

Name: _____

Date: _____

Answer Key: Invisible Maps & Real Feelings: 6th Grade Wellness Quiz

Middle school transitions bring new pressures; these 10 questions help students recognize basic emotional signals and simple ways to find balance.

1. Which of these is a physical sign that your body might be experiencing stress as you start middle school?

Answer: C) Feeling 'butterflies' or a tight stomach

The brain and stomach are closely connected; physical tension or 'butterflies' are common early warning signs of emotional stress.

2. When we stop to think about our own feelings and why we are having them, we are practicing _____.

Answer: B) Self-awareness

Self-awareness is the ability to recognize your own emotions and understand how they influence your behavior.

3. True or False: Stress is always a bad thing and should never happen to a healthy person.

Answer: B) False

Small amounts of stress (eustress) can actually help us stay alert or perform well during a big game or a school presentation.

4. If a student feels overwhelmed by a large social studies project, which 'coping mechanism' is most helpful?

Answer: B) Breaking the project into small, manageable steps

Chunking, or breaking big tasks into small parts, reduces the feeling of being overwhelmed and builds confidence.

5. A person who is able to 'bounce back' and keep going after making a mistake on a math test is showing _____.

Answer: A) Resilience

Resilience is the mental strength used to recover from setbacks or difficult situations.

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6. True or False: Talking to a trusted adult, like a coach or teacher, is a sign of personal strength, not weakness.

Answer: A) True

Seeking help shows maturity and the wisdom to use available resources to solve a problem.

7. Which activity is considered a 'healthy outlet' for expressing complex emotions like frustration or sadness?

Answer: B) Drawing in a sketchbook or playing an instrument

Creative activities provide a safe way to process and release emotions through a productive channel.

8. When we imagine how someone else is feeling during a disagreement, we are using _____.

Answer: C) Empathy

Empathy is the ability to understand and share the feelings of another person, which helps resolve conflicts.

9. True or False: Getting enough sleep and eating balanced meals can actually improve your emotional mood.

Answer: A) True

Physical health and mental health are linked; a well-rested brain can regulate emotions much more effectively.

10. What is 'positive self-talk'?

Answer: C) The internal habit of speaking kindly to yourself especially when things are hard

Positive self-talk encourages a growth mindset and helps prevent self-criticism from becoming overwhelming.