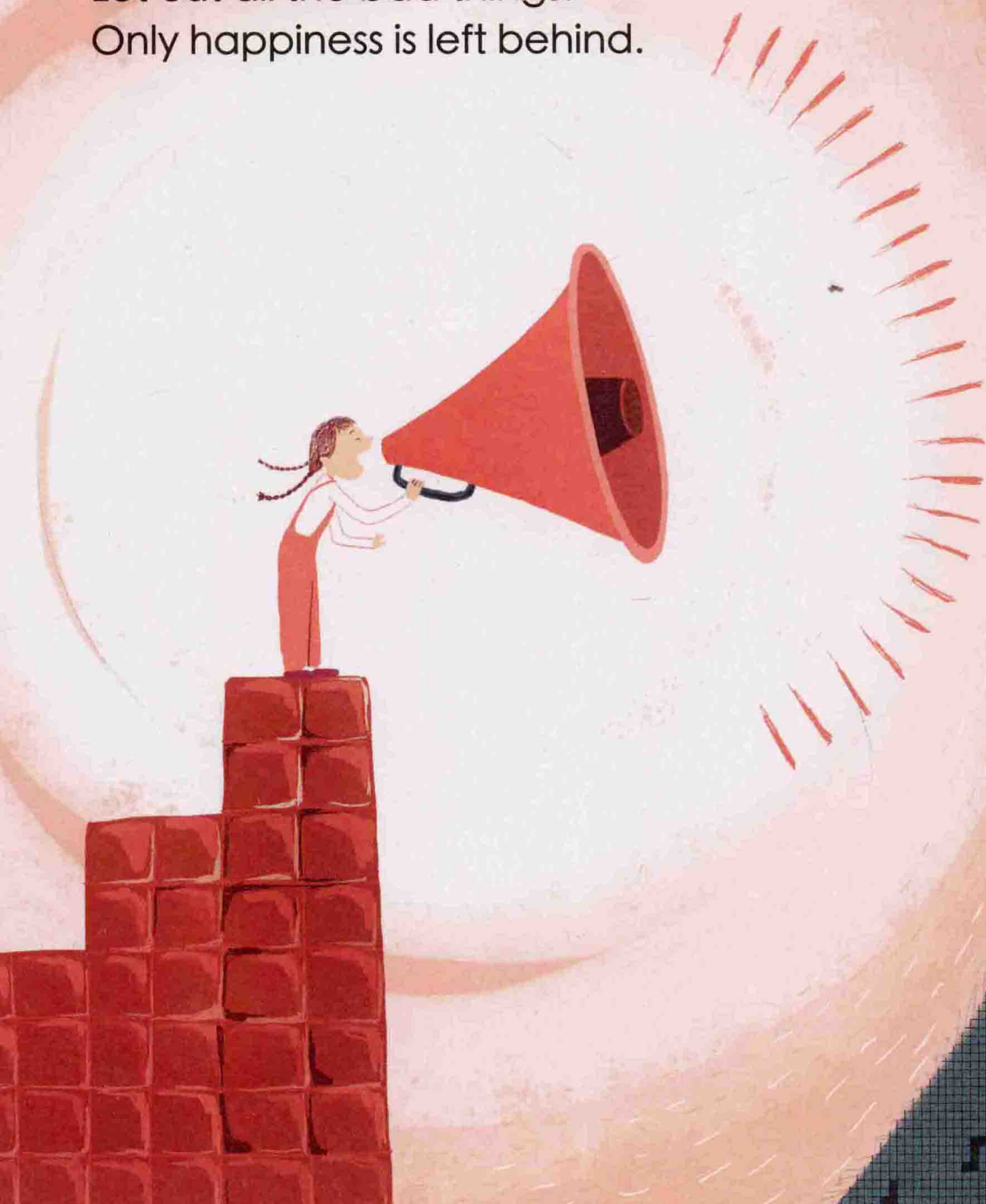


But if you like, you can always find
some happiness in your life.
What follows are some tips to
create and maintain a happy life.

Call your best friend and talk about whatever you want. You'll know whatever happens, there is still someone who supports you.



