

Name: _____

Date: _____

Answer Key: Balloon Breaths and Feelings: 1st Grade Emotions Quiz

Identify healthy ways to share big feelings like using a calm-down corner or talking to a trusted grown-up.

1. If you feel very angry, what is a safe way to show your feeling?

Answer: A) Squeeze a soft pillow

Squeezing a pillow is a safe way to let out 'big energy' without hurting anyone or anything.

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

Answer: A) True

Everyone has different feelings, and all feelings are okay to have!

3. To help my body feel calm, I can take slow ___ breaths.

Answer: B) belly

Slow belly breaths (like blowing bubbles) tell your brain it is time to relax.

4. Who is a 'safe grown-up' you can talk to about your feelings?

Answer: B) Your teacher

Teachers, parents, and coaches are safe adults who can help you handle tough emotions.

5. Drawing a picture of your feelings is a good way to share them.

Answer: A) True

Art is a great way to show how you feel when you don't have the right words.

6. When I am nervous, my heart might beat ___.

Answer: C) fast

Our bodies often react to feelings; a fast heartbeat is a common sign of being nervous or excited.

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7. What can you do in a 'Calm Down Corner' at school?

Answer: C) Use a glitter jar or stress ball

Calm-down tools like glitter jars help your eyes and mind focus on something quiet.

8. Getting enough ___ helps our brains stay happy and ready to learn.

Answer: B) sleep

Sleep gives your brain time to rest so you can manage your emotions better the next day.

9. Asking for a hug can help you feel better when you are sad.

Answer: A) True

Physical comfort from someone you love can help your body feel safe and calm.

10. If a friend is crying, how can you be a 'Kind Helper'?

Answer: C) Ask them if they want to sit with you

Being a good friend means noticing others' feelings and offering to be with them.