



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

2021-3week

Grade - 6

Mawanella Zone

1. let us lead a happy and healthy life

❖ If the given statements are true, put a (✓) mark. if they wrong put (x) mark for question number 1-5

1. Social well- being is to maintain good relationship with the people around us. ()
2. Empathy is a skill that can be seen in a person with social well- being. ()
3. Having good interpersonal relationships decrease the number of friends. ()
4. Enjoying the environment is a main factor in spiritual well – being ()
5. Going after desires can solve life's problems ()

❖ Answer the following questions.

6. What is spiritual well – being
7. Write down three qualities that a person with spiritual well-being.
8. Write down three things you can do to develop spiritual well -being.
9. Write down two good habits to follow for social well – being.
10. Write down two features that have developed in a person who needs empathy.