



What Is This Module About?

How well do you know yourself? What are the things that you are interested in? What are your likes and dislikes? Do you understand your emotions? How about your behavior? Would you like to know yourself better?

This module aims to help you identify your interests, likes and dislikes. It will help you understand your traits, emotions and behavior. It also aims to help you gain better understanding of yourself.

This module is divided into two lessons:

Lesson 1 — *What Are My Interests, Likes and Dislikes?*

Lesson 2 — *What Are My Traits, Emotions and Behavior Patterns?*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify your interests in life;
- ◆ name your likes and dislikes;
- ◆ analyze your character traits and emotions;
- ◆ describe your behavior patterns; and
- ◆ demonstrate better understanding of yourself.



Let's See What You Already Know

Before you start studying this module, answer the simple test below to find out how much you already know about yourself.

Complete the following statements about yourself. Write down only what is true. There will be no correct or wrong answers. What is important is you describe yourself. How well do you know yourself?

1. My interests are _____
2. I like _____
3. I dislike _____
4. The traits I possess are _____
5. Examples of my desirable emotions are _____
6. Examples of my undesirable emotions are _____
7. When I get angry, I _____
8. When I'm excited, I _____
9. When I'm happy, I _____
10. When I'm worried, I _____

Read the sample answers given in the *Answer Key* on page 39 of this module. Your answers may not be the same because you are a different person. Show your answers to your Facilitator or Instructional Manager. You may also show your answers to a fellow learner or friend. You may want to discuss your answers with him/her.

What Are My Interests, Likes and Dislikes?

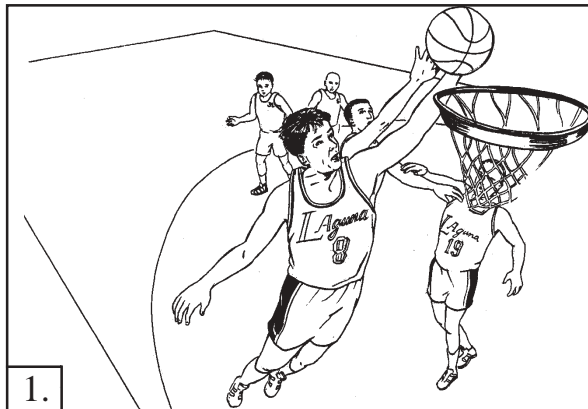
Each one of us has his/her own interests, likes and dislikes. What are the things that you like to do? Do you love singing, dancing or drawing pictures? What are the things that you don't like to do? Your interests, likes and dislikes contribute to who you are as a person.

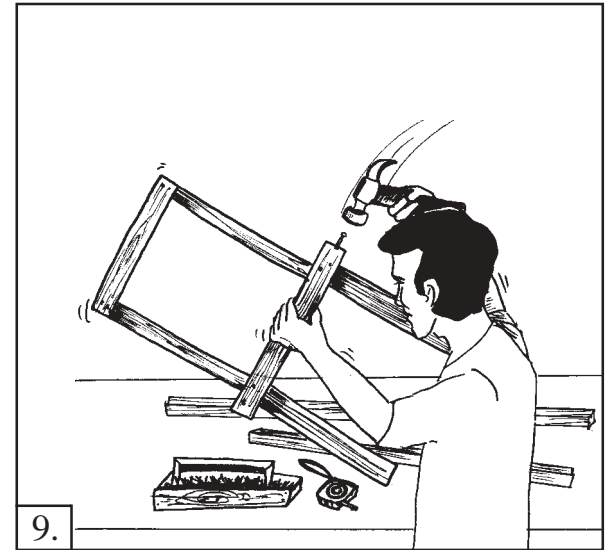
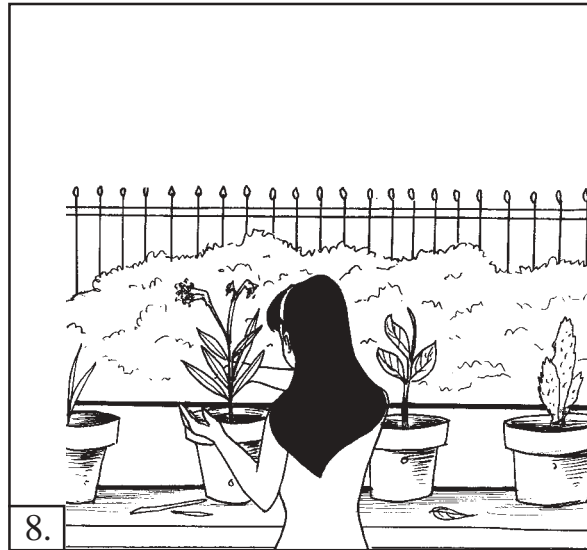
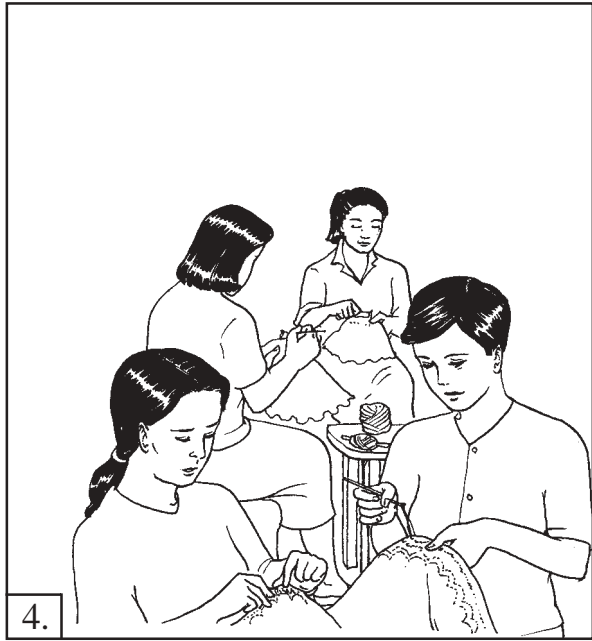
In this lesson, you will identify your interests, likes and dislikes.



Let's Study and Analyze

Study the pictures carefully. They show some people's interests in life. Which of the pictures describes your interests?







