

Name: _____

Date: _____

Answer Key: Feeling Detectives 2nd Grade Mental Health Quiz

Children identify healthy coping strategies and recognize how big emotions like sadness or worry affect the body and mind.

1. Maya's heart beats fast and her tummy feels tight before she speaks in class. What 'engine' emotion is she likely feeling?

Answer: B) Anxiety

Anxiety is a common feeling that can make our bodies react with a fast heartbeat or a nervous stomach.

2. True or False: A 'Mental Health Day' means taking time to rest your mind and feelings, just like you rest your body when you have a cold.

Answer: A) True

Mental health is just as important as physical health, and sometimes our brains need a rest to stay healthy.

3. When someone feels very sad for a long time and finds it hard to play or eat, they might be experiencing _____.

Answer: C) Depression

Depression is a mental health condition where sadness lasts a long time and interferes with daily fun and activities.

4. If a friend is having a 'big feeling' that won't go away, who is the best person for them to talk to?

Answer: B) A trusted adult or counselor

Adults like parents, teachers, and school counselors are trained to help children manage difficult emotions.

5. True or False: Using 'Belly Breathing' (slow, deep breaths) can help calm your nervous system when you feel overwhelmed.

Answer: A) True

Deep breathing sends a signal to your brain to relax, which is a key tool for mental wellness.

6. Leo feels like he has to touch the door handle exactly five times every time he leaves a room. This 'loop' in his brain is often called:

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Answer: C) A compulsion

A compulsion is a repetitive action someone feels they must do to stop a worried thought, often seen in OCD.

7. Sam is practicing _____ by focusing only on the sound of a bell and the feeling of the air, which helps his brain stay calm.

Answer: A) Mindfulness

Mindfulness is the practice of paying attention to the present moment, which helps reduce stress.

8. True or False: You can 'catch' a mental health disorder like depression the same way you catch a cold from a sneeze.

Answer: B) False

Mental health conditions are not contagious; they are caused by things like genetics, brain chemistry, or life events.

9. Which of these is a healthy way to handle a 'brain storm' of angry feelings?

Answer: C) Drawing a picture of the feeling

Creative activities like drawing are 'safe' ways to express and analyze big emotions without hurting others.

10. Sometimes, doctors give people _____ to help fix the chemical balance in their brains so they can feel better.

Answer: B) Medicine

Just like medicine helps a sore throat, specific medicines can help the brain stay balanced and healthy.