

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

## **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?**

- A. Run around the room as fast as he can
- B. Find a quiet 'calm down corner' to take deep breaths
- C. Hide his teacher's markers
- D. Yell louder than everyone else

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

- A. True
- B. False

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

- A. Birthday party
- B. Snack time
- C. Big feeling
- D. Nap

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

- A. Using 'Belly Breaths' to slow her heart down
- B. Closing her eyes and running away
- C. Pushing another student
- D. Eating a whole box of cookies

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

- A. True
- B. False

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

- A. Firefighter
- B. Trusted grown-up
- C. Cat
- D. Doctor for a scraped knee

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

- A. Being a superhero

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- B. Taking care of his 'Inside Me'
- C. Winning a race
- D. Playing tag

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

- A. True
- B. False

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

- A. More angry
- B. Calm and ready
- C. Sleepy and bored
- D. Hungry for pizza

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

- A. Tell her to stop crying
- B. Take her other toys away
- C. Say, 'I'm sorry you're sad, I can help you look for it.'
- D. Walk away and play with someone else