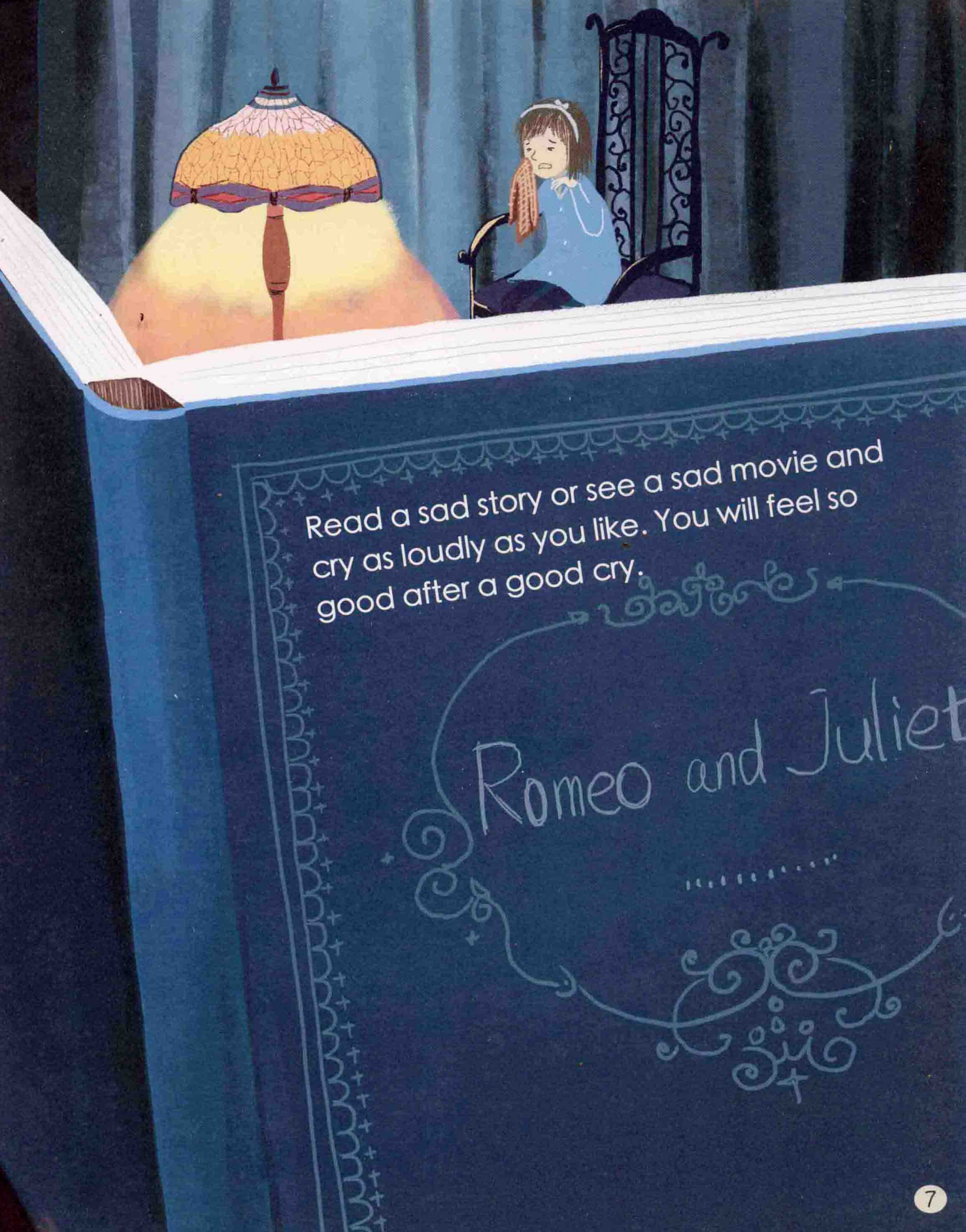
Sing loudly as if nobody can hear you.
Let out all the bad things.
Only happiness is left behind.



Laugh often, no matter
what others say. When you
laugh, you will feel happy,
and then you will laugh
even more.

