

Name _____

Express Yourself: Healthy Ways to Share Your Feelings

Multiple Choice Questions

1. What is one way to express your feelings mentioned in the passage?
 - a) Dancing
 - b) Singing loudly
 - c) Keeping them to yourself
 - d) Shouting at someone

2. Who was the famous artist known for using art to express his emotions?
 - a) Leonardo da Vinci
 - b) Vincent van Gogh
 - c) Pablo Picasso
 - d) Frida Kahlo

3. Why did Vincent van Gogh use bold colors and swirling brushstrokes in his paintings?
 - a) Because he liked bright colors
 - b) To show his passion and inner turmoil
 - c) To make his paintings look chaotic
 - d) Because he didn't know how to paint neatly

4. Which of the following is NOT a healthy way to express your feelings?
 - a) Talking to someone you trust
 - b) Keeping a journal
 - c) Using creative outlets like art and music
 - d) Bottling up your emotions

5. What did Vincent van Gogh say about his work?
 - a) "I paint because I have to."
 - b) "I never put my heart into my paintings."
 - c) "I don't care about my art."
 - d) "I only paint when I'm happy."

