

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.

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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?**

- 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