

Lesson 1 Worksheet 2: Let's Make Happiness Matter

We are learning to explore what happiness is.

Activity	Could it make someone feel happy?	Could it contribute to a happy life?	Is it meaningful?
Looking after sick animals			
Eating your birthday cake			
Being at your own birthday party with friends and family			
Playing computer games			
Passing an exam			
Learning to play an instrument			
Doing a job that gets paid lots of money			
Doing a job that helps others			
Dancing			
Making art			
Reading			
Listening to music.			
Spending time with family and friends			
Sleeping			
Learning to swim			
Wearing nice clothes			
Eating healthily			
Making new friends			
Exercising or playing sport every week			
Really listening to someone			
Sending someone a thank you card			
Spending time with pets			

Add a tick [✓] or cross [X] to the activities listed below to complete the table.

Let's Check!

- I can discuss the difference between feeling happy and being happy, referring to examples.
- I can discuss what meaningful activities might be.