

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Answer Key: A Rainbow of Feelings: Kindergarten Emotional Wellness Quiz

Through 10 interactive questions, students identify facial expressions, positive self-talk phrases, and simple calming actions for emotional regulation.

### 1. If you see a friend with a big smile and bright eyes, how are they likely feeling?

**Answer:** B) Happy

A big smile is a facial cue that usually shows someone is feeling happy and good.

### 2. It is okay to feel sad or grumpy sometimes.

**Answer:** A) True

All feelings are okay! Everyone feels sad or grumpy sometimes; it is what we do with those feelings that matters.

### 3. When my heart is beating fast because I am nervous, I can take deep \_\_\_\_\_ to feel better.

**Answer:** A) Breaths

Deep breathing sends a signal to your brain to calm down and relax your body.

### 4. Which of these is a kind thing to say to yourself when you are learning something hard?

**Answer:** C) I can try my best!

Positive self-talk like 'I can try my best' helps build resilience and keeps us motivated.

### 5. If you feel very angry and want to scream, what is a safe choice to do instead?

**Answer:** B) Squeeze a soft pillow

Squeezing a pillow or a stress ball is a safe way to let out big energy without hurting others.

### 6. Checking in with a teacher or a grown-up when you feel worried is a smart choice.

**Answer:** A) True

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Trusted adults are there to listen and help us understand our big feelings.

**7. To help my body feel calm and ready to learn, I need to get plenty of \_\_\_\_\_ at night.**

**Answer:** B) Sleep

Sleep gives our brain and body the rest it needs to manage emotions the next day.

**8. Imagine your blocks fell down. Instead of crying, you say, 'I can build it again!' This is called being...**

**Answer:** A) Strong

Staying positive when things go wrong shows emotional strength and resilience.

**9. If you are feeling lonely, you should keep it a secret and not tell anyone.**

**Answer:** B) False

Sharing your feelings with a friend or teacher can help you feel connected and less lonely.

**10. When I draw a picture or paint, I am using \_\_\_\_\_ to show how I feel.**

**Answer:** A) Art

Art is a wonderful creative outlet that lets us express emotions without using words.