Ha-Ha -





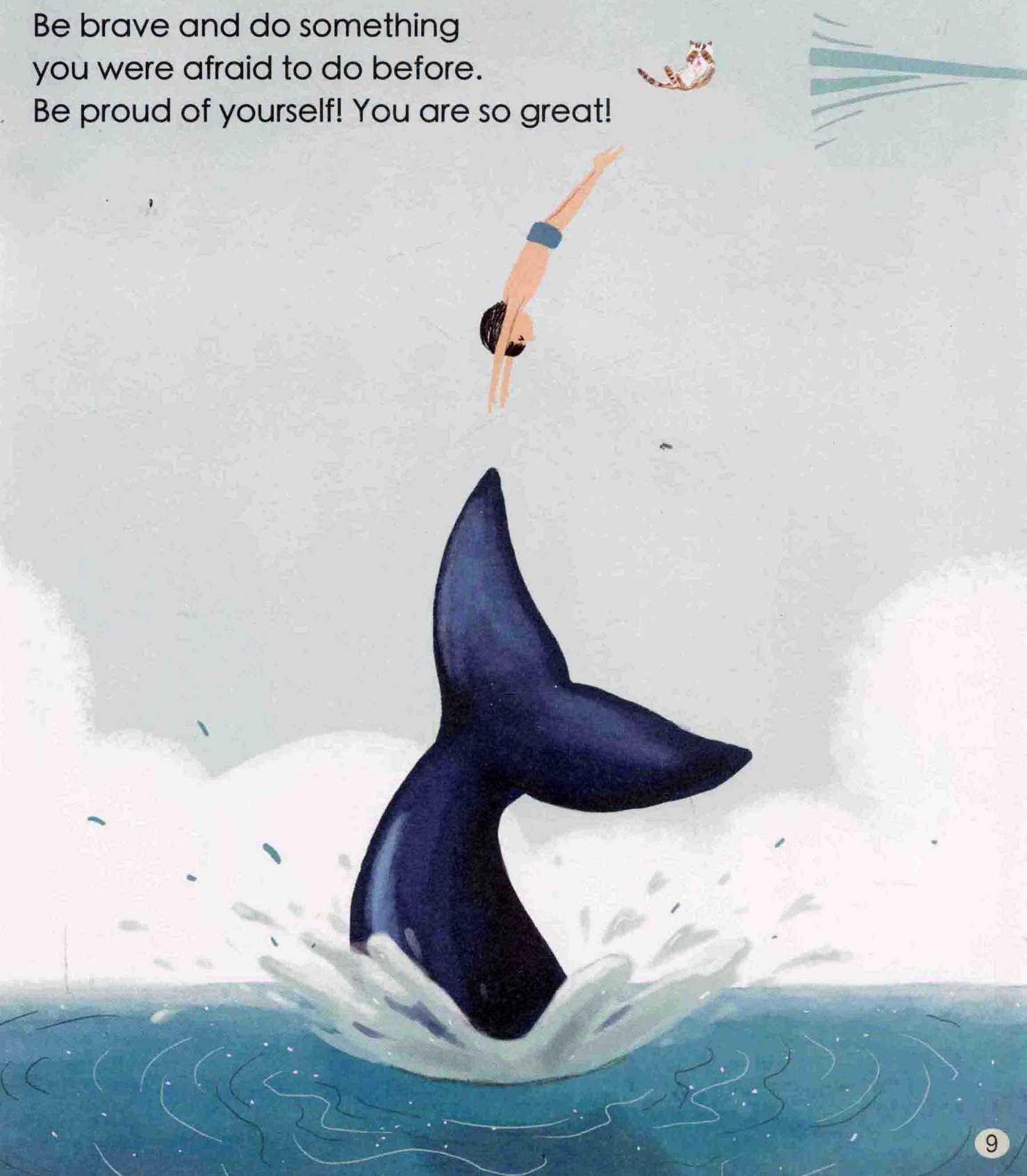
Read a sad story or see a sad movie and
cry as loudly as you like. You will feel so
good after a good cry.

