Pre and Post-Test Questions (What Is Mental Health? Lesson):

1. What is one characteristic of a mentally healthy person?
    a. They have low energy.
    b. They have rapid changes in mood.
    c. They are resilient.
    d. They feel disconnected from others.

2. What is something you will do to support, or improve, your mental health? Choose all that apply.
    a. Create healthy sleep habits.
    b. Get regular physical activity.
    c. Limit social media.
    d. Connect with friends and family.
    e. Allow for downtime.
    f. Develop positive coping strategies.
    g. Practice positive self-talk.

© 2026 Children's Wisconsin. All rights reserved.