



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.

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