

## "We are a Family"

الافتتاحية  
الاحاطيس  
Feelings, emotions and humour. →  
العواطف

→ Let's define the following concepts:

a- Feelings: are internal sentiment that people cannot see

b- Emotions: are external expressions of our feelings. 'temporarily' = momentary

c- Humour: is a quality where you make people laugh often through jokes or pranks.

Humouristic

1 حصص مباشرة

2 حصص مسجلة

3 دورات مكثفة

أحصل على بطاقة الإشتراك



→ Match the words with their definitions in the table:

jealousy

Word	Definition
Fear <sup>الخوف</sup>	A desire to have something that someone else has.. <sup>أ</sup>
To envy <sup>ب</sup> <sup>بالحسد</sup>	The ability to understand and control one's emotions and those of others. <sup>ب</sup>
Emotional intelligence <sup>ج</sup>	An unpleasant emotion because something /someone is dangerous or may cause a threat.
To be grateful <sup>د</sup>	A feeling of nervousness and worry because of an uncertain outcome.
Anxiety <sup>هـ</sup>	To understand and show concern to someone else's emotions.
To sympathize <sup>و</sup>	To be thankful / appreciative for something we have received or experienced. <sup>ف</sup>
Respect <sup>ز</sup>	is following the rules and regulations and respecting the opponent whatever the result is.
Integrity <sup>ح</sup>	is being honest and acknowledging one's mistakes and responsibility during the game.

### Feelings & Emotions 🍷



ملف الحصة المباشرة و المسجلة

حصص مباشرة

1

حصص مسجلة

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→ Divide the following words into root and affixes

Happiness- amusement- disappointment- overwhelmed- cheerful- unhappiness- insecure- compassionate

