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.
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.

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____________________________________________________________

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

<table>
<thead>
<tr>
<th>satisfy &gt; satisfied</th>
<th>satisfaction</th>
<th>dissatisfied</th>
<th>satisfying</th>
</tr>
</thead>
</table>

- 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.

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 ________________.
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.

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

- [ ] quenching your thirst
- [ ] satisfying your hunger
- [ ] keeping warm
- [ ] sunbathing
- [ ] having fun with your friends
- [ ] going to the beach
- [ ] going to the toilet
- [ ] having friends
- [ ] wearing clean clothes
- [ ] sleeping
10 Write down your basic physical needs over a normal day, and say how you fulfill them.

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____________________________________________________________
____________________________________________________________

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

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____________________________________________________________
____________________________________________________________

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?

____________________________________________________________
____________________________________________________________
Satisfaction

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