



Lesson 1 Worksheet 1: Let's Make Happiness Matter

We are learning to explore what happiness is.

Example 1

When Mohamed was a child he wanted to grow up to be a dentist. He worked hard to achieve this and now he has become a successful dentist with lots of patients. Mohamed likes helping people to have healthy teeth and he makes enough money for the things he needs. Mohamed doesn't always feel happy; often he feels sorry for a patient, or feels tired after a long day's work. Mohamed says he has a happy life.

Write your answers in the space provided beneath each question.

Q1 Why do you think Mohamed says he has a happy life?

Q2 Mohamed is not always in a good mood. Does this mean he doesn't have a happy life? Explain your answer.

Q3 Do you have to be in a good mood all of the time to have a happy life? Explain below.

Q4 If you're sometimes unhappy, can you have a happy life? Why? Why not?

Example 2

Harry is very rich, so he doesn't have to work. All that Harry wants is to enjoy himself, buying expensive things, eating lots of delicious food and having fun. He spends his life doing just that. He buys a big house, all the latest technology and goes to all the most expensive restaurants. He doesn't work, study or do anything that he finds difficult. Although Harry enjoys all these things, he thinks that he is wasting his life.

Q1 Is Harry happy? Why? Why not?

Q2 Harry enjoys buying things, eating and having fun. Do these things make him happy? Why? Why not?

Q3 Why do you think Harry thinks that he is wasting his life?

Q4 Harry says that his life is not as happy as Mohamed's life. What are the differences between their lives? Why do you think Mohamed's life is happier than Harry's?
