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## FINDING THE RIGHT BALANCE

### Warm Up

Tell your teacher the thoughts you would have in the following situations. Make a note of all the thoughts that run through your head.

1. You participate in a competition, but you don't win.
2. Your best friend forgets to wish you on your birthday.
3. Your mother makes your sibling's favourite dish but not yours.
4. You get less marks in a subject because you don't like it.
5. Your parents force you to eat something that you don't like.
6. You are not as good at a game as your friends are.

Thoughts are like seesaw —  
Maintain right balance play and enjoy!

In each of the above situations, you might have had some thoughts. What is a thought, and what are the different kinds of thoughts we have?

### **What is a thought?**

A thought is an idea, opinion, or image that forms in your mind when you think of, hear, or see something.

For example, when you see a flower, your first thought might be, "It is beautiful." When you hear a song, your thought could be, "It is melodious," and so on.

### **Thoughts can be of two types: positive or negative.**

#### **What are positive thoughts?**

When we have a positive thought, we focus on the good in any given situation.

#### **What are negative thoughts?**

When we have a negative thought, we focus on all the bad things in a given situation.

#### **Let us look at some examples.**

1. When you fall and hurt yourself.

Positive thought: "Thankfully, I only got a few scratches."

Negative thought: "This is just my luck. I always fall down."

2. When your friends forget to invite you to a birthday party.

Positive thought: "It was a mistake, and they may have forgotten to invite me."

Negative thought: "I'm not popular enough, and that's why they didn't invite me."

3. When you score less marks in a test.

Positive thought: I studied well and I will surely get more marks

next time.

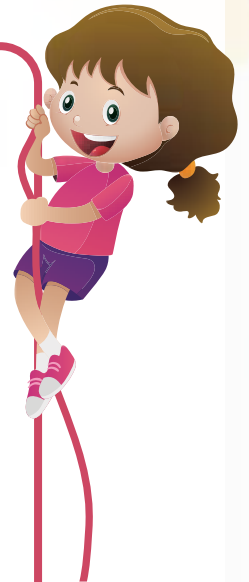
Negative thought: I am useless and not smart enough and may fail next time.

These are examples of positive and negative thoughts that we have when we undergo some problem or when we are in a certain situation.

## Activity A: Positive or Negative

Write whether the thoughts given below are positive or negative.

Sl. No.	Statement	Positive or Negative
1.	I am beautiful/handsome.	
2.	I am good at studies.	
3.	I will get better soon.	
4.	Nobody likes me.	
5.	I will do better next time.	
6.	I break everything.	
7.	I can't remember anything.	
8.	I am sure I can learn with enough practice.	
9.	I will never be as good as my friend/sibling.	
10.	I have wonderful friends who love me.	

