

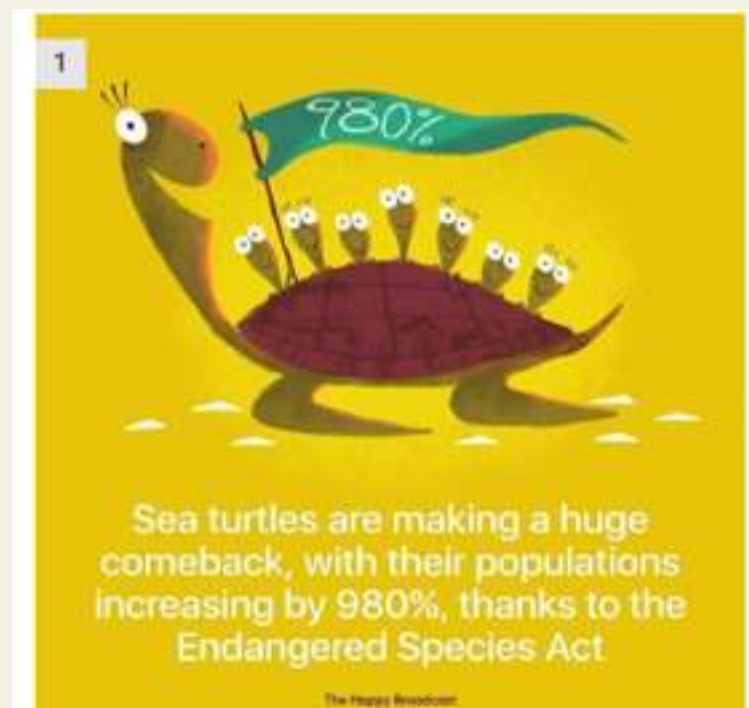


Out with the old,
in with the new.

What were the three good things that happened to you in 2019?

Which of the following do
you like most?

Source:



2



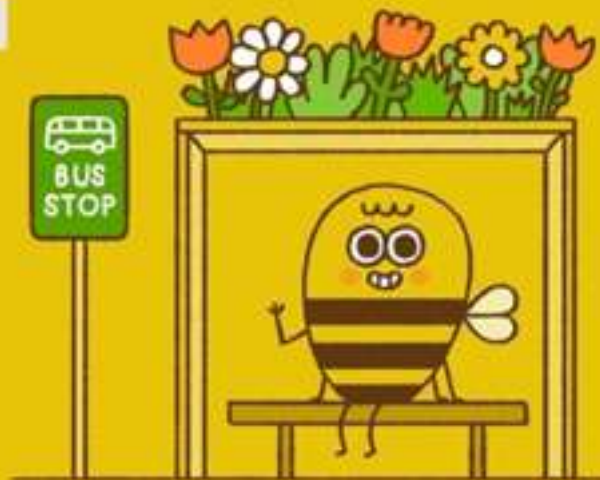
Sweden has rolled out a great initiative!
Blood donors get a text message
whenever their blood saves a life

The Happier Bloodbank



fertilized- zapłodniony

4



Holland covers hundreds of bus stops with plants - "Green Roofs" - where bees can take refuge

The Happy Breakfast

refuge - schronienie

5



San Francisco's Cuddle Club unites
senior people and senior dogs who need
companionship, exercise and affection

The Happy Breakfast

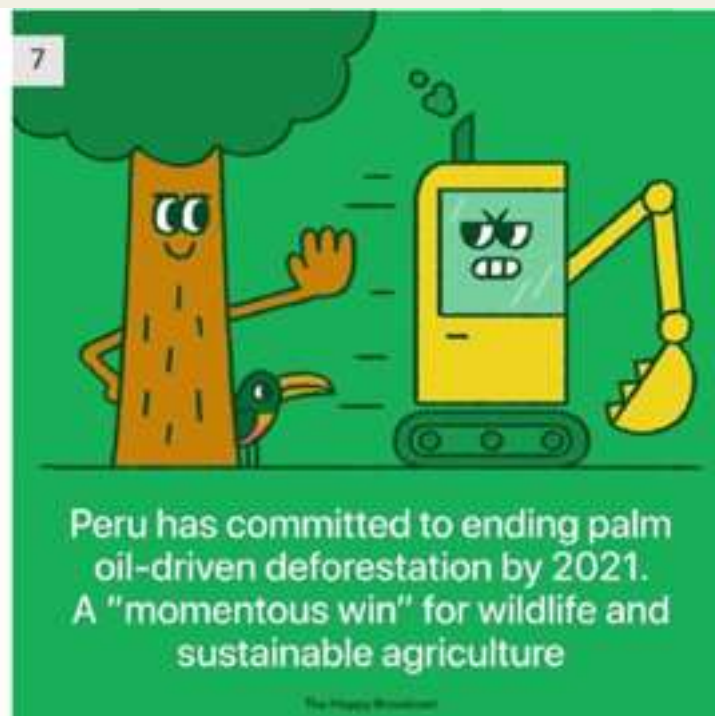
6



Netherlands has achieved the goal
of officially becoming the first
country without stray dogs

