

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

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

## Answer Key: Feeling Like a Detective? 2nd Grade Emotional Literacy Quiz

Students analyze complex social scenarios to design empathy-based responses and identify proactive emotional regulation strategies for home and school.

**1. If you notice a teammate sitting alone and looking down after a game, which action shows the highest level of 'Emotional Intelligence'?**

**Answer:** B) Ask them a specific question like, 'I noticed you look quiet; do you want to talk or just sit together?'

Advanced emotional literacy involves recognizing non-verbal cues and offering 'supportive presence' while giving the other person a choice in how they receive help.

**2. When we feel a big emotion like frustration, we can use a 'Stoplight Strategy.' After we 'Red Light' to stop, we 'Yellow Light' to \_\_\_\_\_ a solution before we 'Green Light' to act.**

**Answer:** C) evaluate

To evaluate means to think carefully about different options to solve a problem before picking the best one, which is an essential part of self-regulation.

**3. True or False: Resilience means that you never feel sad or upset when something difficult happens.**

**Answer:** B) False

Resilience is not the absence of feelings; it is the ability to acknowledge those feelings and find a way to keep moving forward despite the challenge.

**4. Leo worked hard on a drawing, but his brother accidentally spilled water on it. Instead of shouting, Leo takes a 'Belly Breath' and thinks, 'I can save the parts that didn't get wet.' What is this called?**

**Answer:** B) Emotional Reframing

Emotional reframing is a synthesis skill where a student looks at a negative situation and tries to find a different, more helpful way to think about it.

**5. If you are feeling 'stuck' with a heavy emotion for many days, the most responsible action is to \_\_\_\_\_ a trusted adult to help you navigate your feelings.**

**Answer:** A) consult

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Consulting a trusted adult, such as a school counselor or parent, is a proactive mental health strategy for managing persistent emotions.

**6. True or False: Using a 'Peace Corner' at school is a sign that you are learning how to manage your own emotional state.**

**Answer:** A) True

Recognizing that you need a quiet space to regulate your emotions is a sophisticated sign of self-awareness and healthy coping.

**7. Maya is nervous about her first piano recital. Which 'Self-Talk' strategy would be most effective for building her confidence?**

**Answer:** B) Thinking, 'I have practiced this song many times and I am ready to share it.'

Effective self-talk focuses on factual evidence of preparation and growth, which helps lower anxiety and build genuine confidence.

**8. A healthy 'Support System' is made up of different people. While a teacher helps you learn, a \_\_\_\_\_ can help you feel better by listening and playing fairly.**

**Answer:** C) peer

A peer (a friend or classmate) is an important part of a child's social-emotional support network, providing companionship and mutual understanding.

**9. Which of these is a 'Proactive' way to take care of your mental health before you even feel stressed?**

**Answer:** B) Getting enough sleep and talking about your day every evening.

Proactive mental health means establishing healthy habits like sleep and communication to build a strong foundation before stress occurs.

**10. True or False: Having 'Empathy' means you understand how someone else feels, even if you haven't been in the exact same situation.**

**Answer:** A) True

Empathy is the complex ability to imagine another person's perspective and feelings, which is a key component of social health.