

Name: _____ Date: _____

Answer Key: A Cloud in my Sunny Day: 2nd Grade Feelings Quiz

Second graders practice identifying common signs of sadness and worry while recognizing how caring helpers can support emotional health and wellness.

1. Leo usually loves to play tag at recess, but today he feels very sad and wants to sit alone. What is one way to describe how Leo is feeling?

Answer: B) Low energy or unhappy

When people feel very sad for a long time, they often lose interest in things they usually find fun and have less energy to play.

2. True or False: It is okay to talk to a teacher or a parent when your feelings identify as too big to handle alone.

Answer: A) True

Sharing our feelings with trusted adults is a healthy way to get help when we feel overwhelmed or sad.

3. When Maya feels the 'jitters' and worries about things that haven't happened yet, she is feeling ____.

Answer: C) Anxious

Anxiety is a word used to describe feelings of worry or nervousness about what might happen.

4. Which of these is a healthy way to take care of your mind when you feel stressed?

Answer: A) Taking deep, slow breaths

Deep breathing helps calm the body's nervous system and helps our brain feel more relaxed.

5. True or False: Doctors who help people with their feelings and thoughts are called mental health helpers.

Answer: A) True

Just like doctors help our bodies, mental health professionals like counselors help our minds stay healthy.

6. If someone's brain works in a way that makes it hard to focus or sit still, they might have a nervous system that is very ____.

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Answer: B) Active

Some mental health differences make the brain and body feel extra active, making it hard to stay still.

7. What is a sign that someone might be going through a hard time with their mental health?

Answer: B) Crying much more than usual

Changes in behavior, like crying often or acting very differently, can be signs that someone needs extra support.

8. To keep our minds healthy, we need enough ___ every night so our brains can rest.

Answer: C) Sleep

Sleep is essential for mental health because it allows the brain to process the day and recover.

9. True or False: People with mental health struggles can never feel happy again.

Answer: B) False

With the right help, like talking to a counselor or using tools to stay calm, people can feel much better.

10. Sam feels scared of germs and washes his hands twenty times in a row. This is an example of a ___.

Answer: C) Repetitive behavior

Sometimes mental health struggles cause people to do the same thing over and over to try and stop feeling worried.