

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Mapping the Mind's Weather: A 7th Grade Mental Health Quiz

Middle schoolers identify how sleep, physical habits, and early warning signs influence emotional stability in everyday life.

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**1. Which term describes the ability to bounce back from a difficult situation or stay strong during times of stress?**

- A. Isolation
- B. Resilience
- C. Avoidance
- D. Perfectionism

**2. Mental health and physical health are completely separate; what happens to the body does not affect the mind.**

- A. True
- B. False

**3. If a person feels extremely sad or loses interest in hobbies for a long time, they might be experiencing \_\_\_\_\_.**

- A. Depression
- B. Happiness
- C. Excitement
- D. Boredom

**4. Which of these is a healthy way to manage stress before a big school presentation?**

- A. Ignoring the feelings and hoping they go away
- B. Practicing deep breathing exercises
- C. Staying up all night to keep practicing
- D. Eating only sugary snacks for energy

**5. A person who experiences a very intense, sudden feeling of fear and a racing heart might be having a \_\_\_\_\_ attack.**

- A. Sleep
- B. Hunger
- C. Panic
- D. Laughter

**6. Stigma is a negative mark or unfair belief that can make people feel ashamed to ask for help with mental health.**

- A. True
- B. False

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**7. Who is a safe and professional person to talk to at school if you are concerned about your mental well-being?**

- A. A school counselor
- B. The cafeteria manager
- C. A random person online
- D. The school bus driver

**8. Washing your hands 50 times a day because of an uncontrollable fear of germs is a common example of \_\_\_\_\_ behavior.**

- A. Relaxed
- B. Compulsive
- C. Forgetful
- D. Athletic

**9. Everyone experiences some level of stress or sadness occasionally, and this is a normal part of life.**

- A. True
- B. False

**10. Which of these environmental factors can help protect a person's mental health?**

- A. Constant loud noise
- B. Having a supportive circle of friends
- C. High levels of air pollution
- D. Lack of access to green spaces