

1. What is contentment?

Contentment is feeling happy and satisfied with what you have and not always wanting more. It's like being grateful for your toys, friends, and the way things are instead of wishing for something different all the time.

2. Mention any 3 attributes of contentment:

- a. Being thankful: Content people say thank you a lot and appreciate the good things in their life.
- b. Feeling Calm: Contentment means feeling calm and peaceful, not worried or upset.
- c. Not Comparing: It's when you're not always looking at what others have and wishing you had the same. You're okay with what's yours.

3. Mention 5 effects of discontentment and explain any 2

- a. Feeling Stressed
- b. Being Unhappy
- c. Having Problems with Friends
- d. Spending Too Much Money
- e. Feeling Not Good Enough

**Feeling Stressed:** Discontentment is when you're always wishing for something more or different. This constant wanting can make you feel stressed, like when you worry about schoolwork or other things.

**Spending Too Much Money:** Discontentment can make you want to buy lots of things to try to be happy. This can lead to spending too much money on toys, games, or other stuff.