

Answer Key: Will You Be an Emotion Detective? 2nd Grade Mental Health Quiz

Students analyze complex social scenarios to evaluate the best coping strategies and identify healthy ways to navigate peer conflicts and big feelings.

1. Maya is practicing her violin, but she keeps making the same mistake. She feels like throwing her bow on the floor. What is the most resilient way for Maya to talk to herself?

Answer: B) This is hard right now, but I can improve with practice.

Positive self-talk and a growth mindset help build emotional resilience by focusing on effort rather than immediate perfection.

2. If you are feeling very sad for a long time, the strongest thing you can do is keep it a secret and handle it all by yourself.

Answer: B) False

Seeking help from a trusted adult is a sign of strength and an essential strategy for maintaining mental health.

3. Complete the sentence: When Sam feels his 'engine running too fast' because he is nervous about a school play, he uses ___ to help his body feel calm.

Answer: C) belly breathing

Belly breathing is a physical coping mechanism that signals the nervous system to relax during stressful moments.

4. Leo's best friend chose to play with someone else at recess today. Leo feels a 'heavy' feeling in his chest. Which action shows Leo is evaluating his emotions accurately?

Answer: B) Naming his feeling as 'lonely' and planning to join a different game.

Naming feelings and choosing a constructive reaction is a sophisticated way to manage emotional health.

5. Which of these is a 'clue' that your body might be experiencing stress before a big change, like moving to a new house?

Answer: C) Having butterflies in your stomach or tight shoulders.

Name: _____

Date: _____

Stress often shows up as physical symptoms, like tension or stomach discomfort, before we even realize we are worried.

6. When a person experiences a 'setback' (like losing a game), using ___ helps them bounce back and try again tomorrow.

Answer: A) resilience

Resilience is the ability to adapt and recover from disappointment or difficulty.

7. All coping mechanisms are healthy, even if they mean ignoring your problems or being mean to others to feel better.

Answer: B) False

Coping mechanisms are only considered healthy if they help you process emotions without causing harm to yourself or others.

8. Identify which person is using a 'Creative Outlet' to manage their stress:

Answer: A) Sarah, who draws a picture of her 'angry clouds'.

Creative outlets, like drawing or music, allow a person to express and move through their emotions productively.

9. If you are being bullied or feel unsafe, the most important mental health strategy is to ___.

Answer: B) tell an adult

Seeking help from an adult is the most effective way to ensure safety and start the healing process.

10. Imagine you see a classmate sitting alone and crying. You want to help their emotional well-being. What is the most supportive action?

Answer: C) Ask them if they want to talk or just have someone sit with them.

Offering presence and listening shows empathy, which helps others feel supported and less alone in their emotions.