

Mental Health and Feelings for Kids

Mental Health · Practice Test · 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