

Multiple-choice Mental Health Quiz

15 mins

KS 2

A short quiz that can be played in teams/tables or in pairs/individually. The questions challenge some of the myths which exist around mental health and show children that mental ill health affects many of us from time to time, including successful, high profile celebrities.

What you need

Quiz sheet and answers

A, B, C Letter set/s

- one set for each team/table if played in teams
- one set placed on the floor or walls if played individually or in pairs

Sheet of paper and pen for each team for scoring

Tokens/counters for individual/paired version (optional)

Method

Team Version

- Introduce the quiz and ask each team/table to choose a team name.
- Write team names on to a white board.
- Explain that 5 questions will be asked and each question has three possible answers: **A**, **B** or **C**.
- Read out each question in turn.
- Teams decide which of the three answers is correct and then hold the corresponding letter up to show their selection.
- A tally of correct scores is kept on the whiteboard so each team can see how they are doing in relation to the other teams.
- The winning team or teams are acknowledged at the end.

Variations for Paired/individual version

- Place letters **A**, **B** and **C** on the floor or on the walls of the classroom
- Individuals or pairs decide which answer is correct and then move to the letter which they think represents the correct answer
- After each question those who have answered correctly can collect a token
- At the end a count-up identifies the winner/s

Mental Health Quiz

1. Which of the following are real illnesses?

A: Diabetes B: Anxiety (worrying a lot) C: Flu

Answer: All

Mental health problems like anxiety are just as real as physical illnesses. When they are mild you will often get better on your own, the way you might from a cold. But at times we need help. We might need to talk to someone or perhaps learn new ways to deal with difficult feelings. Sometimes we may need to take medicine. But with the right help we can get better.

2. In UK at any one time how many children in a class of 30 have a mental health problem?

A: 1 B: 3 C: 10

Answer: B (3 or 1 in every 10 children)

But among adults this number rises to 1 in 4 or 25%. It is very common for people to have mental health problems so it is important that we understand mental health. We need to know how we can look after ourselves and be kind and understanding to friends or maybe family who are ill.

3. Which of these symptoms can happen if you're depressed?

A: Don't feel hungry B: Hungry all the time C: Always tired

Answer: All

People can experience depression in different ways. Some may lose their appetite while others eat more. Some people feel tired while others find it hard to sleep. What most people experience however is sadness or hopelessness and very often they are no longer able to enjoy the things they previously took great pleasure in. But with the right help they can and do recover completely.

4. How many children in Years 4 and 5 in BaNES told us they have been bullied in the last year?

A: 1 in 10 (3 per class) B: 1 in 4 (7 per class) C: 1 in 2 (15 per class)

Answer: B

1 in 4 or 26% children say they have been bullied at or near school. Being bullied is very difficult to deal with and can lead to children feeling very worried and unhappy.

5. Who among the following people has experienced serious mental health problems?

A: Zayn Malik B: J K Rowling C: Lady Gaga

Answer: All

Many well-known and successful people have had mental health issues. Others include Ruby wax, Demi Lovato. Stephen Fry, Johnny Depp. Having a mental health issue doesn't mean you can't make a success of your life or get better.

A

B

C