

## **Grade 4 PSW**

Good day,

Please make sure to answer questions in your **classwork book** the same way you would do in class. For example, write down the date and heading as well as numbering your questions correctly. Time allocation for activities are 40 minutes for each activity, the same as one period at school. There are approximately 2 activities per week in which you can space out. For example do activity 1 on Monday and activity 2 on Wednesday or Friday. A memo will also be given and corrections should be done. Enjoy and all the best! Mr. Kuppusami.

### **Week 1: Emotions**

#### **Activity 1: Feelings at home**

Read through the information about emotions on page 58 of your life skills textbook then answer the following questions in your classwork book:

1. What is a positive emotion? Explain in a full sentence.
2. What is a negative emotion? Explain in a full sentence.
3. Write down a sentence in which you describe a time at home where you felt a **positive** emotion. Choose between any **one** of these emotions, 'Happy; Proud or Loving.'
4. Write down a sentence in which you describe a time at home where you felt a **negative** emotion. Choose between any **one** of these emotions, 'Sad; Scared or Jealous.'

#### **Activity 2: How do we express our emotions?**

Read the story about how we express our emotions from your textbook then answer these questions in your classwork book:

1. If you needed to talk to someone who would it be?
2. Why did you choose this person?
3. How do you express your emotions at home?