



Name: _____.

Grade: _____, Group: _____, Date: _____.

Read and answer the questions.

1. **What** occurs in our daily lives?

_____.

2. **What are** adolescents' reactions?

_____.

3. **What would** happen if adolescents could express and handle their emotions well?

_____.

4. **What are** emotions?

_____.

5. **Mention** three **positive** and three **negative** emotions.

_____.

6. **How are** people with positive emotions?

_____.

7. **How can** negative emotions affect people?

_____.

8. **What are** the three steps of managing emotions?

_____.

9. **How can** you relieve anxiety and fear?

_____.

10. **What can** adolescents do to avoid hurting themselves?

_____.

