

Name: _____ Date: _____

Answer Key: Sixth Sense Solutions: 5th Grade Mental Wellness Quiz

Challenge your empathy and analysis skills to identify invisible health hurdles and design supportive strategies for school community wellness.

1. Imagine a student named Leo who feels a 'brain fog' that makes it hard to focus on things he used to love, like drawing. In psychology, looking at how physical feelings, thoughts, and surroundings all affect Leo is called:

Answer: B) The Biopsychosocial approach

The biopsychosocial approach synthesizes biological (body), psychological (mind), and social (friends/family) factors to understand a person's mental health.

2. When a person experiences a persistent 'low' mood that feels like a heavy cloud for weeks, preventing them from finishing daily tasks, they may be facing _____, which is more than just feeling sad for a day.

Answer: B) Clinical Depression

Clinical depression is a formal diagnosis involving persistent symptoms that interfere with daily life, distinguishing it from temporary sadness.

3. Mental health conditions are 'invisible disabilities' because they affect a person's internal emotions and brain chemistry rather than their physical appearance.

Answer: A) True

Psychological disorders are often called invisible because you cannot see the symptoms by looking at someone exteriorly; they happen inside the mind and brain.

4. Which of these is a 'protective factor'—a strategy or resource that helps build resilience against developing a mental health struggle during difficult times?

Answer: C) Having a reliable support network

Social support from friends, family, or teachers acts as a protective buffer that helps people cope with stress and maintain mental wellness.

5. A student who feels an overwhelming 'false alarm' in their body (like a racing heart) when there is no actual danger is likely experiencing a specific type of _____ disorder.

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Answer: C) Anxiety

Anxiety disorders involve the body's 'fight or flight' response being triggered even when there is no immediate physical threat.

6. Using 'person-first language' is a way to reduce stigma. Which of the following is an example of person-first language?

Answer: B) A person with depression

Person-first language puts the individual before the diagnosis, emphasizing that the disorder does not define their entire identity.

7. A Phobia is defined as a minor, mild dislike of a specific object or situation that most people feel.

Answer: B) False

A phobia is an intense, irrational, and exaggerated fear that is much stronger than a simple dislike and can interfere with daily life.

8. If a school counselor helps a student change the way they interpret a 'scary' event (like a presentation) to see it as a 'challenge,' they are using a technique called:

Answer: A) Cognitive Reframing

Cognitive reframing is a psychological technique where a person learns to identify and then change their negative thought patterns into more helpful ones.

9. The _____ refers to the unfair negative labels or 'social marks' that society sometimes places on people with mental health conditions, making them feel ashamed to seek help.

Answer: C) Stigma

Stigma involves negative stereotypes and discrimination against people with mental health disorders, which advocates work to eliminate.

10. Neuroplasticity suggests that the brain can grow and change, meaning that with therapy and support, people can learn new ways to manage psychological disorders.

Answer: A) True

Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections, which is why treatments like therapy are effective over time.

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