

## Be Happy

**A** You are going to read an article with tips on how to be happy. Look at the new words below.

אתם עומדים לקראו מכמור עם עצות כיצד להיות מואושרים. הסתכלו על המילים החדשות שלמטה. סתירותן מ قالא יحتוו על נסחאות فيما يتعلق בكيف يمكنكم أن תקנהسعداء. אנטז, ואל الكلمات الجديدة אינטה.

think positively      twice a week      feel good      healthy  
school subject      accept      get enough sleep      exercise

1. Write the words in your notebook in alphabetical order with their meanings. Use the Glossary to help you.
2. Which words are positive?

**B** In pairs, match the tips below to the pictures.

בזוגות, התאיכמו את העצמות שלמטה לתרומות.  
بالأزواج، لأنتموا النصائح أدناه مع الصور.

1. Think positively!
2. Get enough sleep, eat healthy food and exercise.
3. Feel good about yourself.
4. Do things that you like to do.





**E** Read the article. Then complete the sentences below.

קִרְאָו את המאמר. לְאַחֲרַ מָכַן, הַשְׁלִימוּ את המשפטים שלמטה.  
إِقْرَأُوا المقال، ثُمَّ أَكْمِلُوا الجُمْلَ أَدْنَاهُ.



## BE HAPPY



Can schools teach young people how to think positively and be happy? Is positive thinking a school subject like English, math or geography?

Many people want to learn how to be happy. Nine hundred Harvard University\* students go to Tal Ben-Shahar's positive psychology class twice a week. In his class, Ben-Shahar teaches them how to be happy.

These are some of the tips he gives his students:

1. **Accept your feelings.** It's okay to be sad if your friends forget your birthday.
2. **Feel good about yourself.** Wear clothes that you like.
3. **Do things that you like to do.** Meet your friends.
4. **Get enough sleep, eat healthy food and exercise.** Go to bed early, don't eat too much junk food and play a sport.
5. **Think positively!** This school year is going to be great!

- Harvard University is in the U.S.A.

1. An example of a school subject is . . . .
2. There are . . . students in Ben-Shahar's course.
3. Students take the course . . . .

**F** Answer the questions in your notebook.

عنوان على الأسئلة في دفاتركم.

1. Answer True or False. Which words or sentences in the text helped you answer?
  1. Ben-Shahar's class is very popular.
  2. Ben-Shahar teaches high school students.
  3. Ben-Shahar teaches people how to be happy.
2. Look at the Helpful Hint below and then answer the question.

**Helpful Hint!** To understand the tips better, read the explanation or example after each one.

כדי להבין עיצות טוב יותר, קיראו את הדוגמא או את הדוגמה המופיעים אחרי כל אחת מהן. لت فهموا النصائح بشكل أحسن، اقرأوا الشرح أو المثال الوارد بعد كل منها. |

Read the sentences and find the tip in the text that they go with.

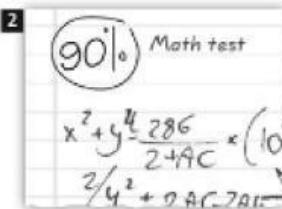
1. Wear clothes that you like.
2. This school year is going to be great!
3. Meet your friends.
3. Write the tips that go with these sentences.
  1. I eat salad.
  2. I'm going to make lots of friends at my new school.
  3. It's okay to be angry.
  4. I like to visit my grandparents.

**A** Look at the pictures and circle the correct adjectives.

הוכח בלחכמתם והקיפו את סימן התווור המתאים.  
انظروا إلى الصور وأحيطوا بدائرة الصلات المناسبة.



a big / **small** child



a good / bad grade



a new / an old car



beautiful / awful flowers



a tired / surprised cat



a tall / cheap building

**B** Circle the correct answer.

הקיפו את התשובה ה נכונה.  
أحيطوا بدائرة الإجابة الصحيحة.

1. His team won the game! He is very disappointed / **excited**.
2. She never cleans her room. Her mother is happy / angry.
3. He misses his family. He is happy / sad.
4. Don't wear a sweater. It's too hot / cold.
5. They will never go to that restaurant again. The food was fantastic / awful.
6. They fell asleep during the movie. They were afraid / bored.

**C** Translate the sentences into your language.

訳すあなたの言語に翻訳してください.  
ترجموا الجمل إلى لغتكم.

1. He is a tall man. הוא איש גובה / هو رجل طول القامة.
2. They are tall men. .....
3. I saw a fantastic movie. .....
4. Sara is happy. .....
5. Ben is happy too. .....

## 1 DON'T WORRY, BE HAPPY!

**D** 1. Write how the people feel. Use the words below.

כתבו איך מרגשים הרגשים. השתמשו בדילם שולמה.  
أكتبوا ما هي مشاعر الآشخاص. استعملوا الكلمات أدناه.

tired ■ bored ■ happy ■ surprised ■ afraid ■ sad ■ excited ■ angry



How does she feel when she sees a spider?  
*afraid*



How does she feel when she gets a present?



How does he feel when he watches TV all day?



How does she feel when she goes to bed late?



How does he feel when he gets a lot of homework?



How does she feel when she wins a race?

2. Write three sentences about how you feel.  
Use the pictures above and the chart below to help you.

כתבו שלשה משפטים על איך אתה מרגש, השתמשו בדילם.  
شلّطلهم وكتبوا لهم شلّطهم.  
أكتبوا ثلاث جمل عن مشاعركم. استعينوا بالصور أدناه  
والجدول أدناه.

I am	tired bored happy surprised afraid sad excited angry	when	I win a race. I watch TV all day. I see a spider. the teacher gives us a lot of homework. I get a present. I go to bed late.
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*I am afraid when I see a spider.*

1. ....  
2. ....  
3. ....