



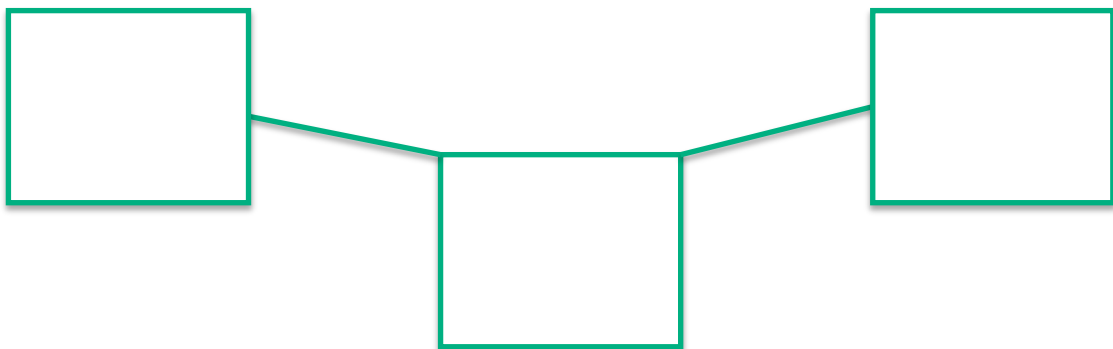
Satisfaction

1 Look at the picture on pages 86 to 87 of the EMOTIONARY and answer the questions.

● What are the rabbits doing?

● What do you think the relationship between them is?

2 Draw a diagram of the most important people in your life.



3 Read the text about **satisfaction** on page 86 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences.

- A fulfilled need makes us feel satisfied.
- Needs are always physical.
- If something we do isn't successful, we can't feel satisfied.
- Satisfaction builds our self-confidence.
- When we do something especially well, we are doubly satisfied.

● Now correct the false sentences.

4 Fulfilling a need brings satisfaction. Underline the things that we can **fulfill**.

a promise a race a wish a desire an exam

● Now complete the sentence writing about something that has happened to you. Use one of the words above.

I once fulfilled a _____ to

5 Circle the words that mean the same as **fulfill**.

accomplish achieve improve satisfy perform

6

Complete the sentences using words from the **satisfy** family.

satisfy > satisfied satisfaction dissatisfied satisfying

- It's very _____ to feel you have done your best.
- I was _____ with the picture I drew yesterday, so I'm going to try and do it better today.
- My dad grew some tomatoes in the garden and was very _____ with himself.
- You can experience _____ even when you don't win.

7

If we have a lot of confidence in ourselves we are **self-confident**. Complete the sentences using the words below.

self-portrait self-conscious self-taught
 self-employed self-service

- My mum never had a piano teacher. She learned on her own. She's _____.
- We had to do a _____ in art class last week.
- I don't want to have a boss when I grow up. I want to be _____.
- You have to go and get your own food in this café. It's _____.
- He doesn't want to be in the school play. He's too _____.

8 Imagine you are going out to spend a day in the countryside in the winter. Write a list of the things you **need** to take.

● Now imagine it's summer. What would you remove from your list and what would you add?

9 Tick the things that are **needs**. Then circle the things that are physical needs.

- | | |
|---|--|
| <input type="checkbox"/> quenching your thirst | <input type="checkbox"/> going to the beach |
| <input type="checkbox"/> satisfying your hunger | <input type="checkbox"/> going to the toilet |
| <input type="checkbox"/> keeping warm | <input type="checkbox"/> having friends |
| <input type="checkbox"/> sunbathing | <input type="checkbox"/> wearing clean clothes |
| <input type="checkbox"/> having fun with your friends | <input type="checkbox"/> sleeping |

10 Write down your basic physical needs over a normal day, and say how you fulfill them.

● Now stop and think. Do you think that everyone can fulfill their needs as easily as you can? Give examples.

11 Observe yourself for a day and answer the questions.

● How long can you hold on without going to the toilet? What happens if you can't go?

● What happens when you're very hungry? What do you think about?
