**8年级（下）英语第1课时（第1周）**

**Unit 1学程拓展**

**请同学们阅读文章，了解更多处理自我情绪的方法。**

Sometimes the most difficult thing about feelings is sharing them with others. Sharing your feelings helps you when your feelings are good and when they aren't so good.

Before you can share them with anyone, you have to figure out your feelings. Then you can say, "I feel sad when my friend doesn't play with me" or "I feel angry when my brother always wins at baseball." This can help you understand your own feelings. It also gives the person you're talking with more information about what makes you angry.

It can be really hard not to tell anyone that you're feeling sad, worried, or angry. If you keep feelings locked inside, it can even make you feel sick!

But if you talk with someone like your mom or dad, you will always start to feel better. Now you're not all alone with your problems or worries. What if a kid doesn't want to talk with mom or dad? Then find another trusted adult, like a relative or a counselor (指导老师) at school.

If you think you'll have trouble saying what's on your mind, write it down on a piece of paper. You don't have to share every feeling you have, but it is important to share feelings when you need help. You don't have to solve every problem on your own. Sometimes you need help. Talking about your feelings can be the first step.

1. What does this passage mainly talk about?

 A. How to be healthy in mind.

 B. How to deal with feelings.

 C. How to make yourself happy.

2. According to the passage, you can't talk with \_\_\_\_\_ when you feel bad.

 A. a stranger B. your aunt C. your parents

3. What is the best way to deal with feelings?

 A. You should keep feelings locked inside.

 B. You should share them with somebody who cares you.

 C. After writing them down, you will feel better.

4. What should you do before you share your feelings with others?

 A. Try to forget all bad feelings first.

 B. Talk them to your mom.

 C. Figure out your bad feelings.

5. Which view is not true according to this passage?

 A. Kids should deal with their bad feelings by themselves.

 B. It is important to share feelings when you need help.

 C. Parents or counselors should help kids with bad feelings.

答案：1. B 2. A 3. B 4. C 5. A