

Name: _____

Date: _____

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:

- A. The Singular Study method
- B. The Biopsychosocial approach
- C. The Physical-only perspective
- D. The Environmental echo

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.

- A. Temporary Blues
- B. Clinical Depression
- C. Normal Boredom
- D. Short-term Stress

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

- A. True
- B. False

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?

- A. Keeping all feelings a secret
- B. Avoiding all challenging activities
- C. Having a reliable support network
- D. Spending all time alone

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.

- A. Memory
- B. Sleep
- C. Anxiety
- D. Nutritional

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

- A. The depressed boy
- B. A person with depression
- C. The bipolar student
- D. An anxious kid

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

- A. True
- B. False

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:

- A. Cognitive Reframing
- B. Physical Training
- C. Memory Suppression
- D. Avoidance Therapy

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.

- A. Support Gap
- B. Knowledge Base
- C. Stigma
- D. Wellness Tier

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.

- A. True
- B. False