

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.

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

Name: _____

Date: _____

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.