



Grade 08

Health and Physical
Education.

Unit 16: Let us develop life skills

Part I

Underline the most suitable answer

1. The ability to understand and share another person's experiences and emotions and helping them to cope with it is known as
 - i)Effective communication
 - ii)Empathy
 - iii)Life skill
 - iv)None of the above
2. Which of the following is a fact that influence on emotions
 - i)Person's age
 - ii)Personality,
 - iii)Experiences
 - iv)All of the above
3. A good emotion is
 - i)Sadness
 - ii)Anger
 - iii)Happiness
 - iv)Jealous
4. This is not a life skill which helps us to lead a happy and fruitful life
 - i)Empathy
 - ii)Managing emotions
 - iii)Socialization
 - iv)Humiliation

Part II

Answer all questions.

- (1) State 3 characteristics of a good communicator.

(2) Briefly explain the following topic with an example.

a) Empathy

b) Working in a team

(3) What are the skills which help you to comply with social norms?



agaram.lk

(4) Write down how you can cope with negative emotions