

Name: _____ Date: _____

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?

- A. Sad
- B. Happy
- C. Angry
- D. Scared

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

- A. True
- B. False

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

- A. Breaths
- B. Jumps
- C. Snacks
- D. Naps

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

- A. I will never get this.
- B. This is too hard.
- C. I can try my best!
- D. I want to quit.

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

- A. Push a chair
- B. Squeeze a soft pillow
- C. Hide your homework
- D. Yell at a pet

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

- A. True
- B. False

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

- A. Candy
- B. Sleep
- C. Toys

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D. Television

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

- A. Strong
- B. Sleepy
- C. Mean
- D. Noisy

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

- A. True
- B. False

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

- A. Art
- B. Math
- C. Shoes
- D. Soup