

Name: _____

Date: _____

Answer Key: Chef Cal's Recipe for Feelings: A 3rd Grade Mental Health Kitchen

Students identify healthy coping ingredients and emotional management skills through scenarios that go beyond basic 'happy or sad' labels to build social-emotional fluency.

1. When Maya feels a 'bubbling' anger in her chest because she lost a game, what is a healthy 'cool down' choice?

Answer: A) Walking away to take three slow, deep breaths

Deep breathing is a positive coping mechanism that helps calm the body's nervous system when feeling overwhelmed.

2. True or False: It is okay to ask a trusted adult for help when your feelings feel 'too big' to handle alone.

Answer: A) True

Seeking help is a sign of strength and a key part of maintaining emotional health.

3. Leo is nervous about his piano recital. He tells himself, 'I have practiced hard and I can do my best.' This is an example of _____.

Answer: B) Positive self-talk

Positive self-talk involves replacing scary or negative thoughts with encouraging, realistic statements.

4. Which of these is a way to build 'Emotional Resilience,' which means bouncing back after a hard time?

Answer: C) Remembering a time you solved a problem before

Resilience is strengthened by recalling past successes, which gives us the confidence to try again.

5. Sarah likes to knit or build with LEGO bricks when she is stressed. These activities are creative _____ that help her relax.

Answer: D) outlets

Creative outlets allow us to process emotions and reduce stress by focusing on a calming, productive task.

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6. True or False: Stress is something that only grown-ups experience.

Answer: B) False

People of all ages, including children, experience stress from school, friends, and new experiences.

7. If you are feeling lonely at recess, which action helps your emotional well-being?

Answer: B) Asking a classmate if you can join their game

Taking positive action to connect with others is a healthy way to manage feelings of loneliness.

8. Taking a 'Brain Break' by stretching or drinking water during a long test is a form of _____.

Answer: A) self-care

Self-care involves small actions we take to keep our minds and bodies feeling healthy and ready to work.

9. True or False: Focusing on your five senses (what you see, hear, and smell) can help ground you if you feel anxious.

Answer: A) True

This is a mindfulness technique called 'grounding' that helps bring your attention back to the present moment.

10. Which person is the BEST choice to talk to if you are worried about a friend's safety?

Answer: C) A teacher or school counselor

Teachers and counselors are trained to help kids stay safe and provide the right support for mental health.