

Name: _____ **Date:** _____

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?

- A. A coach
- B. A librarian
- C. A counselor
- D. An architect

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

- A. True
- B. False

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

- A. Boredom
- B. Anxiety
- C. Hunger
- D. Excitement

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

- A. Staying up late to play video games
- B. Getting enough sleep each night
- C. Eating only candy for lunch
- D. Keeping all your secrets to yourself

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

- A. True
- B. False

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

- A. Anger
- B. Silliness
- C. Confusion
- D. Empathy

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

- A. Bad habit
- B. Mental health condition
- C. Choice to be difficult
- D. Physical broken bone

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

- A. Daydreaming
- B. Mindfulness
- C. Sprinting
- D. Summarizing

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

- A. True
- B. False

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

- A. Yelling at a classmate
- B. Breaking a pencil
- C. Taking a 'calm-down' break
- D. Pretending the feeling isn't there