| Department<br>Edi                       | Annuw Provincial D              |  | ant of Education Sabaragamuwa Provinca/ Waakly S<br>n – Sabaragamuwa – Week School | chool Department of<br>I,Sabaragamuwa |
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| Der                                     | lucation,Sabaragamuwa P         | rovince/ Weekly School Departme  | ent of Education,Sabaragamuwa Province/ Weekly S                                   |                                       |
| Educanon, o<br>Provinc<br>Depart        | Subject: Health                 | Chool Department of Educa<br>Sabaragamuwa Provin<br>1ce/ Weekly School Departme                              | eek: 10 <sup>th</sup> Week- 27 <sup>th</sup> Dec, 2020- 2 <sup>nd</sup> .          | Jan, 2021                             |
| Education,S<br>Province/V<br>Department |                                 | chool Department of Education, Saba<br>ation, Sabaragamuwa Province/ Weel<br>brovince/ Weekly School Departm | Translated by: Ms. E.G.I.J. Gamla<br>Kg/Dehi Rajasinghe Centra                     | 01                                    |
| Education,S                             | Sabaragamuwa Province/ Weekly S | chool Department of Education, Sabara  | agamuwaProvince/ Weekly School Department of Educ                                  | cation,Sabaragamuwa                   |

## **Emotional Balance**

- 1. What is emotion?
- 2. There are two types of emotion. Mention those types and give 3 examples each.
- 3. What are the factors that affect emotions?
- 4. Write 5 situations that a student can experience mental stress.
- 5. Complete the following table with 5 points. The characteristics that can be seen in mental stress.

| Physical characteristics | Mental characteristics | Behavioural characteristics |
|--------------------------|------------------------|-----------------------------|
| Headache                 | Frequent fears         | Discomfort                  |
|                          |                        |                             |
|                          |                        |                             |
|                          |                        |                             |
|                          |                        |                             |

6. Complete the following table with 5 points. The harmful effects of mental stress.

| Physical effects   | Mental effects | Social effects |
|--------------------|----------------|----------------|
| Decreased immunity | Mental illness | Social stigma  |
|                    |                |                |
|                    |                |                |
|                    |                |                |

- 7. Mention 5 factors that affect mental stress.
- 8. Write 5 things which can be taken to release mental stress.
- 9. Write 5 competencies which can be developed to release mental stress.
- 10. Point out that engaging in sports activities is more suitable to experience immediate stress relief.