

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.

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