

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

Topic 11 Let us balance our emotions

Select the suitable words and fill in the blanks

- 1..... Is a one of negative emotion.
- 2.We react to our feeling according to the
- 3.Stress can be controlled by learning to react to both positive and negative emotions.
- 4..... is a factor that does affect the emotional balance.
- 5.When you have to face an..... Emotion you should listening to a song.
(calmly , situation , jealousy , unpleasant , personality)

Answer all questions

1.What is meant by the word emotions?

2.Complete the following table

Occasions	Emotions arised
1.Get new clothes
2.Quarrel with your sister or brother
3.Winning a prize
4.Punished by your teacher
5.Get a birthday gift
6.Your best friend angry with you
7.Could not get a thing you wanted

- 3.What do you mean by emotional balance?
- 4.Give three examples for unpleasant emotions.
- 5.Give three examples for pleasant emotions.

Answer all questions.

- 1.What are the factors that affecting emotional balance?
- 2.What are the steps could be taken to avoid unpleasant emotions?
- 3.What are the skills that should be developed to help in maintaining emotional balance?
- 4.State the things to do when you have unpleasant emotions.
- 5.Write the importance of maintaining emotional balance within your family.

