

**National Institute of Open Schooling**  
**Senior Secondary**  
**Lesson 10 – Emotions**  
**Worksheet- 10**

1. Emotions are experienced by all of us in our everyday life. Discuss the nature of emotions.
2. Suppose you are walking in the woods and see a bear. You begin to tremble, and your heart begins to race. Explain the given example using the James-Lange theory of emotion.
3. Analyze the example given in question no. 2 using the theory of emotion given by Cannon-bard. In your opinion, which theory explains the process of emotional experience better? Justify your answer.
4. Even a newborn can smile and cry. Elucidate upon the growth of emotions due to maturation and learning. Also, list six features of emotions.
5. Reenu is feeling happy and wants to maintain this state of mind. She did all her work on time and submitted it. In the given example, explain how Reenu's emotion has influenced her motivation.
6. Emotions have a physiological aspect and it can be seen in our blood pressure, heart rate, perspiration etc. Explain the physiological aspect of emotions.
7. We express our emotions through different facial movements, body gestures or postures. Similarly, Sage Bharata gave eight 'rasas' of Natyashastra. Comment on the 'eight rasas'.
8. We all go through different emotions such as happy, sad, surprise etc., in our daily lives. Identify and describe at least four instances of different emotions from your personal life.
9. Explain the concept of emotional competence using at least two examples from daily life.