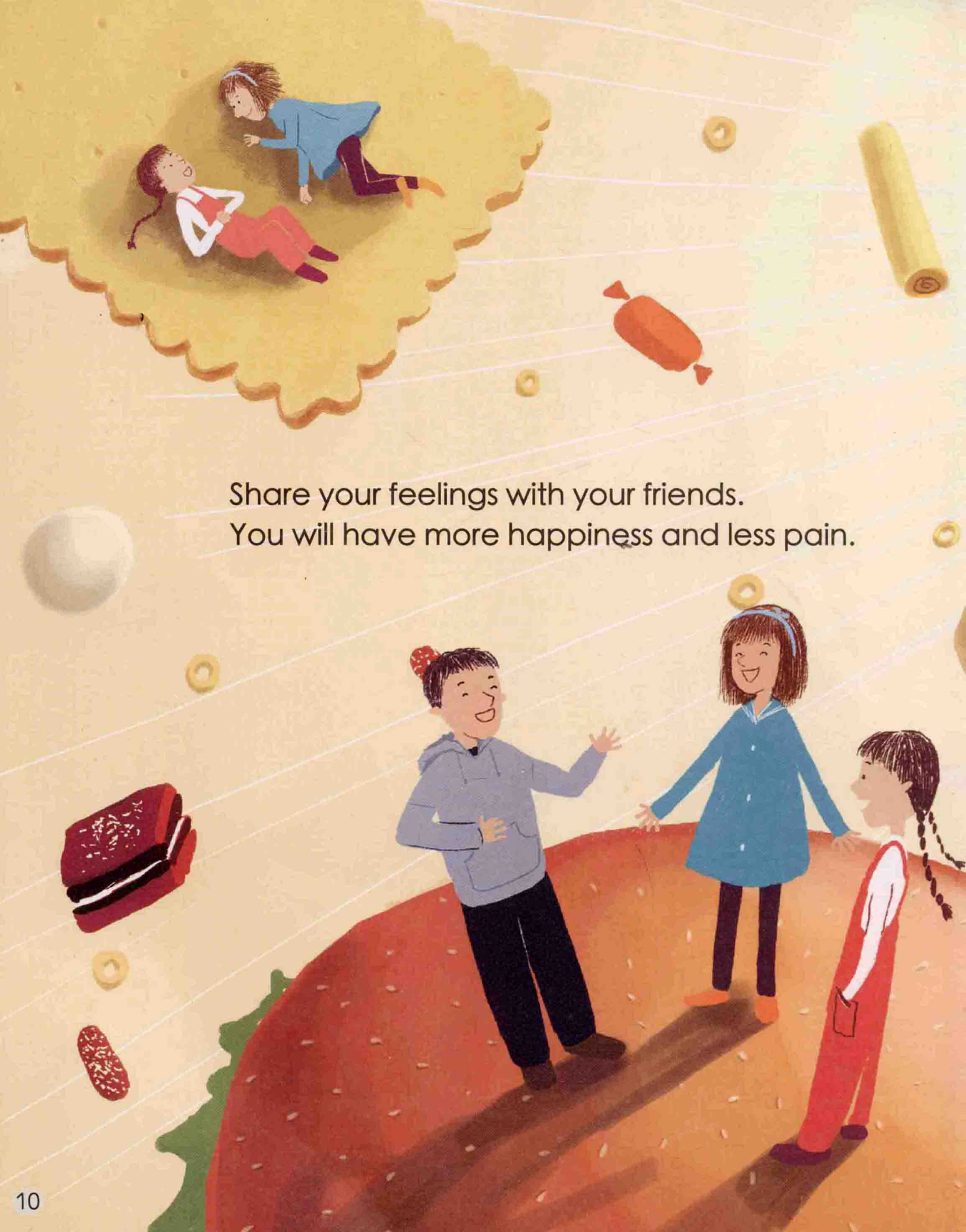
Romeo and Juliet

Grow some flowers or keep a pet.
Loving them will make you happy.



Be brave and do something
you were afraid to do before.
Be proud of yourself! You are so great!



