



Worksheet: Metaphors for Happiness

This worksheet helps reinforce your understanding of metaphors used to describe happiness. Complete the tasks below to explore meanings, practice usage, and reflect on the language of joy.

Part 1: Match the Metaphor to Its Meaning

Draw a line or write the letter next to the matching phrase.

1. Walking on air
2. In seventh heaven
3. Her smile was sunshine
4. A fire of joy in his chest
5. A spring in his step

Meanings:

- A. Her joy brightens the mood of others.
- B. Feeling extremely happy or elated.
- C. Joy that energizes your movement.
- D. Feeling deeply joyful and content.
- E. Warm and powerful internal happiness.

Part 2: Complete Each Sentence Using a Metaphor from the Article

1. After getting the good news, she felt like she was _____.

2. His laughter was like _____, lighting up the whole room.
3. I could see _____ in her eyes when she opened the gift.
4. The world seemed to _____ after the baby was born.
5. They were _____, thrilled about the surprise vacation.

Part 3: Write Your Own Metaphors for Happiness

Think of something that represents joy, brightness, or warmth. Use it to create a metaphor for happiness.

1. _____
2. _____

Part 4: Reflect

Why do you think people use metaphors to talk about emotions like happiness?

 **Answer Key – Metaphors for Happiness Worksheet**

◆ **Part 1: Match the Metaphor to Its Meaning**

| Metaphor | Correct Match |
|-------------------------------|--|
| 1. Walking on air | B. Feeling extremely happy or elated |
| 2. In seventh heaven | D. Feeling deeply joyful and content |
| 3. Her smile was sunshine | A. Her joy brightens the mood of others |
| 4. A fire of joy in his chest | E. Warm and powerful internal happiness |
| 5. A spring in his step | C. Joy that energizes your movement |

◆ **Part 2: Complete Each Sentence Using a Metaphor**

(Suggested sample completions; student responses may vary)

1. After getting the good news, she felt like she was **walking on air**.
2. His laughter was like **sunshine**, lighting up the whole room.
3. I could see a **fire of joy** in her eyes when she opened the gift.
4. The world seemed to **bloom around her** after the baby was born.
5. They were **in seventh heaven**, thrilled about the surprise vacation.

Accept reasonable variants as long as they are metaphorical and convey happiness.

◆ **Part 3: Write Your Own Metaphors**

Open-ended — look for:

- Creativity
- Figurative comparison (not literal)
- Clarity and emotional tone

Examples:

- “His laugh was a sparkler lighting up the whole park.”
 - “Joy bubbled inside her like soda shaken too long.”
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◆ **Part 4: Reflect**

✅ Open-ended — strong answers might mention:

- Metaphors help express emotions in creative ways
- They make abstract feelings more vivid or visual
- They add beauty or intensity to communication

Let me know if you'd like this answer key formatted into a printable PDF or included in your lesson plan.