



Happiness Scale



The word 'Beatitude' in Latin means 'abundant happiness.' Use the Caritas Happiness Scale below to explore where students would rate their level of happiness in given situations.

The Caritas Happiness Scale

- 100** So excited that I feel I will explode!
- 80** Really happy—I can't stop smiling
- 60** Pleased
- 40** Feeling okay—but it could be better
- 20** Disappointed
- 0** Can't believe it! I'm so upset



Scenarios



You win a medal in an important competition

You run out of food for the week

Someone gets angry at you for singing a song about God



Someone in your family is injured and is in pain



You find out that you have won free concert tickets to your favourite band



Someone gives you a present you don't like



There is a big argument and you have to calm everyone down



Your best friend does something awesome!



You find out sad news online



Your birthday is tomorrow!

