

Subject: Hygge Danish Recipe for Happiness

1. Circle the words that could be associated with hygge

- | | | |
|----------|-------------|--------------|
| serenity | warmth | togetherness |
| deadline | indulgence | target |
| workload | candlelight | hurry |
| cosiness | schedule | comfort |



2. Read the article and list three examples of practising hygge:

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.....
.....

3. What does hygge mean to you? How can you practise hygge?

Write a paragraph.

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.....
.....
.....
.....
.....
.....
.....

4. Plan a one-day-trip in the spirit of hygge. Choose the destination and activities you'd like to include.

MASSAGE



BONFIRE



CYCLING



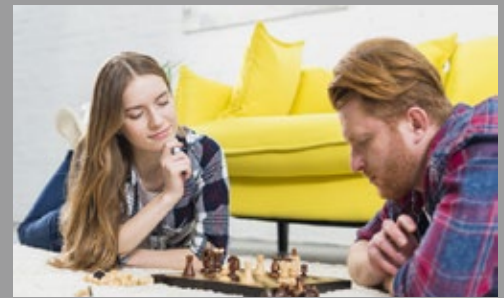
SWIMMING



DO JIGSAW
PUZZLES



PLAY
BOARD
GAME



DO YOGA



COOKING



DANCING



BREATHING
EXERCISES



READING



STROLLING



5. Match the halves

the pace		career
board		tea
sip		of light
professional		vegetables
ray		games
grow		scarves
mohair		of life

6. Fill in the table with the words from the text.

NOUN	ADJECTIVE
warm	
abundance	
indulgent	
unreliability	
	dark