

# Simple Pleasures

Simple pleasures are the moments we experience that cheer us up or make us smile. It can be anything, from seeing a rainbow to hearing an old song you loved as a child.

## Speaking

1. What simple pleasures does each picture represent?
2. Which senses do you associate with each picture?



**Photo Credits:** Unsplash.com A. Ekaterina Shakha, B. Max Berger, C. Timothy Eberly, D. Set SJ, E. Markus Spiske, F. Matias, G. Roopak Ravi, H. Mae Mu

3. In pairs fill in the chart below adding one of your own simple pleasures for each sense. Try to use at least one adjective to describe each sense/experience:

Sense	Simple Pleasures
Sight	
Hearing	
Taste	
Smell	
Touch	

4. In your chart are there any examples of experiences which you could enjoy with all 5 of your senses?






## Reading

5. Read the text about enjoying your coffee to the maximum. Match the underlined words with the definitions below.



### Enjoy Your Coffee Using Your 5 Senses

Enjoying simple pleasures is really about being aware of our five senses. Take coffee, for example; you can use all your five senses to enhance the experience of enjoying your morning cup of coffee.

-  **Sight** When you see your favourite coffee cup, you feel comforted.
-  **Smell** When you smell the freshly ground coffee, you close your eyes to enjoy it more.
-  **Hearing** You look forward to your first sip when you hear the coffee filling the cup.
-  **Taste** When you taste the first sip of coffee, you feel more awake.
-  **Touch** You warm your hands when you hold your coffee cup on a cold winter's day

- a. \_\_\_\_\_ = to gently heat something up
- b. \_\_\_\_\_ = to drink a very small amount
- c. \_\_\_\_\_ = to improve something
- d. \_\_\_\_\_ = feeling less worried, upset or frightened
- e. \_\_\_\_\_ = when food is crushed into powder or very small pieces.

6. Look at the five sentences describing each sense in the text. What similarities do you see in their form?

## Language Point

### The Zero Conditional Form with "when"

"when" clause	Main clause (result)
"when" + present simple	present simple
<i>When you see your favourite cup,</i>	<i>you feel comforted.</i>

The **present simple** is used to indicate something that is always true

You can change the order of the clauses with no change in meaning. (Notice the comma after the "when" clause):

- When you see your favourite cup, you feel comforted.* ✓
- You feel comforted when you see your favourite cup.* ✓

## Practice

- A. Complete the sentences with the missing sense verbs in their correct form. Match them with the pictures above.

hear            see            smell            feel            taste

1. They feel cosy when they **hear** the sound of the crackling fire              E
2. He always laughs when he \_\_\_\_\_ his feet splashing in a puddle.            \_\_\_\_\_
3. When I \_\_\_\_\_ the sea air, it reminds me of home.            \_\_\_\_\_
4. When she \_\_\_\_\_ fresh orange juice, she \_\_\_\_\_ energised.            \_\_\_\_\_

- B. Complete the sentences to describe how the other 4 images affect your senses.

1. I feel \_\_\_\_\_ when I hear \_\_\_\_\_
2. When I \_\_\_\_\_, I \_\_\_\_\_
3. I \_\_\_\_\_ when \_\_\_\_\_
4. When \_\_\_\_\_, I \_\_\_\_\_

## Speaking

- C. In pairs make your own sentences with the ideas from your chart in Exercise 3. Use the Zero Conditional form.
- D. Share your zero conditional sentences with other pairs in the class. Do you share any similar simple pleasures?

## Discussion

Do you think it's important to appreciate these simple pleasures? Why?

## Homework Task

For each day this week keep a "Simple Pleasures Log". At the end of the day write down at least one thing that made you smile, noting which of the 5 senses were involved. If possible, capture the moment with a photo or video.