

Nalanda College – Colombo 10

Unit Evaluation

Grade 6

HEALTH AND PHYSICAL EDUCATION

Unit1

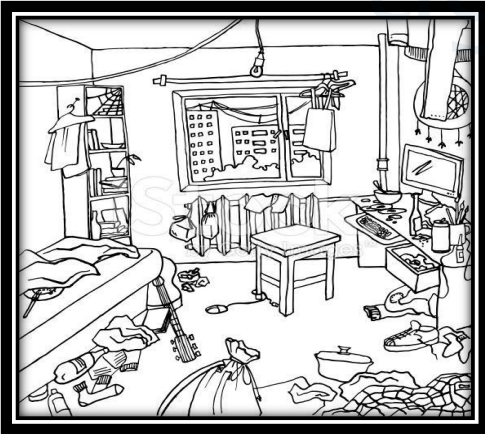
PART 1

Write answers for all questions.

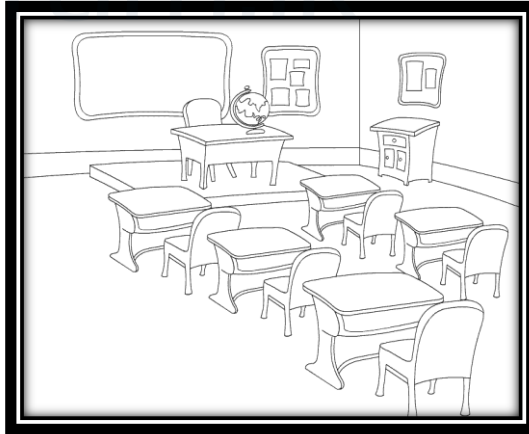
1. Write 5 sports activities that improve our health
2. Write 2 aesthetic activities that can improve our mental health
3. Write 3 ways of wasting our time during our daily activities
4. Who can help us in counselling process?
5. Write an institute which help for counselling
6. Write 5 characteristics of a person with mental wellbeing.
7. Write 3 pleasant emotions
8. Write 3 unpleasant emotions'
9. Write 3 self-discipline that we should maintain.
10. What are the instances where we feel unpleasant emotions?

PART2

PICTURE A



PICTURE B



Describe two pictures according to the emotions that you experience by looking at them