The Happy Bruckman

7



8



AfDB's Solar Project in Africa aims to connect 90 million people to electricity for the first time, lifting them out of energy poverty

The Happy Broadcaster

9



South Korea is organizing daytime
disco parties for people over 65 to
tackle loneliness and dementia

The Happy Retirement

10



Rice farmers around the world are using
ducks instead of harmful pesticides!
Ducks feed on insects and weeds,
without touching the plants

The Happy Scientist

11



Renewable energy sources now
account for around a third of all
global power capacity

The Happy Broadcast



13



14



Netherlands have built 5 artificial islands to preserve wildlife. In the first 2 years 30,000 birds and 127 kinds of plants have been reintroduced

The Hague Broadcast

15



This amazing village in India celebrates their daughters by planting 111 trees every time a girl is born. So far they have planted more than 350,000 trees!

The Happy Broadcast

16



Malawi female Chief comes to power,
annuls over 1500 child marriages,
makes it illegal and sends young
girls back to school

The Happy Economist

17



An unprecedented legal victory for indigenous rights in Ecuador frees up huge swath of Amazonian rainforest from gold mining

The Happy Broadcast

18



Global suicide rate has dropped by
38% from its peak in 1994, saving
over 4 million lives

The Happy Breakfast

19



California limits pet store sales of
cats, dogs and rabbits to rescue or
shelter animals only

The Happy Breeder

20



This man in India planted a tree
every day for 35 years and created
a forest larger than Central Park

The Happy Billionaire



22



A record-breaking 4,855 people waited for hours in the rain for stem cell test to help save a 5-year-old boy fighting a rare cancer

The Paddy Bowdler

23



A robot called LarvalBot is
delivering coral babies to the Great
Barrier Reef to help restore coral
reefs to what they were

The Pippin Broadcast

24



Thailand supermarket says no to
plastic packaging and wraps
produce in banana leaves

The Happy Environment

25



For the first time, mathematics' most prestigious prize has been awarded to a woman, Karen Uhlenbeck

The Piggy Broadcast

26



New study finds that dog's highly evolved sense of smell can identify cancer with incredible accuracy

The Happy Scientist

The Happy Scientist

27



Scientist in Mexico creates fake plastic
from cactus juice that biodegrades in
a month and is safe to ingest

The Happy Scientist

28



A seven-mile "bee corridor" of vibrant wildflowers is being planted to encourage the insect's population in London

The Happy Breakfast

29

I'M
BACK

Galápagos iguana makes return to
the island almost 200 years after
Charles Darwin recorded them there

The Happy Breakfast



31



Amazon tribe wins legal battle
against oil companies, preventing
drilling in Amazon Rainforest

The Happy Breakfast

32



Canada passed a bill that makes it
illegal to keep whales, dolphins, and
porpoises in captivity for entertainment

The Happy Broadcaster

porpoises - morświny

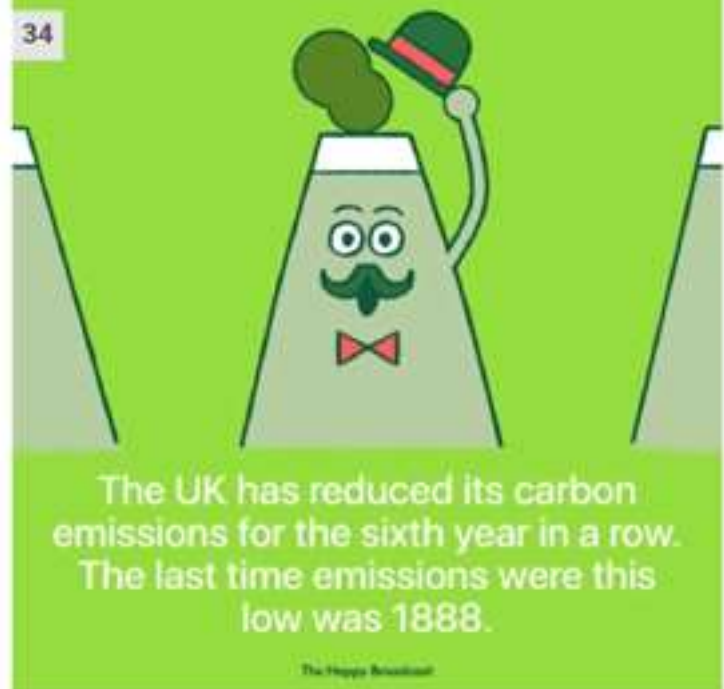
33



Scientists in Finland have developed
world's first vaccine to fight off
'bee apocalypse'

The Hagger Bros. cartoon

34



The UK has reduced its carbon emissions for the sixth year in a row. The last time emissions were this low was 1888.

