



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 3 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

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

❖ If the given statements are true put a ( ✓ ) mark. If they wrong, put (X) mark.

01. Social well-being is about maintaining good relationships with others around us ( )
02. Empathy is a skill that can be seen in a person with social well-being. ( )
03. Having good interpersonal relationships reduce friendship. ( )
04. Enjoying the environment is a key factor in contributing to spiritual well-being ( )
05. Chasing desires can solve life's problems. ( )