



2nd Quim

NAME:	GRADE: 9th	PROJECT: 5	WEEK: 3
DATE:	2021 - 2022		

FEELINGS AND EMOTIONS



We might be the master of our own thoughts,
still we are the slaves of our own emotions

BEFORE START: Look at the images then circle the correct feeling.



- a) Happy
- b) Shy
- c) Angry



- a) sad
- b) in love
- c) shocked



- a) optimistic
- b) relaxed
- c) sad



- a) scared
- b) joyful
- c) lonely

1. People say feelings and emotions are shaped by culture. Does this mean both terms can be applied to human beings? To find out the answer, let's read the following paragraph!



Actually, both terms share similar elements, but they are not the same thing. Feelings are formed in the conscious mind, whereas, **emotions** can be formed either **consciously** or **subconsciously**. Feelings **include** physical sensations such as **hunger** or **pain**, while emotions involve emotional experiences such as **sadness** and **joy**. In fact, it is said some people spend years trying to understand the depths of their emotions. Regarding animals, it is believed that most animals feel emotions because of the way they react under some circumstances. However, there is not a definite answer since there are scientists who believe some animals feel emotions, while others think animals act according to their instincts and not emotions or feelings. **What do you think?**



2. Read the article again. Write (True) or (False) for the statements below.

- a. Both **emotions** and **feelings** share similar elements _____
- b. **Emotions** form only in the conscious mind. _____
- c. **Feelings** form either consciously or subconsciously. _____
- d. **Feelings** include **physical sensations**. _____
- e. **Emotions** involve emotional experiences. _____
- f. Some people spend years trying to understand their **feelings** _____

3. Based on the reading activity, write down the words in the category they belong to. **WORD BANK:**

Joy **Hunger** **Sadness** **Pain** **Love** **Tiredness**



FEELINGS

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4. Answer the following questions for you.

a. Are feelings and emotions synonyms?

b. What are the differences between them?