Let's Think About This

What are the things you like to do? What are your interests? Put a check mark (✓) in the box if the activity is something you like to do. Put an X mark (X) if it is not.

1. Reading books, newspapers or magazines

2. Playing basketball or other sports

3. Gambling (playing cards, cockfight, etc.)

4. Cooking

5. Singing or dancing

6. Knitting, crocheting or sewing

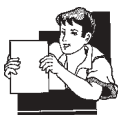
7. Gardening

8. Spending time with your family

9. Watching television or listening to the radio

10. Taking care of animals

Have you finished answering? Show your answers to your Facilitator or Instructional Manager. You may also compare your answers with your co-learners.



Let's Learn

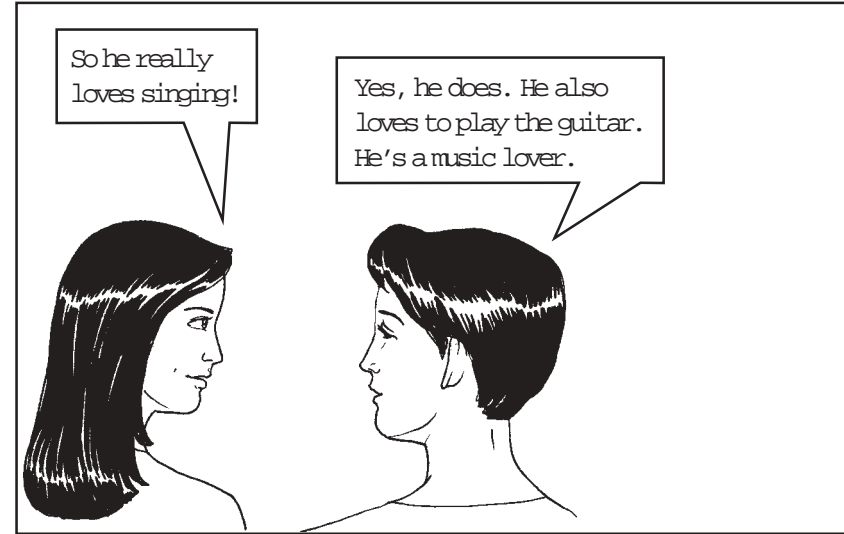
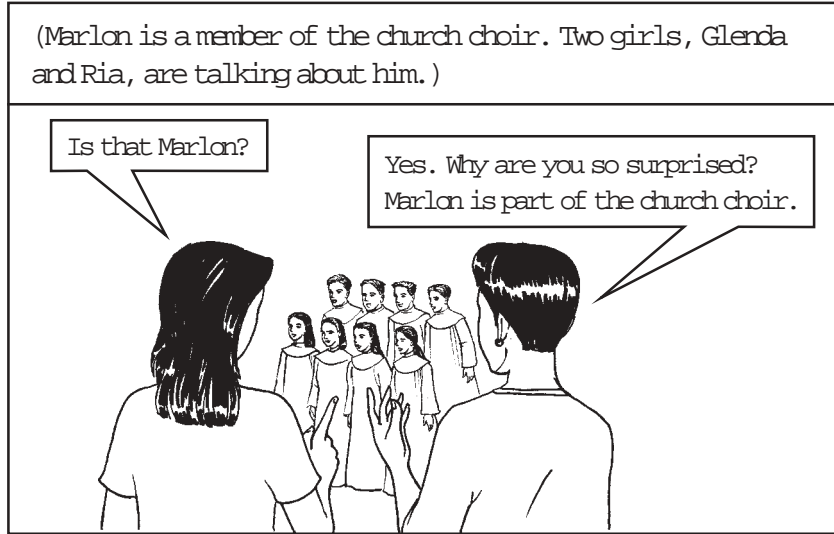
Each person has interests. These are activities that bring us enjoyment and a sense of fulfillment or satisfaction. We may do them for recreation (fun) or livelihood or both. Doing activities that interest us helps us relax when we feel tired. It also makes us feel better when we have problems.

What activities do you enjoy doing? How often do you do them? Which is your favorite activity? Why? Your favorite activities are your interests. It is good to have some interests. They can make you a better person.



Let's Read

Read and find out what Marlon's interest is.



Let's Think About This

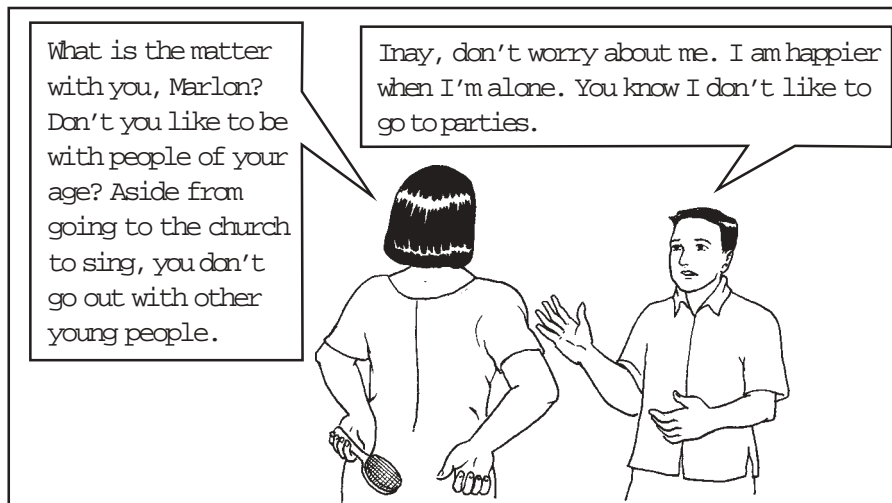
What activity interests you the most? Are you a music lover like Marlon? You may write your answer below.

Compare your answer with the sample answer given in the *Answer Key* on page 40. Your answer may be different because you are unique (having no equal).



Let's Read

Read and find out why Marlon is different from other young boys.



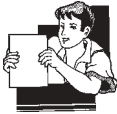


Let's Think About This

How is Marlon different from other young boys? If you say that he likes to be alone, you are correct. He does not go out with other young people.

If you were Marlon's mother, what would you do? Would you force Marlon to go to the celebration? Or would you let him stay at home? You may write your answer in the space provided below.

Compare your answer with the sample answer given in the *Answer Key* on page 40 of this module.



Let's Learn

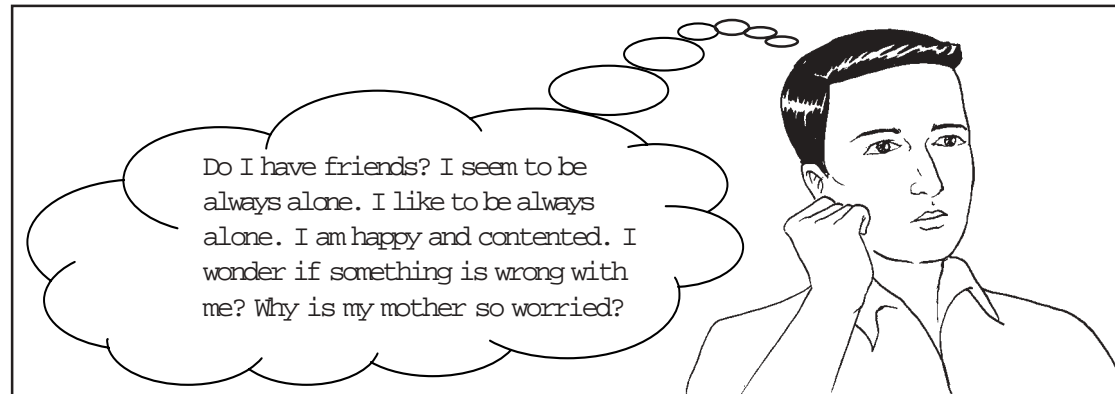
Aside from interests, people also have different personal preferences. Do you know what personal preferences mean? **Personal preferences** are the things we like. These things may be the food we *like* to eat or the clothes we *like* to wear. It may also be the activities we *like* to do, and people we *like* to be with. Like Marlon, there are some people who *like* to be alone.

Are you like Marlon? Or do you like to be with people?



Let's Study and Analyze

Marlon is reflecting (thinking seriously, hard). Find out what he is reflecting on. Do you think it is good for Marlon to reflect on his behavior? Why?



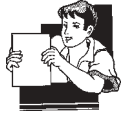
Do you sometimes reflect on your behavior like Marlon? It is good to do so. It can help improve your behavior.



Let's Try This

Do you think there's something wrong with Marlon? Is it wrong if a person likes to be alone? Write your answer in the space below.

Compare your answer with the sample answer given in the *Answer Key* on page 40 of this module.



Let's Learn

We have *likes* as well as *dislikes*. There are things we *do not like*. These may be food we *dislike* eating and clothes we *dislike* wearing. There are activities we *dislike* doing and people we *dislike* to be with. Remember that *dislike* is the opposite of *like*.

Are there things you dislike? What are they? What does your mother dislike? What does your friend dislike?



Let's Read

Read the dialogue and find out what it tells about people.

Panel 1:

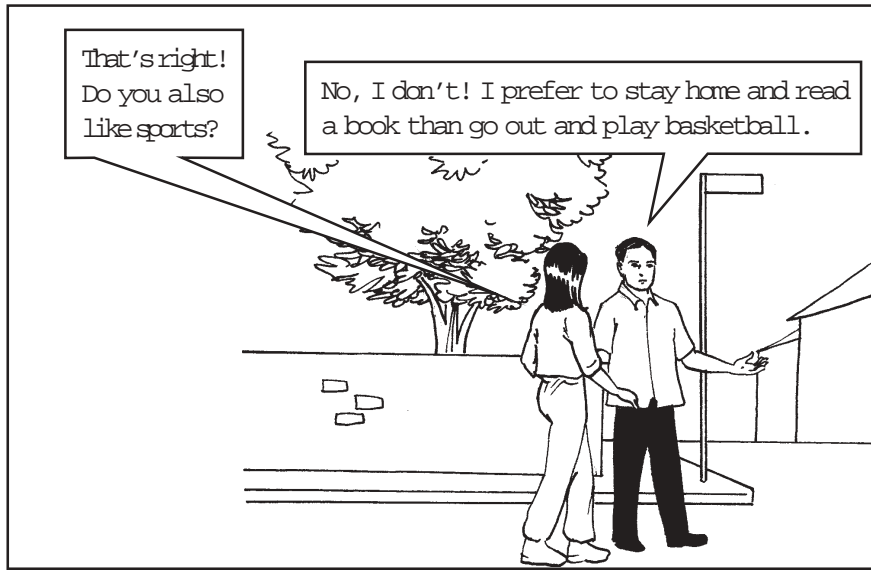
Woman: Hello, Marlon! I saw you in the church last Sunday. I didn't know you like to sing.

Man: Yes, I do! It's one of the few things I really like to do. Would you like to join the church choir?

Panel 2:

Woman: No, thanks, but I don't like singing! I'm much better at sports.

Man: Oh, yes! You're a member of the barangay volleyball team.



What does the dialogue tell about people? If you say that different people have different likes and dislikes, you are right.



Let's Think About This

What are the things you dislike doing? Are you like Marlon who dislikes sports? Or are you like Ria who dislikes singing? You may write your answer in the spaces provided below.

Compare your answer with the sample answer given in the *Answer Key* on page 40 of this module.



Let's Try This

Look at the items below. Put an X mark (8) inside the box if the item is something you **dislike**.

1. spicy food

2. cooking

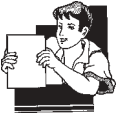
3. vegetables

4. taking care of children

5. rock music

6. gambling

Show your answers to your Facilitator or Instructional Manager. You may also compare your answers with your co-learners.



Let's Learn

Each person has different **personal preferences**. We have different likes and dislikes. There are people who like spicy food while there are those who don't. There are people who like sports while there are those who don't. There are people who like to be with people while there are those who prefer to be alone. We must learn to respect the preferences of other people so they will also respect our preferences.

What are your preferences? What are your friends' preferences? Do you respect each other's preferences? You should, if you want to remain friends.



Let's Remember

- ◆ To understand yourself better, identify the things you are interested in. These are activities that bring you enjoyment and contentment. Doing these activities helps you relax and makes you feel better.
- ◆ It is also important to know your likes. These may be the food you like to eat, the clothes you like to wear, the things you like to do, etc.
- ◆ By knowing what you like, you'll be able to identify what you dislike. Remember that *like* is the opposite of *dislike*.



Let's See What You Have Learned

Before we proceed to the next lesson, take the simple test below. It will tell how well you know yourself. It will also show how much you have learned from this lesson. Read the items below. Then copy each item inside the correct box to describe yourself as a person.

- ◆ Music
- ◆ Being with other people
- ◆ Reading books
- ◆ Gardening
- ◆ Fruits and vegetables
- ◆ Gambling
- ◆ Sports
- ◆ Going to church
- ◆ Wearing simple clothes
- ◆ Doing household chores

Likes

Dislikes

Show your answers to your Instructional Manager. You may also compare your answers with your co-learners.

What Are My Traits, Emotions and Behavior Patterns?

Are you hardworking and disciplined? If you say yes, very good! Being hardworking and disciplined are examples of desirable traits. What are your traits, emotions and behavior patterns? Are they desirable or undesirable?

In this lesson you will learn the meaning of traits, emotions and behavior patterns. You will also identify your own traits, emotions and behavior patterns and reflect whether they are desirable or undesirable.



Let's Try This

How well do you know yourself as a person? Let's find out.

Put a check mark (✓) in the box if the character trait describes you. Put an x mark (✗) if it does not.

- | | | | |
|--|--------------------------------------|---|--|
| <input type="checkbox"/> selfish | <input type="checkbox"/> hardworking | <input type="checkbox"/> compassionate (sympathizing) | <input type="checkbox"/> thoughtful |
| <input type="checkbox"/> disciplined | <input type="checkbox"/> lazy | <input type="checkbox"/> humble | <input type="checkbox"/> prompt |
| <input type="checkbox"/> courageous | <input type="checkbox"/> cooperative | <input type="checkbox"/> generous | <input type="checkbox"/> understanding |
| <input type="checkbox"/> greedy | <input type="checkbox"/> thrifty | <input type="checkbox"/> patient | <input type="checkbox"/> brave |
| <input type="checkbox"/> irresponsible | <input type="checkbox"/> helpful | <input type="checkbox"/> honest | <input type="checkbox"/> frank |

To get a better picture of yourself, do this. Think about the traits you checked on the previous page. Write down the traits that you like in the box below marked: My Desirable Traits. Write down the traits that you do not like in the box below marked: My Undesirable Traits.

My Desirable Traits

My Undesirable Traits

Show your answers to your Instructional Manager. You may also compare your answers with the answers of your co-learners.



Let's Think About This

What would you do if you were in the following situations? Encircle the letter of the best answer.

1. You noticed that your friends are avoiding you. You would...
 - a. ask them if you did something wrong.
 - b. avoid them also.
 - c. be angry with them.

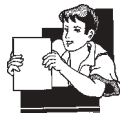
2. Your pet dog died. You would...
 - a. not care at all.
 - b. never have a pet dog again.
 - c. feel sorry about losing your pet dog.

3. Your son took some money from your wallet without asking you. You would. . .
 - a. let him get away with it.
 - b. tell him that it is wrong to take something without permission.
 - c. scold him in front of his friends.

4. Your husband lost his job. You would...
 - a. support him and help him find a new source of income.
 - b. nag him about getting another job.
 - c. make him feel useless.

5. Your neighbor's house was destroyed in a fire. You would...
 - a. not help them. It's their problem anyway.
 - b. blame them for being so careless.
 - c. help them in any way you can.

Compare your answers with those in the *Answer Key* on page 40 of this module. You may also show your answers to your Instructional Manager.



Let's Learn

In order to understand yourself better, you need to know what character traits you possess. Do you know what a *character trait* is? A **character trait** is a quality that sets you apart from other persons. Each person may have different character traits. These traits may be **desirable** or **undesirable**. **Desirable character traits** are good, pleasing and worth doing. **Undesirable character traits** are bad and should be changed.



Let's Study and Analyze

Below is a list of good and bad character traits that a person may have. Choose the character trait that best describes each situation below. Write your answers in the spaces provided in each sentence.

- ◆ diligent
- ◆ truthful
- ◆ patient
- ◆ emphatic
- ◆ violent
- ◆ lazy
- ◆ responsible
- ◆ envious
- ◆ boastful
- ◆ humble

1. Pedro accused Juan of stealing his chickens. Because of this, Juan got angry. He got a large piece of wood and hit Pedro again and again. Juan is a _____ person.
2. Martha saw Ambo destroying a waiting shed. Ambo threatened to harm her if she tells anyone about it. After Ambo left, Martha reported the event to the barangay captain. Martha is a _____ person.
3. When Anita's father died, Noel was there to comfort her. He shared her grief and tried to help her recover from the pain. Noel is an _____ person.
4. Anna and Martha have sari-sari stores. Martha's sari-sari store is more prosperous than Anna's. This made Anna angry with Martha. Anna is an _____ person.
5. Andres lost his job at the factory. After that, he did not bother to find another job. He spends his day sleeping, eating and doing nothing. His wife provides for the family. Andres is a _____ person.

6. Michael worked hard to put up his own auto shop. After years of hard work, his shop has become most prosperous in the barrio. Even though people praise him, he never boasts about his success. Michael is a _____ person.
7. Elmer waited in line to board a jeepney. Even though it was hot and the line was very long, he waited for his turn. Elmer is a _____ person.
8. Ella is the prettiest girl in their barrio. Because of this, she always talks about herself and her beauty. Ella is a _____ person.
9. Jeffrey started as a worker in a shoe factory. He worked very hard. He was always on time and worked long hours. Because of this, he later became the manager of the shoe factory. Jeffrey is a _____ person.
10. At an early age, Ramon's parents died in an accident. Being the eldest, Ramon took care of his brothers and sisters. He worked hard to provide for their needs. Ramon is a _____ person.

Do you think you were able to choose the right character trait for each situations? Find out by comparing your answers with those in the *Answer Key* on page 41 of this module.



Let's Try This

If you were able to match the character traits with the different situations correctly, then next activity will be easy for you to do. Find out the meanings of the character traits listed below. Match the character traits in **Column A** with the definitions in **Column B**. To do this: Draw a line connecting a character trait with its meaning. There are two sets or groups of character traits for you to match.

Group 1

A

Diligent
Truthful
Patient
Emphatic
Violent

B

Using or involving physical force to cause physical harm
Able to share, understand and feel another person's feeling
Showing or involving calm, self-control
Showing steady and earnest care and effort
Being in the habit of telling the truth

Group 2

A

Lazy
Responsible
Envious
Boastful
Humble

B

Not willing to act or work
Given to boasting about one's self
Feeling or showing envy
Not proud, modest and unpretentious
Able to be in charge or control

Which character traits do you have that are not on the list? List them down. Which of these make you a good citizen? A good friend? A good son or daughter?

Compare your answers with those in the *Answer Key* on page 41. Discuss your answer with your Instructional Manager and co-learners.



Let's Think About This

Which character traits on page 20 are desirable or good? Which are undesirable or bad? List them down inside the correct box.

<u>Good or Desirable Character Traits</u>

<u>Bad or Undesirable Character Traits</u>

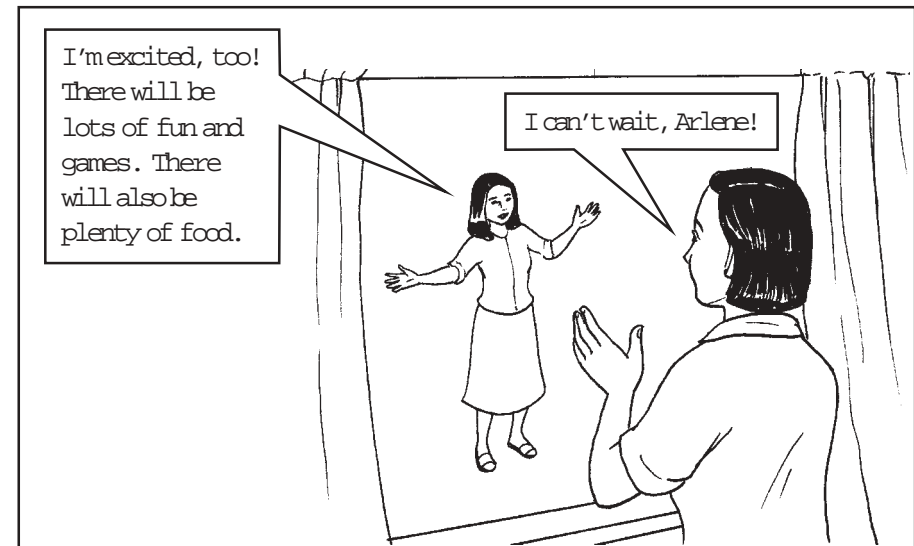
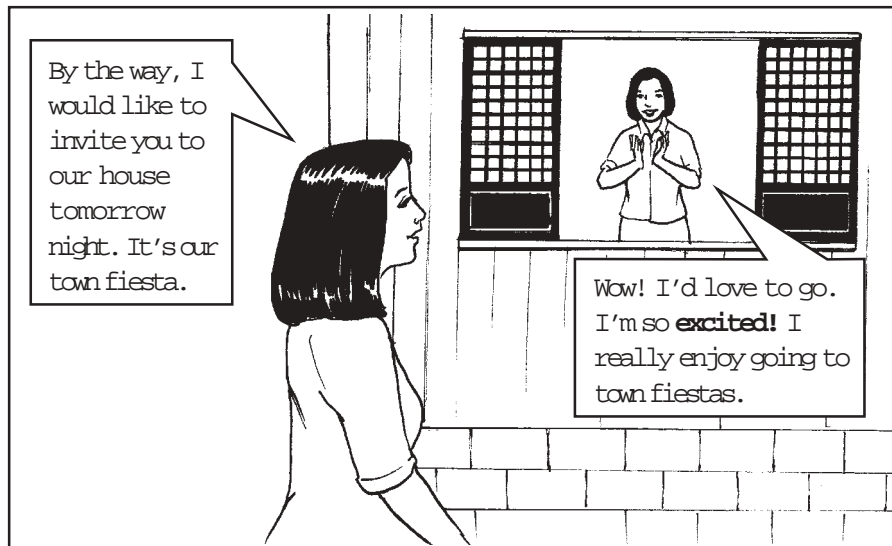
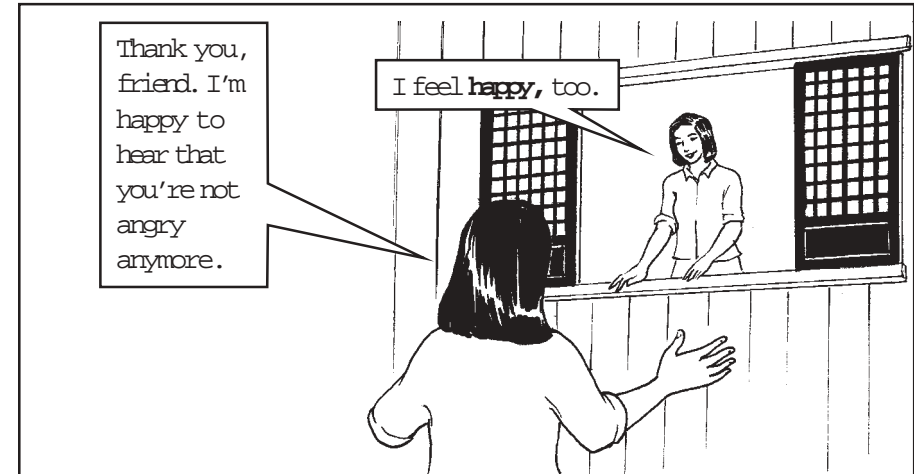
Which among the character traits do you plan to change? How long do you think it would take you to change it?

Compare your answers with those in the *Answer Key* on page 42 of this module. Show your answers to your Facilitator or Instructional Manager.



Let's Read

Read and find out why Liza was angry with Arlene.





