

Name: _____

Date: _____

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.

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?

- A. Deciding that you are just not a musical person
- B. Telling yourself 'I can't do this yet' and breaking it into small steps
- C. Hiding your piano book so you don't have to practice
- D. Only practicing the parts you already know perfectly

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.

- A. True
- B. False

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

- A. daydreaming
- B. distraction
- C. mindfulness
- D. forgetting

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?

- A. Tell them to cheer up because the new house is pretty
- B. Avoid talking to them until they are happy again
- C. Listen to their feelings and tell them it is okay to feel sad
- D. Compare their move to a time you lost a toy

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

- A. sitting very still
- B. doing jumping jacks
- C. watching more TV
- D. taking a nap

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

- A. True

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B. False

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

- A. Crying after a hard test
- B. Getting a consistent 9-10 hours of sleep every night
- C. Apologizing after losing your temper
- D. Taking a deep breath after being startled

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

- A. throw away the parts you don't like
- B. do the whole project in one night
- C. break the big task into tiny, manageable pieces
- D. ask someone else to do it for you

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

- A. True
- B. False

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?

- A. My body is telling me I am sick and should go home
- B. My body is getting energized and ready to perform
- C. I am not brave enough to do this
- D. This is a sign that I am going to fail