

Name: _____

Date: _____

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?

- A. Having a sudden boost in height
- B. Noticing your hair color changing
- C. Feeling 'butterflies' or a tight stomach
- D. Having a faster typing speed

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

- A. Daydreaming
- B. Self-awareness
- C. Socializing
- D. Memorization

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

- A. True
- B. False

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

- A. Waiting until the night before it is due
- B. Breaking the project into small, manageable steps
- C. Pretending the project does not exist
- D. Comparing their work to everyone else's work

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

- A. Resilience
- B. Silliness
- C. Forgetfulness
- D. Arrogance

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

- A. True
- B. False

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

- A. Keeping all feelings hidden from others
- B. Drawing in a sketchbook or playing an instrument
- C. Spending five hours straight on social media
- D. Yelling at a younger sibling

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

- A. Judgment
- B. Memory
- C. Empathy
- D. Ego

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

- A. True
- B. False

10. What is 'positive self-talk'?

- A. Ignoring all your problems
- B. Boasting to your friends about how perfect you are
- C. The internal habit of speaking kindly to yourself especially when things are hard
- D. Repeating things you heard on TV