

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

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

## 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.

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**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?**

- A. Keep her feelings a secret so she doesn't bother anyone
- B. Wait for the feelings to disappear on their own
- C. Talk to a trusted adult, like a parent or a school counselor
- D. Stop going to school until she feels happy again

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

- A. True
- B. False

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

- A. extreme hunger
- B. anxiety
- C. daydreaming
- D. forgetfulness

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

- A. Telling the teacher that Leo is being annoying
- B. Asking Leo if he wants to talk or needs a quiet moment
- C. Ignoring Leo until he acts normal again
- D. Giving Leo your homework to do for you

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

- A. True
- B. False

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

- A. surgeon
- B. librarian
- C. therapist
- D. coach

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

- A. Screaming at a younger sibling
- B. Deep breathing or counting to ten
- C. Eating a whole bag of candy
- D. Running away from the problem

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

- A. True
- B. False

**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 \_\_\_\_\_.**

- A. a physical allergy
- B. Obsessive-Compulsive Disorder (OCD)
- C. excellent memory
- D. tiredness

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

- A. Because it helps people feel safe enough to ask for help
- B. Because it is a school rule
- C. Because it makes people forget they are sad
- D. Kind words aren't actually important for health