

A. Drag and drop the appropriate words to complete the sentences.

FINANCIAL	-	LONG TERM	-	SOCIALIZE	-	MOOD	-	BASIC NECESSITIES	-
STANDARD OF LIVING	-	SECURE	-	WELL-BEING	-	CENTENARIANS	-	VOLUNTEER	

1. Saving money regularly is a smart decision for achieving your _____ financial goals.
2. Access to clean water and food are examples of _____.
3. Feeling safe and _____ in your home is crucial for happiness.
4. Humans are social creatures and need to _____ with others regularly.
5. Managing your money wisely is part of good _____ planning.
6. The _____ in developed countries is generally higher than in developing ones.
7. Some people believe that staying active and positive can help them become _____.
8. Many young people choose to _____ to help those in need.
9. Taking care of your physical and mental _____ is important for overall health.
10. Listening to uplifting music can improve your _____ and make you feel happier.

B. Choose the correct answer.

1. According to the text "Four keys to happiness", how can being active improve our sense of well-being?

- A. Being active has no effect on mood or well-being.
- B. Being active can help improve your mood and boost happiness.
- C. Only certain types of physical activity, like walking a pet, can improve your well-being.

2. Why is Singapore considered one of the happiest countries in Asia?

- A. The government provides housing and healthcare to all citizens.
- B. People in Singapore have a lot of personal freedom.
- C. Singaporeans work very short hours.

3. What is more important for Singaporean people's happiness than personal freedom?

- A. Having a high-paying job
- B. Living in a safe and orderly environment
- C. Spending time with friends and family

4. What is the answer to the question “Is there a recipe for happiness?”?

- A. There is a single, universal recipe for happiness.
- B. Happiness is determined by a country's laws and policies.
- C. Factors like security, freedom, and social connections all play an important role in happiness.

5. What characteristic do centenarians of different cultures share, according to the video?

- A. They are less active than younger generations.
- B. They stay active and eat locally grown food.
- C. They all have access to the best medical care.

6. Which of the following is NOT mentioned in the text “Four keys to happiness”?

- A. Staying connected with friends and family.
- B. Buying less and being more mindful of purchases.
- C. Feeling safe and secure.
- D. Engaging in physical activity and being close to nature.

7. According to the text “Four keys to happiness”. How does volunteering boost our sense of happiness?

- A. By giving away the things that we don't need
- B. By spending money on other people rather than on ourselves
- C. By making us feel grateful for what we have

8. The main message or conclusion of the video is.....

- A. Aging is a disease that can be cured through medical intervention.
- B. Centenarians are a rarity and their lifestyles are difficult to imitate.
- C. Adopting the healthy habits of centenarians may let us live longer.