



Grade 7

Health and Physical  
Education.

Unit : 11 - Let us balance our  
emotions.

- Underline the most suitable answer.
- (1) What is not belong to emotional balance?
 

i) Think wise	ii) Good response
iii) Maintain good conduct	iv) Create anger
  - (2) factor which is not affected to emotional balance,
 

i) Experience	ii) Life style	iii) Money	iv) Age group
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  - (3) A pleasant emotion is,
 

i) Happiness	ii) Jealousy	iii) Sadness	iv) Anger
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  - (4) The group which is having basic requirements is,
 

i) Foods, vehicles, air	ii) Money, food, water
iii) Education, food, money	iv) Food, air, water
  - (5) This is not a skill that help in maintaining emotional balance,
 

i) Effective communication	ii) Empathy
iii) Stress	iv) Good interpersonal relationships

### Part II

- Answer all questions.
- (1) What is meant by emotional balance?
  - (2) Write 2 factors affecting emotional balance and explain them.
  - (3) Write 2 things that you can do to minimize mental stress.
  - (4) State 3 things that you can do when you have unpleasant emotions.
  - (5) List out 4 requirements that should be fulfilled within the family.
  - (6)
    - a) Write one unpleasant emotion that you have faced during your life time.
    - b) Draw that situation.