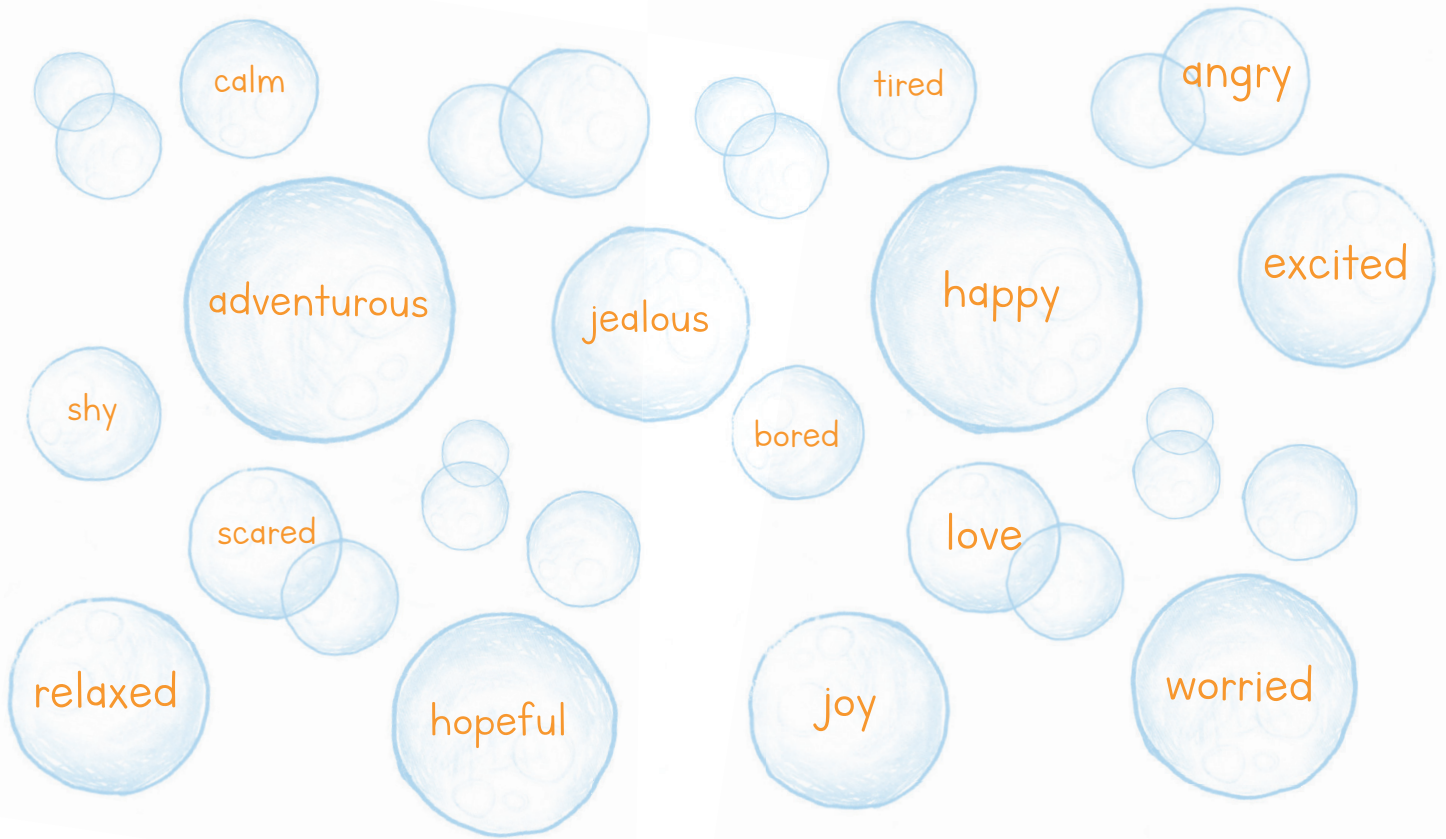


# Emotions

An emotion is a feeling which appears often with a physical reaction.  
You feel emotions because of what you see, hear, remember or do.



Being aware of our **emotions** and **thoughts** can help us to act in a **positive** way. This leads to us **living happier lives**.

