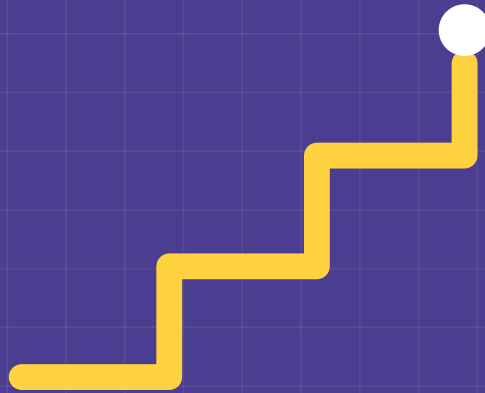




UpOnly Learning



GRADE 7

FREE SAMPLE WORKBOOK

Psychology Grade 7

One step at a time. · Ages 12–13 · Free sample: 1 of 7 topics

UO-PSY-7

One step at a time

I'm Dr. Evan J. Hasson. I've run a specific chiropractic practice for over twelve years, and I'm a dad of three. My work is about alignment: get the structure right, and everything else works better.

At home, nothing was aligned. I was spending thousands a month on tutors, extracurriculars and programs, and when I asked about enrolling a second or third child the answer was always the same: that'll be double, that'll be triple. The charter school had a waiting list. The good public school had a waiting list. The private schools had the kind of list where it helps to know someone, or to give generously first.

And underneath all of it, the same quiet threat: if you don't pay for this, your child will fall behind. Not sold with evidence. Sold with fear.

So I did my own research, and here is what I found: none of it is secret. The standards are published. The order a child should learn in is written down and freely available. It is just scattered. Nobody had done the work of pulling it together, putting it in order and handing it over. So I did.

When every step has its place, confusion has nowhere to hide.

I built this for my own kids. I'm giving it to yours.

Dr. Evan J. Hasson, DC

Founder and dad of three

Copyright, license and disclaimers

Copyright. © 2026 UpOnly Learning, LLC. All rights reserved. UpOnly Learning™ and the step logo are trademarks of UpOnly Learning, LLC.

Free sample. This free sample may be printed and shared freely, as long as it is shared whole and unchanged, with this notice and the UpOnly Learning name. It may not be sold.

Not a school. UpOnly Learning is a private educational publisher, not a school, and is not affiliated with or endorsed by the US Department of Education, any state board of education or school district. This workbook does not award grades or credits and does not replace any curriculum your state requires. You are responsible for meeting your local homeschool laws.

Standards. Topics are aligned to academic standards in our own interpretation; the owners of those standards do not review or endorse this workbook. Common Core State Standards © Copyright 2010. National Governors Association Center for Best Practices and Council of Chief State School Officers. All rights reserved.

No guaranteed results, and mistakes happen. Every student learns differently. We write and review every question and answer key carefully, and we still get things wrong — an answer key can be wrong, and a question can be worded badly or have two defensible answers. Check the answer key before you hand it over, and trust your own judgement over ours. Found a problem? **Photograph the page and email it to support@uponlylearning.com** — the picture tells us more than a description, and we fix it for every family.

Safety. Some activities use household items such as scissors, coins or food. An adult should supervise and skip anything unsafe for the student.

Not professional advice. This workbook does not replace an evaluation by a qualified educator or specialist. The founder is a Doctor of Chiropractic; UpOnly Learning does not provide medical or health advice.

Full terms: uponlylearning.com/legal

How to use this workbook

Each topic follows the same steps, so your student always knows what comes next.

1. ① **Quick Check.** 10 questions before you teach. Read them aloud for younger students. A high score means you can move faster.
2. ② **Learn It.** Key words, step-by-step teaching with lines you can read aloud, worked examples and the mistakes to watch for.
3. ③ **We Do It Together.** 10 questions you do side by side. The answer and the "why" are printed right after each question, so you can talk it through.
4. ④ **You Try.** 10 questions your student does alone.

Answers with short explanations for every question are in the **Answer Key** at the end of each topic, so students can work without peeking. Go over each wrong answer together using the explanation.

