

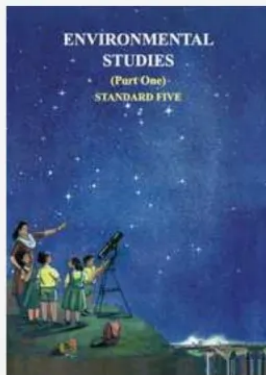
Maharashtra Board Solutions Class

5-Environmental Studies (Part 1): Chapter 20-

Our Emotional World

BOOK SOLUTIONS
CLASS 5
ENVIRONMENTAL STUDIES (PART 1)

CHAPTER 20
Our Emotional World



Maharashtra Board Solutions→



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Maharashtra Board Solutions Class

5-Environmental Studies (Part 1): Chapter 20-

Our Emotional World

Class 5: Environmental Studies Chapter 20 solutions. Complete Class 5 Environmental Studies Chapter 20 Notes.

Maharashtra Board Solutions Class 5-Environmental Studies (Part 1): Chapter 20- Our Emotional World

Maharashtra Board 5th Environmental Studies Chapter 20, Class 5 Environmental Studies Chapter 20 solutions

Questions and Answers

1. Fill in the blanks with the correct answers from the options given below:

Question (a)

Just as man is able to think, he is also

- (a) emotional
- (b) sensational
- (c) fascinating

Answer:

- (a) emotional

Question (b)

We must always think about the in our friends first.

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- (a) vices
- (b) virtues
- (c) abnormalities

Answer:

- (b) virtues

2. Answer in one sentence.

Question (a)

How does a balanced personality develop?

Answer:

A balanced personality develops, when we learn to cope with our emotions.

Question (b)

Why does our attitude of co-operation and understanding decrease?

Answer:

Our attitude of co-operation and understanding decreases when we become short tempered and stubborn.

Question (c)

What must we do after we have found the flaws in our nature?

Answer:

After we have found the flaws in our nature, we must try to correct them ourselves.

3. Answer in short.

Question (a)

What is meant by 'coping with emotions'?

Answer:

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1. If someone does something wrong, we get angry.
2. We must not lose our temper.
3. We must be able to keep a balance between our thoughts and emotions.
4. If we think properly, we can control or cope with our emotions.

Question (b)

What are the harmful effects of anger?

Answer:

The harmful effects of anger are:

1. It affects our body and mind.
2. We become short tempered and stubborn.
3. Our attitude of co-operation and understanding decreases.
4. We hurt others.
5. We face consequence such as headaches, loss of sleep and dullness.

Question (c)

Why must we know our flaws?

Answer:

We must know our flaws so that

(a) We can improve upon them.

(b) Just because we are unable to do something, it does not mean that we stop trying to excel at what we can do.

Write how you will react:

Question (a)

Your teacher does not listen to you.

Answer:

I will be patient and wait for an opportunity to speak to my teacher.

Question (b)

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Your parents ask for your opinion while making decisions.

Answer:

I will think on the matter and try to give my opinion.

Question (c)

Your friend got a big prize.

Answer:

I will be happy and congratulate him for his success.

Question (d)

Your classmates praise you.

Answer:

I will thank my friends.

Question (e)

Rohan insulted you in class.

Answer:

I will feel sad. But wait for the correct opportunity to speak to him about his behaviour.

What will you do in this situation?

Question (a)

Rohini won a prize in an essay competition.

Answer:

I will be happy and congratulate her for her good work.

Question (b)

Kavita refuses to eat her tiffin because she was angry.

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Answer:

I will speak to her and tell her to control her anger and eat her tiffin.

Question (c)

Veena keeps herself to herself at school.

Answer:

I will try befriend her and make her involve in school activities.

Question (d)

Makarand says, “I can’t help it if I have a stubborn personality.”

Answer:

I will make Makarand understand that being stubborn leads to misunderstanding and hurting others.

Additional Important Questions and Answers

Fill in the blanks with the correct answers from the options given below:

Question 1.

..... adjustments involves coping with your emotions, controlling and impressing them in a reasonable manner.

