

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.

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