

GK-7

Chapter 35: Combat Stress – Worksheet

Multiple-Choice Questions

1. Stress is mainly caused by:

- a) Enjoying hobbies
- b) Difficult situations
- c) Eating food
- d) Sleeping

2. One way to reduce stress is:

- a) Shouting
- b) Deep breathing
- c) Fighting
- d) Skipping meals

3. A calm mind helps you to:

- a) Forget everything
- b) Solve problems better
- c) Become lazy
- d) Increase stress

4. When you feel stressed, you should:

- a) Talk to someone you trust
- b) Hide your feelings
- c) Keep worrying
- d) Avoid rest

Fill in the Blanks

1. _____ breathing helps in reducing stress.
2. Talking to a _____ person helps to manage stress.

3. Stress can affect both our mind and _____.
4. A simple way to relax is listening to _____ music.

True or False

1. Stress can happen to both children and adults. _____
2. Fighting with others is a good way to release stress. _____
3. Staying organised can reduce stress. _____
4. Sleep has no effect on stress. _____

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. What is stress?
2. Mention any two reasons why children feel stressed.
3. How does exercise help in reducing stress?
4. Why is sharing your problems with someone helpful?