

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Your Emotional Intelligence Quest: A 7th Grade Wellness Challenge

Students analyze complex psychological scenarios to apply cognitive reframing and social-emotional regulation strategies in real-world contexts.

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**1. Imagine you are auditioning for a lead role in the school play and feel your heart racing and palms sweating. Which conceptual approach describes viewing this as 'excitement' instead of 'fear'?**

**Answer:** A) Cognitive Reframing

Cognitive reframing involves changing the way you look at a situation to change your emotional response to it, such as viewing physiological arousal as energy rather than anxiety.

**2. Resilience is an innate trait that you are either born with or without, and it cannot be developed through practice or habit.**

**Answer:** B) False

Resilience is like a muscle; it is a set of skills and behaviors that can be learned and strengthened over time through experience and intentional effort.

**3. When a person consciously chooses to step away from a heated argument to calm down before speaking, they are practicing \_\_\_\_.**

**Answer:** A) Impulse Control

Impulse control is the ability to manage immediate reactions to emotional triggers, allowing for a more thoughtful and productive response.

**4. Which of the following is an example of an 'I-Statement' used to resolve conflict effectively?**

**Answer:** B) I feel unheard when my ideas are cut off because I value our collaboration.

Effective I-Statements focus on the speaker's feelings and needs rather than blaming the other person, which reduces defensiveness in a conflict.

**5. Practicing gratitude involves shifting focus away from what is missing in life toward what is currently present and positive.**

**Answer:** A) True

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Gratitude practices rewire the brain to look for positives, which can significantly improve overall mental well-being and life satisfaction.

**6. A student moves to a new city and starts at a different school. They begin to volunteer at a local animal shelter to meet new people. This is an example of which healthy coping strategy?**

**Answer:** B) Proactive social engagement

By joining a community group or volunteering, the student is actively taking steps to build a support network and manage the stress of a transition.

**7. The biological process where the brain stays in a constant state of 'high alert' due to long-term stress is known as \_\_\_\_.**

**Answer:** B) Chronic Stress

Chronic stress occurs when the body's stress response system is activated for a long time, which can lead to negative health outcomes if not managed.

**8. Seeking professional help from a therapist or counselor is only necessary if person is experiencing a major life crisis.**

**Answer:** B) False

Therapy can be a proactive tool for personal growth, learning communication skills, or managing everyday stress, not just for crises.

**9. Which technique involves tensing and then releasing different muscle groups to identify and reduce physical signs of stress?**

**Answer:** A) Progressive Muscle Relaxation

Progressive Muscle Relaxation (PMR) is a physical technique that helps individuals recognize the difference between tension and relaxation in their bodies.

**10. Setting \_\_\_\_ is the practice of establishing limits on your time and energy to protect your emotional health from being overwhelmed by others.**

**Answer:** B) Boundaries

Boundaries are essential for healthy relationships and self-care, as they allow individuals to communicate their needs and limits to others.