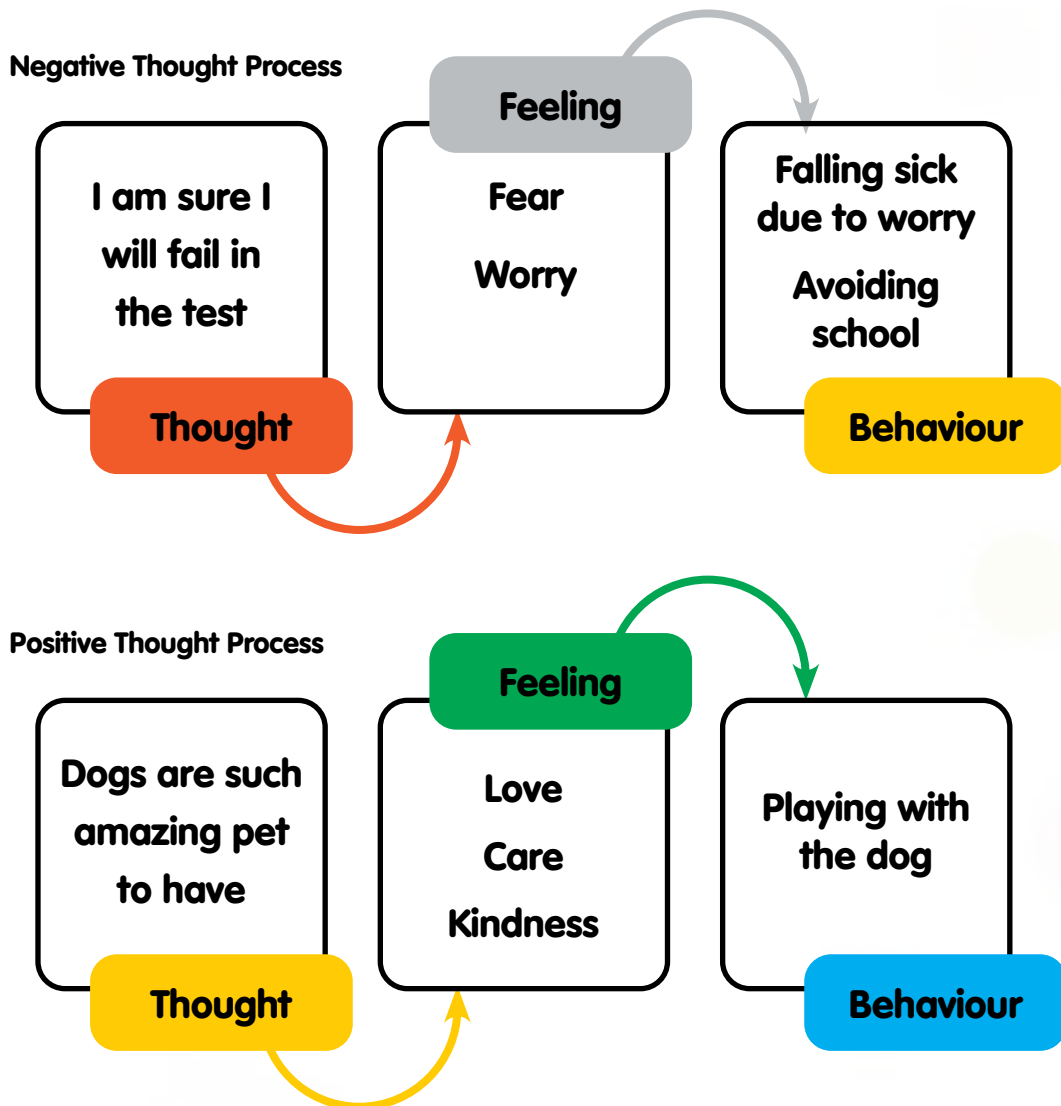


Were you able to differentiate between the positive and negative thoughts? Good.

Now, let us see why it is important to have good, positive thoughts and how negative thoughts might affect us.

Our thoughts determine how we feel, which determines how we behave. When we think good thoughts, we have good feelings like happiness, joy and excitement, and we eventually do good things. However, when we think negatively, we have negative feelings like fear, jealousy and sadness, which make us behave negatively.

Here are a couple of examples.



From these diagrams, you can see how our thoughts lead to our feelings and how our feelings shape our behavior.

We may come across many situations in life, but we need to look at the positive side of things and stop focusing only on the negatives.

In the above examples, we saw how our situations give rise to our thoughts.

### **Balanced Thinking**

What is balanced thinking? Suppose you see a snake on the road while you are walking.

Positive thought: The snake will not do anything to me.

Negative thought: The snake will bite me, and I will die.

Balanced thought: I need to be careful when I walk so that I don't disturb the snake, or I will wait until the snake moves away.

In the above example, you may notice that a positive thought may not always be useful. However, a negative thought is equally unhelpful. We need to have a balanced thought.

A balanced thought is based on facts. It also uses common sense and is more realistic.

Here are some examples.

Sl. No.	Negative Thought	Balanced Thought
1.	I will come last in the race.	It is important that I participated. It is okay if I don't win.
2	I am not good at studies.	I may not be good in one subject, but I score well in others.
3.	Nobody cares about me.	People care about me, but they may be busy or they may not express it.
4.	My mother scolded me. She doesn't love me.	My mother loves me. She only scolded me because I didn't do my homework.
5.	All dogs bite.	Some dogs may bite, but most dogs are quite friendly.

The table gives examples of negative thoughts and balanced thoughts. We need to have balanced thoughts, not only about our situations but also when we interact with others and when we judge people or situations.

