

What makes a good life?

Lessons from the longest study on happiness (Robert Waldinger)

TASK 1: Watch the video (00:00 – 05:50) and fill in the blanks with words from it (No more than **THREE WORDS** and/or **ONE NUMBER**)

Millennial's Survey

1.What are Millennial two main goals?	Percentage	Goal
	(1)	(2).....
	(3).....	(4).....
2.What are we often told we need to do to have a good life?	To push (5) h _____ and (6) a _____ more	

The study

3.Name of study:	The Havard Study of (7).....
4.Lengthof time:	(8).....
5. When it began	(9).....
6. Number of participants	(10).....
7. Number of alive participants today	(11).....
8. Two groups of participants	- Group 1: (12)..... - Group 2: (13)
9. Three main research areas	- (14)..... - (15)..... - (16)

Listening Comprehension

TASK 2: Watch the video (05:50 – 10:00) and put a suitable word in the gap

Three Big Lessons

Lesson 1:

Social connections are good for us but (17)_____kills. People who have strong family and friend communities are happier, healthier and live longer. People who are (18)_____are less happy, health declines earlier in (19)_____life, (20)_____functions declines sooner and they live shorter lives. In fact, one in (21)_____Americans are lonely.

Lesson 2:

It's not the number of friends but whether or not you are in a (22)_____ relationship. Living in (23)_____is really bad for us but living in good warm relationships is (24)_____. Evidence at fifty years old showed how healthy they would be at (25)_____years old.

Lesson 3:

Relationships don't just protect our bodies they protect our (26)_____. People in positive relationships feel they can rely on that other person in times of (27)_____, as a result their (28)_____stay sharper.

Listening Comprehension

TASK 3: Watch the last part of the video and do the tasks below

Multiple choice questions

29. *It is indicated in the survey that*

- a) Close relationships are good for our health and wellbeing
- b) Close relationships are good for our health and wisdom
- c) Close relationships are good for our health and longevity

30. *Relationships*

- a) quickly fix, never last
- b) building is a lifelong challenge
- c) can be sexy and glamorous

Name 3 things to improve relationships with friends and family

1.	Replace screen time with people time
2.	(31).....
3.	(32).....
4.	(33).....