

Name: _____ **Date:** _____

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?

- A. Ignoring the feeling so you don't lose the friend
- B. Firmly saying 'no' and explaining your personal comfort level
- C. Doing the activity but complaining about it later
- D. Asking another friend to decide for you

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

- A. True
- B. False

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

- A. Sensory grounding
- B. Gratitude practice
- C. Active listening
- D. Muscle relaxation

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

- A. Deciding that she is just not good at science
- B. Comparing her project to others and feeling upset
- C. Analyzing what went wrong to improve the next attempt
- D. Hiding the project so the teacher doesn't see it

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

- A. Two
- B. Four
- C. Ten
- D. Twenty

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

- A. True

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B. False

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

- A. A school counselor
- B. Positive self-talk and self-reflection
- C. A community youth center
- D. A library with mental health books

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.

- A. Grounding
- B. Goal setting
- C. Memorizing
- D. Competitive play

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

- A. It makes the emotion disappear immediately
- B. It allows the brain to process the feeling rather than react to it
- C. It gives you an excuse to be unkind to others
- D. It ensures everyone around you feels the same way

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

- A. True
- B. False