

Name: _____

Date: _____

Answer Key: Feeling Finder: A 2nd Grade Map to Your Heart and Mind Quiz

How can you turn a 'stormy' mood into a 'sunny' one? Practice using heart-power skills to handle big feelings and help friends.

1. Leo is feeling very 'shaky' and nervous about his piano recital. Which strategy is an example of using a 'Calm-Down Tool'?

Answer: B) Taking three slow 'balloon breaths' in through his nose

Deep breathing, like 'balloon breaths,' helps slow down the heart rate and tells the brain it is safe to relax.

2. If you feel sad for many days in a row, it is a smart choice to keep it a secret so you don't bother anyone.

Answer: B) False

Seeking help from a trusted adult is a sign of strength and helps you get the support you need to feel better.

3. When Maya makes a mistake on her art project, she stays _____ by telling herself, 'I can turn this smudge into a cool cloud!'

Answer: B) Resilient

Resilience is the ability to 'bounce back' or find a positive way forward when something goes wrong.

4. Sasha is frustrated because she can't whistle yet. She uses 'Positive Self-Talk' by saying:

Answer: C) I haven't learned this YET, but I can keep trying.

Using the word 'yet' helps kids maintain a growth mindset and builds emotional strength during challenges.

5. A _____ person is someone like a teacher, parent, or coach who you can talk to when your feelings feel too big to handle.

Answer: B) Trusted

Identifying 'trusted adults' is a core safety and wellness skill for young children.

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6. Your body can give you 'clues' about your feelings, like a tummy ache when you are worried or a hot face when you are mad.

Answer: A) True

The mind-body connection is a key part of emotional awareness; physical sensations often signal hidden emotions.

7. Which of these is a healthy way to 'recharge' your mind after a long, busy day at school?

Answer: B) Drawing a picture or playing with blocks

Creative play and quiet hobbies are healthy coping mechanisms that help children process their day.

8. When you imagine how a friend feels after they lose their favorite hat, you are practicing ____.

Answer: C) Empathy

Empathy is understanding and sharing the feelings of others, which helps build strong, healthy relationships.

9. If you are feeling 'in the red' (very angry), what is a safe way to let that energy out?

Answer: B) Squeezing a soft pillow or a stress ball

Using physical tools like stress balls allows children to release the physical tension of anger without hurting others.

10. It is okay to have 'uncomfortable' feelings like jealousy or sadness sometimes; everyone feels them!

Answer: A) True

Normalizing all emotions is crucial for mental health; the goal is to manage them, not to never feel them.