The Pledge Breakfast

carbon - węgiel

35



In Lagos, Nigeria, The Recycle Pay project allows parents to cover their kids' school fees by collecting and bringing plastic waste to recyclers

The Happy Breakfast

36



South Korea once recycled 2% of its food waste. Now it recycles 95% thanks to smart bins and special biodegradable bags

The Happy Broadcast

TheHappyBroadcast

How about going beyond
losing weight and hitting
the gym this year?

How do you think the following might
influence your life in 2020?

- New Year Resolution Idea #1:
Read a new book every month
- New Year Resolution Idea #2:
Do something that scares you
- New Year Resolution Idea #3:
Read your credit card statement each month

- New Year Resolution Idea #4:
Watch one new documentary a month
- New Year Resolution Idea #5:
Take a walk outdoors every day
- New Year Resolution Idea #6:
Set a firm bedtime

- New Year Resolution Idea #7:
Take a tech break every day
- New Year Resolution Idea #8:
Set a cleaning schedule
- New Year Resolution Idea #9:
Plan a day trip

- New Year Resolution Idea #1:
Read a new book every month

Between your job, social media, and all your favorite online activities, it may feel like all you do all day long is read stuff, but there's a huge difference between reading information on the Internet and getting lost in a great story. In fact, reading a novel actually changes your brain, improving memory and increasing brain connectivity for days after you finish the book, according to a study published in Brain Connectivity.

- New Year Resolution Idea #2:
Do something that scares you

This isn't an easy one, but it is one of the best New Year resolution ideas, too. Make a list of things that scare you: public speaking, sky diving, eating Brussels sprouts, asking your boss for a raise, calling your crush. Now, pick one thing off the list and find a way to do it. You don't have to go from arachnophobia to crawling into the spider house at the zoo, but find a safe, **incremental** way to **conquer** one of your big fears. Bring a friend, get educated, read a book, take a class, or do therapy to help you face your fear. Each time you do it, you'll feel stronger, more confident, and more in control over your life because you'll have power over one more thing, instead of your fear having power over you.

- New Year Resolution Idea #3:
Read your credit card statement each month

You may think you know where your money is going, but unless you're actually taking the time to look at all your charges, chances are you're forgetting a lot of little (or big) purchases, and those purchases add up. That's no one's idea of a good time, but going through your credit card charges—once a week, bi-weekly, or monthly—can help you catch **fraudulent charges**, fix mistakes, and control your own savings.

- New Year Resolution Idea #4:
Watch one new documentary a month

Netflix and the like are a bounty of brain candy, but let's not forget that along with all nine seasons of The Office, the Internet also holds the entirety of human wisdom. Take advantage of all this free knowledge by setting aside an evening each month to watch a new documentary about a subject you'd like to learn more about. From politics to health to tiny house building, the options are endless!

Try out: <https://topdocumentaryfilms.com> for best free documentaries!

- New Year Resolution Idea #5:
Take a walk outdoors every day

“Exercise more” probably already made your resolution list, but if that’s all you wrote, then you’re **destined to fail**. The more specific and **doable** your goal, the more likely you are to, you know, actually do it. Walking is a great exercise to start with. Not only can nearly everyone do it, but it’s free and you can multitask by listening to a podcast or talking with a friend. Add in the great outdoors and you’ll get some fresh air and sunshine.

- New Year Resolution Idea #6:
Set a firm bedtime

Getting enough sleep can be one of the best things you can do for your health. Getting a solid seven to eight hours of shut-eye **boosts** heart health, helps with weight loss, improves memory, and reduces depression, among other health benefits. Yet good intentions are easily **derailed** by phone games, Netflix, work e-mail, or other **distractions**. Invest in your health by giving yourself a firm bedtime that will allow you to get eight hours of sleep, say 10 p.m., and stick to it.

- New Year Resolution Idea #7:
Take a tech break every day

Those screens we see here and there, we see them everywhere. And for good reason, they're fun! But technology **overload** can cause depression, isolation, lack of social skills, compulsive shopping, and poor health. Take a brain break by setting aside one (or more) hours a day to unplug. Read a book, take a walk, work on a hobby, volunteer, or simply use the time to think your own thoughts, uninterrupted. You'll sleep, eat, and feel better.

- New Year Resolution Idea #8:
Set a cleaning schedule

Chores are called chores for a reason—no one loves scrubbing out the toilet or loading the dishwasher, yet they are all things that must be done for life to run smoothly. But sometimes you **procrastinate** doing them (no judgment here, we're all guilty of this!) and **they pile up**. Keep your personal (and mental) space clean by creating a daily, weekly, and monthly cleaning schedule. Doing a little each day will make sure the garbage never overflows into the next room again.

- New Year Resolution Idea #9:
Plan a day trip

Become a tourist in your own town by finding a list of popular attractions and then making a goal to visit a new one each month. You'll learn about the history of your (current) hometown and gain an appreciation for the people around you. Plus, it's just fun. Stop waiting for a reason to go to a play, visit a museum, hike a trail, or tour a landmark and just go.

Source:



- Listening

<https://www.youtube.com/watch?v=Es5QhGNqhzc>



1. Why do you think that people make resolutions?
2. Why do you think most people fail to keep their resolutions?

Source:

