



Name: _____.

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

Complete the 2 paragraphs with the given words/phrases.

able to

happiness

handle

relationships

undergoing

indignant

optimistic

1. Emotions such as _____, anger and sadness often occur in our daily lives. Emotional reactions are particularly common in adolescents who are _____ rapid physical, psychological and social development. If adolescents can express and _____ their emotions well, their psychological health and interpersonal _____ will be enhanced.

2. People with positive emotions are _____, energetic, ready to help others and _____ cope with stress. On the other hand, negative emotions will make people unhappy, depressed, discouraged, withdrawn and _____.

Based on the article, underline red the false sentences and blue the true ones.

1. Emotions are subjective human feelings which dictate mood. They aren't driving forces for human behaviours.
2. Expressing positive emotions can make life more enriching and meaningful; also make interpersonal relationships more successful and harmonious.
3. Don't do pleasurable and relaxation activities, e.g. listening to music, doing aerobic exercises
4. Be sensitive to others' feelings.
5. Keep in contact and get support from parents, teachers, friends and schoolmates.