<b></b>	hool Department
Sabaragamuwa Provincial	l Department of Eucation - Weekly School
	hool Department of Education,Sabaragamuwa <u>Province/ Weekly School Department</u>
Subject - Health & Dhysical Education	ducation,SabaragamuwaProvince/Weekly School 2021 - 4 week vovince/Weekly School Department of Education Veekly Sch
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Education Control Cont	ducation.Sabaragamuwa.Province/

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

- Answer the following questions.
- 01. What is spiritual well-being?

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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