

Name _____

The Kaleidoscope of Emotions: Understanding Different Types of Feelings

Multiple Choice Questions

1. Which emotion often motivates us to address injustices and protect our boundaries?

- a) Happiness
- b) Sadness
- c) Anger
- d) Love

2. What is emotional intelligence?

- a) The ability to recognize colors
- b) The ability to manage one's own emotions and the emotions of others
- c) The ability to play musical instruments
- d) The ability to solve complex math problems

3. How can emotions influence our actions and decisions?

- a) Emotions have no impact on our actions and decisions.
- b) Emotions serve as signals and guides, helping us navigate the world and make choices.
- c) Emotions always lead to impulsive decisions.
- d) Emotions only affect our physical health.

4. Why do emotions vary from person to person?

- a) Because everyone experiences the same emotions in the same way
- b) Because cultural, societal, and personal factors influence how we experience and express emotions
- c) Because emotions are predetermined at birth
- d) Because emotions are controlled by external factors

5. What is the "fight or flight" response triggered by?

- a) Happiness
- b) Fear
- c) Love
- d) Excitement

