

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

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

## Answer Key: When Brains Need a Helping Hand: 4th Grade Mental Health Quiz

Build empathy and awareness by identifying common mental health signals and supportive strategies for emotional well-being.

**1. If a friend at school is feeling very nervous about a presentation and can't stop shaking, what might they be experiencing?**

**Answer:** B) Anxiety

Anxiety is a feeling of worry or nervousness that can sometimes make our bodies feel shaky or tense.

**2. True or False: Mental health is just as important as physical health.**

**Answer:** A) True

Just like we take care of our bodies by eating well, we must take care of our minds and feelings too.

**3. Talking to a \_\_\_\_\_ can help someone understand their feelings and learn ways to feel better.**

**Answer:** B) Counselor

A counselor or therapist is a professional trained to help people navigate difficult emotions and mental health challenges.

**4. Leo hasn't wanted to play soccer lately and feels sad most of the time. This might be a sign of:**

**Answer:** B) Depression

Depression can make people lose interest in things they usually love and feel sad for a long time.

**5. Taking deep breaths and focusing on the present moment is a wellness practice called \_\_\_\_\_.**

**Answer:** C) Mindfulness

Mindfulness helps calm the brain by focusing on what is happening right now instead of worrying about the past or future.

**6. True or False: You can 'catch' a mental health disorder from a friend like you catch a cold.**

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**Answer:** B) False

Mental health disorders are not contagious. They are caused by things like genetics, environment, or brain chemistry.

**7. Which of these is a healthy way to handle a big, 'heavy' emotion?**

**Answer:** B) Journaling or drawing about it

Expressing feelings through art or writing is a positive coping strategy that helps process emotions.

**8. A person who feels they MUST wash their hands ten times in a row might be showing symptoms of \_\_\_\_\_.**

**Answer:** B) OCD

Obsessive-Compulsive Disorder (OCD) can involve repetitive actions, called rituals, that a person feels they have to do.

**9. True or False: Doctors can help treat mental health disorders just like they treat physical illnesses.**

**Answer:** A) True

Doctors and therapists use medicine or talking therapies to help people manage mental health conditions.

**10. Why is it important to learn about mental health?**

**Answer:** A) So we can be kind and helpful to others

Understanding mental health helps us support our friends and ourselves when things feel difficult.