Worksheet

Name: _____

I. Choose the correct answer.

1. According to Robert Waldinger, what is the most important factor for a good life?

a) Money

b) Fame

c) Good relationships

d) Success

2. Good relationships help people become:

a) Richer

b) Happier and healthier

c) More famous

d) More intelligent

3. What is more important than having many friends?

a) Their age

b) Their nationality

c) The quality of relationships

d) Their jobs

4. People who are socially connected usually:

a) Feel lonely

b) Live shorter lives

c) Are happier and healthier

d) Have more problems

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5. The video is mainly about:

a) Education

b) Sports

c) Happiness

d) Technology

II. Write T (True) or F (False).

6. Money is the most important factor for happiness. _____

7. Strong relationships can improve our health. _____

8. Being isolated from others is good for our well-being. _____

9. Quality relationships are important throughout life. _____

10. The study discussed in the video lasted many years. _____

III. Complete the sentences.

11. Good relationships make us _____ and healthier.

12. People need connections with family, friends, and their _____.

13. Happiness is closely related to the quality of our _____.

14. The video is based on a long-term _____ about happiness.

15. Social connections help people live _____ lives.

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