

Name \_\_\_\_\_

## The Magic of Kindness: Why Being Kind to Others Matters

### Multiple Choice Questions

1. What is kindness?
  - a) A superpower only a few people possess
  - b) The quality of being friendly, generous, and considerate toward others
  - c) An act that always expects something in return
  - d) A way to make others feel inferior
  
2. Why is kindness important?
  - a) It reduces self-esteem
  - b) It creates a chain reaction of negativity
  - c) It fosters trust, respect, and mutual understanding
  - d) It increases stress levels
  
3. How can kindness boost self-esteem?
  - a) By making others feel inferior
  - b) By showing off your good deeds
  - c) By knowing you've made a positive impact on someone's life
  - d) By ignoring others' feelings
  
4. What hormone is released when you practice kindness, contributing to a sense of calm and happiness?
  - a) Endorphins
  - b) Oxytocin
  - c) Serotonin
  - d) Cortisol
  
5. How can you create a better world through kindness?
  - a) By being unkind to others
  - b) By contributing to negativity
  - c) By choosing to be kind and compassionate
  - d) By avoiding interactions with others

