

Name: _____ Date: _____

Answer Key: Inside Out & Upside Down: Kindergarten Mental Health Quest

Challenge your students to design emotional solutions using multi-step social scenarios that build self-regulation and empathy skills.

1. If a friend is crying because they lost their favorite toy, and you want to show them 'Empathy,' what is the most helpful multi-step action you could take?

Answer: B) Sit with them, say 'I'm sorry you're sad,' and offer to help them look for it.

Empathy involves recognizing someone's feelings, validating them with words, and offering supportive action.

2. When my heart is beating fast because I am nervous, I can use the ____ method by smelling a flower (breathe in) and blowing out a candle (breathe out).

Answer: C) Star Breathing

Deep breathing techniques like 'Star' or 'Flower and Candle' help physically calm the nervous system when feeling big emotions.

3. True or False: It is possible to feel two different emotions at the same time, like being excited for a party but also nervous to meet new people.

Answer: A) True

Emotional synthesis is the ability to recognize that complex situations often trigger multiple, sometimes conflicting, feelings.

4. You are building a tall tower and it falls down. You feel 'Frustrated.' Which choice shows the best way to practice 'Resilience'?

Answer: C) Take a belly breath, think of a new way to build the base, and try again.

Resilience is the ability to recover from a setback by managing the initial emotion and then trying a new strategy.

5. If you feel a 'Red Zone' emotion like anger, you can use a ____, which is a quiet place with soft pillows or books to help your body feel safe again.

Answer: B) Cool-Down Corner

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A cool-down corner is a self-regulation tool that allows a child to move from a high-arousal state back to a calm state.

6. True or False: Asking a 'Trusted Adult' for help when you are sad is a sign of being strong and taking care of your brain.

Answer: A) True

Seeking help is a proactive coping mechanism and a vital component of maintaining mental well-being.

7. Which of these is a 'Reframing' thought? Imagine you didn't get a turn on the swing today.

Answer: C) 'That's okay, I can be the first person to the swings tomorrow!'

Reframing involves looking at a disappointing situation and finding a positive or hopeful perspective.

8. Using 'I-Statements' helps solve problems. An example is: 'I feel ____ when you take my crayon, please ask first.'

Answer: C) Upset

I-Statements connect a specific feeling to a specific action, which is a key conflict-resolution skill.

9. True or False: Exercise, like dancing or jumping, only helps your muscles and does not change how your brain feels.

Answer: B) False

Physical activity releases chemicals in the brain that improve mood and reduce stress.

10. If you see a classmate sitting alone on the 'Buddy Bench' looking lonely, what is the best way to lead with kindness?

Answer: B) Ask them if they want to join your game or just talk.

Prosocial behavior involves identifying the emotional needs of others and taking initiative to include them.