

Name: _____

Date: _____

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'?

- A. Running as fast as he can down the hallway
- B. Taking three slow 'balloon breaths' in through his nose
- C. Hiding his piano books so he doesn't have to play
- D. Yelling loudly to let the nervousness out

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.

- A. True
- B. False

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

- A. Angry
- B. Resilient
- C. Quiet
- D. Sleepy

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

- A. I will never be able to do this.
- B. Whistling is silly anyway.
- C. I haven't learned this YET, but I can keep trying.
- D. Everyone else is better than me.

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

- A. Famous
- B. Trusted
- C. C
- D. Funny

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.

- A. True
- B. False

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

- A. Watching scary movies right before bed
- B. Drawing a picture or playing with blocks
- C. Eating a giant bag of sugary candy
- D. Arguing with a sibling about a toy

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

- A. Math
- B. Speed
- C. Empathy
- D. Rules

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

- A. Telling a friend you don't like them anymore
- B. Squeezing a soft pillow or a stress ball
- C. Stomping on someone else's drawings
- D. Keeping it all inside until you explode

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

- A. True
- B. False