



Provincial Department of Education – Sabaragamuwa – Week School

Week: 10th Week- 27th Dec, 2020- 2nd Jan, 2021

Subject: Health

Grade -10

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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.