

Name: _____ **Date:** _____

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?

- A. Very excited
- B. Low energy or unhappy
- C. Hungry for a snack
- D. Angry at his shoes

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.

- A. True
- B. False

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

- A. Sleepy
- B. Brave
- C. Anxious
- D. Cold

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

- A. Taking deep, slow breaths
- B. Eating ten candy bars
- C. Hiding under the bed forever
- D. Yelling at a friend

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

- A. True
- B. False

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 ____.

- A. Quiet
- B. Active
- C. Invisible
- D. Blue

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

- A. Wearing a red shirt
- B. Crying much more than usual
- C. Liking to read books
- D. Knowing how to whistle

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

- A. Homework
- B. Loud music
- C. Sleep
- D. Vegetables

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

- A. True
- B. False

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

- A. Fun hobby
- B. Normal lunch routine
- C. Repetitive behavior
- D. Favorite sport