

GK-7

Chapter 35 : Combat Stress – Answer Key

Multiple-Choice Questions

1. b) Difficult situations
2. b) Deep breathing
3. b) Solve problems better
4. a) Talk to someone you trust

Fill in the Blanks

1. Deep
2. Trusted
3. Body
4. Calm / Soft

True or False

1. True
2. False
3. True
4. False

Match the Following

1. Deep breathing — Helps to calm the mind
2. Exercise — Helps you feel fresh
3. Talking to parents — Reduces worry
4. Good sleep — Relaxes your body

Short Answer Questions

1. Stress is the body's response to challenges or demands.
2. Children feel stressed due to exams, peer pressure, or family issues.
3. Exercise reduces stress by improving mood and relaxing the body.
4. Sharing problems helps because it provides support and reduces worry.