This workbook is printed in full color. To save ink, choose "Black and white" or "Grayscale" in your printer settings; every page still works in black and white.

Want online checks that score themselves and track each student's progress? Visit uponlylearning.com.



How to use this Psychology book in Grade 7

Pace

Plan on 1 to 2 weeks for each of the 7 topics, about 7 to 14 weeks for the book, in 2 to 4 sessions a week.

A typical session

A 40 to 45 minute session runs Quick Check, Learn It, We Do It Together, and a block of You Try questions, with Show What You Know saved for its own day at the end of the topic.

Tips for this book

- Stress and coping and Building and breaking habits are best tried in real life; have your student pick one small habit and track it for a week.
- Thinking errors and cognitive bias works well with news headlines or ads; ask your student which shortcut a claim might trigger.
- For How scientists study behavior, design a small survey or experiment together, then ask whether the evidence really supports the claim.
- Encourage your student to check their own work with the answer key and talk about how each idea applies to their own day.

Your seventh grader is learning how people think, choose, and change, and your openness makes those conversations easier.

GRADE 7

CONTENTS · UO-PSY-7



Psychology: Grade 7

Free Sample Workbook · Ages 12–13 · 1 of 7 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

Our story	2
Copyright, license and disclaimers	3
How to use this workbook	4
Topic 1 · Stress and coping	7
<i>Explain the stress response and match coping strategies to stressors NHES Standard 7</i>	
Quick Check 7 · Learn It 9 · We Do It Together 11 · You Try 13 · Answer Key 14	



Stress and coping

The student will explain the body's stress response, tell helpful stress from harmful stress, and match problem-focused and emotion-focused coping strategies to different situations.

① Quick Check

Do this before the lesson. It shows what your student already knows. Score: ____ / 10

1. What is emotion-focused coping?

- A** Managing feelings about what you cannot change **B** Taking action right away to change the stressor itself
C Telling yourself that you have no feelings about it **D** Blaming other people for the stressor that you face

2. What is coping?

- A** The thoughts and actions you use to handle stress **B** The act of waiting for a problem to go away on its own
C The feeling of being sure that nothing is wrong at all

3. Which is an emotion-focused strategy?

- A** Asking a teacher to move a deadline **B** Making a schedule for the week **C** Splitting a project into parts
D Slow breathing

4. Which number can you call or text in the US at any time for help?

- A** 311 **B** 411 **C** 511 **D** 988

5. What does the lesson say about asking for help?

- A** It makes stress worse **B** It is a sign of weakness **C** It is a good coping tool **D** It is only for adults

6. A student uses lashing out whenever stressed. What is the problem?

- A** It can hurt relationships and not fix the problem **B** It is the same thing as problem-focused coping
C It always works well for every kind of stressor **D** It removes the stress from your life for good

7. Which thought is likely to lower stress?

- A** I cannot possibly handle this, so I should give up **B** Nobody can ever help me with this kind of problem
C Everything always goes wrong for me, whatever I do **D** This is hard, but I can take it step by step

8. Which description of stress is best?

- A** Something that only adults are ever able to feel **B** A sign of weakness that only some students show
C A normal reaction; helpful in small amounts **D** Something that people should avoid completely at all times

9. Which coping choice would help most in the middle of a noisy day when you cannot leave?
- A Slow breathing and a short mental break B Walking out of class C Arguing with classmates
- D Making a plan to change the school
10. A student divides 6 hours of homework evenly over 3 days. How many hours per day?
- A 2 B 3 C 6 D 18

② Learn It

Key words

- **stressor:** Anything that puts demands on you, such as a test, a conflict or a big change
- **stress response:** The body's automatic reaction to a stressor, with a faster heartbeat, tense muscles and alert mind
- **eustress:** Short-term stress that can motivate you and help you perform
- **chronic stress:** Stress that lasts a long time without enough recovery
- **coping:** The thoughts and actions you use to handle a stressor
- **problem-focused coping:** Taking action to change or solve the stressor
- **emotion-focused coping:** Managing your feelings about a stressor that you cannot change right now

Warm-up

1. Ask the student to list five things that cause stress for people their age.
2. Ask: 'Where do you feel stress in your body?'

