

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

## Answer Key: Kind Kindergarteners: Caring for Calm and Comfort Quiz

Young learners practice identifying big feelings and choosing helpful ways to support friends who feel overwhelmed or sad in the classroom.

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**1. If Leo is feeling very 'wiggly and worried' because the classroom is too loud, what is a helpful thing he can do?**

**Answer:** B) Find a quiet 'calm down corner' to take deep breaths

Moving to a quiet space and breathing helps the brain feel safe when things get too overwhelming or 'loud' for our senses.

**2. Is it okay to feel sad or scared sometimes?**

**Answer:** A) True

Everyone has big feelings like sadness or fear; learning to talk about them is a healthy part of taking care of our minds.

**3. When Sarah feels so sad that she doesn't want to play with her favorite blocks, she is having a \_\_\_\_\_.**

**Answer:** C) Big feeling

A 'big feeling' is when an emotion like sadness changes how we act, such as not wanting to do things we usually love.

**4. Maya's heart is beating fast and she is afraid to go down the slide. What is a 'brave tool' she can use?**

**Answer:** A) Using 'Belly Breaths' to slow her heart down

Belly breathing is a physical tool that tells our body and brain that we are safe, even when we feel 'nervous energy' inside.

**5. Listening to a friend's feelings makes their 'heart-load' feel lighter.**

**Answer:** A) True

Social support, like listening, helps people feel less alone when they are struggling with difficult emotions.

**6. If a friend is crying and doesn't know why, the best thing to do is call a \_\_\_\_\_.**

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

**Answer:** B) Trusted grown-up

Teachers and parents are 'feelings helpers' who know how to support kids when their emotions feel too big to handle alone.

**7. Sam eats his lunch and gets lots of sleep so his brain stays healthy. This is called:**

**Answer:** B) Taking care of his 'Inside Me'

Mental wellness starts with physical health; things like sleep and food give our brains the energy to manage emotions.

**8. If someone feels sad for a long time, they are just being 'bad'.**

**Answer:** B) False

Mental health struggles are not about being 'good' or 'bad'; they are health needs that sometimes require extra help and patience.

**9. Taking a 'Brain Break' by stretching helps us feel \_\_\_\_\_.**

**Answer:** B) Calm and ready

Movement can reset our nervous system, helping us move from a stressed state back to a 'ready-to-learn' state.

**10. Penny is upset because she lost her toy. How can you show 'Empathy' to Penny?**

**Answer:** C) Say, 'I'm sorry you're sad, I can help you look for it.'

Empathy means understanding how someone else feels and showing them that they aren't alone in their sadness.