

Name _____

The Link Between Imagination and Mental Well-Being

Multiple Choice Questions

1. What is creativity?
 - a) A type of science
 - b) The ability to think and express ourselves in unique ways
 - c) A form of physical exercise
 - d) A form of cooking

2. Who was Leonardo da Vinci, and what made him famous?
 - a) A famous chef known for his culinary skills
 - b) An Italian explorer who discovered new lands
 - c) A Renaissance artist known for his paintings like the Mona Lisa and The Last Supper
 - d) A famous musician who composed symphonies

3. How can engaging in creative activities contribute to mental well-being?
 - a) It can make you more stressed.
 - b) It can boost self-esteem and confidence.
 - c) It has no impact on mental well-being.
 - d) It can only be done by professionals.

4. What is the creative process, and which phase involves turning ideas into reality?
 - a) The creative process is a myth, and there are no phases.
 - b) The creative process involves inspiration, exploration, and creation. The creation phase turns ideas into reality.
 - c) The creative process involves brainstorming and nothing else.
 - d) The creative process involves reflection on mistakes.

5. How can individuals nurture their creativity?
 - a) By avoiding mistakes at all costs
 - b) By dedicating time to creative activities, embracing mistakes, and seeking inspiration
 - c) By working alone and never sharing their creations
 - d) By only focusing on the end result

