

Unit 8 Reading Worksheet 1

Name _____



Human beings are **built** for connection. When we are born, we are **helpless**. We need our mothers, fathers and **caregivers** to stay alive. We need connection to live. So it's not surprising that scientists have got evidence that friendship—a good connection with someone—can help us be happy and healthy.

Two scientists did a **study** about the power of social **networks**. They found that happiness is contagious among friends. They learned that our happiness can make our friends and their friends happy. That's a lot of happy connections!

help us stay healthy. It's easier to start and continue good habits with friends. It's also easier to quit bad habits with a friend's support. Even more studies show that having friends can help us live longer!

Now we know that friends and friendships can make us feel good. But how do we make friends? Another group of scientists have got a possible answer. These scientists did experiments with pairs of **strangers**. The pairs answered 36 personal questions, shared stories and **made eye contact**. And they often made great friendships and connections!

Other scientists found that our friends' support can

1 Read and circle the correct option.

- People are made for...
 - scientists.
 - connection.**
 - questions.
- Without connection, _____ can't survive.
 - babies
 - support
 - happiness
- There is evidence that _____ can make us happy.
 - stranger
 - experiments
 - friendships
- One study shows that happiness is...
 - contagious.
 - questions.
 - science.
- It is easier to start good _____ with friends.
 - friends
 - habits
 - answers
- _____ bad habits is easier with the support of friends.
 - Studying
 - Quitting
 - Starting
- Maybe we can make _____ by sharing personal stories.
 - connection
 - eye contact
 - friends



Glossary

- built:** made
- helpless:** not able to self-protect
- caregivers:** people who take care of someone
- study:** an investigation and analysis
- networks:** systems of connection
- strangers:** people who don't know each other
- made eye contact:** looked directly into each other's eyes

2 Read again and tick (✓). According to the information in the last paragraph, how can people make new friends?

- | | |
|---|---|
| <input type="checkbox"/> travel together | <input type="checkbox"/> share a meal |
| <input checked="" type="checkbox"/> ask questions | <input type="checkbox"/> share stories |
| <input type="checkbox"/> give gifts | <input type="checkbox"/> make eye contact |