

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.

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