Let's Think About This

1. What do you think Arlene did that **hurt** Lisa? _____

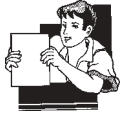
2. What other emotion did Lisa feel aside from *hurt*? _____

3. Do you think it is right to feel **happy** when a friend forgives you? Why? _____

4. What emotion did the two girls feel when they talked about the town fiesta? _____

5. Give a situation when you felt:
 - a. Hurt _____
 - b. Angry _____
 - c. Happy _____
 - d. Excited _____

Compare your answers with the sample answers given in the *Answer Key* on page 42. Your answers may be different because you are unique (having no equal).



Let's Learn

Do you know what **emotions** are? *Hurt, anger, happiness* and *excitement* are only a few examples of what we call emotions. They tell how we *feel* or what our reactions are to different events or incidents we experience. Below is a list of some emotions a person may feel.

- | | | | | |
|------------------|-------------|------------|----------|--------------|
| ◆ Affection | ◆ Anger | ◆ Envy | ◆ Joy | ◆ Sadness |
| ◆ Bitterness | ◆ Eagerness | ◆ Gladness | ◆ Love | ◆ Happiness |
| ◆ Disappointment | ◆ Jealousy | ◆ Hate | ◆ Sorrow | ◆ Excitement |

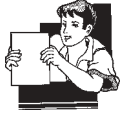


Let's Try This

Read the list of emotions above carefully. Have you felt all of these emotions? Which do you often feel? Which do you seldom feel? Try to identify which are desirable and which are undesirable emotions. Copy each emotion inside the correct scroll.

<p><i>Desirable Emotions</i></p>	<p><i>Undesirable Emotions</i></p>
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Compare your answers with those in the *Answer Key* on page 43 of this module.



Let's Learn

We feel different emotions in different situations. Read each situation. Then select what emotion you would feel if you were in that situation.

Situation: You are walking alone on the road one dark night. You think that someone is following you.

Emotions You May Feel: Fear, Anxiety, Worry, Nervousness, or Uneasiness

Situation: You won a big prize in the lottery.

Emotions You May Feel: Excitement, Happiness, Shock, or Nervousness

Situation: A relative you are fond of dies suddenly.

Emotions You May Feel: Grief, Sadness, Pain, Despair, or Shocks

Situation: Your son graduates from college with highest honors.

Emotions You May Feel: Pride, Joy, Contentment, or Excitement

Compare your answers with those in the *Answer Key* on page 43.



Let's Try This

Complete the following statements.

1. I get angry when _____

2. I feel happy when _____

3. I feel sad when _____

4. I am worried when _____

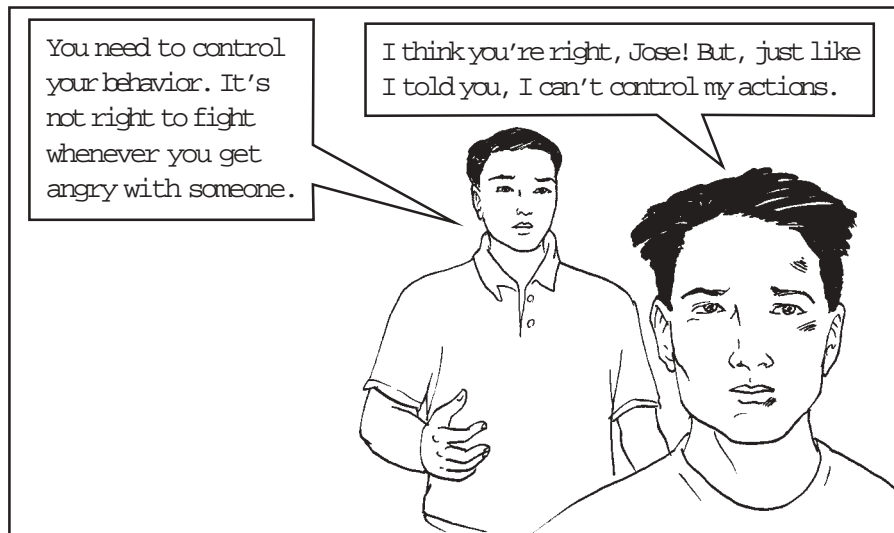
5. I am excited when _____

Show your answers to your Instructional Manager. You may also compare your answers with your co-learners.



Let's Read

Why is Noel always fighting with people? Read and find out.





Let's Study and Analyze This

Why did Noel fight with Jeffrey?

Why does Noel fight when he is angry?

Do you agree with Jose? Do you think Noel needs to control his actions and behavior?

If you were Noel, do you think you would be able to control your actions and behavior?

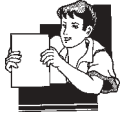
Show your answers to your Instructional Manager. You may also compare them with your co-learners.



Let's Think About This

What do you do when you get angry? Do you also fight when you get angry like Noel? Write your answer below.

Compare your answer with the one given in the *Answer Key* on page 43 of this module.



Let's Learn

Do you know what *behavior patterns* are? A **behavior pattern** is the way we behave or react when we feel certain emotions in a given situation. For example, some people bite their nails when they feel nervous. *Nervousness* is the emotion felt and *biting one's nails* is the behavior pattern. What other behavior patterns indicating nervousness have you observed? Some people who feel nervous keep blinking their eyes. What do you do when you feel nervous? Do you walk here and there or pace the floor? Or do you just sit quiet and perspire a lot?



Let's Try This

Try to match the behavior patterns in column A with the emotions in column B. Draw a line to connect the matching pairs.

A
Crying
Punching and hitting something
Laughing out loud
Fidgeting and pacing the floor
Blushing

B
Embarrassment
Amusement
Anger
Nervousness
Sadness

Compare your answers with those in the *Answer Key* on page 43 of this module.

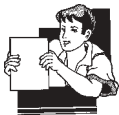


Let's Think About This

Complete the following statements. Follow the example.

1. When I'm angry, I shout at the person I'm angry with.
2. When I'm sad, I _____
3. When I'm excited, I _____
4. When I'm scared, I _____
5. When I'm happy, I _____
6. When I'm nervous, I _____

Compare your answers with the sample answers given in the *Answer Key* on page 44 of this module. They need not be the same as those given on page 43. You may also show your answers to your Instructional Manager.



