

Name: _____ **Date:** _____

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?

- A. A physical injury
- B. Anxiety
- C. Bad manners
- D. Hunger

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

- A. True
- B. False

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

- A. Pet
- B. Counselor
- C. Mirror
- D. Television

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

- A. Being tired
- B. Depression
- C. Laziness
- D. Growing pains

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

- A. Sleeping
- B. Running
- C. Mindfulness
- D. Shouting

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

- A. True
- B. False

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

- A. Keeping it a secret
- B. Journaling or drawing about it

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- C. Yelling at a sibling
- D. Ignoring it until it goes away

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

- A. Cleanliness
- B. OCD
- C. Panic
- D. Speed

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

- A. True
- B. False

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

- A. So we can be kind and helpful to others
- B. To get better grades in math
- C. To learn how to ignore friends
- D. Because it is a rule