

ROUND ABOUT

Worksheet - IV

Name: Class: Roll No.:

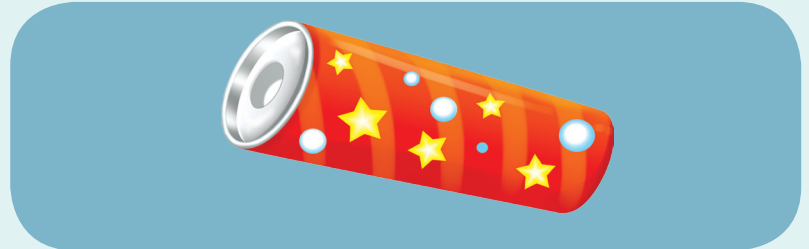
A. Read the given information. Express your trigger point and how will you cool down yourself.

The Matchstick



The match sets light on your anger. It could be events such as an unkind comment, someone ignoring you, disrespect for your family, a pull-down or people laughing at you.

The Firework



The explosive is the body responding that usually results in anger being expressed. The explosion is recognised by many different responses such as loud voices, swearing, sudden strong violent movements, angry tone of voice, shrill voices, a cold response, very controlled movements, ignoring, walking away, damage to property, crying and completely losing control.

MATCHSTICK

My anger triggers are:

.....



FIREWORK

When I am getting angry, I feel these changes:

.....



WATER

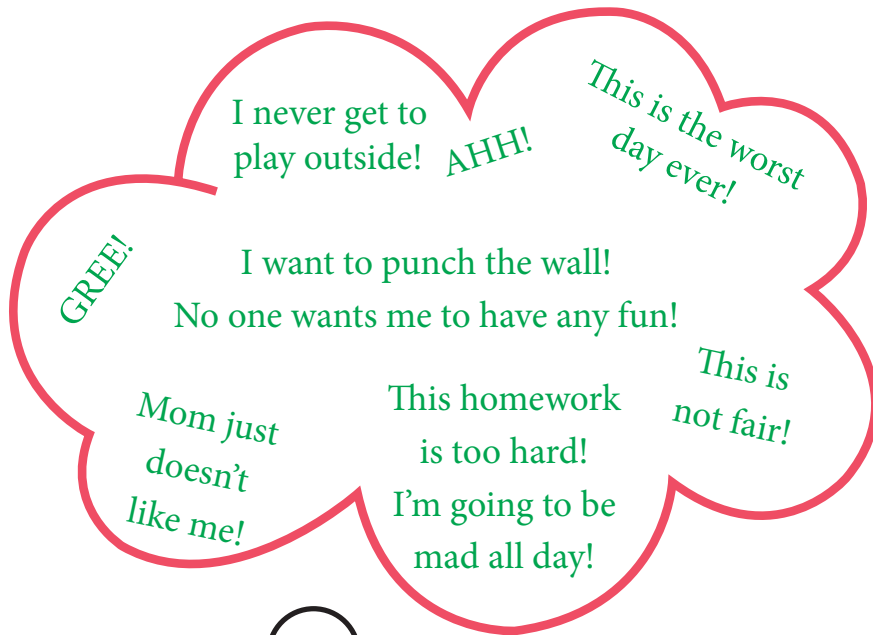
When I am getting angry, I can calm down by:

.....

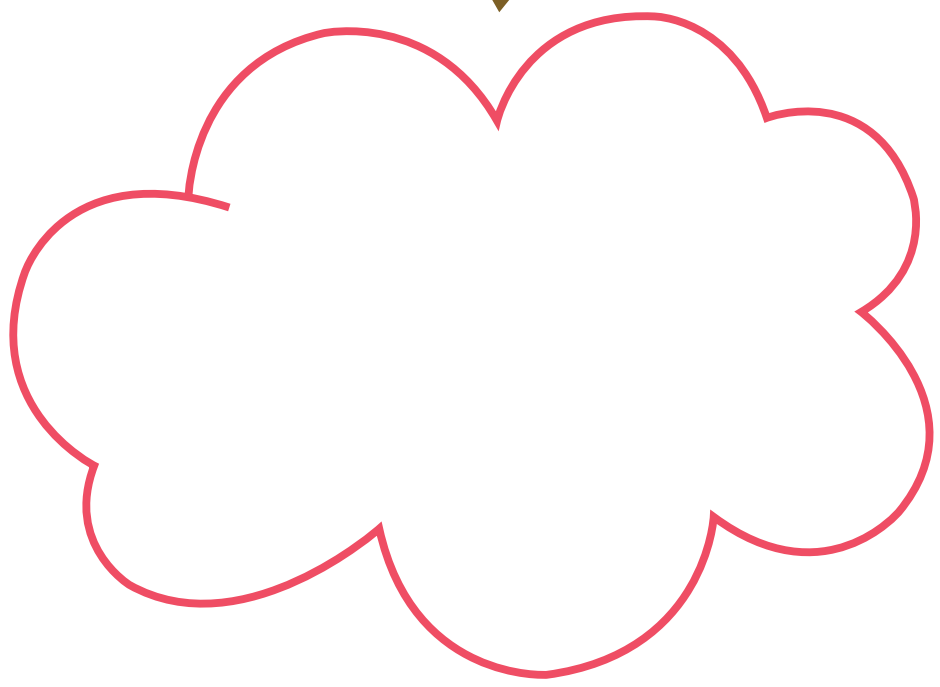
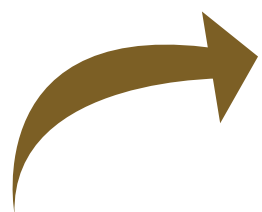


B. Kamal is angry because his mom won't let him play outside until he finishes his homework. Can you help him change his thoughts so that he feels happy again?

What might happen if Kamal keeps having thoughts like these?



Help him change his thoughts!



What might happen if Kamal starts having thoughts like these?

C. Name the part of the body related to these diseases.

Disease

encephalitis, brain abscess, concussion, Ischemic stroke, haemorrhagic strike.

Disease

irregular heart rhythm, arterial fibrillation, congenital heart diseases, mar fan syndrome.

Disease

acute bronchitis, cystic fibrosis pneumonia, emphysema
.....

Disease

detoxification of food, protein synthesis, hormone production, decomposition of red blood cells

Disease

gastritis, diarrhoea, cancer, gastroparesis
.....

Disease

crohn's disease, irritable bowel syndrome
.....