



Sabaragamuwa provincial Department of Education

– Sati pasala

Health and Physical Education

6 week

Grade - 6

Mawanella Zone

9. Let us improve fitness for a balanced life.

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

Pleasant emotions	Unpleasant emotions

2. Imagine that you have to face the following situations. Write down the emotions that arise in your mind during those moments.
 - I. When you win a sports competition.
 - II. When your father scolds you
 - III. When a friend sprays paint on your new dress.
 - IV. When you are on the road alone.
 - V. Giving your sister a birthday present.
3. Write down three negative consequences of not controlling unpleasant emotions.
4. Mention three things we need to do to keep our emotions in balance.
5. Write down two qualities we must have in order to maintain in good personal relationships.