



I Am So Stressed Out! (🧠 An Emotional Health Story)
(4th Grade – 9-10 yrs.)
Power Your Brain Challenge Questions



1. What is stress? Slide 3
- A. A response that your brain has to certain kinds of situations
 - B. How you feel when you eat too much
 - C. What you feel when you are sleeping



2. Which is an example of when stress can be good? Slide 4
- A. Shutting down because you are worried about a test.
 - B. The butterflies you feel when it is your turn to talk during a school play.
 - C. Being mean and negative to your teacher who is trying to help you with something hard.



3. A little bit of stress can be a good thing. Slide 4
- A. True
 - B. False



4. What are two different kinds of stressful situation? Slide 8
- A. Those we can control and those we cannot control.
 - B. Those that make us mad and those that make us frustrated.
 - C. Those that we like and those that we do not like.



5. One way to control a stressful situation is to _____. Slide 9
- A. ignore it
 - B. get mad
 - C. be prepared



6. Even if you cannot control a stressful situation, you CAN control _____. Slide 12
- A. your family
 - B. how you respond to the stress
 - C. what others are doing about it



7. What do we call family, friends, teachers, doctors, and counselors who can help us in stressful situations? Slide 13
- A. people you know
 - B. homework helpers
 - C. support system



8. What will help you take control of a stressful situation? Slide 15

- A. taking deep breaths
- B. yelling at people
- C. shutting down



9. You are responsible for your emotions and behaviors. Slide 16

- A. True
- B. False



10. By identifying what is stressing you out and then being prepared for the things you can control and coping with things you cannot control, _____. Slide 17

- A. everything will be perfect
- B. you will be a happier healthier person AND so will your brain
- C. you will never feel stressed