

Name \_\_\_\_\_

## Express Yourself: The Magical Impact of Arts on Teenagers' Emotions

### Multiple Choice Questions

1. How does music impact teenagers' emotions?

- A) It has no effect on their emotions.
- B) It allows them to connect with their feelings and experience catharsis.
- C) It always makes them feel sad.
- D) It only provides stress relief.

2. What role does theater play in enhancing teenagers' emotional intelligence?

- A) It has no impact on their emotional intelligence.
- B) It helps them empathize with diverse characters and perspectives.
- C) It limits their emotional growth.
- D) It encourages selfish behavior.

3. How do visual arts like painting and drawing benefit teenagers' emotional well-being?

- A) They have no impact on emotional well-being.
- B) They provide a therapeutic outlet for self-expression.
- C) They always lead to stress and frustration.
- D) They limit creativity.

4. What is one purpose of the arts mentioned in the passage regarding teenagers' emotions?

- A) To create emotional challenges
- B) To replace appropriate emotional support
- C) To serve as a form of stress relief and emotional expression
- D) To limit self-discovery

5. What is the importance of acknowledging the limitations of the arts for teenagers' emotional well-being?

- A) It is not important at all.
- B) It highlights the need for appropriate support when necessary.
- C) It discourages teenagers from pursuing creative activities.
- D) It diminishes the value of the arts.

