

The Happiness Puzzle

This puzzle has three parts. Follow the directions in each part to solve the puzzle. Remember that everything in this puzzle relates to happiness!

PART A. Unscramble the following items to spell things that people might do when they are happy. (Example: hagul → *laugh*)

- | | |
|------------------|----------------------|
| 1. miles → _____ | 5. caned → _____ |
| 2. gins → _____ | 6. plac → _____ |
| 3. ring → _____ | 7. ugh → _____ |
| 4. reech → _____ | 8. bectarele → _____ |

PART B. Fill in the missing vowels (*a, e, i, o, u, and y*) to spell things that can make people feel happy. (Example: L _ _ R N _ N G → *learning*)

1. FR _ _ N D S → _____
2. F _ M _ L _ → _____
3. G _ M _ S → _____
4. P _ T S → _____
5. N _ T _ R _ → _____
6. TR _ V _ L → _____
7. S _ C _ _ L _ Z _ N G → _____
8. _ X _ R C _ S _ → _____
9. SL _ _ P → _____
10. FR _ _ T _ M _ → _____
11. _ _ T _ N G G _ _ D F _ _ D → _____
12. N _ C _ W _ _ T H _ R → _____
13. H _ L P _ N G _ T H _ R P _ _ P L _ → _____
14. P _ _ C _ → _____

PART C. Use the nine words below to form a sentence from a song related to happiness.

you smiling world the whole smiles you're with when

ANSWER: _____

Answers to *THE LIGHTER SIDE*

THE HAPPINESS PUZZLE

11. eating good food
12. nice weather
13. helping other people
14. peace

PART C

“When you’re smiling, the whole world smiles with you.”
(Do you agree? This line is from the song “When You’re
Smiling,” written by Larry Shay, Mark Fisher, and Joe
Goodwin and sung by Louis Armstrong, Billie Holiday, Frank
Sinatra, and others.)

Note: You can ask your students to list things that make them
happy. Then have them remove the vowels, as in Part B, and
see if their classmates can fill in the missing letters. It’s a
happiness activity!

- PART A**
1. smile
 2. sing
 3. grin
 4. cheer
 5. dance
 6. clap
 7. hug
 8. celebrate
- PART B**
1. friends
 2. family
 3. games
 4. pets
 5. nature
 6. travel
 7. socializing
 8. exercise
 9. sleep
 10. free time