

Name: _____ Date: _____

Answer Key: Weathering Life's Storms: 4th Grade Resilience Quiz

Evaluate strategies for managing social pressure and personal setbacks through analysis of perspective-taking and healthy boundary setting.

1. If a friend is pressuring you to do something that makes you feel uneasy, which action best demonstrates healthy emotional boundaries?

Answer: B) Firmly saying 'no' and explaining your personal comfort level

Healthy boundaries involve recognizing your own feelings and communicating them clearly to others, even when it feels difficult.

2. The 'Big Picture' strategy involves asking yourself if a current problem will still be a major issue in one year's time.

Answer: A) True

Perspective-taking, like thinking about the future, helps students reduce immediate stress by realizing some problems are temporary.

3. When you use _____, you intentionally notice things you are thankful for to shift your brain away from negative thoughts.

Answer: B) Gratitude practice

Gratitude practice is a cognitive tool that helps rewire the brain to focus on positive aspects of life, building long-term resilience.

4. Maya is frustrated because her science project failed. Which of these is a 'growth mindset' response to her situation?

Answer: C) Analyzing what went wrong to improve the next attempt

A growth mindset views mistakes as opportunities to learn and improve rather than as permanent failures.

5. The technique of 'Box Breathing' involves inhaling, holding, exhaling, and pausing for _____ seconds each to calm the nervous system.

Answer: B) Four

Name: _____ **Date:** _____

Box breathing (4-4-4-4) is a rhythmic breathing pattern used to physically lower the body's stress response.

6. Asking for help from a trusted adult is a sign that a person is not strong enough to handle their own emotions.

Answer: B) False

Seeking support is actually a sign of emotional intelligence and strength, as it shows you recognize when a situation requires more tools than you currently have.

7. Which of the following is an example of an 'Internal Support System'?

Answer: B) Positive self-talk and self-reflection

Internal supports are the mental and emotional strategies you carry within yourself, such as the way you talk to yourself during a challenge.

8. Using the '5-4-3-2-1' method, where you name things you see, hear, and feel, is a form of ____ used to stay in the present moment.

Answer: A) Grounding

Grounding exercises help disconnect the mind from anxious thoughts by forcing it to focus on immediate physical surroundings.

9. How does naming an emotion (e.g., 'I am feeling left out') help a person manage that feeling?

Answer: B) It allows the brain to process the feeling rather than react to it

Labeling an emotion—often called 'Name it to Tame it'—helps move brain activity from the emotional center to the thinking center.

10. Resilience means that you never feel sad, angry, or disappointed when things go wrong.

Answer: B) False

Resilience is not the absence of feelings; it is the ability to recover and adapt after experiencing difficult emotions.