

## Sabaragamuwa Health and Physical Education

Grade 09

Week 01 October

Let's improve psychosocial aggression

Sickness, exams, natural disasters, war situations, personal challenges are some of the challenges we face in life. To successfully meet these challenges, one must develop qualities such as emotion, balance, empathy, effective communication, creative and exploratory thinking ability.

1. What is the ability to explore and think creatively?
2. Write down ways you can develop those skills.
3. Write down five actions to take when a problem arises.
4. What is stress?
5. What are the times when you as a school child may experience stress?
6. What are some ways in which you can cope with stress?