

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.

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.