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
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.

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 ______________________________________________________________.

Circle the words that mean the same as fulfill.

accomplish achieve improve satisfy perform
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.

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**.
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.

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.

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.

Open answer

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?
Satisfaction

NOTES

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