

Sentence Practice

• 정답 p. 71

C 다음을 /로 끊어 읽기를 표시하고, 빨간색으로 된 부분에 유의하여 해석해 봅시다.

^①Sometimes, we cannot control our feelings. ^②This can make us do **things that we might regret later**. ^③When this happens, we can think about putting our feelings in an emotional “backpack.” ^④This means we should wait until we feel calm.

^⑤Imagine your friend laughs at **something you said in front of others**. ^⑥You might feel embarrassed and angry. ^⑦You may want to say something mean back. ^⑧But if you do, you might regret it later. ^⑨That’s when you should use your emotional backpack. ^⑩Take a deep breath and wait until you feel calm before you respond.

^⑪If we keep putting feelings in our backpack, it might get too full and spill over. ^⑫This can make us feel angry at someone for no reason. ^⑬Sometimes, we should take out the strongest feeling and talk about it.

^⑭We can meet **the person who made us upset**. ^⑮We can tell them how we feel without blaming them. ^⑯This can help fix a misunderstanding. ^⑰If they understand our feelings, they might even apologize. ^⑱When that happens, we can feel much better.