

Mental & Emotional Health - Class 1

How We Think, What We Believe, and Why It Matters?

1. What happens when you believe “I can learn”?
 - A. You feel stuck
 - B. You feel brave and ready to try
 - C. You feel confused
 - D. Nothing changes(Answer: B)
2. Is every thought you have always true?
 - A. Yes, always
 - B. Only when you feel sure
 - C. No, sometimes thoughts are guesses
 - D. Only when others agree(Answer: C)
3. How does your brain learn about the world?
 - A. Only by thinking
 - B. Only by guessing
 - C. Only by memory
 - D. By using your five senses(Answer: D)
4. What does your brain do when it does not have all the information?
 - A. It fills in the missing pieces
 - B. It stops working
 - C. It asks someone else
 - D. It ignores the situation(Answer: A)
5. Which is something your brain can do wrong sometimes?
 - A. Always be correct
 - B. Never make mistakes
 - C. Think carefully every time
 - D. Remember things the wrong way(Answer: D)
6. Why can pictures sometimes trick your eyes?
 - A. Because your eyes are broken
 - B. Because your brain guesses quickly
 - C. Because pictures are moving
 - D. Because you are not paying attention(Answer: B)

7. If two people see the same picture differently, what does that show?
- A. One person is wrong
 - B. The picture is broken
 - C. People can see things in different ways
 - D. Only one answer is correct
- (Answer: C)
8. Why might you miss something that is right in front of you?
- A. Because it is invisible
 - B. Because it is not real
 - C. Because your brain shows you everything
 - D. Because your brain focuses on what it thinks is important
- (Answer: D)
9. If your friend does not play with you, what is the BEST way to think?
- A. "They don't like me anymore"
 - B. "There could be other reasons"
 - C. "I will never have friends"
 - D. "Something is wrong with me"
- (Answer: B)
10. When you feel upset, what is a helpful question to ask yourself?
- A. "Why is everything bad?"
 - B. "Who should I blame?"
 - C. "What am I believing right now?"
 - D. "Why do I always feel this way?"
- (Answer: C)

Home Activity Answer Key

Note: There are no single “correct” answers for Activity 1. The goal is to help children practice thinking of more than one possible explanation.

Activity 1 – What Else Could Be True?

1. Your friend doesn't wave back at you
Possible reasons:
 - They didn't see you
 - They were distracted or thinking about something else
2. Someone walks past you without saying hello
Possible reasons:
 - They are in a hurry
 - They didn't recognize you or notice you
3. Your teacher gives you a short answer
Possible reasons:
 - The teacher is busy helping other students
 - The teacher is tired or focused on something else
4. Someone doesn't pick you for a game
Possible reasons:
 - They already picked their friends
 - They are trying to make teams quickly

Teaching point:

Help children understand that their first thought is just one possible story, not the only truth.

Activity 2 – Thought or Fact?

1. “It is raining outside” → Fact
Explanation: This can be checked and observed
2. “This is the worst day ever” → Thought
Explanation: This is a feeling or opinion, not a measurable fact
3. “I didn't get picked” → Fact
Explanation: This is something that actually happened
4. “Nobody likes me” → Thought
Explanation: This is a belief or assumption, not something that can be proven
5. “I made a mistake” → Fact
Explanation: A specific action happened and can be observed
6. “I'm not good at this” → Thought
Explanation: This is a belief about ability, not a proven fact

Instructor / Parent Guidance

Encourage children to:

- Pause before accepting their first thought as true
- Ask, “What else could be true?”
- Look for evidence when deciding if something is a fact

Key idea:

Thoughts can feel very real, but they are not always accurate. Learning to question them builds better thinking and emotional skills.