

Name: _____

Date: _____

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?

- A. I am terrible at music and should just quit.
- B. This is hard right now, but I can improve with practice.
- C. I hope my teacher forgets to ask me to play this part.
- D. If I can't do it perfectly now, I never will.

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.

- A. True
- B. False

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.

- A. fast running
- B. loud shouting
- C. belly breathing
- D. drinking soda

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?

- A. Deciding that his friend must hate him now.
- B. Naming his feeling as 'lonely' and planning to join a different game.
- C. Yelling at the new student so they stop playing together.
- D. Pretending he doesn't care while stomach starts to hurt.

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

- A. Having a very clear and quiet mind.
- B. Feeling energetic and wanting to sleep all day.
- C. Having butterflies in your stomach or tight shoulders.
- D. Noticing that you are unusually helpful to others.

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

- A. resilience

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- B. worry
- C. hiding
- D. blaming

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

- A. True
- B. False

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

- A. Sarah, who draws a picture of her 'angry clouds'.
- B. Tom, who watches TV for four hours.
- C. Jen, who eats a whole bag of candy.
- D. Ben, who stays in bed all afternoon.

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

- A. wait and see
- B. tell an adult
- C. ignore it
- D. fight back

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

- A. Tell them to stop crying because it makes you uncomfortable.
- B. Walk away so they have privacy.
- C. Ask them if they want to talk or just have someone sit with them.
- D. Give them a piece of candy and tell them everything is fine.