

Name: _____

Date: _____

A Kaleidoscope of Character: 3rd Grade Personality Quiz

Kids will build a personal 'superhero profile' by synthesizing how their unique habits and feelings fit into major psychology frameworks.

1. Imagine you are making a 'Friendship Recipe.' If you add a lot of 'Helping Others' and 'Sharing,' which personality trait are you focusing on?

- A. Agreeableness
- B. Hunger
- C. Speed
- D. Height

2. If you believe very strongly that you can learn to ride a unicycle if you keep practicing, you have high self-_____.

- A. Importance
- B. Efficacy
- C. Cleaning
- D. History

3. Personality is like a snapshot that never changes from the day you are born until you are 100 years old.

- A. True
- B. False

4. An 'Introvert' is someone who often feels energized and happy when they are:

- A. Shouting in a giant stadium
- B. Leading a parade
- C. Spending quiet time alone or with one friend
- D. Being the center of attention at a party

5. The _____-Concept is the 'mental mirror' we use to see ourselves and decide if we are being our 'best selves.'

- A. Self
- B. Space
- C. Game
- D. Math

6. Humanistic psychologists believe that every person has a 'seed' inside them that wants to grow into the best possible version of themselves.

- A. True
- B. False

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7. Which theory says our personality is built by watching how our parents, teachers, and friends act?

- A. The Muscle Theory
- B. Social-Learning Theory
- C. The Weather Theory
- D. The Sleepy Theory

8. When a person is very organized, shows up on time, and finishes their homework early, they are high in _____.

- A. Conscientiousness
- B. Confused-ness
- C. Sleepiness
- D. Hungri ness

9. If your 'Ideal Self' is a brave explorer, but your 'Real Self' feels scared of spiders, what would a psychologist suggest you do to grow?

- A. Stop having dreams
- B. Pretend the spiders don't exist
- C. Work on goals to bring the 'Real' and 'Ideal' selves closer together
- D. Change your name

10. A 'Trait' is a fancy word for a specific part of your personality that stays pretty much the same in different places.

- A. True
- B. False