“What Makes a Good Life? Lessons from the Longest Study on Happiness”

TED Talk by Robert Waldinger

**Name:**

**Date:**

**Directions:** Answer the following questions, using complete sentences. You may either answer the questions on this worksheet and then send it to me as an email attachment, or you may simply type your answers to the questions directly into the text of an email. Either way, remember to include your name on your work! My email is [mlambert@madisonprep.org](mailto:mlambert@madisonprep.org).

1. **In one sentence, summarize the main idea of Dr. Waldinger’s TED Talk.**

If using this worksheet, delete this and type your answer into the textbox.

1. **According to Dr. Waldinger, what are the three big lessons about relationships that researchers have learned from this study?**

If using this worksheet, delete this and type your answer into the textbox.

1. **During this time of social distancing, it is more important than ever to combat loneliness by continuing to nurture relationships with friends and family. Write a short paragraph exploring ways you can continue to engage with others during isolation.**

If using this worksheet, delete this and type your answer into the textbox.