

English Speaking Club

- A person who presents a thought of the day
- A person who presents a joke of the day
- A word master
- A speaker № 1
- A speaker № 2
- Table Topics Master

- A bit of video to read, discuss and translate

A Thought of the day

Happiness is not in our circumstance but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

John B. Sheerin

A word of the day

Hazing

дедовщина

Happiness

Happy hormones:

Dopamine

Endorphin

Oxytocin

Serotonin

Dopamine

**It increases when we
achieve or accomplish
something**

Endorphin

**It increases when we
do exercises, cry or
laugh**

Oxytocin

**It increases when we
communicate, when
we trust someone**

Serotonin

**It increases when we
are admired by
someone**

КОЛЕСО ЖИЗНЕННОГО БАЛАНСА

