

Name: _____

Date: _____

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?

- A. He is just a picky eater and needs to try new food.
- B. His nervous feelings are affecting how his body feels.
- C. He is being mean by not talking to the other kids.
- D. He should sit alone until he feels better.

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.

- A. True
- B. False

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 _____.

- A. Hunger
- B. Selfishness
- C. Anxiety
- D. Boredom

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?

- A. Tell her to just 'snap out of it' and be happy.
- B. Ignore her until she decides to play again.
- C. Recognize that she might need help from a kind adult.
- D. Give her all of your toys to make her smile.

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.

- A. Dental
- B. Mental
- C. Financial
- D. Reading

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

- A. True
- B. False

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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?

- A. A memory of a happy birthday party.
- B. A reaction to a past scary event (trauma).
- C. He is just being too loud in the hallway.
- D. He is trying to get out of doing his math.

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

- A. Eagles
- B. Estimation
- C. Empathy
- D. Energy

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.

- A. True
- B. False

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?

- A. They are choosing to be naughty and disrupt the class.
- B. They are bored and don't like the teacher.
- C. Their brain might process energy and focus differently.
- D. They need to be sent to the principal's office.