(a) Psychological

(b) Physical

(c) Emotional

Answer:

(c) Emotional

Question 2.

..... is an emotion just like happiness

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or sadness.

(a) Happiness

(b) Anger

(c) Sadness

Answer:

(b) Anger

Question 3.

If we speak about our flaws as openly as we speak about our talents, it will be to our

(a) disadvantage

(b) advantage

(c) control

Answer:

(b) advantage

Question 4.

Human nature has many aspects.

(a) similar

(b) different

(c) equal

Answer:

(b) different

Question 5.

Anger, joy, sorrow, jealousy, disappointment, fear etc. are all

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- (a) emotions
- (b) motions
- (c) demotions

Answer:

- (a) emotions

Question 6.

We should be able to strike a between our thoughts and emotions.

- (a) difference
- (b) match
- (c) balance

Answer:

- (c) balance

Question 7.

If someone does something wrong, we get

- (a) angry
- (b) happy
- (c) sad

Answer:

- (a) angry

Question 8.

It is natural to desire something but we must not be for it.

- (a) hungry

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- (b) greedy
- (c) emotional

Answer:

- (b) greedy

Question 9.

If we think properly we can control our

- (a) emotions
- (b) hunger
- (c) thirst

Answer:

- (a) emotions

Question 10.

We get angry if we see someone being

- (a) angry
- (b) cursing
- (c) ill-treating

Answer:

- (c) ill-treating

Question 11.

We may be good at some subject, art or sport and just as at another.

- (a) good
- (b) bad

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(c) ugly

Answer:

(b) bad

Question 12.

Just because we are unable to do something it does not mean that we stop trying to at what we can do.

(a) learn

(b) excel

(c) diminish

Answer:

(b) excel

Question 13.

We must help each other to get rid of our

(a) flaws

(b) friendship

(c) goodness

Answer:

(a) flaws

Question 14.

Once we know the flaws in our nature, we must try to them ourselves.

(a) try

(b) improve

(c) correct

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Answer:

(c) correct

Answer in one sentence:

Question 1.

What is the adverse effect of anger?

Answer:

If anger cannot be controlled it will have adverse effect on our body and mind.

Question 2.

Name some human emotions.

Answer:

Anger, joy, sorrow, jealousy, disappointment, fear are some of human emotions.

Question 3.

What is emotional adjustment?

Answer:

Emotional adjustment is coping with our emotions, being able to control them and expressing them in a reasonable manner.

Question 4.

When do we become free from faults such as blaming other unnecessarily?

Answer:

When we learn to cope with our emotions, our personality becomes balanced, we are able to understand others and overcome difficult situations. It is then that we become free from faults such as blaming others unnecessarily.

Question 5.

Why is it necessary to know our flaws and talents?

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Answer:

We must know our flaws and talents so that we can improve upon them.

Question 6.

How must we always think about our friends?

Answer:

We must always think about the good qualities or virtues in our friends.

Question 7.

Why must we know our flaws?

Answer:

Once we know the flaws in our nature, we can then try to correct them ourselves.

Question 8.

Why should the aspects of our nature that bothers us and others be changed?

Answer:

We must try hard to change this aspect as it may take the shape of flaws in our personality.

Can you tell?

Question (A)

Are the following persons coping well with their emotions? Put (✓) if they are, put (X) if they aren't.

Answer:

1. Ramesh told Suresh that Amit had said something bad about him. Suresh decided to react only after confirming the facts. (✓)
2. Chhaya and Meena usually make equal progress in their studies. The teacher praised Chhaya's essay. This made Meena angry and she decided not to speak to Chhaya. (X)

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3. Dinesh took Manoj's pen and pencil from his bag and hid them. Later, he said, 'Sorry' to Manoj and promised not to do it again. (✓)

4. Sunita wanted to go to the market with her mother, but for some reason, her mother had to leave early. Sunita was angry with her mother. But later, she asked her mother the reason why she had to leave early. Her anger subsided when she learnt the reason. (X)

(B)

Question 1.

Manoj says, "I'm going to school!" and instead goes to the playground to play. Is this correct?