Let's Learn

There are different behavior patterns for different emotions. There are also *desirable* and *undesirable* behavior patterns. An example of an undesirable behavior pattern is hitting people when you get angry. An example of a desirable behavior pattern is smiling at people when you feel happy.

Can you give examples of desirable behavior patterns? How about undesirable behavior patterns?



Let's Remember

- ◆ Our **character traits** set us apart from other people. These are the qualities that make us *unique*. Remember that there are desirable and undesirable character traits.
- ◆ **Emotions** are what we *feel*, our reactions to different events or incidents we experience. Like character traits, there are desirable and undesirable emotions. Remember that we feel different emotions in different situations.
- ◆ A **behavior pattern** is the way we behave or react when we feel certain emotions. For example, some people shout when they get angry. *Anger* is the emotion felt, and *shouting* is the behavior pattern.



Let's See What You Have Learned

Before you finish studying this module, take the simple test below to find out how much you have learned from this lesson.

A. Put a check mark (4) if the character trait is desirable and an X mark (8) if it is undesirable.

- _____ 1. Jealous
- _____ 2. Boastful
- _____ 3. Hospitable
- _____ 4. Honest
- _____ 5. Lazy

B. Encircle the letter of the best answer.

1. A very close relative dies. What emotion would you feel?
 - a. Sadness
 - b. Joy
 - c. Excitement
 - d. Fright

2. Your mother is sick. What emotion would you feel?
 - a. Happiness
 - b. Boredom
 - c. Unhappiness
 - d. Embarrassment

3. A neighbor accuses you of stealing his chickens. What emotion would you feel?
 - a. Happiness
 - b. Anger
 - c. Gratitude
 - d. Enjoyment

4. Your sister asks for help in doing her homework. You would _____
 - a. shout at her not to bother you.
 - b. be patient and help her with her homework.
 - c. tell her to ask someone else for help.
 - d. ignore her.

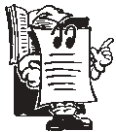
5. A drunk challenges you to fight with him. You would _____
- fight with him.
 - ignore him.
 - shout at him.
 - ask your friends to gang up on him.

Compare your answers with those in the *Answer Key* on page 44 of this module. How well did you do? Were you able to get all the correct answers?

If you get a perfect score, congratulations! You have learned a lot from this lesson.

If your score is 8 or 9, that's very good! You just need to review the parts you found difficult in this module.

However, if your score is 7 or lower, you need to review the whole lesson in order to understand it better.



Let's Sum Up

- ◆ To understand yourself better, you need to identify your **interests, likes** and **dislikes**. You also need to identify your **character traits**, and understand your **emotions** and **behavior patterns**.
- ◆ **Interests** are activities you like doing because they bring you enjoyment and contentment.
- ◆ **Likes** are the things you are fond of. These may be the food you like to eat, the things you like to do, etc.
- ◆ **Dislikes** are the things you do not like or not like doing. Remember that *dislike* is the opposite of *like*.
- ◆ **Character traits** are qualities that set you apart from other people.
- ◆ **Emotions** are how you feel in given situations.
- ◆ **Behavior pattern** is the way you behave or react when you feel certain emotions.



What Have You Learned?

Before you finish studying this lesson, take the simple test below to find out how much you have learned from this module.

A. Look at the list below. Choose the things that interest you most and copy them inside the box.

- ◆ Gardening
- ◆ Cooking
- ◆ Sports
- ◆ Politics
- ◆ Woodworking
- ◆ Reading
- ◆ Fishing
- ◆ Sewing or crocheting
- ◆ Traveling
- ◆ Gambling

My Interests

If there is something else that interests you but is not on the list, write it down.

B. Read the statements carefully. Fill in the blanks with **like** if it is something you like and **dislike** if it is something you don't like or dislike.

1. I _____ to be alone.
2. I _____ nice and friendly people.
3. I _____ hot and spicy food.
4. I _____ to wear formal clothes.
5. I _____ to sing and dance.

C. Write down 5 character traits you possess. Use the blanks provided below.

1. _____
2. _____
3. _____
4. _____
5. _____

D. Write down 5 of the emotions you have felt in your life. Use the blanks provided.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

E. What would you do if you were in the following situations?

1. Your neighbor destroys your fence.

2. You win in a national singing contest.

3. You meet your favorite actor.

4. Your friend gives you a gift on your birthday.

5. There's a fire in your neighborhood.

Have you finished answering all the questions? Make sure that you have answered everything, and then show your work to your Instructional Manager. He/She will then evaluate your answers and say if you are ready for the next module. Together, the two of you can also use the answers you gave as guide in finding out what kind of a person you are.



Answer Key

A. Let's See What You Already Know *(page 2)*

Sample answers:

1. My interests are cooking, sewing and gardening.
2. I like friendly and nice people.
3. I dislike drinking, gambling and smoking.
4. The traits I possess are kindness, patience and diligence.
5. Examples of my positive emotions are happiness, gratitude and love.
6. Examples of my negative emotions are anger, envy and jealousy.
7. When I get angry, I walk away and try my best to calm down.
8. When I'm excited, I can't sleep or eat.
9. When I'm happy, I smile at everyone.
10. When I'm worried, I fidget (am uneasy or nervous) and bite my nails.

These are just examples of answers. Your answers may be different because you are a different person.

B. Lesson 1

Let's Think About This (page 6)

Sample answer: The activity that interests me most is gardening because I love to take care of plants. No, I am not a music lover like Marlon. I prefer to read than to sing.

Let's Think About This (page 8)

Sample answer: If I were Marlon's mother, I would not force him to go to the party. I would let him stay at home if that's what he wants to do.

Let's Try This (page 9)

Sample answer: I don't think that there's something wrong with Marlon. It is not wrong for a person to want to be alone. People have different personal preferences.

Let's Think About This (page 11)

Sample answer: The things I dislike doing are smoking, drinking and gambling.

