

Name: _____ Date: _____

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?

- A. A Stuck Thought (Obsession)
- B. A Happy Memory
- C. A Quick Dream
- D. A Hungry Tummy

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.

- A. True
- B. False

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 _____.

- A. Sleepy
- B. Anxious
- C. Bored
- D. Hungry

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?

- A. Tell her to just 'cheer up' immediately
- B. Ignore her until she feels better
- C. Ask a trusted adult to help her talk to an 'Emotion Doctor' (Therapist)
- D. Give her more homework to stay busy

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.

- A. True
- B. False

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

- A. Librarian
- B. Therapist
- C. Chef

Name: _____

Date: _____

D. Astronaut

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?

- A. They just really like soap
- B. They are being silly on purpose
- C. Their brain is stuck on a 'Safety Loop' and they need help
- D. They are trying to get out of class

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

- A. True
- B. False

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

- A. Keeping all secrets to yourself
- B. Having a kind 'Support Squad' of friends and family
- C. Watching scary movies before bed
- D. Ignoring small problems until they get big

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 _____.

- A. Secret Powers
- B. Lies
- C. Hallucinations
- D. Dreams