





KAHOOT: IDENTIFY EMOTIONS (Mental health)





Question 1. What emotion do I have if I want to jump, talk a lot, and my face is smiling?



 Fear <input type="checkbox"/>	 Sadness <input type="checkbox"/>
 Joy (Happiness) <input type="checkbox"/>	 Boredom <input type="checkbox"/>





Question 2. If I feel my body is tight and hot and I want to yell, what do I feel?



 Sadness <input data-bbox="662 862 750 952" type="checkbox"/>	 Calmness <input data-bbox="1380 862 1468 952" type="checkbox"/>
 Anger (or Rage) <input data-bbox="678 1019 766 1108" type="checkbox"/>	 Surprise <input data-bbox="1380 1019 1468 1108" type="checkbox"/>





Question 3. If I feel like crying and I move slowly, what emotion is it?



 Calmness <input data-bbox="662 1839 750 1928" type="checkbox"/>	 Fear <input data-bbox="1380 1839 1468 1928" type="checkbox"/>
 Anger <input data-bbox="678 2004 766 2094" type="checkbox"/>	 Sadness <input data-bbox="1380 2004 1468 2094" type="checkbox"/>





Question 4. If my heart is racing and I have a knot in my stomach, what do I feel?



 Boredom <input data-bbox="662 855 750 945" type="checkbox"/>	 Joy <input data-bbox="1380 855 1468 945" type="checkbox"/>
 Calmness <input data-bbox="678 1014 766 1104" type="checkbox"/>	 Fear (or Nervousness) <input data-bbox="1380 1014 1468 1104" type="checkbox"/>

Question 5. If my breathing is slow and I feel light, what state am I in?



 Sadness <input data-bbox="662 1832 750 1921" type="checkbox"/>	 Calmness (or Peace) <input data-bbox="1380 1832 1468 1921" type="checkbox"/>
 Anger <input data-bbox="678 1991 766 2080" type="checkbox"/>	 Fear <input data-bbox="1380 1991 1468 2080" type="checkbox"/>

Question 6. What should I do first when I feel a very strong emotion (like huge anger)?



Keep it a secret from everyone



Yell loudly or hit a pillow

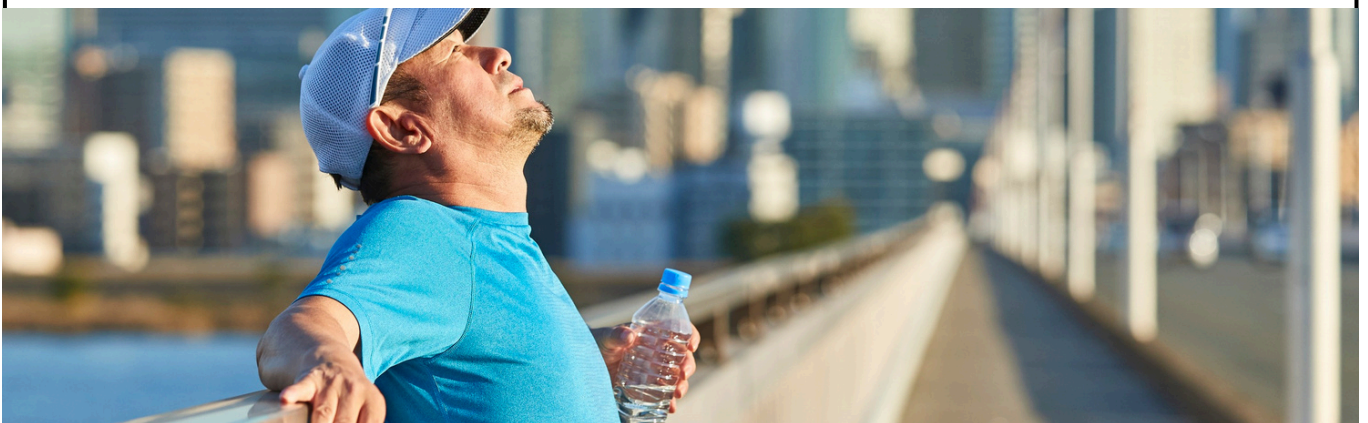


Run fast out of the room



Stop and breathe slowly to calm down

Question 7. Is mental health as important as physical health?



Yes (True)




No (False)


Question 8. Are there Apps on your phone that help you feel better or calmer?



 No, only for photos and messages


 No, the phone is only for social media


 Yes, they are digital support tools

 Yes, they are digital support tools


Question 9. What does "Well-being" mean in mental health?



 Feeling peaceful and happy most of the time

 Always having a lot of money

 Doing many activities without resting

 Never feeling sad or angry

Question 10. Emotion out of control: What do you do?



Pretend it's not there
and watch TV



Get even angrier




Stay alone until
it passes



Talk to a trusted
adult

Answer key

Question 1	 Joy (Happiness)
Question 2	 Anger (or Rage)
Question 3	 Sadness
Question 4	 Fear (or Nervousness)
Question 5	 Calmness (or Peace)
Question 6	 Run fast out of the room
Question 7	 Yes (True)
Question 8	 Yes, they are digital support tools
Question 9	 Feeling peaceful and happy most of the time
Question 10	 Talk to a trusted adult