

## Answer Key: Your Detective Kit for Second Grade Feelings and Friendships

Analyze 10 social scenarios where big emotions require empathy and problem-solving to help classmates feel safe and supported during the school day.

**1. Leo is a new student who feels very 'shaky' inside because he doesn't know anyone. This big feeling makes it hard for him to eat his lunch. What is the most helpful way to analyze his situation?**

**Answer:** B) His nervous feelings are affecting how his body feels.

Feelings like nervousness or anxiety can cause physical symptoms, such as a stomachache or loss of appetite, which is a common connection between the mind and body.

**2. True or False: If a friend looks happy on the outside, it is impossible for them to be feeling sad or struggling on the inside.**

**Answer:** B) False

People sometimes hide their true feelings or put on a 'brave face' even when they are struggling, which is why checking in on friends is important.

**3. Sarah gets very upset when her routine changes. To help her feel safe, her teacher uses a 'Visual Schedule.' This helps Sarah manage her \_\_\_\_\_.**

**Answer:** C) Anxiety

Anxiety often involves a fear of the unknown; knowing what comes next through a schedule provides a 'scaffold' of support to help a student feel calm.

**4. Maya has a 'big cloud' feeling that makes her want to stay in bed and not play with her favorite blocks for many days. If you were her friend, what is the best way to evaluate her need?**

**Answer:** C) Recognize that she might need help from a kind adult.

When sadness lasts a long time and stops someone from doing things they love, it's a sign they need professional support from a counselor or trusted adult.

**5. When a student practices 'Mindful Breathing' by imagining they are smelling a flower and blowing out a candle, they are working on their \_\_\_\_\_ health.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Answer:** B) Mental

Mental health involves how we handle stress and emotions; techniques like deep breathing are tools to keep our minds healthy and calm.

**6. True or False: Asking for help with your feelings is a sign of strength, not weakness.**

**Answer:** A) True

Recognizing when your emotions are too big to handle alone and seeking support is a brave and healthy choice.

**7. Sam hears a loud noise and his heart starts pounding. He remembers a scary storm from last year and feels like it is happening again right now. What is Sam experiencing?**

**Answer:** B) A reaction to a past scary event (trauma).

Trauma can cause the brain to react to noises or events as if a past scary situation is happening again, even if the person is currently safe.

**8. To help a friend who feels left out, you can practice \_\_\_\_\_, which means trying to understand and share their feelings.**

**Answer:** C) Empathy

Empathy is a key social-emotional skill where we put ourselves in someone else's shoes to understand their mental state.

**9. True or False: Your brain, just like your heart or your lungs, can sometimes get sick and need medicine or a doctor's care.**

**Answer:** A) True

Mental health conditions are medical issues involving the brain's chemistry and function, similar to how physical illnesses affect other organs.

**10. If you notice a classmate is always tapping their desk and cannot sit still because their mind feels like a 'racing motor,' what is the most respectful evaluation of their behavior?**

**Answer:** C) Their brain might process energy and focus differently.

Neurodiversity means brains work in different ways; some children have high energy levels that are part of their biological makeup, not a choice to be 'bad.'