## Activity B: Balanced Thoughts

Discuss with your teacher and write the balanced thought for each of the negative thoughts given in the table.

Sl. No.	Negative Thought	Balanced Thought
1.	All girls get scared easily.	
2.	I can't dance at all.	
3.	I am useless because I did not get good marks in my test.	
4.	All boys are naughty.	
5.	My father doesn't care for me. That's why he forgot to buy me what I wanted.	

Remember that negative thoughts are not good for us. We need to think positively or have balanced thoughts in all situations. That will help us have the right feelings and demonstrate the right behaviour.

## Activity C: Needs or Wants



Classify the things given below as a 'need' or a 'want'. Write 'N' next to what you think is a need and 'W' next to what you think is a want.



We are happy and content when we have balanced thoughts. At the same time, it is also important to balance our wants or desires.

### Balancing our wants/desires

We use many things in our day-to-day life. Some of them are things that we need. Others are things that we may not need but like to possess.

**Needs** are things that we need for day-to-day survival, like food, clothing and shelter. You need books and pens for school. You need milk to drink.

**Wants** or **desires** are everything that we would like to have. You may like to have expensive designer clothes. You may want to have a trendy watch. However, can you live if you didn't have them? The answer is 'yes'.

Examples:

- You might want a fancy watch which costs a lot of money, but you only need a simple watch that shows you the time
- You may want fancy footwear, but you need normal footwear for day-to-day use
- You may want burgers and pizzas, but you can't eat them every day. You need fruits and vegetables for daily consumption


So, is it bad or unnecessary to want things that do not come under 'needs'? No, it is not bad, as long as there is a balance in what we desire. The disadvantage of having too many wants or desires is that we are not happy till we get what we desire. We may waste money trying to get what we desire because of which we may not have enough money to afford our needs.

How do we decide if there is a balance or not? Before we decide to buy something we desire, we can ask ourselves the following questions.

- Do I need it?
- Can I or my family afford it?
- Will it be worth the money I pay for it?
- Would it be good for me?

For example, let's say you buy a very expensive outfit for your birthday or a wedding. You feel very happy when you wear it. But how many times can you actually wear it? If it is too expensive and you can only wear it two or three times, it may not be a good idea to spend so much money on it.

## Activity D: *Should I fulfil my desire or not?*



Do this activity with a partner. For each of the items given below, you and your partner should ask each other the four questions that decide whether a desire is worth fulfilling or not. If you and your partner are able to give satisfactory answers, tick the item. If the answers are not satisfactory, then the item should be crossed off.

1. Mobile phone
2. School textbooks
3. A remote-controlled aeroplane
4. A costly Parker pen
5. Nike shoes
6. Pencil box

Apart from material things, desire can be for 'praise from teacher', 'parents/guardian always listening to you', 'having many friends', 'coming first in class always', 'having a big house or a big car', 'watching TV all the time', and many more. Needing some amount of these is not wrong, but it is not healthy to keep thinking about

them. It is not right to expect that everyone will praise you, everyone will be friends with you, or you will always come first in class.

Your desires may get fulfilled, but if they don't, you should not feel bad. It's okay not to have everything you want, it's okay not to succeed all the time, and it's okay if your parents don't always listen to your demands.

We need to understand that all desires have limits. Some may come true, and some may not. We should not be unhappy if some of our desires are not fulfilled.

## Let's Remember

*Having desires is normal but we should limit our desires, be it for material things or other things. Balance in desires will lead to happiness and contentment.*

## My Space

*What I liked most about this lesson :*

.....  
.....

*I learnt that*

.....  
.....

The logo features the word "Fun" in a large, bold, yellow font with a blue outline, and "with Family" in a smaller, white font inside a blue rounded rectangle below it. To the left and right of the text are stylized, colorful water droplets in shades of blue, green, and yellow.

1. Look at all the things in your house. With the help of your parents/family members/guardians or other elders, categorise the things into needs and wants.

<i>Needs</i>	<i>Wants</i>

2. Make a list of things that you want to buy or get for yourself. With the help of your family members or guardians, categorise them into wants and needs. Discuss with your parents/family members/guardians which of your wants can be fulfilled and which wants cannot be fulfilled.