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## 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.