Prefix	Root	Suffix
	Happy amuse disappoint overwhelm cheer	ness ment ment ed ful

un  
in

happi ness

secure  
compassion  
ate

حصة مباشرة

1

حصة مسجلة

2

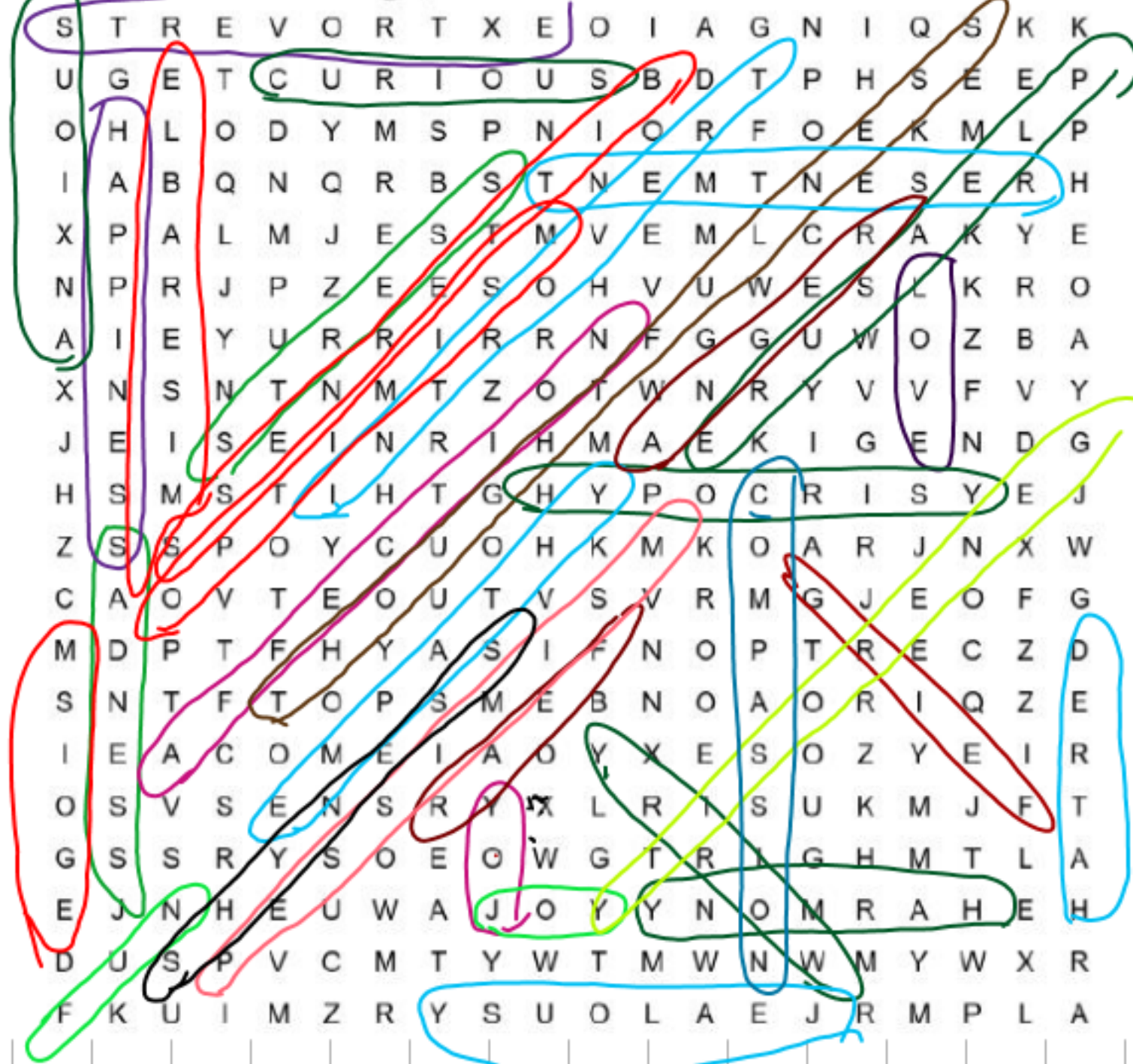
دورات مكثفة

3

أحصل على بطاقة الإشتراك



## Feelings, Emotions and humou



THOUGHTFULNESS X  
EMPATHY X  
ANXIOUS X  
EGOISM X  
LOVE X  
HAPPINESS X  
STRESS X  
CURIOUS X  
FEAR X  
INTROVERT X  
GENEROSITY X

HATRED X  
OPTIMISM X  
SHYNESS X  
WORRY X  
JOY X  
ANGER X  
HYPOCRISY X  
FUN X  
GRIEF X  
BITTERNESS X

COMPASSION X  
PESSIMISM X  
HARMONY X  
JEALOUSY X  
SADNESS X  
RESENTMENT X  
MISERABLE X  
PLEASURE X  
EXTROVERT X  
AFFECTION X

حصص مباشرة

1

حصص مسجلة

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أحصل على بطاقة الإشتراك



The importance of feelings and Emotions  
in the People's life.

1 => Emotions and feelings helps individuals  
to understand each other by showing their  
Thoughts, needs and boundaries.

2 => They also contribute in establishing  
good and positive Relationships between people  
as well as creating a pleasant and

دروسكم

منصة التعليم الإلكتروني

ملف الحصة المباشرة و المسجلة

حصة مباشرة

1

حصة مسجلة

2

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3

أحصل على بطاقة الإشتراك



## comfortable environments

- ③ => Emotions and feeling boost Motivation, while also feeding Creativity and innovation.
- ④ => They impact on your decisions and physical health such as eating plans sleeping and even behaviours.

دروسكم  
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حصص مباشرة

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## The importance of feelings and emotions.

it is well known that emotions are expressions <sup>externally</sup> that reflect our feelings, besides these expressions are of a great importance in people's life.

firstly, there are incontrovertible evidences that emotions helps individuals to understand each others by showing their thoughts, needs and boundaries. In the same vein, feelings boost



motivation, while also feed creativity  
Innovation and Productivity. Finally,  
no one can deny that these sentiments  
impact on the Mental and physical  
health such as in Making decisions,  
eating habits, sleeping and even behaviour

Overall, emotions and feelings are  
integral aspects in people's interaction and development