



Living happy lives

1 Match the word to the definition. (Write the correct letter in each box)

a	mental health
b	grateful
c	diet

	the kinds of foods a person eats
	the health of our minds and emotions
	being thankful for what you have

2 _____ all have mental health. (Fill in the blank)

3 Which statements are true? (Tick 2 correct answers)

- We have to be happy to have good mental health.
- We don't have to be happy to have good mental health.
- Being mentally healthy means we are able to return to being happy.
- Being mentally healthy means we find it difficult to return to being happy.

4 Which strategies are more effective when managing our mental health? (Tick 3 correct answers)

- staying indoors all day
- finding things to be grateful for
- exercising
- keeping our emotions to ourselves
- talking about our feelings with trusted adults

5 Why is it important to spend time outside? (Tick 2 correct answers)

- sunlight makes us taller
- fresh air helps our brain work better
- fresh air helps us to run faster
- sunlight improves our mood



6 Why is it important to surround ourselves with people who care and support us? (Tick 2 correct answers)

- they can make us feel happy
- they can make us feel alone
- they can make us feel bad about ourselves
- they can make us feel loved