

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

## Answer Key: The Master of My Mind Challenge: 3rd Grade Well-Being Quiz

Imagine you are the captain of your own ship! These 10 advanced questions show you how to navigate big feelings and steer toward a happy heart.

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**1. Scenario: You are struggling to learn a new song on the piano and feel like quitting. Which 'Growth Mindset' strategy helps you build resilience?**

**Answer:** B) Telling yourself 'I can't do this yet' and breaking it into small steps

Adding the word 'yet' is a powerful way to acknowledge that skills take time and effort to build, which is a key part of emotional resilience.

**2. True or False: Asking for help from a trusted adult is a sign of strength because it shows you know how to take care of your needs.**

**Answer:** A) True

Recognizing when a problem is too big to handle alone and seeking support is a mature and effective coping mechanism.

**3. When you use \_\_\_\_\_, you observe your thoughts and feelings like clouds passing by in the sky without judging them as good or bad.**

**Answer:** C) mindfulness

Mindfulness involves staying present and observing your inner state with curiosity instead of criticism.

**4. Your friend is feeling very 'blue' (sad) because they moved to a new neighborhood. What is the most empathetic way to support their emotional health?**

**Answer:** C) Listen to their feelings and tell them it is okay to feel sad

Active listening and validating someone's feelings helps them process their emotions and feel less alone.

**5. An example of a healthy 'Physical Coping Tool' to use when you feel high levels of frustration or energy is \_\_\_\_\_.**

**Answer:** B) doing jumping jacks

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Physical movement helps the body process stress hormones like adrenaline that build up when we are frustrated.

**6. True or False: 'Positive Self-Talk' means lying to yourself and saying everything is perfect even when it isn't.**

**Answer:** B) False

Positive self-talk isn't about lying; it's about being kind and encouraging to yourself, like a good coach would be during a challenge.

**7. Which of these is a 'Proactive' strategy for mental health, meaning you do it BEFORE you get stressed?**

**Answer:** B) Getting a consistent 9-10 hours of sleep every night

Proactive habits, like good sleep, strengthen your brain so you are better prepared to handle stress when it happens.

**8. If you are feeling overwhelmed by a big project, you can use the 'Chunking' method, which means you \_\_\_\_.**

**Answer:** C) break the big task into tiny, manageable pieces

Synthesis of information is easier when tasks are smaller. This prevents the 'freeze' response we often have when tasks feel too big.

**9. True or False: Your 'Internal Weather' (your feelings) can change throughout the day, just like the actual weather changes outside.**

**Answer:** A) True

Understanding that emotions are temporary helps build resilience, as it reminds us that difficult feelings will eventually pass.

**10. You notice your heart beating fast and your palms getting sweaty before a school presentation. What is the most helpful way to interpret these body signals?**

**Answer:** B) My body is getting energized and ready to perform

Reframing anxiety as excitement or 'readiness' is an advanced cognitive strategy that improves performance and reduces fear.