1 Write down four things that make you feel happy.

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____________________________________________________________

____________________________________________________________

____________________________________________________________

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

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

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

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________
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.

____________________________________________________________
____________________________________________________________

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.

____________________________________________________________
____________________________________________________________
____________________________________________________________
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.

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

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

____________________________________________________________

____________________________________________________________

____________________________________________________________

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Skills</th>
<th>Activities that make them happy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

- What activities make you happy? Write them down. Then read over the skills you wrote down in Activity 8. Are they related?
10 Think about the questions below then answer them:

- What activities don’t you like doing?
  ______________________________________________________________
  ______________________________________________________________
  ______________________________________________________________

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

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