

The one life: Fill in the blanks activity

Humanists believe that this is the _____ life we have. They don't believe in an afterlife. They see no persuasive evidence that we live on after we die. Many humanists recognise that something of us can survive our death: the atoms that make up our bodies, our genes if we have children, the ideas we share with others, and the _____ we make to society can live on after we are gone.

Humanists believe we should try to make the most of life in the here and now, seeking _____ and supporting other people to do the same.

Humanists do not think there is some 'ultimate' meaning to life, external to human beings. It is up to us to make our own lives _____. For them, there is no one single answer to the question of what makes a happy or meaningful life. Happiness and meaning can be found in relationships with others, creativity, curiosity, achieving our goals, and helping to make the world a better place. For many humanists, it is the _____ we make in life that enrich our experience and make our lives meaningful – with other people, with human history, and with the natural world. _____ and joy can also be found in the arts, science, and the natural world.

Many humanists believe that everyone should have the _____ and opportunity to find happiness. We should not let others decide how we must live. We should be the _____ of our own lives. This is called personal _____. Our freedom, however, should not extend to causing _____ to others or restricting their freedom.

Freedom therefore brings with it a _____. Many humanists believe we should think carefully about our choices and the impact they have on other people, animals, and the planet. Freedom also requires us to be _____ of different people's alternative life choices as long as they cause no harm. Many humanists believe it is a good thing that we all have different tastes and talents as it leads to a _____ and interesting society from which we all benefit.

Not everyone feels their life is meaningful. Many people around the world are not free to choose how they live. Many do not have the right conditions to lead happy lives. For many humanists this can be a _____ to work to create a world in which everyone has the opportunity to find happiness and fulfilment in the here and now.

responsibility	freedom	autonomy	happiness	motivation	diverse	one
connections	wonder	authors	tolerant	meaningful	contributions	harm

The one life: Fill in the blanks activity (answers)

Humanists believe that this is the **one** life we have. They don't believe in an afterlife. They see no persuasive evidence that we live on after we die. Many humanists recognise that something of us can survive our death: the atoms that make up our bodies, our genes if we have children, the ideas we share with others, and the **contributions** we make to society can live on after we are gone.

Humanists believe we should try to make the most of life in the here and now, seeking **happiness** and supporting other people to do the same.

Humanists do not think there is some 'ultimate' meaning to life, external to human beings. It is up to us to make our own lives **meaningful**. For them, there is no one single answer to the question of what makes a happy or meaningful life. Happiness and meaning can be found in relationships with others, creativity, curiosity, achieving our goals, and helping to make the world a better place. For many humanists, it is the **connections** we make in life that enrich our experience and make our lives meaningful – with other people, with human history, and with the natural world. **Wonder** and joy can also be found in the arts, science, and the natural world.

Many humanists believe that everyone should have the **freedom** and opportunity to find happiness. We should not let others decide how we must live. We should be the **authors** of our own lives. This is called personal **autonomy**. Our freedom, however, should not extend to causing **harm** to others or restricting their freedom.

Freedom therefore brings with it a **responsibility**. Many humanists believe we should think carefully about our choices and the impact they have on other people, animals, and the planet. Freedom also requires us to be **tolerant** of different people's alternative life choices as long as they cause no harm. Many humanists believe it is a good thing that we all have different tastes and talents as it leads to a **diverse** and interesting society from which we all benefit.

Not everyone feels their life is meaningful. Many people around the world are not free to choose how they live. Many do not have the right conditions to lead happy lives. For many humanists this can be a **motivation** to work to create a world in which everyone has the opportunity to find happiness and fulfilment in the here and now.

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