

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **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.

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

- A. Pushing a friend on the playground
- B. Squeezing a soft pillow or stress ball
- C. Keeping it all inside and staying quiet
- D. Breaking a favorite toy

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

- A. Mountain
- B. Balloon
- C. Car
- D. Book

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

- A. True
- B. False

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

- A. The school librarian or teacher
- B. A student in the first grade
- C. A character in a cartoon
- D. A stuffed animal

**5. Using '\_\_\_\_ Statements' helps you tell others how you feel without blaming them.**

- A. You
- B. I
- C. No
- D. Stop

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

- A. True
- B. False

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

- A. 'I will never be able to do this.'
- B. 'I can't do this YET, but I can keep trying.'
- C. 'This is too boring to finish.'

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D. 'Everyone else is smarter than me.'

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

- A. Racing
- B. Talking
- C. Peace
- D. Loud

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

- A. True
- B. False

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

- A. Staying up very late to play games
- B. Thinking of three things you are thankful for
- C. Skipping breakfast every day
- D. Hiding your feelings from your parents