

Name: _____

Date: _____

Answer Key: Sunlight and Storms: 3rd Grade Healthy Mind Landscape Quiz

Emotional literacy, boundary setting, and empathy building — identifying how our feelings and habits shape a healthy inner world for every student.

1. Just like a physical injury, sometimes our feelings can get 'bruised' and need help from a professional. What is a common name for a person who helps children understand their big feelings?

Answer: C) A counselor

A counselor or therapist is a trained professional who helps people navigate mental health and emotional challenges safely.

2. True or False: It is healthy to talk to a trusted adult when you feel sad or worried for a long time.

Answer: A) True

Sharing feelings with adults like teachers, parents, or doctors is a key part of maintaining good mental health.

3. When someone feels a lot of 'butterflies' in their stomach or feels very nervous about everyday things, they might be experiencing _____.

Answer: B) Anxiety

Anxiety is a common feeling of being very worried or nervous, and it is something many people work with doctors to manage.

4. Which of these is a healthy habit that helps our brain feel rested and ready to handle stress?

Answer: B) Getting enough sleep each night

Sleep is a foundational 'brain fuel' that helps regulate emotions and maintain mental wellness.

5. True or False: Mental health is just as important as physical health.

Answer: A) True

Both the body and the mind need care, exercise, and sometimes medicine or help from experts to stay strong.

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6. If a friend is feeling very low and doesn't want to play anymore, we can show _____ by listening and being kind.

Answer: D) Empathy

Empathy means trying to understand how someone else feels and showing them that you care.

7. Sometimes people have 'invisible' challenges with their brain that make it hard to focus. This is an example of a:

Answer: B) Mental health condition

Conditions like ADHD or other neurodivergent traits are mental health aspects that affect how a brain processes information.

8. Taking deep breaths and focusing on the present moment to calm down is a practice called _____.

Answer: B) Mindfulness

Mindfulness is a tool used by many people to reduce stress and stay grounded when feelings become overwhelming.

9. True or False: If a person has a mental health disorder, it is their fault.

Answer: B) False

Mental health conditions can be caused by biology, life events, or brain chemistry; they are never the fault of the person experiencing them.

10. Which of these is a positive way to handle a 'big feeling' like frustration?

Answer: C) Taking a 'calm-down' break

Self-regulation techniques, like taking a break, help the brain return to a state where it can solve problems effectively.