

Name: _____ Date: _____

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?

- A. Squeeze a soft pillow
- B. Break a toy
- C. Yell at a friend
- D. Hide under the bed

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

- A. True
- B. False

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

- A. fast
- B. belly
- C. scary
- D. loud

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

- A. A person at the park you don't know
- B. Your teacher
- C. A character on TV
- D. Your pet goldfish

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

- A. True
- B. False

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

- A. blue
- B. slow
- C. fast
- D. square

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

- A. Take a nap for three hours
- B. Eat your whole lunch
- C. Use a glitter jar or stress ball
- D. Run as fast as you can

Name: _____

Date: _____

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

- A. candy
- B. sleep
- C. homework
- D. noise

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

- A. True
- B. False

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

- A. Laugh at them
- B. Walk away quickly
- C. Ask them if they want to sit with you
- D. Tell them to stop