

Class – 6

Sub. – M.Sc.

Ch. – 4

How to be happy

A. Answer the following questions:

1. What is happiness?

Ans. – Happiness is satisfaction and the result of doing our part well to the world.

2. What kind of happiness do material things bring ?

Ans. – All the material things may bring us joy and momentary happiness.

3. How can we get true happiness ?

Ans. – We can get happiness by peace of mind to turn to God.

B. Fill in the blanks:

1. Everything we do is an attempt to get **happiness**.
2. Happiness comes from being **good**.
3. Material things may bring us **joy** and **delight**.
4. We can be happy if we trust **God**.

C. Write T for true and F for false :

1. Only the rich people are happy. **F**
2. Peace of mind brings happiness. **T**
3. Perfect health is necessary to be happy. **F**
4. We lose our happiness if we share it with others. **F**