



NORTH SHAOLIN – ADVENTURES IN ENGLISH

北少林寺 - 英语历险记



😊 If you're happy 😊

如果你开心

If you're happy and you know it 如果你快乐并且你知道

rúguǒ nǐ kuàilè bìngqiě nǐ zhī dào

1. https://www.bilibili.com/video/BV1oQ4y1Z7KZ/?spm_id_from=333.337.search-card.all.click (Happy)
2. https://www.bilibili.com/video/BV1hS4y1P7Fc/?spm_id_from=333.337.search-card.all.click (Happy, angry, silly, lucky With Chinese)
3. Pharrell Williams - Happy (Official Music Video)
https://www.bilibili.com/?bvid=BV1Ht411m7jU&spm_id_from=333.788.search-card.all.click
https://my.mail.ru/mail/nagan.000/video/_myvideo/80.html

Four feelings (= emotions) 四种感觉 (=情绪)

😊 **Happy 快乐** kuàilè



Angry 生气 shēngqì



Silly 憨 hān



Lucky 幸运 xìngyùn



I want you to repeat! 我要你再说一遍! wǒ yào nǐ zài shuō yí biàn!

I want to hear you! 我想听你说! wǒ xiǎng tīng nǐ shuō!



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Happy 😊 😄 😊

1.

If (如果) **you're** (你是) **happy** (快乐) **and** (和) **you** (你) **know it** (知道它), **clap** (鼓掌 gǔzhǎng / 拊掌 fǔzhǎng / 拍手 pāishǒu) **your** (你的) **hands**.

如果你很高兴并且你知道这一点，那就拍手吧。

If you're happy and you know it, clap your hands.

2.

If (如果) **you're** (你是) **happy** (快乐) **and** (和) **you** (你) **know it** (知道它), **then** (就) **your** (你的) **face** (脸 liǎn) **will surely** (肯定) **show** (发 fā) **it**,

如果你快乐并且你知道这一点，那么你的脸一定会表现出来，

If you're happy and you know it, clap your hands.





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If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it, then your face will surely show it,

If you're happy and you know it, clap your hands.



下一个是愤怒! Next is angry!

ANGRY

生气



https://www.bilibili.com/video/BV1hS4y1P7Fc/?spm_id_from=333.337.search-card.all.click

If you're **angry** and you know it, stomp (跺脚 (duòjiǎo)) your 你的 feet 脚 jiǎo.

If you're angry and you know it, stomp your feet.

If you're angry and you know it, then your face will surely show it,

If you're angry and you know it, stomp your feet.



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Silly 憨 hān

If you're **silly** and you know it, clap your hands.

If you're **silly** and you know it, clap your hands.

If you're **silly** and you know it, then your face will surely show it,

If you're **silly** and you know it, clap your hands.



Lucky 幸运 xìngyùn



If you're **Lucky** and you know it, clap your hands.

If you're **Lucky** and you know it, clap your hands.

If you're **Lucky** and you know it, then your face will surely show it,

If you're **Lucky** and you know it, clap your hands.



其他感觉（情绪）： Other feelings (emotions):

悲伤、尴尬、饥饿、疲倦和沮丧

Sad, embarrassed, hungry, tired and frustrated



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- If you're **sad** 伤心 shāngxīn and you know it, wipe your tear 擦拭眼泪 cāshì yǎnlèi

If you're **embarrassed** 尴尬 gāngà and you know it hide your face 隐藏你的脸 yǐncáng nǐ deliǎn!

If you're **hungry** 饿 è and you know it hold your tummy 捂着肚子 wǔzhe dǔzi

If you're **tired** 累 lèi and you know it make a yawn 打个哈欠 dǎgè hāqian

If you're **frustrated** jǔsàng and you know it squint your eyes 眯起眼睛 mīqǐ yǎnjīng



总是以快乐的版本结束这个课程计划！不要让学生感到悲伤、愤怒、疲倦或沮丧！

Always end this singing session with the HAPPY version! Don't leave students feeling sad, angry, tired or frustrated!



以下是中级英语语言。The following is intermediate level English language.



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而且，一首非常快乐的歌!! And, a really happy song!!!

法瑞尔·威廉姆斯-快乐（官方音乐视频）

Pharrell Williams - Happy (Official Music Video)

https://www.bilibili.com/?bvid=BV1Ht411m7jU&spm_id_from=333.788.seo.out

https://my.mail.ru/mail/nagan.000/video/_myvideo/80.html

我要说的话可能看起来很疯狂

It might (或许 (huòxǔ)) **seem** (显得 (xiǎnde)) **crazy** (疯狂)
what I am about to say (我要说什么)

阳光明媚，她来了，你可以休息一下了

Sunshine (阳光), **she's** (她是) **here** (这里), **you**
(你) **can** (能) **take a break** (休息一下)

我是一个可以进入太空的热气球

I'm a hot air balloon that could go to space

随着空气，就像我不在乎一样，顺便说一句，
宝贝

With the air, like I don't care, baby by the way



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呵呵（因为我很开心）
Huh (Because I'm happy)

如果你觉得自己像一个没有屋顶的房间，那就鼓掌吧

Clap along if you feel like a room without a roof

（因为我很开心）
(Because I'm happy)

如果你觉得幸福是真理，那就鼓掌吧
Clap along if you feel like happiness is the truth

（因为我很开心）
(Because I'm happy)

如果你知道幸福对你来说是什么，那就鼓掌吧
Clap along if you know what happiness is to you

(Because I'm happy)



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如果你觉得这就是你想做的，那就鼓掌吧
Clap along if you feel like that's what you wanna do

坏消息来了，说这个和那个（是的）
Here come bad news talking this and that (Yeah)

好吧，把你所拥有的都给我，不要退缩（是的）
Well give me all you got, don't hold back (Yeah)

好吧，我可能应该警告你，我会没事的
Well I should probably warn you I'll be just fine
（是） (Yeah)

没有冒犯你，不要浪费你的时间
No offense to you don't waste your time

原因如下 Here's why

(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)



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Clap along if you feel like happiness is the truth
(Because I'm happy)

Clap along if you know what happiness is to you
(Because I'm happy)

Clap along if you feel like that's what you wanna
do

Uh, bring me down
Can't nothing, bring me down
My level's too high to bring me down
Can't nothing, bring me down, I said
Bring me down, can't nothing
Bring me down
My level's too high to bring me down
Can't nothing, bring me down, I said

(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna
do



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(Because I'm happy)

Clap along if you feel like a room without a roof

(Because I'm happy)

Clap along if you feel like happiness is the truth

(Because I'm happy)

Clap along if you know what happiness is to you

(Because I'm happy)

Clap along if you feel like that's what you wanna
do

Uh, bring me down (Happy, happy, happy, happy)

Can't nothing (Happy, happy, happy, happy)

Bring me down, my level's too high

To bring me down (Happy, happy, happy, happy)

Can't nothing (Happy, happy, happy, happy)

Bring me down, I said

(Because I'm happy)

Clap along if you feel like a room without a roof

(Because I'm happy)

Clap along if you feel like happiness is the truth

(Because I'm happy)

Clap along if you know what happiness is to you

(ayy, ayy, ayy)

(Because I'm happy)

Clap along if you feel like that's what you wanna
do



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(Because I'm happy)

Clap along if you feel like a room without a roof

(Because I'm happy)

Clap along if you feel like happiness is the truth

(Because I'm happy)

Clap along if you know what happiness is to you
(hey)

(Because I'm happy)

Clap along if you feel like that's what you wanna
do

Come on

Songwriters: Pharrell Williams. For non-
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<https://srkffriendshiptour.org/englishadventures>

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