

Name: _____ **Date:** _____

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?

- A. Hide the project under her bed and ignore it
- B. Break the work into three small, manageable steps
- C. Stay up all night until she feels grumpy
- D. Tell her teacher she shouldn't have to do it

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.

- A. True
- B. False

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 _____.

- A. Giving up
- B. Physical exercise
- C. Positive self-talk
- D. Ignoring his feelings

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

- A. She is hungry for a snack
- B. She is experiencing an emotional signal of stress
- C. She should quit the play immediately
- D. She is becoming physically ill

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

- A. True
- B. False

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

- A. Coping mechanism
- B. Way to win
- C. Punishment
- D. Secret message

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

- A. Always choosing the easiest games so they never lose
- B. Practicing a difficult skill and trying again after a mistake
- C. Waiting for someone else to solve all their problems
- D. Blaming others when things go wrong

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

- A. Confusion
- B. Comparison
- C. Empathy
- D. Boredom

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

- A. True
- B. False

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

- A. Try to bully them back to show you are strong
- B. Keep it a secret so nobody gets in trouble
- C. Use a firm voice to set a boundary and tell an adult
- D. Assume you did something to deserve it