

Name \_\_\_\_\_

## The Colorful World of Emotions: Understanding Feelings

### Multiple Choice Questions

1. What can be described as strong feelings that range from joy and excitement to sadness and anger?

- a) Hobbies
- b) Emotions
- c) Music
- d) Thoughts

2. What is the purpose of fear as an emotion?

- a) To make you laugh
- b) To encourage you to keep doing something good
- c) To keep you safe by alerting you to potential dangers
- d) To motivate you to stand up for yourself

3. What is empathy?

- a) The ability to taste different flavors
- b) The ability to understand and share in the feelings of others
- c) The ability to fix things
- d) The ability to fly

4. How can physical activity help with emotions?

- a) It makes you more emotional
- b) It releases endorphins, which are natural mood lifters
- c) It makes you more fearful
- d) It makes you cry

5. Why is it important to express emotions in a healthy way?

- a) Because emotions are not important
- b) Because expressing emotions can be harmful
- c) Because emotions are always negative
- d) Because expressing emotions is unnecessary

