

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

## **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.

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**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?**

- A. Walk away so they have space to cry alone.
- B. Sit with them, say 'I'm sorry you're sad,' and offer to help them look for it.
- C. Tell them to stop crying because it's just a toy.
- D. Go play with someone else who is happy.

**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).**

- A. Lion's Roar
- B. Fast Runner
- C. Star Breathing
- D. Hide and Seek

**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.**

- A. True
- B. False

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

- A. Scream and kick the blocks so no one else can use them.
- B. Give up and never play with blocks again.
- C. Take a belly breath, think of a new way to build the base, and try again.
- D. Ask the teacher to build the whole thing for you.

**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.**

- A. Time-Out Chair
- B. Cool-Down Corner
- C. Running Track
- D. Dark Closet

**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.**

- A. True

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B. False

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

- A. 'Nobody wants me to have fun.'
- B. 'I'll never get to swing again.'
- C. 'That's okay, I can be the first person to the swings tomorrow!'
- D. 'I am going to puke because I'm so mad.'

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

- A. Brave
- B. Hungry
- C. Upset
- D. Sleepy

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

- A. True
- B. False

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

- A. Point at them so others see them.
- B. Ask them if they want to join your game or just talk.
- C. Wait for them to come to you first.
- D. Tell them the bench is for babies.