

Mental & Emotional Health - Class 2

How We Feel, What We Connect, and How We Build Meaning

1. What do emotions do over time?
 - A. Stay exactly the same forever
 - B. Disappear forever
 - C. Change like weather
 - D. Only happen at school(Answer: C)

2. What is true about feelings?
 - A. They are who you are
 - B. They can never change
 - C. They only happen to adults
 - D. They are something you experience(Answer: D)

3. What is one job of your brain?
 - A. To keep you safe
 - B. To make you worried all the time
 - C. To stop you from learning
 - D. To control other people(Answer: A)

4. What can happen if the brain tries to protect you too much?
 - A. You become a superhero
 - B. It can stop you from trying new things
 - C. You never feel emotions again
 - D. You stop needing friends(Answer: B)

5. If you repeat a thought again and again, what happens?
 - A. It disappears
 - B. It turns into weather
 - C. It grows stronger
 - D. It becomes a dream(Answer: C)

6. Which thought might be a quick guess instead of a fact?
 - A. "The sky is blue."
 - B. "I have shoes on."
 - C. "I am standing up."
 - D. "Nobody likes me."(Answer: D)

7. What is peer pressure?
- A. A kind of homework
 - B. A game played at recess
 - C. When groups affect your choices
 - D. A type of weather
- (Answer: C)
8. What is a good thing to do when others want you to do something wrong?
- A. Speak up or walk away
 - B. Always copy everyone else
 - C. Stay quiet forever
 - D. Pretend nothing happened
- (Answer: A)
9. Which is one way people create meaning in life?
- A. Only by winning games
 - B. Through reflection, music, or community
 - C. Only by getting good grades
 - D. By never asking questions
- (Answer: B)
10. What can help shape your inner world in a healthy way?
- A. Practicing kindness and gratitude
 - B. Ignoring your thoughts
 - C. Being mean to others
 - D. Never trying again
- (Answer: A)

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 – Emotion Weather Watch

There are many possible correct answers for this activity.

Sample responses:

1. Did your feelings stay exactly the same all day?
No. Feelings usually change during the day.
2. Which feeling changed the fastest?
Possible answers:
 - Nervous → calm
 - Sad → happy
 - Frustrated → relaxed
 - Excited → tired
3. What helped you feel better or calmer?
Possible answers:
 - Talking to someone
 - Taking deep breaths
 - Playing outside
 - Listening to music
 - Reading
 - Resting
 - Spending time with family or friends

Main idea:

Students should understand that emotions change over time and do not stay permanent.

Activity 2 – Helpful Thought or Unhelpful Thought?

1. “I can keep trying.”
Helpful
2. “I always mess everything up.”
Unhelpful
3. “One mistake does not define me.”
Helpful
4. “Nobody likes me.”
Unhelpful
5. “I can ask for help.”
Helpful
6. “I should never try again.”
Unhelpful

Main idea:

Helpful thoughts support growth, learning, courage, and problem-solving.

Unhelpful thoughts tend to create fear, hopelessness, or avoidance.