Before the Vote

Trace how emotions arise and shape decisions

PS.6.5 "Explain how biological, cognitive, environmental, and social factors can produce or influence emotional states, and how positive or negative emotions can affect thinking and action."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline one biological, cognitive, environmental, and social influence on Maya's feelings, and label them B, C, E, and S. Circle two places where an emotion affects her thinking or action.

Maya's Turn to Speak

1. At a student council meeting, Maya waits to speak about keeping the school library open later. She slept only four hours after a late shift at her family's store, and her stomach is empty because she missed lunch. Lack of sleep and hunger can make it harder to regulate emotions, so the wait feels more stressful than it might on another day. The room is hot, and a noisy construction crew works outside the window. Those surroundings add discomfort and distract her. When the council chair checks the clock, Maya notices her pulse racing and thinks, "I will mess this up."

2. The chair's glance does not prove that Maya is doing poorly. Yet she interprets it as a sign that everyone is impatient, and her worry rises. The meaning she gives the glance shapes how she feels about it. Then a classmate quietly says, "Students need those evening hours. Your survey shows why." That support eases some of her fear. Maya considers another explanation for the glance: the chair may be tracking the meeting schedule. Her situation has not changed much, but a new interpretation and a supportive interaction shift her emotional state.

3. When Maya begins speaking, worry pulls her attention toward the chair's face instead of her notes. She skips a survey result and rushes through her first point. After she hears a few students say they use the library after school, she feels more hopeful. Hope helps her notice their questions, check her notes, and explain the survey result she missed. Still, feeling hopeful does not guarantee that her proposal is sound or that every decision she makes will be wise. Emotions can guide attention and action, but she also needs evidence and time to weigh other students' needs.

2 ANSWER WITH EVIDENCE

Use the passage

1. How do Maya's lack of sleep and the hot, noisy room each influence her emotional state?

2. How does Maya's interpretation of the chair's glance affect her worry? What other explanation does she consider?

3. How does the classmate's comment affect Maya's feelings, and why is it a social influence?

4. How do worry and hope each affect what Maya notices and does during her speech?

3 YOUR TURN

Your own words

Create a school or community situation different from Maya's meeting. In 4 to 5 sentences, show how biological, cognitive, environmental, and social factors influence one person's emotions, then explain how an emotion changes both what that person thinks about and what they do.

Before the Vote

PART 1 · READ AND MARK

Underline one biological, cognitive, environmental, and social influence on Maya's feelings, and label them B, C, E, and S. Circle two places where an emotion affects her thinking or action. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How do Maya's lack of sleep and the hot, noisy room each influence her emotional state?	**Lack of sleep makes the wait feel more stressful. The hot, noisy room adds discomfort and distraction.**
2	How does Maya's interpretation of the chair's glance affect her worry? What other explanation does she consider?	**She takes the glance to mean everyone is impatient, which raises her worry. She later considers that the chair may be tracking the schedule.**
3	How does the classmate's comment affect Maya's feelings, and why is it a social influence?	**The classmate's support eases some of Maya's fear. It is a social influence because it comes from an interaction with another person.**
4	How do worry and hope each affect what Maya notices and does during her speech?	**Worry draws her attention to the chair's face, and she skips a result and rushes. Hope helps her notice questions, check her notes, and explain the missed result.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

Before a neighborhood cleanup, Luis feels irritable because he slept poorly, and cold rain makes the outdoor work seem miserable. He assumes that a volunteer's silence means she dislikes him, so his worry grows. When she offers him an extra pair of gloves, he feels included and less tense. His relief helps him focus on which streets need attention instead of on whether others judge him. He joins a group collecting litter near the bus stop.

Accept other passage-supported examples of each influence. For the open task, look for four distinct factors and a clear link from an emotion to both a thought and an action.