

Name _____

Why are Relationships Important?

Multiple Choice Questions

1. Why are relationships compared to colorful threads in a tapestry?
 - A. Because they are colorful
 - B. Because they weave together the fabric of our lives
 - C. Because they are made of different textures
 - D. Because they are like secrets

2. What do teachers and mentors provide in relationships?
 - A. Only teach subjects like math and science
 - B. Support and love
 - C. Guidance and knowledge
 - D. Laughter and excitement

3. Which of the following is NOT an example of the impact of relationships on emotional well-being?
 - A. Feeling happier when spending time with loved ones
 - B. Brain releasing feel-good chemicals like oxytocin
 - C. Reducing stress
 - D. Solving math problems

4. What does trust serve as in relationships?
 - A. A foundation
 - B. A barrier
 - C. A distraction
 - D. A challenge

5. What skill can you develop through relationships when you have disagreements?
 - A. Building trust
 - B. Communicating effectively
 - C. Avoiding conflicts
 - D. Ignoring problems