C. Lesson 2

Let's Think About This (pages 17–18)

Sample answers:

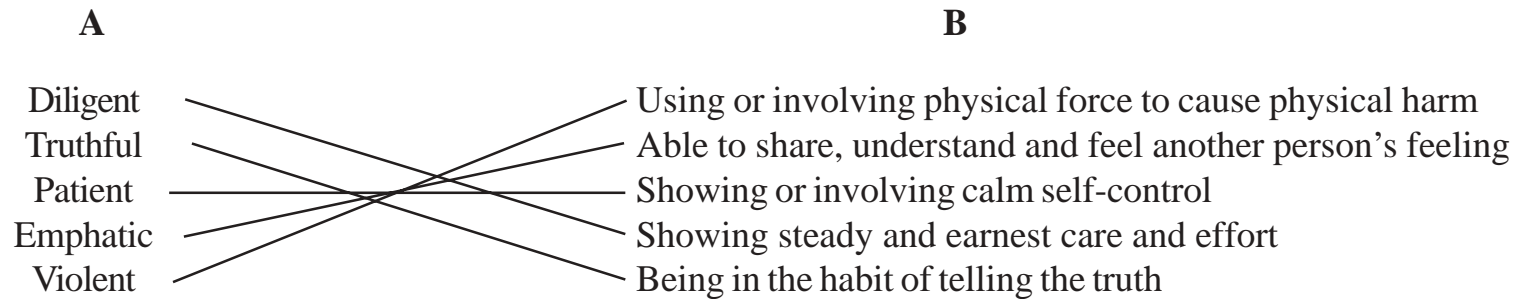
1. a. I would ask them if I did something wrong.
2. c. I would feel sorry about losing my pet dog.
3. b. I would tell him that it is wrong to take something without permission.
4. a. I would support him and help him find a new source of income.
5. c. I would help my neighbor in any way I can.

Let's Study and Analyze (pages 19–20)

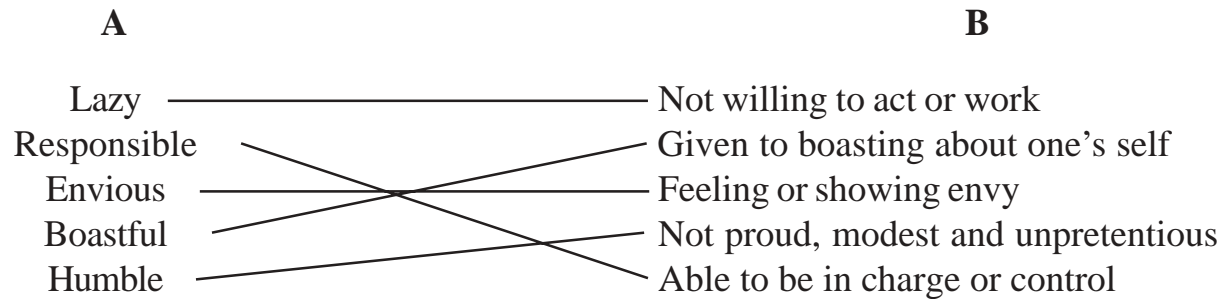
- | | |
|-------------|-----------------|
| 1. violent | 6. humble |
| 2. truthful | 7. patient |
| 3. emphatic | 8. boastful |
| 4. envious | 9. diligent |
| 5. lazy | 10. responsible |

Let's Try This (pages 21–22)

Group 1



Group 2



Let's Think About This (page 22)

2.

Good Character Traits

truthful diligent patient
empathic humble

Bad Character Traits

violent lazy proud
envious boastful

Let's Think About This (page 24)

Sample answers:

1. Arlene said something bad about Lisa that's why Lisa was hurt.
2. Aside from hurt, Lisa felt *angry*.
3. Yes. I think it's right to feel happy when a friend forgives me.
4. The girls felt *excited* when they talked about the town fiesta.
5.
 - a. Hurt = I felt hurt when my mother scolded me in front of my friends.
 - b. Angry = I felt angry when somebody took my notebook without asking my permission.
 - c. Happy = I felt happy when I made new friends.
 - d. Excited = I was excited when I saw my cousins who lived in the city.

Let's Try This (page 25)

<i>Desirable Emotions</i>		
Affection	Contentment	Delight
Enjoyment	Gladness	Joy
Love	Sympathy	Eagerness

<i>Undesirable Emotions</i>		
Bitterness	Fury	Helplessness
Sorrow	Worry	

Let's Learn (page 26)

You may choose any emotion for each situation. All the emotions given fit the situations.

Let's Think About This (page 29)

Sample answer: When I get angry, I walk away and try my best to calm down. I do not get into fights like Noel.

Let's Try This (page 30)

A	B
Crying	Embarrassment
Punching and hitting something	Amusement
Laughing out loud	Anger
Fidgeting and pacing the floor	Nervousness
Blushing	Sadness

Let's Think About This (page 31)

Sample answers:

2. When I'm sad, I cry.
3. When I'm excited, I can't eat and sleep.
4. When I'm scared, I pray.
5. When I'm happy, I smile and greet everyone I know.
6. When I'm nervous, I fidget and bite my nails.

Let's See What You Have Learned (pages 32–34)

- A.
1. 8 Being **jealous** is an undesirable character trait.
 2. 8 It is an undesirable trait to be **boastful**.
 3. 4 Being **hospitable** is a desirable trait.
 4. 4 Being **honest** or **honesty** is a desirable trait.
 5. 8 **Laziness** or being lazy is an undesirable trait.
- B.
1. a **Sadness** is the emotion that we feel when somebody who is close to us dies.
 2. c You should feel **unhappy** when your mother is sick.
 3. b **Anger** is the emotion that you should feel when somebody accuses you of stealing.
 4. b You should be **patient** with your sister and help her with her homework.
 5. b If a drunk challenges you to fight with him—**ignore** him!



Glossary

Anxiety A painful or apprehensive uneasiness of mind

Behavior The way in which a person behaves

Bitterness Pain or resentment

Courageous Brave

Despair Loss of hope and confidence

Frank Honest in expressing what one thinks or feels

Fury Intense rage or violent anger

Greedy Having a strong desire for possessions or for other's possessions

Grief Very deep sorrow

Selfish Concerned only with oneself; seeking one's own well-being without regard for others

Sorrow A deep distress, sadness, or regret especially for the loss of someone or something loved



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