

Week School – Grade 07
Health and Physical Education
Second Term- Eight week

Topic 11 Let us balance our emotions

Read the following statement and mark (✓)if correct and mark (✖) in incorrect

- 1.We can have peace and harmony at home by balance our emotions ()
- 2.Various people react emotions in the some way ()
- 3.Unpleasant situations arise due to balance emotions ()
- 4.Meditation and yoga helps to increase unpleasant emotions ()
- 5.Sympthy is a negative emotion ()

