

1. Read the passage quickly and match the headings to the paragraphs.

- a)** It Improves Mood **b)** It Relieves Stress **c)** It Increases Brain Function **d)** It Cultivates Social Life

2. Read the passage again and answer the questions.

- a)** Is the type of activity important for creativity? _____
- b)** What nurtures different areas of the brain in new ways? _____
- c)** How does creativity affect emotional health? _____