



Happiness

1 Write down four things that make you feel **happy**.

Open answer

2 Now ask a friend to tell you four things that make THEM **happy**, and write them down.

Open answer

● Do the same things make you both happy? Write down the differences.

Open answer

3 Read the text on page 26 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

F Happiness is the same for everyone.

T Almost any activity can make you happy.

T When you are happy, you feel satisfied with yourself.

F Happiness has to do with other people, not with yourself.

● Now correct the false sentences.

Happiness is different for everyone.

Happiness has to do with ourselves.

4 Underline the words which mean the same as **skill**.

talent

attitude

ability

possibility

aptitude

5 Now write three sentences using the words you chose in Activity 4.

Sample answer:

My sister has a great talent for acting.

Your ability to get out of trouble is amazing!

I haven't got much aptitude for music, but my mum makes me have piano lessons.

6

Complete the text with words from the **satisfaction** family.

satisfaction > to satisfy satisfying satisfactory satisfied

- I find it very **satisfying** when I complete a difficult puzzle.
- I don't think the last story I wrote was my best, but it was **satisfactory**.
- My sister felt very **satisfied** when she solved a difficult maths problem.
- Baking a nice cake **satisfies** us.

7

Put the letters in order to make a word which means the opposite of **happiness**.

U H E S S N A P P I N

U N H A P P I N E S S

8

What **skills** have you got? Write down six of them.

Open answer

9 Ask your friends and family what **skills** they have, and complete the table below. Then answer the questions.

Open answer

Name	Skills	Activities that make them happy

- How many of the people you asked are happy doing activities they are skilled at? Why do you think this is?

Open answer

- What activities make you happy? Write them down. Then read over the skills you wrote down in Activity 8. Are they related?

Open answer

10 Think about the questions below then answer them:

- What activities don't you like doing?

Open answer

- What could you do to help you enjoy these activities more?

Open answer

11 Why do you think the Earth is feeling happy? Write down your ideas.

Sample answer: The Earth is feeling happy because he is good friends with the Sun and the Moon.


