# Activity sheet 1.10: Emotional development: Contentment

Learning aim A: Understand human growth and development across life stages and the factors that affect it

Learning aim A1:Human growth and development across life stages

Positive emotional development is dependent on our feeling of security and **contentment.**

1. With a partner, discuss why contentment is an important emotional development. Then write a definition below.

Contentment means

2. With a partner, discuss what makes individuals feel contented or discontented, then complete the table below. Try to give one reason for each of the life stages. Some examples have been added.

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| **Life stage** | **Contented** | **Discontented** |
| Infancy |  | Not having needs met – e.g. needing to have a nappy changed |
| Early childhood |  |  |
| Adolescence | Being happy with own looks and body image |  |
| Early adulthood |  | Having unrealistic expectations of own achievements |
| Middle adulthood | Succeeding at a work project |  |
| Later adulthood |  |  |

Take it further

What individuals need to feel secure and contented can be different at each life stage. (For example, someone in later adulthood may be contented by something very different from an adolescent.) Can you explain why this might be the case? Work with a partner to discuss this.