

Name _____

Understanding Emotions: How to Recognize When Someone Is Feeling Sad or Upset

Multiple Choice Questions

1. What is one of the most apparent signs of sadness in a person's facial expressions?

- a) Smiling
- b) Raised eyebrows
- c) Frowning
- d) Winking

2. Why is it important to recognize when someone is feeling sad or upset?

- a) To make fun of them
- b) To offer support and comfort
- c) To criticize their feelings
- d) To avoid them

3. How might someone's tone of voice change when they are sad or upset?

- a) It becomes louder and clearer
- b) It remains the same
- c) It may sound quieter, trembling, or strained
- d) It becomes more cheerful

4. What can recognizing sadness or upset in others help prevent?

- a) Isolation
- b) Happiness
- c) Increased energy
- d) Social gatherings

5. What is one way to offer support to someone feeling sad or upset?

- a) Ignore them
- b) Ask them to stop being sad
- c) Listen to them without judgment
- d) Tell them it's not a big deal

