

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

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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.