

My Stress Quiz

This quiz belongs to: _____

This quiz is to help children aged **5-11** think about how they are feeling. There are **no right or wrong answers** - just tick the box that feels most like you.

How to Answer

For each question, tick one box:

☐ Yes ☐ Sometimes ☐ No

Questions

Question 1

Do you often feel worried or nervous?

☐ Yes ☐ Sometimes ☐ No

Question 2

Do you sometimes get tummy aches or headaches when you feel upset?

☐ Yes ☐ Sometimes ☐ No

Question 3

Do you find it hard to fall asleep or stay asleep at night?

☐ Yes ☐ Sometimes ☐ No

Question 4

Do you sometimes feel sad, lonely, or like crying for no reason?

☐ Yes ☐ Sometimes ☐ No

Question 5

Do you get angry or upset more quickly than usual?

☐ Yes ☐ Sometimes ☐ No

Question 6

Do you sometimes find it hard to concentrate at school or on homework?

☐ Yes ☐ Sometimes ☐ No

Question 7

Do you worry about your friends, family, or school a lot?

☐ Yes ☐ Sometimes ☐ No

Question 8

Do you feel tired even after a good night's sleep?

☐ Yes ☐ Sometimes ☐ No

Question 9

Do you sometimes want to be alone more than usual?

☐ Yes ☐ Sometimes ☐ No

Question 10

Do you feel like you have too many things to do and not enough time?

☐ Yes ☐ Sometimes ☐ No

What to Do After the Quiz

If you ticked Yes or Sometimes to several questions, it might mean that you're feeling a bit stressed. That's okay - everyone feels this way sometimes.

Here are some things you can do:

- Talk to a parent, teacher, or another grown-up you trust.
- Try calming activities like drawing, deep breathing, or playing outside.
- **Remember:** *You are not alone, and asking for help is always a strong and brave choice.*