

Understanding Our Minds

Psychology · Practice Test · 10 Questions

1. When you feel happy, what part of your brain is usually working hard to make you smile?

- A) Your tummy
- B) Your nose
- C) Your brain
- D) Your feet

2. If you see a sad face, what emotion are you most likely to think that person is feeling?

- A) Excited
- B) Confused
- C) Angry
- D) Sad

3. When you learn something new, like how to tie your shoes, what part of your body helps you remember it?

- A) Your ears
- B) Your mouth
- C) Your brain
- D) Your elbows

4. What do we call it when you share your toys with a friend?

- A) Being grumpy
- B) Being selfish
- C) Being kind
- D) Being sleepy

5. If someone shouts and looks red in the face, what emotion are they likely feeling?

- A) Scared
- B) Happy
- C) Angry
- D) Surprised

6. When you concentrate really hard on building a tall tower, which part of you is working the most?

- A) Your knees
- B) Your fingers
- C) Your mind
- D) Your ears

7. What helps you understand how someone else might be feeling, even if they don't say it?

- A) Imagination
- B) Empathy
- C) Super strength
- D) Flying

8. When you see a surprise, what feeling often comes first?

- A) Boredom
- B) Excitement
- C) Sadness
- D) Tiredness

9. What is it called when you practice doing something over and over again to get better at it?

- A) Forgetting
- B) Giving up
- C) Practicing
- D) Sleeping

10. If you are scared of the dark, what might help you feel a little braver?

- A) Closing your eyes tightly
- B) Hiding under the bed
- C) Having a night light or a grown-up nearby
- D) Wishing it away