

Name: _____ **Date:** _____

State of Mind: 5th Grade Emotional Strategy Quiz

Students act as social-emotional investigators, analyzing complex social scenarios to synthesize healthy coping strategies and build cognitive flexibility.

1. Maya is feeling 'cognitive dissonance' because she knows she should study, but her friends are pressuring her to play online games. Which synthesis of skills best helps her resolve this?

- A. Ignoring her friends entirely to avoid any social conflict.
- B. Practicing assertive communication while prioritizing her long-term goals.
- C. Playing the game now and staying up all night to catch up.
- D. Asking her parents to take her computer away so she has no choice.

2. When an individual experiences a setback, the process of looking for lessons learned rather than focusing on the failure is known as ____.

- A. Fixed Mindset
- B. Cognitive Reframing
- C. Emotional Suppression
- D. Passive Avoidance

3. True or False: Seeking professional help for mental health is a sign that an individual's internal coping mechanisms have permanently failed.

- A. True
- B. False

4. Which of these is a 'maladaptive' coping mechanism, meaning it might feel helpful now but causes more problems later?

- A. Progressive muscle relaxation
- B. Engaging in 'escapism' through excessive screen time to avoid chores
- C. Journaling about a difficult conversation
- D. Volunteering to help others to gain perspective

5. In the 'Staircase of Responding,' taking a deep breath before reacting to a mean comment is an example of increasing your ____.

- A. Impulse Control
- B. Heart Rate
- C. Social Popularity
- D. Physical Defenses

6. True or False: Emotional resilience means that a person no longer feels sadness or anger when something bad happens.

- A. True

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B. False

7. Marcus is overwhelmed by a large science project. He decides to use 'chunking' to break it into five smaller tasks. This is an example of:

- A. Emotional suppression
- B. Proactive stress management
- C. Social-emotional withdrawal
- D. Externalizing behavior

8. A student who uses positive self-talk like 'I can improve with practice' instead of 'I'm just bad at this' is demonstrating a ____.

- A. Standard Mindset
- B. Growth Mindset
- C. Fixed Mindset
- D. Neutral Mindset

9. True or False: Physical health, such as getting 9 hours of sleep, directly impacts your emotional regulation and mental clarity.

- A. True
- B. False

10. If a friend is showing symptoms of 'prolonged withdrawal' (staying alone for weeks and losing interest in hobbies), what is the most responsible analytical response?

- A. Wait for them to grow out of it because it's probably just a phase.
- B. Tell them a joke to try and make them laugh instantly.
- C. Encourage them to talk to a trusted adult or school counselor.
- D. Stop calling them so you don't bother them while they are sad.