

Name: _____

Date: _____

Answer Key: A Gust of Heavy Feelings: The 4th Grade Storm Chaser's Quiz

How does our mind handle big emotional clouds? Apply empathy and problem-solving skills to real-world scenarios about mental health support.

1. Maya has been feeling very 'blue' for many weeks. She no longer wants to play soccer, which used to be her favorite hobby. What is a healthy way for Maya to handle these big feelings?

Answer: C) Talk to a trusted adult, like a parent or a school counselor

Sharing feelings with a trusted adult is a key step in getting support for mental health challenges like persistent sadness.

2. True or False: A 'mental health break' means taking time to do activities that help your mind feel calm and rested.

Answer: A) True

Mental health breaks are proactive tools used to manage stress and maintain emotional balance.

3. When someone's brain sends 'false alarms' that make them feel very scared even when they are safe, they might be experiencing _____.

Answer: B) anxiety

Anxiety often involves the brain's 'fight or flight' system reacting to situations that aren't actually dangerous.

4. Leo's friend seems very frustrated and is having trouble focusing in class. Which action shows the best use of empathy?

Answer: B) Asking Leo if he wants to talk or needs a quiet moment

Empathy involves recognizing someone else's struggle and offering supportive, non-judgmental help.

5. True or False: Mental health is only important for people who are feeling sad or angry.

Answer: B) False

Name: _____

Date: _____

Everyone has mental health, just like everyone has physical health, and it requires daily care regardless of how we feel.

6. A person who helps people understand their thoughts and teaches them 'coping skills' is called a _____.

Answer: C) therapist

Therapists and counselors are trained professionals who specialize in mental health support and emotional regulation.

7. Which of these is a 'coping skill' that could help someone feel more grounded when they are upset?

Answer: B) Deep breathing or counting to ten

Deep breathing is a physiological way to calm the nervous system during times of high emotional stress.

8. True or False: Scientists believe that both our surroundings (environment) and our biology can affect our mental health.

Answer: A) True

Mental health is influenced by a mix of genetics, brain chemistry, and life experiences.

9. If a person feels like they have to wash their hands exactly seven times every time they touch a door, they might be showing signs of _____.

Answer: B) Obsessive-Compulsive Disorder (OCD)

OCD can involve repetitive actions (compulsions) that a person feels they must do to ease an intrusive thought.

10. Why is it important to use kind words when talking about mental health?

Answer: A) Because it helps people feel safe enough to ask for help

Reducing stigma through kind and accurate language makes it easier for individuals to seek the care they need.