



# Happiness

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

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

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

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

- Happiness is the same for everyone.
  - Almost any activity can make you happy.
  - When you are happy, you feel satisfied with yourself.
  - Happiness has to do with other people, not with yourself.
- Now correct the false sentences.

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**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.

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

satisfaction > to satisfy satisfying satisfactory satisfied

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

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

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

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?

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

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# 10

Think about the questions below then answer them:

- What activities don't you like doing?

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

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# 11

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



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# Happiness

## NOTES

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The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to [www.palabrasaladas.com/f/emo\\_eng.html](http://www.palabrasaladas.com/f/emo_eng.html)