

Short Answer Question

📖 Ava has been feeling sad lately. She has difficulty finding ambition and has a hard time getting out of bed. She is embarrassed to tell her friends. Ava decides to tell her parents she feels down.



👉 Is this a good idea?

✓ Yes No

Why or why not? Type your answer in the box below.

/2

Reading Passage

📖 Our moods change every day. We can experience a whole range of emotions in a day. There may be periods of sadness, joy or frustration. Big life events can trigger those feelings. Most of the time, a bad mood won't last. Even if you are in a funk for a few days, you usually will start to feel like your old self.

What happens if you don't go back to feeling normal? It is important to monitor how you feel most days. Your overall moods and attitudes are your mental health. You can do a few things to improve your mental health. Think of it as another part of your body that needs a checkup!

Comprehension Questions

👉 Complete the paragraph based on what you've learned from the reading. Type your answers into the paragraph below.

Mental is how we feel most days. It includes our attitudes and . It is important to check in on our mental health. Something may be wrong if we like doing things we used to, get with our loved ones, or feel very a lot of the time. We can to our family and friends. We can get some to make us feel better by working out. If you can't change your moods, seek .

/8

Marking Rubric

Name:

Marking Rubric

	Level 1	Level 2	Level 3	Level 4
Understanding Concepts ✓	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
Responses to the text ✓	Expresses responses to the text with limited effectiveness; inconsistently supported by proof from the text. <input type="checkbox"/>	Expresses responses to the text with some effectiveness; supported by some proof from the text. <input type="checkbox"/>	Expresses satisfactory responses to the text with some effectiveness; supported by satisfactory proof from the text. <input type="checkbox"/>	Expresses thorough responses to the text with some effectiveness; thoroughly supported by proof from the text. <input type="checkbox"/>
Analysis of Concepts ✓	Interprets various concepts from the text with limited, unrelated details and incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with some details but also some incorrect analysis. <input type="checkbox"/>	Interprets various concepts from the text with satisfactory details and good analysis. <input type="checkbox"/>	Interprets various concepts from the text with excellent details and thorough analysis. <input type="checkbox"/>
Application of Concepts ✓	Demonstrates a limited ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a basic ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a satisfactory ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>	Demonstrates a strong ability to apply various concepts from the text to activities, discussions, and situations. <input type="checkbox"/>

Total Score = /33