



Which Step Are You On?

Read the story. 英文を読もう。

Class _____ No. _____ Name _____

① How happy are you today? Think of a ladder with 11 steps. The bottom step is 0, and it means the worst life for you. The top step is 10, and it means the best life. Which step are you on now?



音声を聞こう

② This is a real question from a big survey. Every year, people in more than 140 countries answer it. The results go into the World Happiness Report. It comes out every year on March 20, the International Day of Happiness. In 2026, Finland was number one for the ninth year in a row. Japan was number 61.

③ The day started with a small country in the Himalayas. In 1972, the king of Bhutan said that happiness was more important than the size of the economy. He wanted to measure the country's success by its Gross National Happiness. Later, Bhutan asked the United Nations to think about this idea. In 2012, the UN made March 20 a day for happiness, and the first one was in 2013.

④ Of course, happiness is not only about money. Friends who help you, good health, and the freedom to make choices are also important. On March 20, the UN asks everyone to think about these things. So ask a friend what makes them happy. Then do something kind for that person. You may move two people up the ladder at the same time!

Words 単語**happiness** 幸せ、幸福**ladder** はしご**survey** 調査、アンケート**result** 結果**in a row** 連続で**economy** 経済**measure** 測る**freedom** 自由



Reading Check

Choose the best answer. 正しいものを選ぼう。

Class _____ No. _____ Name _____

1. What is the reading mainly about?

- (A) How to climb a ladder safely
(B) The history of Finland
(C) A day for happiness and how happiness is measured
(D) How to make a lot of money

2. Which country started the idea of Gross National Happiness?

- (A) Finland
(B) Bhutan
(C) Japan
(D) The United States

3. When was the first International Day of Happiness?

- (A) 1972
(B) 2012
(C) 2026
(D) 2013

4. In paragraph 2, what does "in a row" mean?

- (A) One after another, without a break
(B) In a straight line of chairs
(C) For the first time
(D) By a small number

5. Why does Kaito say his number became an eight?

- (A) Because Finland won
(B) Because it is a holiday
(C) Because he got a good test score
(D) Because he is enjoying lunch with Aino

True or False? 正しいければ T、ちがえば F に○

- The International Day of Happiness is on March 20. T / F
Japan was number one in the 2026 happiness ranking. T / F
The idea of Gross National Happiness came from Bhutan. T / F
The happiness ranking counts how many times people smile. T / F



Word Work

Words & phrases. 単語のれんしゅう。

Class _____ No. _____ Name _____

① Match the pictures and the words. 絵と単語を線で結ぼう。



●

● ladder



●

● handshake



●

● smile



●

● heart



●

● mountain



●

● sun

② Fill in the blanks. 語群から選んで（ ）に入れよう。

question

angry

happy

list

soccer

smile

homework

family

grandma

Nana's Happy List

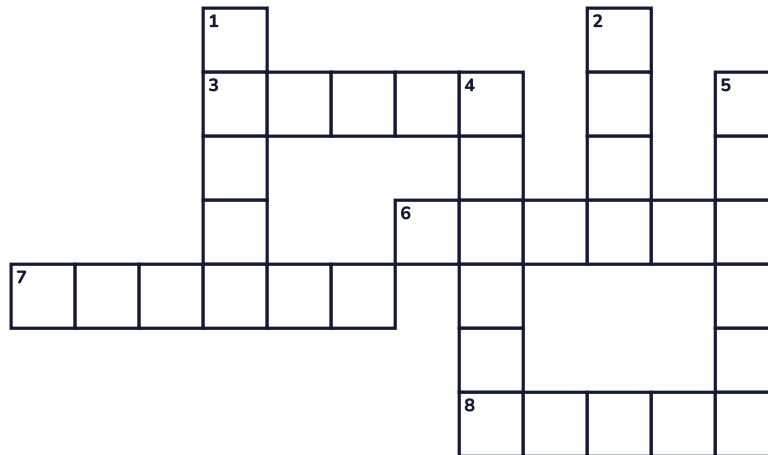
On March 20, Nana's teacher asks the class a (1) _____. "What makes you (2) _____?" Nana thinks for a minute. Then she writes a (3) _____. Number one is her (4) _____. Number two is playing (5) _____ with friends. Number three is her dog, Momo. After school, Nana helps her (6) _____ carry heavy bags. Grandma gives her a big (7) _____.



