



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 4 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

### **01. Let us lead a happy and healthy life.**

❖ Answer the following questions.

01. What is spiritual well-being?

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02. Write down three qualities that are found in a person who is spiritually well.

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03. Write down three things you need to do to improve your spiritual well-being.

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04. Write down two good habits to follow for social well-being.

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05. Write down two features that have developed in a person with empathy.

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