

# 10

## WHAT'S IN YOUR HEART?

### Warm Up

How would you feel in these situations? Write your response and also enact it.

1. Your pet animal has died.
2. Your best friend is not talking to you.
3. Your parents give you a surprise gift.
4. You are going on a picnic today.
5. You have to give a speech in front of everyone during school assembly.

"Strong kids feel their feelings, not hide them."

## Emotions

An emotion is an inner feeling like anger, fear, happiness and excitement. It is caused because of the behaviour of people around you or the situation you are in.

### Example

- When you win a game, you feel happy
- When someone scolds you, you feel sad

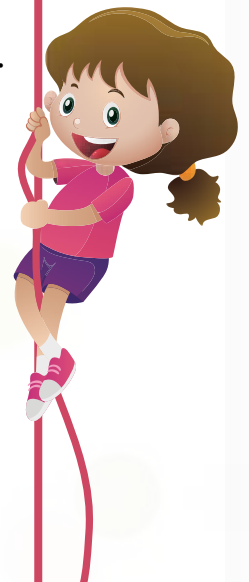
There are positive emotions and negative emotions. Positive emotions are those that come out of happiness. Negative emotions are those that come from sadness or anger. You have learnt eight feelings in lower classes. Do you remember them?

Now let us learn the names of some more emotions.

## Activity A: Know the Feelings

Your teacher will explain to you the feelings given in the chart. Give examples of situations when you feel them.

Negative emotions	Positive emotions
Grief	Joy
Fear	Interest
Hatred	Enthusiasm
Shame	Laughter
Blame	Empathy
Regret	Curiosity
Resentment	Anticipation
Anger	Pride
Guilt	Euphoria
Despair	Hope



## Activity B: How Do You Feel?

Tick what you would feel in each situation.

1. How would you feel when your favourite toy, doll or thing breaks?
  - a. disgusted
  - b. angry
  - c. sad
2. How does your mother/guardian feel when you don't complete your homework?
  - a. happy
  - b. bored
  - c. angry
3. How would you feel when your best friend comes first in class?
  - a. happy
  - b. excited
  - c. jealous
4. How would you feel when your father/guardian plans a family outing or a picnic?
  - a. worried
  - b. happy
  - c. excited
5. How would you feel before a performance on stage during your school annual day function?
  - a. afraid
  - b. nervous
  - c. confused
6. How would your father/guardian feel when you break something valuable at home by mistake?
  - a. angry
  - b. sad
  - c. frustrated



All human beings feel emotions that are both good and bad. It is normal and fine to feel all emotions. In fact, it is also important to express emotions, even the negative ones. If we are unable to express an emotion during a particular situation, then the emotion is stored in us and it comes out in a different situation or with a different person, even if they are not directly related to the issue. This is especially true for negative emotions.

Let us understand this with two examples.

### Example 1



Sahil was a student studying in Primary 4. He was not very good at games like football or cricket. He wanted to play with his friends, but they never allowed him to play because he wasn't good enough. They always teased him. Sahil felt angry and hurt. But he never expressed this to his friends. On the other hand, Sahil was a different person at home. He would get angry for small issues. He would throw things around, shout and fight with his family members. He never realised that the anger he

felt towards his friends was what he expressed at home.

### Example 2

Jenny studied in Sahil's class. She was a friendly girl and a good student. Her best friend was Sania. Jenny felt jealous when Sania spoke to other girls in the class. She would not eat properly or talk to anyone at home.

It is natural for Sahil and Jenny to feel like this. We all experience different types of emotions in various situations and with various people.

Do you think Sahil and Jenny expressed their emotions in the correct manner? Why?

While it is normal to feel both positive and negative emotions, we must know how to express them in the right manner. We have to make sure our feeling is not harmful to others or ourselves.

### **Handling an Emotion**

When we experience any emotion, we need to follow these four steps.

1. Feel the emotion and give it a name.
2. Acknowledge that we have that emotion.
3. Find the reason behind that emotion.
4. Express the emotion appropriately.

For example, let's take the emotion of fear of speaking on stage.

1. Feel the fear completely.
2. Recognise whether fear is the emotion you are feeling or is it some other emotion.
3. Identify why you have the fear of speaking on stage.
4. Express the feeling by speaking to an elder about it, breathe deeply before going on stage or practise on stage before the actual performance.

## How to Express Emotions in the Correct Manner

### Expressing positive emotions

If you have positive emotions like happiness, joy and excitement, express them freely. However, be conscious of the emotions of those around you when expressing your positive emotions.

For example, let us say you got the first rank in class. You are very happy and want to immediately share the news with others in class. But you notice that your best friend is very sad because she didn't get very good marks. So, out of respect for her feelings, you don't express your joy in front of her. Instead you console your friend.

### Expressing negative emotions

#### Anger

If you are angry or have any other strong negative emotion, you can express it in different ways.

1. Accept that you are angry.
2. Breathe deeply for a few minutes. The anger will go away.
3. Go into the bathroom or your bedroom and shout out your anger and frustration.
4. Punch a pillow for a few minutes till the anger is gone.
5. Draw or write about it on a piece of paper and tear it up after you are done.
6. Do some physical activity like running, exercising or playing a game.

## Sadness

If you are experiencing sadness or if you are feeling unhappy, what can you do?

1. Accept that you are sad or unhappy.
2. Listen to music.
3. Play with your friends.
4. Play with your pet.
5. Cry if you need to. (There is nothing wrong in crying. You need to let out the emotion.)
6. Talk about it with your parents/family members/guardians, your siblings or your friends.
7. Write about it on a piece of paper and tear it up.

## Activity C: Express Your Emotions

How would you like to express anger and sadness? Look at the lists for expressing anger and sadness given earlier and write the ways in which you would like to express anger and sadness.

### Anger

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.....

### Sadness

.....  
.....



## WORD WALL

**Extract:** To take something out, especially with difficulty

**Express:** State, say or show

**Conscious:** Aware; mindful

**Console:** Comfort or cheer up

**Frustration:** A feeling of irritation or helplessness

## Let's Remember

*It is normal to feel positive and negative emotions. Negative emotions have to be expressed and not kept inside. They have to be expressed in a way that is not harmful or hurtful to others or ourselves.*

## My Space

*What I liked most about this lesson :*

.....  
.....

*I learnt that*

.....  
.....



# Fun with Family



- 1. Tell your family about the appropriate ways to express emotions.*
- 2. Discuss how your family can express emotions appropriately in the following situations. Your family can choose what they would like to do from the list of ways to manage anger and sadness.*
  - 1. You feel irritated that your family members or guardians are asking you to sit and study when you want to go out and play.*
  - 2. Your father/family members/guardians is tired after coming home from work and gets angry at something you have done.*
  - 3. Your mother/guardian feels sad after fighting with a loved one.*
  - 4. You are very happy because you won medals in a sports competition. But your sibling did not win anything. How would you express your happiness?*