

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.

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

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**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.