

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

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

## **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'?**

- A. Keep playing with your other friends so they have space.
- B. Ask them a specific question like, 'I noticed you look quiet; do you want to talk or just sit together?'
- C. Tell them that the game wasn't that important anyway.
- D. Wait for a teacher to go over and help them first.

**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.**

- A. ignore
- B. forget
- C. evaluate
- D. hide

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

- A. True
- B. False

**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?**

- A. Avoidance
- B. Emotional Reframing
- C. Distraction
- D. Giving up

**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.**

- A. consult
- B. trick
- C. blame
- D. avoid

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

- A. True
- B. False

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

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

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

- A. Thinking, 'I hope I don't make a mistake.'
- B. Thinking, 'I have practiced this song many times and I am ready to share it.'
- C. Thinking, 'I will just try to get it over with quickly.'
- D. Thinking, 'Everyone else is probably better than me.'

**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.**

- A. stranger
- B. pet
- C. peer
- D. mirror

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

- A. Waiting until you have a meltdown to ask for help.
- B. Getting enough sleep and talking about your day every evening.
- C. Ignoring small problems until they become big ones.
- D. Doing your homework only when you feel like it.

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

- A. True
- B. False