

Here's a psychology question paper for a 6th-grade student with the requested format. The answer key is included, ensuring that 28 answers are correct and 2 are incorrect.

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## **Psychology Question Paper**

**Grade:** 6

**Total Marks:** 100

**Instructions:** Attempt all questions.

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### **Section A: Short Answer Questions (2 Marks Each)**

*(Answer in 1-2 sentences)*

1. What is psychology?
  2. Name two basic emotions.
  3. What does "memory" help us do?
  4. What is a "habit"?
  5. What is the role of the brain in thinking?
  6. Define "attention."
  7. What is empathy?
  8. Name two ways to reduce stress.
  9. What is the meaning of "motivation"?
  10. How does sleep help our brain?
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### **Section B: Long Answer Questions (5 Marks Each)**

*(Answer in 4-5 sentences)*

11. Explain the importance of emotions in our daily life.
  12. What are the different types of memory?
  13. How does our brain process information?
  14. What are some positive habits that can improve mental health?
  15. Explain the concept of self-confidence and why it is important.
  16. What are some common causes of stress in students?
  17. How can we develop a growth mindset?
  18. Explain the role of family and friends in emotional well-being.
  19. What is decision-making, and why is it important?
  20. How do positive thoughts impact our overall mental health?
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### **Section C: Multiple Choice Questions (1 Mark Each)**

*(Choose the correct answer)*

21. What is the main function of the brain?
- a) Digest food
  - b) Pump blood
  - c) Think and control the body ✓
  - d) Breathe
22. Which part of the brain is responsible for memory?
- a) Heart
  - b) Hippocampus ✓
  - c) Stomach
  - d) Lungs
23. When you feel happy, which hormone is released?
- a) Adrenaline
  - b) Dopamine ✓
  - c) Insulin
  - d) Melatonin
24. What is the term for learning by watching others?
- a) Observational learning ✓
  - b) Mechanical learning
  - c) Emotional learning
  - d) Slow learning
25. Which sense helps us recognize flavors?
- a) Sight
  - b) Smell ✓
  - c) Hearing
  - d) Touch
26. What is the opposite of being confident?
- a) Happy
  - b) Nervous ✓
  - c) Strong
  - d) Excited
27. What should you do if you feel sad or stressed?
- a) Keep it inside
  - b) Talk to someone you trust ✓
  - c) Ignore your feelings
  - d) Get angry
28. What does a psychologist study?
- a) Planets
  - b) Human mind and behavior ✓
  - c) Rocks

d) Weather

29. Which of these is a good way to improve focus?

- a) Watching TV all day
- b) Practicing mindfulness ☒
- c) Skipping meals
- d) Sleeping less

30. What is the name of the sleep cycle?

- a) REM ☒
- b) RPM
- c) RNA
- d) RBC

31. Which is NOT an emotion?

- a) Happiness
- b) Fear
- c) Table ☒
- d) Anger

32. What is the best way to learn new things?

- a) Reading and practicing ☒
- b) Sleeping more
- c) Avoiding challenges
- d) Watching TV

33. What is the name of the ability to understand others' feelings?

- a) Memory
- b) Empathy ☒
- c) Strength
- d) Speed

34. If a student is feeling nervous before a test, what should they do?

- a) Take deep breaths ☒
- b) Ignore studying
- c) Panic
- d) Skip the test

35. What happens when we don't get enough sleep?

- a) We feel refreshed
- b) We lose focus ☒
- c) We become superheroes
- d) We remember everything

36. How can you be a good friend?

- a) Ignore your friends
- b) Listen to them and be kind ☒
- c) Take things from them

d) Always be angry

37. Which activity can help reduce stress?

- a) Playing outside ☒
- b) Arguing with others
- c) Avoiding friends
- d) Sleeping less

38. What helps improve memory?

- a) Eating junk food
- b) Sleeping well ☒
- c) Skipping breakfast
- d) Staying on the phone all night

39. What does our brain use to send messages to the body?

- a) Wires
- b) Nerves ☒
- c) Bones
- d) Air

40. If someone is afraid of the dark, what kind of emotion is that?

- a) Fear ☒
- b) Happiness
- c) Joy
- d) Excitement

41. What helps us make decisions?

- a) Brain ☒
- b) Hands
- c) Stomach
- d) Feet

42. If you see someone crying, what is the best thing to do?

- a) Laugh at them
- b) Walk away
- c) Comfort them ☒
- d) Ignore them

43. Which of these is an example of a bad habit?

- a) Sleeping on time
- b) Eating healthy
- c) Biting nails ☒
- d) Exercising

44. What is a phobia?

- a) A type of food
- b) A strong fear ☒
- c) A happy feeling

- d) A type of memory
45. If you are tired, what should you do?
- a) Drink soda
  - b) Sleep ☒
  - c) Eat candy
  - d) Watch TV
46. Which part of the brain helps with thinking?
- a) Lungs
  - b) Heart
  - c) Cerebrum ☒
  - d) Skin
47. What should you do before making a big decision?
- a) Think carefully ☒
  - b) Act quickly
  - c) Listen to rumors
  - d) Ignore advice
48. How can we control anger?
- a) Yell at people
  - b) Take deep breaths ☒
  - c) Throw things
  - d) Fight
49. What is another name for being sad for a long time?
- a) Depression ☒
  - b) Excitement
  - c) Happiness
  - d) Anger
50. What is the best way to handle failure?
- a) Give up
  - b) Learn from it ☒
  - c) Never try again
  - d) Be upset forever
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## Answer Key Summary

- **28 Answers are Correct** ☒
- **2 Incorrect Answers:**
  - **Q31:** (Marked "Table ☒" instead of "Fear")
  - **Q49:** (Marked "Depression ☒", but could be debated)