Answer:

No, what Manoj has done is incorrect.

Question 2.

What will you tell a friend who has a habit of borrowing things and not returning them on time?

Answer:

I will tell my friend that borrowing things from friends is not a good habit and even if any thing is borrowed it must be returned otherwise it is just like robbing.

What would you do?

Question 1.

Ranjit and Abhay are fighting over who gets to sit on the first bench. They are both very angry. They are close to throwing each other's bags.

Answer:

I will try to make them understand that they can take turns to sit on the first bench instead of fighting.

Question 2.

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Hemant wants to take part in the kabbadi competition, but he is shy. He is nervous about telling it to the teacher.

Answer:

I would take Hemant to our sports teacher and tell him about Hemant's desire to join the Kabaddi team.

Question 3.

Rekha accidentally took Nisha's notebook home.

Answer:

Rekha can call Nisha and inform her that the book is with her and promise to bring it the next day to school.

Glossary:

1. short-tempered – to get angry quickly
2. flaws – weakness.



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Class 5 Environmental Studies

Part 1

- Chapter 1- Our Earth and Our Solar System
- Chapter 2- Motions of the Earth
- Chapter 3- The Earth and its Living World
- Chapter 4- Environmental Balance
- Chapter 5- Family Values
- Chapter 6- Rules are for Everyone
- Chapter 7- Let us Solve Our own Problems
- Chapter 8- Public Facilities and My School
- Chapter 9- Maps - Our Companions
- Chapter 10- Getting to Know India
- Chapter 11- Our Home and Environment
- Chapter 12- Food for All
- Chapter 13- Methods of Preserving Food
- Chapter 14- Transport
- Chapter 15- Communication and Mass Media
- Chapter 16- Water
- Chapter 17- Clothes - Our Necessity
- Chapter 18- The Environment and Us
- Chapter 19- Constituents of Food
- Chapter 20- Our Emotional World
- Chapter 21- Busy at Work - Our Internal Organs

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- Chapter 22- Growth and Personality Development
- Chapter 23- Infectious Diseases and how to Prevent them
- Chapter 24- Substances, Objects and Energy
- Chapter 25- Community Health and Hygiene
- Chapter 3- Life on Earth
- Chapter 4- Evolution
- Chapter 5- Evolution of Mankind
- Chapter 6- Stone Age: Stone Tools
- Chapter 7- From Shelters to Village-settlements
- Chapter 8- Beginning of Settled Life
- Chapter 9- Settled Life and Urban Civilization
- Chapter 10- Historic Period

Part 2

- Chapter 1- What is History?
- Chapter 2- History and the Concept of 'Time'

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The Maharashtra State Board of Secondary and Higher Secondary Education or MSBSHSE (Marathi: महाराष्ट्र राज्य माध्यमिक आणि उच्च माध्यमिक शिक्षण मंडळ), is an **autonomous and statutory body established in 1965**. The board was amended in the year 1977 under the provisions of the Maharashtra Act No. 41 of 1965.

The Maharashtra State Board of Secondary & Higher Secondary Education (MSBSHSE), Pune is an independent body of the Maharashtra Government. There are more than 1.4 million students that appear in the examination every year. The Maha State Board conducts the board examination twice a year. This board conducts the examination for SSC and HSC.

The Maharashtra government established the Maharashtra State Bureau of Textbook Production and Curriculum Research, also commonly referred to as Ebalbharati, in 1967 to take up the responsibility of providing quality textbooks to students from all classes studying under the Maharashtra State Board. MSBHSE prepares and updates the curriculum to provide holistic development for students. It is designed to tackle the difficulty in understanding the concepts with simple language with simple illustrations. Every year around 10 lakh students are enrolled in schools that are affiliated with the Maharashtra State Board.

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How many state boards are there in Maharashtra?

The Maharashtra State Board of Secondary & Higher Secondary Education, conducts the HSC and SSC Examinations in the state of Maharashtra through its nine Divisional Boards located at Pune, Mumbai, Aurangabad, Nasik, Kolhapur, Amravati, Latur, Nagpur and Ratnagiri.

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