Stress is a normal body reaction. Today we learn when it helps, when it hurts, and what to do about it.

Teach

1. Explain the stress response. When the brain senses a challenge, it signals the body to release hormones. Heart rate and breathing rise, muscles tense and attention sharpens. This system helped humans react to danger.
2. Explain that a little stress can help, as before a game or a performance. This is eustress. Too much for too long, or stress without recovery, is chronic stress. Chronic stress can affect sleep, mood, stomach, focus and the immune system.
3. Explain that two people can face the same event and react differently, because the amount of stress depends on how much the person feels the demand exceeds their resources. Seeing a challenge as something you can handle often reduces the stress.
4. Teach two coping types. Problem-focused: make a plan, break it into steps, ask for help, manage time. Emotion-focused: slow breathing, exercise, music, talking, humor, writing, rest. Explain that emotion-focused coping fits when you cannot change the situation, and problem-focused coping fits when you can.
5. Explain what to avoid: coping that hurts in the long run, such as lashing out, avoiding forever, or using substances. Explain that if stress feels too big or lasts for weeks, a trusted adult, school counselor or doctor can help, and in the US you can call or text 988 at any time.

Stress is a signal. A good coping plan fits the stressor.

Guided practice

1. Sort these stressors into 'I can change it' and 'I cannot change it now': a project due Friday, a family move, a disagreement with a friend, a canceled game, a hard test next week.
2. For each, pick a coping strategy and explain why it fits.
3. Practice 'box breathing': breathe in for 4, hold 4, out 4, hold 4, for four rounds.

Can I change this? If yes, plan. If not, care for my feelings.

Worked examples

Hana has three assignments due on Friday and feels overwhelmed. Suggest problem-focused and emotion-focused steps.

Problem-focused: list each assignment, estimate time, plan 30-minute blocks for each day, ask a teacher if a deadline can be adjusted. Emotion-focused: take a walk, breathe slowly, and talk to a friend.

A runner's heart races before a race. Is that stress harmful? Explain.

It is likely helpful stress. The stress response prepares the body to perform. It becomes a problem only if it is too intense, lasts too long, or interferes with sleep or health.

Watch for these mistakes

Mistake: All stress is bad for you and should be avoided.

Fix: Explain that short-term, manageable stress can help us learn and perform. The problem is stress that is too much and not recovered from.

Mistake: If I just ignore stress, it will go away.

Fix: Explain that ignoring it often lets it build. Noticing it and using a tool works better, and asking for help is a good tool.

③ We Do It Together: 10 questions

Do these side by side. Read each question together, let your student answer, then read the answer and the "why" right below it and talk it through.

1. If someone is in immediate danger, which number should you call?

- A** A friend's number **B** 411 **C** 988 only **D** 911

Answer: D 911

Why: 911 is for emergencies where someone is in danger.

2. When does problem-focused coping fit best?

- A** When you cannot do anything about it **B** When you do not want to try **C** When you can change the situation
D When the problem has already ended

Answer: C When you can change the situation

Why: If you can change it, taking action fits.

3. How does box breathing work?

- A** Hold your breath for 30 seconds **B** Breathe fast for a full minute **C** Breathe in for 4, hold 4, out 4, hold 4
D Breathe in for 10, then out for 1

Answer: C Breathe in for 4, hold 4, out 4, hold 4

Why: Box breathing uses four equal counts in a cycle.

4. Why does the body have a stress response?

- A** It helps people sleep through a loud noise **B** It helped humans react quickly to danger
C It makes people forget about hard tasks **D** It keeps people from feeling any emotion

Answer: B It helped humans react quickly to danger

Why: The system prepares the body to face or escape a threat.

5. A student practices box breathing for four rounds. How many counts of holding the breath happen in total?

- A** 4 **B** 8 **C** 16 **D** 32

Answer: D 32

Why: Each round has two holds of 4, which is 8, and four rounds make 32.

6. A student feels nervous before a class talk. Which pair of steps combines both coping types?
- A** Practice the talk and breathe slowly first **B** Skip the talk and tell the teacher that you are sick
- C** Practice only and try to ignore the nerves completely

Answer: A Practice the talk and breathe slowly first

Why: Practice is problem-focused, and breathing is emotion-focused.

