

Name: _____ Date: _____

Answer Key: Feeling Bright: Third Grade Path to Emotional Health Quiz

Engage with real-world scenarios to practice identifying emotional signals and selecting positive growth-mindset actions for everyday social challenges.

1. Maya is feeling overwhelmed because her science project is due tomorrow and she isn't finished. Which 'Helpful Habit' should she try first?

Answer: B) Break the work into three small, manageable steps

Scaffolding large tasks into smaller steps is a key stress management technique that makes big problems feel solvable.

2. If you are feeling very sad for a long time, it is a sign of strength to talk to a trusted adult like a school nurse or a coach.

Answer: A) True

Seeking help is a proactive health-seeking behavior and shows emotional intelligence and self-awareness.

3. When Leo didn't get invited to a birthday party, he felt left out. He told himself, 'I still have friends at soccer practice.' This is an example of _____.

Answer: C) Positive self-talk

Positive self-talk helps students reframe a negative situation to build emotional resilience.

4. Sami is nervous about performing in the school play. Her stomach feels tight. What is her body trying to tell her?

Answer: B) She is experiencing an emotional signal of stress

Recognizing physical signs of emotions is the first step in self-regulation and emotional literacy.

5. Mental health only matters when someone is feeling sad or angry.

Answer: B) False

Mental and emotional health is a continuous part of overall well-being, similar to how we exercise even when we aren't sick.

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6. Using a 'Cool Down Corner' to take deep breaths after an argument with a sibling is a healthy _____.

Answer: A) Coping mechanism

A coping mechanism is a tool used to manage difficult emotions in a healthy, productive way.

7. Which of these activities would most likely help someone build 'Emotional Resilience'?

Answer: B) Practicing a difficult skill and trying again after a mistake

Resilience is the 'bounce back' factor—learning from setbacks rather than being defeated by them.

8. A great way to show _____ for a friend who is stressed is to listen to them without interrupting.

Answer: C) Empathy

Empathy is understanding and sharing the feelings of others, which strengthens social support networks.

9. One way to manage stress is to write or draw in a journal to express how you feel.

Answer: A) True

Journaling is an effective creative outlet for processing complex emotions and reducing anxiety.

10. If someone is being a 'bully' on the playground, what is the best emotional health strategy to use?

Answer: C) Use a firm voice to set a boundary and tell an adult

Combining assertiveness (boundaries) with seeking help (telling an adult) is the healthiest way to handle social conflict.