




ROUND ABOUT

Worksheet - IV

Name: Class: Roll No:

A. Circle the correct feeling according to the picture.

- | | | | | | |
|-------------|----------|-----------|----------|---|---|
| 1. smiling | frowning | frowning | laughing | → |  |
| 2. smiling | yawning | crying | frowning | → |  |
| 3. shouting | yawning | trembling | crying | → |  |

B. Write the feelings in front of the correct definition:

smiling, crying, laughing, trembling, shouting, yawning

1. (.....): You do it when you are sad.
2. (.....): You do it when you are tired.
3. (.....): You do it when you are angry.
4. (.....): You do it when you are super angry.
5. (.....): You do it when you are happy.
6. (.....): You do it when you hear something funny.
7. (.....): You do it when you are scared.

C. Tick (✓) the correct reaction in context:

1. If I do my homework, my teacher will be (shouting - smiling)
2. If I watch a scary movie, I will be (trembling - yawning)
3. If my sister takes my iPad without asking, I will be (smiling - frowning)
4. If I walk on broken glass, I will be (screaming - crying)

D. We often get angry and shout to show it. Anger is not good for your emotional health. Learn to cope with it. Some things that make me feel angry are....



1.
2.
3.

E. Tick (✓) the coping skills that might be helpful! Use the blank spaces to write your own ones.

- | | | |
|---|--|-------|
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Going for a walk | |
| <input type="checkbox"/> Using positive self-talk | <input type="checkbox"/> Meditating or relaxing | |
| <input type="checkbox"/> Talking to a friend. | <input type="checkbox"/> Counting to 10 | |
| <input type="checkbox"/> Talking to an adult. | <input type="checkbox"/> Thinking happy thoughts | |
| <input type="checkbox"/> Taking a time-out. | <input type="checkbox"/> Exercising | |

F. Why do we sleep? Find out the answer and write it below.

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