

Name: _____ Date: _____

Answer Key: Manage Your Mind: Mental Health Mastery for 5th Graders

Beyond identifying basic feelings, students evaluate complex interpersonal conflicts and synthesize high-level coping strategies for pre-middle school transitions.

1. Maya is feeling overwhelmed because she has a violin recital, a math project, and a soccer game all in the same week. Which approach demonstrates the most effective 'Executive Function' for her mental well-being?

Answer: B) Breaking tasks into a prioritized 'Time-Block' schedule to regain a sense of control.

Prioritization and time management are critical cognitive strategies that reduce anxiety by making large stressors feel manageable.

2. True or False: Using 'Cognitive Reframing' means you must pretend a bad situation is actually good, even if you feel hurt.

Answer: B) False

Reframing is about looking at a situation from a different, more constructive perspective, not about suppressing or lying about your true emotions.

3. When someone is able to recover quickly from a difficult peer conflict or a failing grade, they are demonstrating high levels of _____.

Answer: C) Psychological Resilience

Resilience is the mental capacity to adapt to hardship and 'bounce back' without long-term negative impacts on self-esteem.

4. Leo's friend keeps making 'backhanded compliments' that make Leo feel small. If Leo uses assertive communication to protect his emotional health, which statement would he most likely use?

Answer: C) 'I feel disrespected when you use sarcasm about my work, and I'd like you to stop.'

Assertive communication uses 'I' statements to express needs clearly and respectfully without being aggressive or passive.

5. Which of the following is an example of an 'Internal Resource' for managing stress?

Answer: C) Personal self-talk patterns and breathing exercises.

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Internal resources are skills or traits located within the individual, rather than environmental or social supports.

6. The constant need to check social media to see if others are having more fun than you is a psychological phenomenon that can lower self-worth, often called _____.

Answer: B) FOMO (Fear of Missing Out)

FOMO involves the perception that others are having a better experience, leading to anxiety and dissatisfaction with one's own life.

7. True or False: Chronic stress can have physical symptoms, such as frequent headaches or stomachaches, even if there is no underlying illness.

Answer: A) True

The mind-body connection means that emotional distress often manifests as physical ailments through the nervous system.

8. When evaluating a source of support, which of these would be considered a 'Professional Intervention'?

Answer: C) Meeting with a licensed child psychologist or therapist.

Professional interventions involve trained, licensed experts who use evidence-based methods to treat mental health.

9. A student who views a difficult math problem as an opportunity to grow her brain rather than a sign that she is 'bad at math' is using a _____.

Answer: C) Growth Mindset

A growth mindset is the belief that abilities can be developed through effort, which is essential for emotional resilience in school.

10. Which scenario requires the most immediate 'Help-Seeking' behavior from an adult?

Answer: B) Losing interest in favorite hobbies and feeling 'empty' for several weeks.

Persistent changes in mood or loss of interest in activities (anhedonia) are significant warning signs that require professional or adult support.