



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 43 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

09. Let us improve fitness for a balance life.

❖ Answer the questions based on the lessons.



01. We have both positive and negative emotions. Mention them in the table below.

Pleasant emotions	Unpleasant emotions

02. If you have to deal with stress, write down the emotions that you feel in that situation.

- When you win a sport event -
- When your father scolds you -
- When a friend sprays paint on your new dress -
- When you are on the road alone -
- Giving your sister a birthday present -

03. Write down three negative consequences of not controlling your emotions.

04. Write down three things we need to do to keep your emotions in balance.

05. Write down two qualities we must have in order to maintain good personal relationships.