

Emotion: Introduction

1. Name some human emotions.

2. How do we experience emotion?

3. a) What is happiness?

b) What can you do to become a happier person?

c) Make a list of 10 things that make you happy. What needs do they meet?

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____
- vii) _____
- viii) _____
- ix) _____
- x) _____

4. If you could never experience sadness again, would you take the opportunity? Why?
