

Name \_\_\_\_\_

## The Importance of Kindness: Making the World a Better Place

### Multiple Choice Questions

1. According to the passage, what is one effect of kindness on relationships?

- A) Building walls between people
- B) Creating trust and understanding
- C) Encouraging competition
- D) Promoting isolation

2. How does kindness affect society, as mentioned in the passage?

- A) It fosters division and conflict.
- B) It promotes diversity and acceptance.
- C) It encourages self-centeredness.
- D) It leads to mistrust.

3. What happens when you perform a kind act, according to the passage?

- A) It has no impact on others.
- B) It inspires a chain reaction of goodwill.
- C) It leads to competition among peers.
- D) It creates isolation.

4. How does kindness affect our mental and emotional well-being?

- A) It increases stress levels.
- B) It has no impact on our mood.
- C) It releases feel-good hormones and reduces stress.
- D) It leads to isolation.

5. What does kindness teach us, as mentioned in the passage?

- A) Self-centeredness
- B) Patience and gratitude
- C) Isolation
- D) Competition and mistrust

