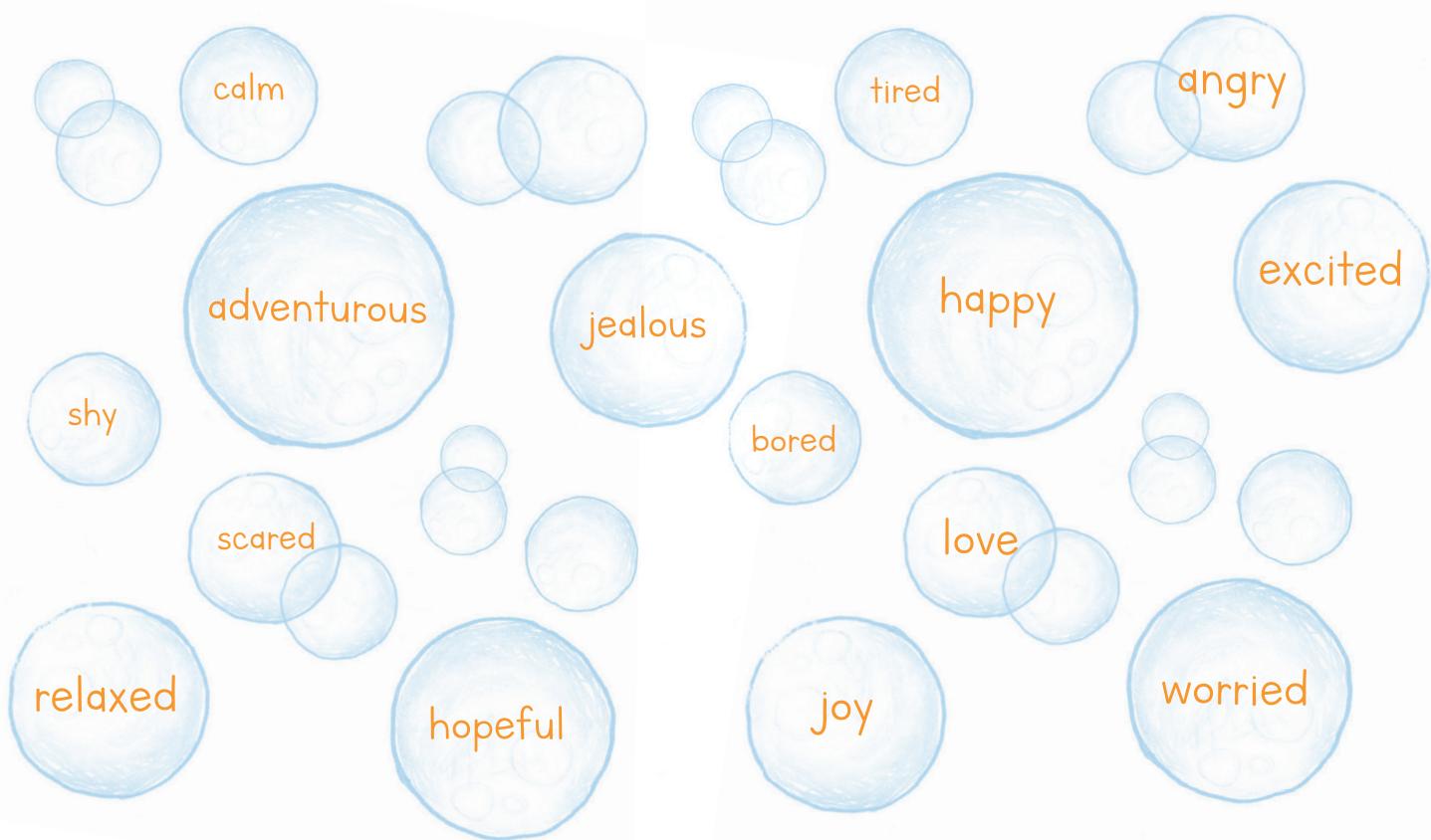


# Emotions

An emotion is a feeling which appears often with a physical reaction.

You feel emotions because of what you see, hear, remember or do. Some emotions can feel comfortable and some can feel uncomfortable but all of them are helpful.



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

