

Name: _____ **Date:** _____

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?

- A. A physical allergy
- B. An anxiety response
- C. Selective Forgetfulness
- D. A lack of intelligence

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

- A. True
- B. False

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.

- A. Cognitive
- B. Muscle
- C. Respiratory
- D. Digestive

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

- A. Ignoring the feeling until it goes away
- B. Labeling emotions and talking to a counselor
- C. Avoiding all friends and family members
- D. Stopping all physical exercise

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.

- A. Symptom
- B. Stigma
- C. Diagnosis
- D. Therapy

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

- A. True
- B. False

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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?

- A. Phobia
- B. Depression
- C. Hyperactivity
- D. Amnesia

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

- A. Surgeon
- B. Psychologist
- C. Radiologist
- D. Pharmacist

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

- A. True
- B. False

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

- A. Having a strong community and supportive friends
- B. Spending all time alone in a room
- C. Watching scary news reports all day
- D. Comparing oneself to others on social media