

Mental Health and Feelings for Kids

Mental Health · Answer Key · 10 Questions

1. Which organ inside your body controls your thoughts, feelings, and emotions?

- A) The heart
- B) The brain**
- C) The stomach
- D) The lungs

2. What is the general word for feelings like happiness, sadness, anger, and fear?

- A) Emotions**
- B) Muscles
- C) Nutrients
- D) Vitamins

3. According to health experts, about how many hours of sleep should young children get each night?

- A) 2 to 3 hours
- B) 5 to 6 hours
- C) 9 to 11 hours**
- D) 18 to 20 hours

4. What natural chemical does the brain release during exercise that helps boost mood?

- A) Endorphins**
- B) Calcium
- C) Oxygen
- D) Iron

5. Taking slow, deep breaths helps trigger which calming reaction in the human body?

- A) The fight-or-flight response
- B) The relaxation response**
- C) The hunger response
- D) The sneezing reflex

6. What is the standard term for reliable adults like parents, teachers, and school counsellors who help children?

- A) Superheroes
- B) Trusted adults**
- C) Strangers
- D) Performers

7. What is the practice of focusing your full attention on the present moment called?

A) Mindfulness

B) Daydreaming

C) Multitasking

D) Forgetfulness

8. Which part of the body provides the primary non-verbal signals for showing emotions through expressions?

A) Elbows

B) Face

C) Knees

D) Feet

9. What is the quality of feeling thankful and expressing appreciation called?

A) Gratitude

B) Jealousy

C) Boredom

D) Confusion

10. Which daily habit provides essential nutrients that directly support brain function and mood?

A) Watching television

B) Eating balanced meals

C) Playing video games

D) Listening to loud noise