7. A student says, I handle stress by lashing out at my family. What advice fits the lesson?
- A** Keep lashing out, because it seems to work for you **B** Lash out only at friends instead of at family
- C** Try breathing or talking, since lashing out hurts others **D** Never talk to anyone about the stress at all

Answer: C Try breathing or talking, since lashing out hurts others

Why: Healthy tools help without harming others.

8. A student is stressed about a speech and has a week to prepare. Which plan uses both coping types?
- A** Skip all practice and also avoid any slow breathing **B** Practice daily and breathe slowly beforehand
- C** Ask someone else to give the speech in your place

Answer: B Practice daily and breathe slowly beforehand

Why: Practice is problem-focused, and breathing is emotion-focused.

9. A runner's heart races before a race. Which statement best evaluates this?
- A** Likely helpful, unless it is too intense or lasts too long **B** It is a sign of illness that a doctor must treat
- C** It is always harmful because the heart is racing so fast **D** It is not stress at all but only a sign of hunger

Answer: A Likely helpful, unless it is too intense or lasts too long

Why: The stress response prepares the body to perform.

10. Which is the best summary of the lesson?
- A** Stress is always bad and must be avoided at any cost **B** Coping means avoiding every problem that you meet
- C** Only adults ever feel stress, never students at school **D** Stress is normal; match coping to what can change

Answer: D Stress is normal; match coping to what can change

Why: The lesson links the stress response to coping choices.

④ You Try: 10 questions

Now your student works alone. Check answers in the Answer Key at the end of this topic. Score: ____ / 10

1. Will ignoring stress make it go away?
A Yes, but only when you are asleep **B** Yes, it fades if you do not think of it
C Yes, but only when you are alone **D** Usually not, because ignoring lets it build
2. Which coping method can hurt in the long run?
A Taking a walk after school **B** Listening to calm music **C** Lashing out at other people
3. What is a stressor?
A A friend who always gives you very good advice at school
B A medicine that a doctor gives out to calm the body down **C** Anything that puts demands on you
D A place where you go to rest after a long and busy day
4. If a student feels like hurting themselves, what should they do?
A Wait a few weeks to see whether the feelings pass **B** Post about it online and wait to see who replies
C Keep it quiet so that other people do not worry about you **D** Tell a trusted adult now; call or text 988
5. Which situation suggests chronic stress?
A Feeling tense most days, with poor sleep **B** Feeling tired in the legs after a long run outside
C Feeling nervous for only a few minutes before a quiz **D** Feeling excited and happy before a trip with family
6. A canceled game makes a student upset. Which choice fits best?
A Make a plan to have the game back on the schedule **B** Pretend that the game never existed
C Talk with a teammate and go for a walk **D** Blame everyone around you for the decision
7. Why does a faster heartbeat happen during stress?
A The body is getting ready to act **B** The body is shutting down **C** The mind is forgetting the stressor
8. A student studies 40 minutes a day for 5 days. How many minutes in all?
A 45 **B** 150 **C** 200 **D** 240
9. Sam tries yelling at classmates whenever he is upset. Which statement is accurate?
A Lashing out removes the stress from your life forever **B** Lashing out helps all the other people feel calm
C Lashing out is an excellent problem-focused strategy **D** Lashing out hurts relationships and solves nothing
10. Which situation calls for emotion-focused coping first?
A A family move that cannot be changed **B** A messy locker that you can clean
C A project due Friday that needs a plan **D** A test next week that you can study for

