

Mental & Emotional Health - Class 2

Emotions, Interpretation, and Meaning-Making

1. What does it mean to say, “You are not your emotions”?
 - A. Emotions should always be ignored
 - B. Emotions are temporary experiences, not your identity
 - C. Only adults experience emotions
 - D. Strong emotions are always dangerous(Answer: B)
2. Why does the brain sometimes avoid difficult situations?
 - A. It is trying to protect you from discomfort or pain
 - B. It wants you to fail
 - C. It dislikes learning new things
 - D. It cannot understand emotions(Answer: A)
3. A student gets one bad test grade and thinks, “I’m terrible at math forever.” What is happening?
 - A. Careful scientific thinking
 - B. Perfect logical reasoning
 - C. The brain building a fast story from little information
 - D. Emotional healing(Answer: C)
4. Which example BEST shows emotional awareness?
 - A. “I am anxiety.”
 - B. “I should never feel sad.”
 - C. “Everyone must agree with me.”
 - D. “I feel nervous right now, but that feeling can change.”(Answer: D)
5. What can happen when people repeat the same negative thought many times?
 - A. The brain may start treating the thought like it is true
 - B. The thought automatically disappears
 - C. The brain stops noticing emotions
 - D. The thought becomes a scientific fact(Answer: A)
6. In the lesson, attention was compared to a spotlight because:
 - A. The brain only works during daylight
 - B. What you focus on often becomes stronger in your mind
 - C. Spotlights help memory grow
 - D. Attention controls other people(Answer: B)

7. What did the Asch Conformity Experiment show?
- A. People never change their opinions
 - B. Group pressure can affect how people respond
 - C. Memory is always perfect
 - D. Students learn best alone
- (Answer: B)
8. Why can belonging pressure feel powerful?
- A. Humans naturally want acceptance and connection
 - B. People stop caring about others completely
 - C. The brain dislikes friendships
 - D. Belonging only matters to adults
- (Answer: A)
9. Which activity is an example of meaning-making?
- A. Ignoring all emotions
 - B. Avoiding all social situations
 - C. Reflection, journaling, prayer, or time in nature
 - D. Never questioning group behavior
- (Answer: C)
10. What is one benefit of emotional awareness?
- A. You never experience emotions again
 - B. You can pause and respond more thoughtfully instead of reacting automatically
 - C. You become emotionally perfect
 - D. You stop caring what happens around you
- (Answer: B)

Home Activity Answer Key

Activity 1 – Event, Interpretation, or Reality?

1. “My friend walked past me without saying hello.” → Event
 2. “They must be angry at me.” → Assumption
 3. “I failed one test.” → Event
 4. “I’m bad at this subject.” → Interpretation
 5. “Nobody laughed at my joke.” → Event
 6. “Everyone probably thinks I’m awkward.” → Assumption
 7. “The teacher asked me to stay after class.” → Event
 8. “I’m probably in trouble.” → Interpretation / Assumption
- (Note: Either answer is reasonable depending on discussion.)

Main idea:

Students should learn that the brain often adds interpretations and assumptions onto neutral events. The event itself is not always the same thing as the story the brain creates about the event.

Activity 2 – Belonging vs. Integrity

There are no “correct” Yes/No answers for this activity. The goal is honest self-reflection.

Possible discussion themes:

Question 1:

Students may realize they sometimes laugh to avoid standing out socially or feeling excluded.

Question 2:

Students may recognize fear of conflict, rejection, embarrassment, or social isolation.

Question 3:

Students may identify moments where belonging pressure influenced their opinions or behavior.

Reflection Question:

“What were you feeling internally?”

Possible responses:

- Nervousness
- Fear of rejection
- Wanting acceptance
- Anxiety
- Social pressure
- Uncertainty
- Desire to belong

Reflection Question:

“Why do you think belonging pressure can feel so powerful?”

Possible responses:

- Humans naturally want connection and acceptance
- Social rejection can feel emotionally painful
- People often fear isolation or embarrassment
- The brain associates belonging with safety
- Group approval can strongly influence behavior and judgment

Main idea:

Students should understand that conformity and belonging pressure are normal human experiences, but awareness helps people make more intentional and values-aligned choices.