

Name: _____ **Date:** _____

Emotional Explorer: A 3rd Grade Journey Through Resilience

Third grade students will analyze complex social scenarios to evaluate which coping strategies best foster emotional regulation and interpersonal problem-solving.

1. Maya's favorite drawing was accidentally ruined by a classmate. She feels a 'volcano' of anger rising. Which action shows the highest level of emotional regulation?

- A. Ripping up the classmate's paper to make things even.
- B. Ignoring the feeling and pretending she is happy.
- C. Taking three slow breaths to cool down before speaking.
- D. Waiting until recess to yell at the classmate.

2. True or False: Resilience means that you never feel sad or frustrated when things go wrong.

- A. True
- B. False

3. When Sam finds a math problem impossible to solve, he changes his internal dialogue from 'I am bad at this' to 'I am still _____, and I can ask for help.'

- A. giving up
- B. learning
- C. failing
- D. finished

4. Leo is feeling lonely during lunch. He decides to look for a 'Social Bridge.' Which strategy represents a healthy way to seek connection?

- A. Sitting alone and hoping someone notices him.
- B. Interrupting a game without asking to play.
- C. Asking a group, 'May I join this game?'
- D. Telling other kids they are being mean for not inviting him.

5. Which of these is the most effective 'Cool Down' tool for a student who feels overwhelmed by a loud classroom?

- A. Running out of the room without permission.
- B. Putting their head down and imagining a 'Quiet Forest.'
- C. Talking loudly to match the noise of the room.
- D. Breaking a pencil to release the stress.

6. True or False: Asking a teacher for help with a big worry is a sign of emotional strength, not weakness.

- A. True
- B. False

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7. If you are feeling 'Blue' (sad or tired), engaging in a ____ activity, like playing tag or dancing, can help improve your mood.

- A. stationary
- B. physical
- C. silent
- D. boring

8. Sarah didn't get the lead role in the school play. To show resilience, how should she evaluate the situation?

- A. She should decide she is a bad actor and never try out again.
- B. She should complain that the teacher was being unfair.
- C. She should think, 'I did my best, and now I can learn a new role!'
- D. She should stay home on the day of the performance.

9. Taking a 'Mental Break' by counting backwards from 20 is a strategy used to manage ____, which is the feeling of being worried or pressured.

- A. sleepiness
- B. hunger
- C. stress
- D. honesty

10. True or False: Using 'I-Messages' (like 'I feel sad when you take my ball') is a way to handle conflict without attacking others.

- A. True
- B. False