

Name: _____ Date: _____

Answer Key: Big Feelings, Tiny Victories: A 2nd Grade Wellness Quest

Children identify healthy ways to manage big emotions like frustration and sadness using calm kits, turtle breathing, and trusted helpers.

1. If you feel a 'red' emotion like anger, what is a safe way to let it out?

Answer: B) Squeezing a soft pillow or stress ball

Squeezing something soft is a safe 'calm-down' tool that helps your body release tension without hurting anyone.

2. When you are upset, you can pretend your belly is a ____ and fill it slowly with air.

Answer: B) Balloon

Belly breathing (pretending your stomach is a balloon) sends a signal to your brain to relax.

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

Answer: A) True

Everyone has 'blue' or 'gray' days; the important thing is knowing how to handle those feelings safely.

4. Who is a 'Trusted Adult' you can talk to at school if you are worried?

Answer: A) The school librarian or teacher

Grown-ups at school, like teachers, are trained to listen and help you solve problems.

5. Using '____ Statements' helps you tell others how you feel without blaming them.

Answer: B) I

Saying 'I feel sad when...' helps others understand your heart without starting a fight.

6. Taking a 'Brain Break' by stretching or coloring can help you feel better.

Answer: A) True

Moving your body or being creative gives your mind a rest from stress.

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7. If a task feels too hard, what should you say to yourself to stay strong?

Answer: B) 'I can't do this YET, but I can keep trying.'

The word 'yet' helps you have a growth mindset, which makes your emotional resilience stronger.

8. A '___ Corner' is a quiet place where you can go to feel calm.

Answer: C) Peace

Many classrooms have a peace corner or 'calm-down' spot to help students reset their emotions.

9. Asking for help is a sign that you are being brave.

Answer: A) True

It takes courage to admit you can't do something alone and to reach out to a friend or adult.

10. Which of these is a 'Heart-Healthy' habit for your mind?

Answer: B) Thinking of three things you are thankful for

Practicing gratitude (being thankful) trains your brain to notice the good things in life.