



Satisfaction

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

- What are the rabbits doing?

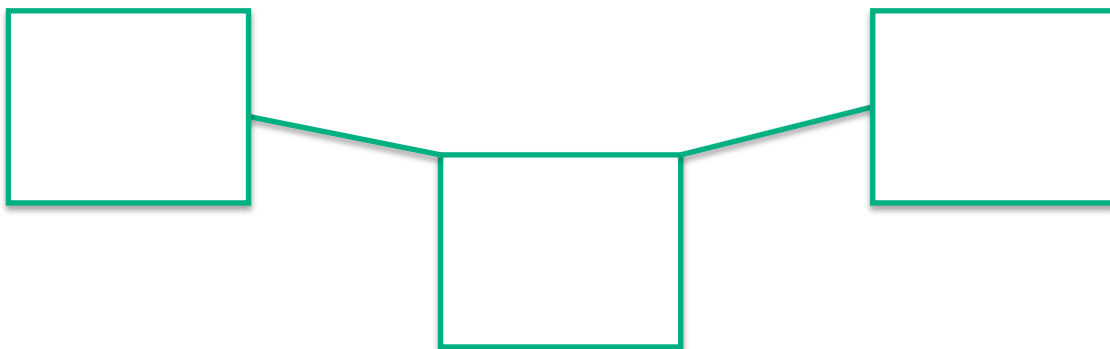
The rabbit sitting in the armchair is knitting. The other rabbits seem to be posing for photos.

- What do you think the relationship between them is?

Maybe the rabbit in the armchair is the grandmother of the other rabbits.

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

Open answer



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

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

● Now correct the false sentences.

Needs can be physical or emotional.

If something we do isn't successful, we can still feel satisfied if we feel we have done our best.

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.

Open answer

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 **satisfying** to feel you have done your best.
- I was **dissatisfied** 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 **satisfied** with himself.
- You can experience **satisfaction** 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 **self-taught**.
- We had to do a **self-portrait** in art class last week.
- I don't want to have a boss when I grow up. I want to be **self-employed**.
- You have to go and get your own food in this café. It's **self-service**.
- He doesn't want to be in the school play. He's too **self-conscious**.

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.

Sample answer: a warm coat, hat, gloves and scarf; boots; a flask containing a hot drink; food.

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

Sample answer: I would keep the food but change everything else: summer clothes, including a sun hat; cold drinks; sun tan lotion.

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.

Open answer

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

Sample answer: Some people don't have easy access to toilets or to food and water, so it's more difficult for them to fulfill their basic physical needs.

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?

Open answer

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

Open answer

