



## COMPREHENSION QUESTIONS (WITH ANSWERS)

### ? Multiple Choice (1-5)

1. What does the "mind-body connection" mainly refer to?
  - A. How the body helps the brain grow
  - B. How emotions and thoughts affect the body and vice versa
  - C. How fast the brain sends signals to the body
  - D. How exercise makes people smarter
2. What may happen when a person feels stress or anxiety for a long time?
  - A. Their muscles get stronger
  - B. They sleep better
  - C. Their immune system becomes weaker
  - D. They become more focused
3. Which activity is NOT mentioned as helpful for the mind-body connection?
  - A. Yoga
  - B. Meditation
  - C. Watching TV
  - D. Deep breathing
4. What do endorphins do?
  - A. Make us feel tired
  - B. Help us sleep
  - C. Make us feel happy
  - D. Increase our hunger
5. What is the main idea of the passage?
  - A. Exercise is good for muscles.
  - B. We should only care about our physical health.
  - C. Emotions are stronger than physical pain.
  - D. The mind and body are closely connected, and both need care.

### ? True or False (6-8)

- \_\_\_\_\_ 6. Positive emotions can help us stay healthy.
- \_\_\_\_\_ 7. The mind and the body do not affect each other.
- \_\_\_\_\_ 8. Regular physical activity can support emotional health.

### ? Short Answer (9-10)

9. Name two activities that can strengthen the mind-body connection.

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10. Why is it important to take care of both the mind and body?

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