

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?

- A. Ignoring the stress and hoping everything gets done on time.
- B. Breaking tasks into a prioritized 'Time-Block' schedule to regain a sense of control.
- C. Quitting the soccer team immediately to remove one source of pressure.
- D. Staying up late every night until all the work is finished regardless of sleep.

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

- A. True
- B. False

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

- A. Emotional Isolation
- B. Social Comparison
- C. Psychological Resilience
- D. Avoidance Adaptation

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?

- A. Nothing; he should just be glad he has friends.
- B. Insulting the friend back so they know how it feels.
- C. 'I feel disrespected when you use sarcasm about my work, and I'd like you to stop.'
- D. Asking a different friend to tell the person to be nicer.

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

- A. The school nurse's office.
- B. An anonymous crisis text line.
- C. Personal self-talk patterns and breathing exercises.
- D. A supportive older sibling.

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 _____.

- A. Digital Flourishing

Name: _____ Date: _____

- B. FOMO (Fear of Missing Out)
- C. Growth Mindset
- D. Cyber-Resilience

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

- A. True
- B. False

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

- A. Talking to a trusted neighbor about a problem.
- B. Writing your feelings in a private diary.
- C. Meeting with a licensed child psychologist or therapist.
- D. Watching a YouTube video about how to be happy.

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 _____.

- A. Fixed Mindset
- B. Stoic Philosophy
- C. Growth Mindset
- D. Confirmation Bias

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

- A. Feeling nervous before a class presentation.
- B. Losing interest in favorite hobbies and feeling 'empty' for several weeks.
- C. Getting into a small argument with a best friend over a game.
- D. Feeling sad for one afternoon because it rained during a planned trip.