

Name: _____ Date: _____

Answer Key: How Does Your Brain Handle Big Feelings? 5th Grade Psychology Quiz

Emotional regulation, neurological responses, and health literacy—foundational concepts to help students analyze how mental fitness impacts daily life and social interactions.

1. Imagine a student named Leo who feels 'frozen' and has a racing heart every time he has to speak in front of the class. Which term best describes what Leo is experiencing?

Answer: B) An anxiety response

Anxiety can cause physical symptoms like a racing heart and feeling 'stuck' when a person perceives a high-stress situation, even if it isn't dangerous.

2. True or False: Mental health is just as important to a person's overall well-being as their physical health.

Answer: A) True

Modern psychology emphasizes that our minds and bodies are connected; you cannot be fully healthy without taking care of both.

3. Maya's grandfather is struggling with memory loss and gets confused about where he is. Doctors say he has a ____ disorder that affects how his brain processes information.

Answer: A) Cognitive

Cognitive disorders relate to the brain's ability to think, remember, and process information clearly.

4. Which of these is a healthy 'coping strategy' a person might use when they feel overwhelmed by a mental health challenge?

Answer: B) Labeling emotions and talking to a counselor

Identifying feelings and seeking support from professionals are evidence-based ways to manage mental health struggles.

5. The unfair 'label' or negative mark sometimes placed on people with mental health disorders is called a ____, and it often prevents people from seeking help.

Answer: B) Stigma

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Stigma is a negative stereotype that causes shame or discrimination against people who are struggling with mental health.

6. True or False: Most psychological disorders are caused by a single bad choice a person made.

Answer: B) False

Psychological disorders are complex and usually result from a combination of genetics, brain chemistry, and life experiences, not a single decision.

7. If a person feels very sad, tired, and loses interest in their favorite hobbies for a long period of time, they might be experiencing which disorder?

Answer: B) Depression

Depression is characterized by persistent sadness and a 'loss of interest' (anhedonia) in things that used to bring joy.

8. A ____ is a healthcare professional who specializes in helping people talk through their thoughts and behaviors to improve their mental health.

Answer: B) Psychologist

Psychologists are trained to provide 'talk therapy' and behavioral interventions to help manage mental health conditions.

9. True or False: Small amounts of stress can sometimes be helpful by motivating us to finish a project or study for a test.

Answer: A) True

This is known as 'eustress' or positive stress; it becomes a health issue only when it is chronic or overwhelming.

10. Which of these environmental factors is most likely to help protect a person's mental health during a difficult time?

Answer: A) Having a strong community and supportive friends

Social support is one of the strongest 'protective factors' that helps people bounce back from stress and maintain mental wellness.