Crossword Puzzle

Read the clues and fill in the puzzle. ヒントを読んで、クロスワードを完成させよう。

Class _____ No. _____ Name _____



Across →

- 3 The third month of the year. (5)
- 6 You climb its steps to reach a high place. (6)
- 7 A person you like and trust. (6)
- 8 How you feel when something good happens. (5)

Down ↓

- 1 Your mouth does this when you are glad. (5)
- 2 Nice and helpful to other people. (4)
- 4 The condition of your body. Sleep and good food help it. (6)
- 5 Many people answer the same questions in it. (6)



Word Search

Find the hidden words. かくれた単語を探そう (→ ↓ ↘ ↗)。

Class _____ No. _____ Name _____

Find these words! 10

- ☐ FAMILY
- ☐ FREEDOM
- ☐ FRIEND
- ☐ HAPPY
- ☐ HEALTH
- ☐ KIND
- ☐ LADDER
- ☐ MARCH
- ☐ SMILE
- ☐ SURVEY

W	Y	H	K	N	B	V	U	S	E	A	Y	T
F	F	N	U	I	C	O	U	E	H	N	W	Y
R	A	M	J	S	N	B	F	K	I	H	T	N
I	M	S	W	R	H	D	I	T	T	C	F	P
E	I	T	C	T	A	I	B	L	D	J	P	K
N	L	H	V	T	L	G	A	H	D	M	B	R
D	Y	I	P	G	D	E	C	Y	O	F	A	L
G	T	K	O	S	H	R	P	D	D	I	H	A
H	D	T	N	R	A	P	E	R	D	N	S	D
R	I	C	A	M	A	E	E	H	R	A	B	D
P	V	O	A	H	R	A	M	F	M	L	M	E
L	I	B	R	F	S	S	M	I	L	E	L	R
N	N	E	D	S	U	R	V	E	Y	S	I	J

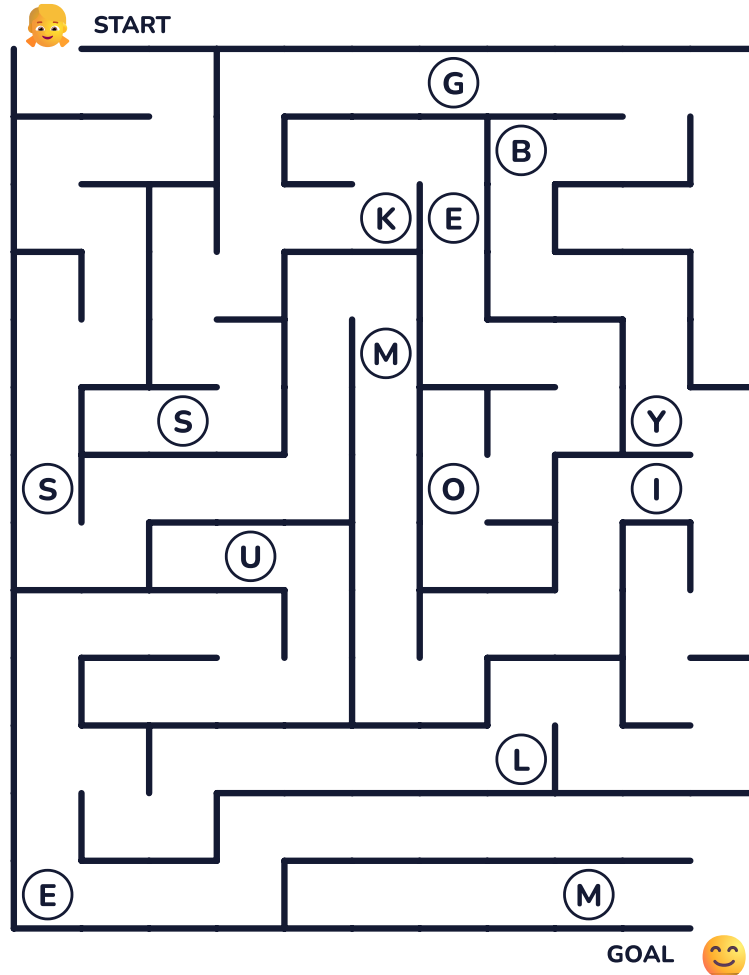


Maze & Sentences

Class _____ No. _____ Name _____

Help Nana climb to the top of the happiness ladder!

Collect the letters on the right path. What is the secret word? 正しい道の文字を集めると、ひみつの言葉になるよ。



Secret word: _____



Class Activity & Writing

Class _____ No. _____ Name _____

Let's Write! 英語で書いてみよう。

Today I am on step _____ of the happiness ladder because _____.

To make someone happy, I will _____.



Trace & Color

Trace the words. Then color the picture! なぞって書こう。絵に色を塗ろう。

Class _____ No. _____ Name _____



smile



ladder



mountain



heart



handshake

Draw your International Day of Happiness! 国際幸福デーの絵を描こう。