

Name: _____

Date: _____

Answer Key: Big Feelings, Tiny Heroes: Can You Master the Mind Mystery for 2nd Grade?

Design a 'Feeling First Aid Kit' by identifying how brains process overwhelming emotions and choosing the best social-emotional tools to help a friend.

1. Leo's brain feels like a 'Stormy Cloud' because he keeps thinking the same scary thought over and over, even when he tries to stop. If you were building a 'Brain Map,' what is this repetitive 'loop' called?

Answer: A) A Stuck Thought (Obsession)

When the mind gets 'stuck' on a repeating worry that is hard to shift, it is often called an obsession or a 'stuck thought' in psychology.

2. True or False: If a friend's brain works differently because of a mental health challenge, it means they aren't trying hard enough to be happy.

Answer: B) False

Mental health challenges are about how the brain is wired or reacting to stress; it has nothing to do with a person's effort or 'trying hard.'

3. When someone's body feels shaky or their heart beats fast because they are worried about something that hasn't happened yet, they are likely feeling _____.

Answer: B) Anxious

Anxiety is the specific feeling of worry about future events, which often causes physical signals like a racing heart.

4. Maya has been feeling very 'Heavy Blue' for three weeks. She doesn't want to play tag or eat her favorite snack. What is a 'Synthesis Step' to help her feel supported?

Answer: C) Ask a trusted adult to help her talk to an 'Emotion Doctor' (Therapist)

Synthesizing support involves recognizing that long-term sadness requires professional help from a therapist or counselor.

5. True or False: Using 'Belly Breathing' is a tool that can help calm the nervous system when the brain feels a 'False Alarm' of danger.

Answer: A) True

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Belly breathing is a physiological tool that sends a signal to the brain that it is safe, quieting the 'alarm' center.

6. A person who listens to people's feelings and helps them find 'Brain Tools' to handle big worries is called a _____.

Answer: B) Therapist

Therapists are trained professionals who specialize in helping people manage their mental health and emotions.

7. Imagine you are a 'Mood Detective.' You notice a classmate is washing their hands 20 times in a row because they are scared of 'invisible monsters.' What is the best way to explain this to a teacher?

Answer: C) Their brain is stuck on a 'Safety Loop' and they need help

This behavior describes a compulsion (a 'safety loop'), which is a common sign that someone's brain is struggling with high anxiety.

8. True or False: Talking about our 'Big Feelings' actually makes the feelings grow bigger and scarier forever.

Answer: B) False

Research shows that 'naming' a feeling can actually help 'tame' it, making it feel smaller and more manageable.

9. Which of these is a 'Protective Factor'—something that keeps our minds strong even when life is hard?

Answer: B) Having a kind 'Support Squad' of friends and family

Social support is a key protective factor that helps people remain resilient against mental health challenges.

10. If someone's brain sends them a 'Signal' that makes them see or hear things that others don't, we call these sensory mistakes _____.

Answer: C) Hallucinations

Hallucinations occur when the brain processes sensory information that isn't actually present in the outside world.