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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS