

Name: _____ **Date:** _____

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?

- A. Sleepiness
- B. Anxiety
- C. Hunger
- D. Boredom

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.

- A. True
- B. False

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

- A. Happiness
- B. Excitement
- C. Depression
- D. Energy

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

- A. A favorite stuffed animal
- B. A trusted adult or counselor
- C. A scary movie
- D. No one at all

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

- A. True
- B. False

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:

- A. Daydreaming
- B. A habit
- C. A compulsion
- D. A hobby

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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.

- A. Mindfulness
- B. Running
- C. Homework
- D. Shouting

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

- A. True
- B. False

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

- A. Breaking a toy
- B. Yelling at a sibling
- C. Drawing a picture of the feeling
- D. Keeping it a secret forever

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

- A. Candy
- B. Medicine
- C. Stickers
- D. Vegetables