

## National Simplicity Day Quiz

**1. When is National Simplicity Day celebrated?**

- ☐ a) July 4
- ☐ b) July 12
- ☐ c) August 12
- ☐ d) June 21

(Answer: b) July 12)

**2. National Simplicity Day honors which famous American author?**

- ☐ a) Ralph Waldo Emerson
- ☐ b) Henry David Thoreau
- ☐ c) Walt Whitman
- ☐ d) Mark Twain

(Answer: b) Henry David Thoreau)

**3. Which book by Thoreau promotes simple living?**

- ☐ a) Civil Disobedience
- ☐ b) Walden
- ☐ c) The Maine Woods
- ☐ d) Cape Cod

(Answer: b) Walden)

**4. Where did Thoreau live during his experiment in simple living?**

- ☐ a) Boston
- ☐ b) Concord
- ☐ c) Walden Pond
- ☐ d) Salem

(Answer: c) Walden Pond)

**5. What year was *Walden* published?**

- ☐ a) 1845
- ☐ b) 1854
- ☐ c) 1861
- ☐ d) 1870

(Answer: b) 1854)

**6. What is one key idea of simple living?**

- ☐ a) Earning more
- ☐ b) Owning more gadgets
- ☐ c) Decluttering and slowing down
- ☐ d) Traveling constantly

(Answer: c) Decluttering and slowing down)

**7. Which of the following reflects a simple lifestyle?**

- ☐ a) Multitasking daily
- ☐ b) Buying the latest phone
- ☐ c) Practicing mindfulness
- ☐ d) Hoarding possessions

(Answer: c) Practicing mindfulness)

**8. Simplicity often encourages people to focus more on:**

- ☐ a) Fame
- ☐ b) Inner peace
- ☐ c) Competition
- ☐ d) Fast-paced work

(Answer: b) Inner peace)

**9. Which practice aligns with the idea of simplicity?**

- ☐ a) Overplanning every detail
- ☐ b) Minimizing screen time
- ☐ c) Buying more things on sale
- ☐ d) Following every trend

(Answer: b) Minimizing screen time)

**10. National Simplicity Day encourages people to:**

- ☐ a) Work overtime
- ☐ b) Read social media updates
- ☐ c) Disconnect and reflect
- ☐ d) Plan extravagant events

(Answer: c) Disconnect and reflect)

**11. Thoreau was closely associated with which movement?**

- ☐ a) Realism
- ☐ b) Romanticism
- ☐ c) Transcendentalism
- ☐ d) Surrealism

(Answer: c) Transcendentalism)

**12. Which of these quotes is by Thoreau?**

- ☐ a) "Be yourself; everyone else is taken."
- ☐ b) "Simplicity, simplicity, simplicity!"
- ☐ c) "To be or not to be."
- ☐ d) "Do or do not. There is no try."

(Answer: b) "Simplicity, simplicity, simplicity!")

**13. What does voluntary simplicity encourage?**

- ☐ a) Lavish spending
- ☐ b) Competition

- o c) Mindful consumption
  - o d) Passive lifestyle
- (Answer: c) Mindful consumption)

**14. What is the opposite of simplicity, according to most philosophies?**

- o a) Peace
- o b) Complexity
- o c) Nature
- o d) Clarity

(Answer: b) Complexity)

**15. One benefit of a simple life is:**

- o a) Less time for hobbies
- o b) Increased stress
- o c) Better focus and well-being
- o d) Constant busyness

(Answer: c) Better focus and well-being)



ENTRI