



Happiness Research

Reading Worksheet — Level C | tahricteaches.com

Scientists want to know what makes people happy. They do **research** to find the answer. They ask many people questions. They also watch how people live each day. This work helps us learn about happy lives.

The research shows some simple things. Money can help a little, but it does not make us very happy. Good friends and family are more important. People who are not alone often feel more **content**.

Helping other people is also good. When you help a friend, you feel happy too. Saying "thank you" makes us feel good. Scientists call this being **grateful**. Grateful people smile more.

Our bodies need care to be happy. We must sleep well and eat good food. We should walk, run, or play outside. The sun and fresh air can **improve** our mood. A short walk can help on a bad day.

Happiness is not always big. It can be small **moments**, like a warm cup of tea or a good song. We can choose happy habits every day. Little things make a big difference over time.

A. Vocabulary

- | | |
|---------------------|---|
| 1. research ____ | a. having a big effect or value |
| 2. content ____ | b. thing you do often, almost without thinking |
| 3. grateful ____ | c. with no other people near you |
| 4. improve ____ | d. feeling thankful for something good |
| 5. moments ____ | e. very short times or single points in time |
| 6. mood ____ | f. the way one thing is not the same as another |
| 7. habit ____ | g. careful study to find new facts or answers |
| 8. alone ____ | h. happy and calm with what you have |
| 9. important ____ | i. to make something better |
| 10. difference ____ | j. the way you feel inside at one time |

B. True or False

- | | |
|---|--|
| ___ 1. Scientists do research to learn what makes people happy. | ___ 2. Money makes people very, very happy. |
| ___ 3. Good friends and family are important for happiness. | ___ 4. Helping other people can make you feel happy. |
| ___ 5. Saying "thank you" makes us feel bad. | ___ 6. Grateful people smile less than other people. |

___ 7. Sleep and good food help our bodies feel happy.

___ 8. Fresh air and the sun can improve our mood.

___ 9. Happiness must always be something big.

___ 10. Small moments, like a warm drink, can make us happy.

C. Fill in the Blanks

Word Bank: research, content, grateful, improve, moments, mood, alone, important

1. Scientists do _____ to learn what makes people happy.
2. People who are not _____ often feel happier.
3. When we say "thank you," we feel _____.
4. Fresh air and the sun can _____ our mood.
5. Happiness can be small _____, like a good song.



D. Comprehension Questions

1. Why do scientists ask people many questions?
2. What is more important than money for happiness?
3. How can helping other people make you feel?

E. Discussion Questions

1. What small things make you happy every day?
2. How do you help your friends or family feel happy?



Answer Key

Happiness Research

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A. Vocabulary: 1-g, 2-h, 3-d, 4-i, 5-e, 6-j, 7-b, 8-c, 9-a, 10-f

B. True/False: 1-T, 2-F, 3-T, 4-T, 5-F, 6-F, 7-T, 8-T, 9-F, 10-T

C. Fill Blanks: 1-research, 2-alone, 3-grateful, 4-improve, 5-moments

D. Comprehension:

1. They want to learn what makes people happy.
2. Good friends and family are more important than money.
3. Helping other people can make you feel happy too.

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