

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.

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