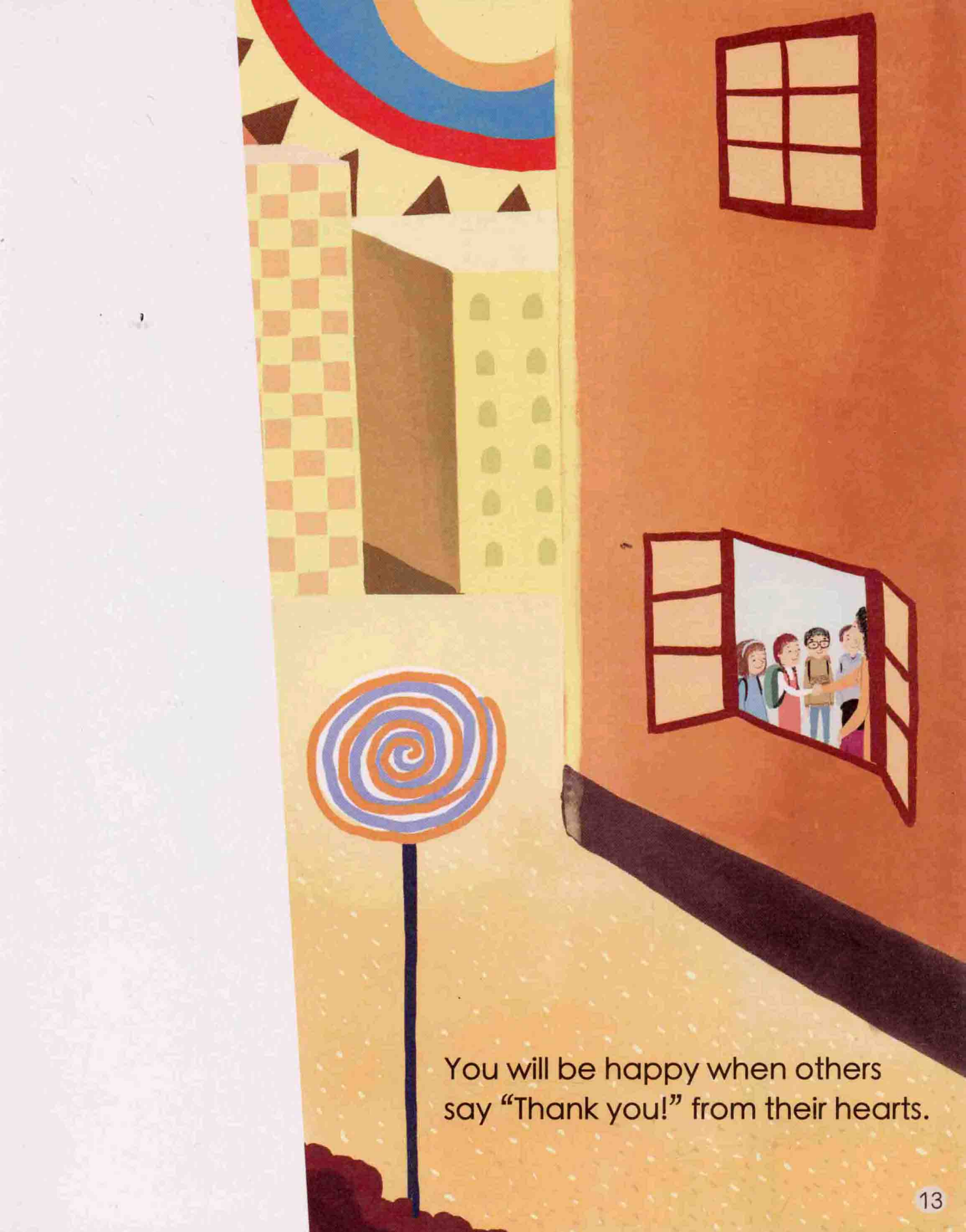


Share your feelings with your friends.
You will have more happiness and less pain.



An illustration of a city street at night. In the foreground, a group of five children are gathered on a sidewalk. One child is kneeling, and another is standing next to them, possibly helping them. A street lamp on the left casts a warm glow on the scene. In the background, there are tall buildings with several lit windows. A crescent moon is visible in the dark sky. The overall style is simple and illustrative.

Do something good for others,
for example, help someone
in need.



You will be happy when others
say "Thank you!" from their hearts.

Are you happy now?
Do you know other ways to be happy?
Share them with us!



