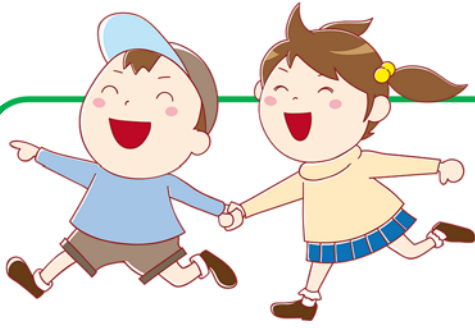


Name _____



The Gratitude Effect

Directions: Read the nonfiction passage below about how gratitude influences your brain and emotions. Answer the questions that follow.

When people express gratitude, something powerful happens inside the brain. Scientists have discovered that showing thankfulness activates the brain's reward system, releasing chemicals like dopamine and serotonin. These are the same chemicals that make people feel happier and calmer. Over time, practicing gratitude can actually help strengthen positive thinking and emotional balance.

Research shows that writing down things you are thankful for or telling others how much you appreciate them can reduce stress and improve mental health. People who practice gratitude regularly tend to feel fewer negative emotions and recover faster from frustration or disappointment. Gratitude turns what might be a small positive feeling into a big one, helping people focus on what is going well instead of what is missing.

By training the brain to notice the good, gratitude becomes more than just good manners-it becomes a way to build lasting emotional strength and resilience.

1. What chemicals are released in the brain when people express gratitude?
 - A. Adrenaline and cortisol
 - B. Oxygen and nitrogen
 - C. Glucose and insulin
 - D. Dopamine and serotonin
2. According to the passage, what does gratitude help strengthen over time?
 - A. Emotional balance and positive thinking
 - B. Anger control and memory
 - C. Physical strength and appetite
 - D. Competition and focus
3. What are two ways the passage says people can practice gratitude?
 - A. Exercise and sleep more
 - B. Write thank-you letters and talk about appreciation
 - C. Work harder and study longer
 - D. Watch funny videos and eat comfort food
4. How does gratitude change the size of emotions?
 - A. It makes big feelings smaller.
 - B. It turns negative emotions into neutral ones.
 - C. It turns small positive feelings into big ones.
 - D. It removes emotions completely.
5. What is one long-term benefit of gratitude mentioned in the passage?
 - A. It increases stress levels.
 - B. It helps people ignore problems.
 - C. It builds emotional strength and resilience.
 - D. It makes people focus only on themselves.