

Name _____

Game On: Why Kids Should Dive into the World of Sports

Multiple Choice Questions

1. What is one of the benefits of participating in sports mentioned in the persuasive piece?
 - a) Sitting on the couch all day
 - b) Staying active and healthy
 - c) Avoiding teamwork
 - d) Losing confidence

2. How can playing sports help you build friendships?
 - a) By playing alone without teammates
 - b) By learning how to communicate and cooperate with teammates
 - c) By never talking to your teammates
 - d) By avoiding sports altogether

3. What do you learn from playing sports, according to the text?
 - a) To be undisciplined and irresponsible
 - b) To avoid following rules
 - c) Discipline and responsibility
 - d) To always arrive late

4. How does achieving goals in sports affect your confidence and self-esteem?
 - a) It has no impact on confidence or self-esteem.
 - b) It makes you less confident.
 - c) It boosts your confidence and self-esteem.
 - d) It only affects your school performance.

5. What is one way that sports can benefit your mental well-being, as mentioned in the text?
 - a) By causing stress and anxiety
 - b) By making you feel bored
 - c) By providing a stress-relief outlet and making you feel happy
 - d) By increasing stress levels