UpOnly Learning · uponlylearning.com

Stress and coping: Answers and explanations

① Quick Check

1. What is emotion-focused coping?
A Managing feelings about what you cannot change
Emotion-focused coping helps you manage the feelings when the problem cannot be changed.
2. What is coping?
A The thoughts and actions you use to handle stress
Coping is how you handle a stressor, through what you think and do.
3. Which is an emotion-focused strategy?
D Slow breathing
Slow breathing calms the feelings when the problem stays.
4. Which number can you call or text in the US at any time for help?
D 988
988 is available at any time for people who need help.
5. What does the lesson say about asking for help?
C It is a good coping tool
Asking for help is a healthy tool.
6. A student uses lashing out whenever stressed. What is the problem?
A It can hurt relationships and not fix the problem
Coping that hurts in the long run is something to avoid.
7. Which thought is likely to lower stress?
D This is hard, but I can take it step by step
Seeing a challenge as manageable often reduces stress.
8. Which description of stress is best?
C A normal reaction; helpful in small amounts
The lesson explains stress as normal and helpful in small doses.
9. Which coping choice would help most in the middle of a noisy day when you cannot leave?
A Slow breathing and a short mental break
You cannot change the setting, so manage your feelings.
10. A student divides 6 hours of homework evenly over 3 days. How many hours per day?
A 2
Six divided by three equals two hours a day.

④ You Try

1. Will ignoring stress make it go away?
D Usually not, because ignoring lets it build
Noticing it and using a tool works better.

2. Which coping method can hurt in the long run?
C Lashing out at other people
Lashing out can harm relationships and does not solve the problem.
3. What is a stressor?
C Anything that puts demands on you
A stressor is any event or demand that puts pressure on a person.
4. If a student feels like hurting themselves, what should they do?
D Tell a trusted adult now; call or text 988
Help is available at any time, and adults want to know.
5. Which situation suggests chronic stress?
A Feeling tense most days, with poor sleep
Long-lasting stress without recovery fits the definition.
6. A canceled game makes a student upset. Which choice fits best?
C Talk with a teammate and go for a walk
The student cannot change it, so managing feelings helps.
7. Why does a faster heartbeat happen during stress?
A The body is getting ready to act
The stress response prepares the body for action.
8. A student studies 40 minutes a day for 5 days. How many minutes in all?
C 200
Forty times five equals 200 minutes.
9. Sam tries yelling at classmates whenever he is upset. Which statement is accurate?
D Lashing out hurts relationships and solves nothing
Coping that hurts in the long run is something to avoid.
10. Which situation calls for emotion-focused coping first?
A A family move that cannot be changed
Emotion-focused coping fits when you cannot change the situation.

Keep going with the full Psychology workbook

You just tried one topic. The full Grade 7 workbook has every topic below, each with a Quick Check, a lesson, We Do It Together, up to 90 You Try questions, Show What You Know and a full answer key.

1. Stress and coping NHES Standard 7
2. What drives us: intrinsic and extrinsic motivation CASEL Self-Management
3. Building and breaking habits CASEL Self-Management
4. Thinking errors and cognitive bias CASEL Responsible Decision-Making
5. Social influence and conformity NHES Standard 2
6. Identity and self-concept CASEL Self-Awareness
7. How scientists study behavior APA Scientific Inquiry and Research

Get it, plus online lessons with self-scoring checks and progress tracking, at **uponlylearning.com**.

More from UpOnly Learning

Lessons, practice and books for every subject.



Membership

On-screen lessons, practice, Quick Checks and progress reports in every subject, for the whole household, in several languages, with rewards for practice.



Practice workbooks

Printable workbooks across every subject, ready to print at home, with the answers explained.



Summer preparation books

“Prepare for next grade” books that help students start each new school year with confidence.



Digital flashcards

Tap-to-flip cards with audio in several languages, plus printable versions.



Free resources

Free lessons, samples and guides for students, parents, teachers, tutors and homeschool families.



“Every student deserves what I want for my own kids: clear lessons, one step at a time.”

— Dr. Evan J. Hasson, founder

Visit

uponlearning.com

Scan to see everything we offer





UpOnly Learning

Your next step starts here

Free workbooks, practice sheets and parent guides, plus printable books for every grade we cover, in English, Spanish and Portuguese. We keep adding new grades and subjects, so see what's new on our website.

Visit uponlylearning.com



Scan with your phone's camera

Help us make this better

We are constantly updating our material so it keeps getting better. If you spot a mistake, photograph the page and email it to support@uponlylearning.com. We read every message.

One step at a time.

UO-PSY-7 · © 2026 UpOnly Learning, LLC. Free sample · free to print and share.