


Name:

Date:

IF YOU'RE HAPPY AND YOU KNOW IT...

 What are the things you love to do regularly? List your top five:

- 1.
- 2.
- 3.
- 4.
- 5.

 What things do you hate to do but have to do anyway? List your bottom five:

- 1.
- 2.
- 3.
- 4.
- 5.

NOT ENOUGH HOURS IN THE DAY...

How many hours are there in one day? _____

How many days are in one year? _____

Use your answers to find out how many hours are in one year. _____

- Think about three of the things you like to do.
- Work out how many minutes you spend each week doing them.
- Now think about how much time a year you spend doing them.
- Do the same with three of the things you don't like.
- Record all your answers in the table on the next page.
- Work out the percentage of time spent doing good things and doing bad things.

Name:

Date:

☺ IF YOU'RE HAPPY AND YOU KNOW IT...

HOW DO I DO PERCENTAGES?

A percentage helps us to compare quantities.

Percent means 'per one hundred' or how many out of a hundred.

To find how many percent something is of a total amount, do the following calculation:

$$\text{Your Number} \div \text{Total Number} \times 100$$

For example, to find out what percentage 33 is of 66, do the following:

$$33 \div 66 \times 100.$$

The answer would be 50%.

Good Activities	Approx hours or minutes per week	Approx hours per year	Percentage of the year spent
Totals			

Bad Activities	Approx hours or minutes per week	Approx hours per year	Percentage of the year spent
Totals			

**WRITE A COMMENT ABOUT YOUR RESULTS.
DID THEY SURPRISE YOU IN ANY WAY?**