

## 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'?**

- A. Cognitive Reframing
- B. Avoidance Behavior
- C. Sensory Deprivation
- D. Suppressing Emotions

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

- A. True
- B. False

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

- A. Impulse Control
- B. Social Isolation
- C. Defensive Posturing
- D. Passive Aggression

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

- A. You always interrupt me during my presentations.
- B. I feel unheard when my ideas are cut off because I value our collaboration.
- C. Why can't you just listen for once?
- D. I think you are being very rude right now.

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

- A. True
- B. False

**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?**

- A. Distraction through productivity
- B. Proactive social engagement
- C. Emotional suppression
- D. Denial of change

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

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

- A. Acute Euphoria
- B. Chronic Stress
- C. Circadian Rhythm
- D. Metabolic Homeostasis

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

- A. True
- B. False

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

- A. Progressive Muscle Relaxation
- B. Aerobic Conditioning
- C. Cognitive Dissonance
- D. Reflective Journaling

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

- A. Walls
- B. Boundaries
- C. Expectations
- D. Deadlines