

Name: _____ Date: _____

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?

- A. Walking away to take three slow, deep breaths
- B. Hiding the game pieces so no one else can play
- C. Shouting at her friends that the game was unfair
- D. Keeping the anger inside and not saying anything

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

- A. True
- B. False

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 _____.

- A. Complaining
- B. Positive self-talk
- C. A coping mistake
- D. Mind reading

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

- A. Giving up the first time a drawing looks messy
- B. Waiting for someone else to fix your problems
- C. Remembering a time you solved a problem before
- D. Only doing things that you are already perfect at

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

- A. stressors
- B. chores
- C. distractions
- D. outlets

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

- A. True
- B. False

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

- A. Sitting on the bench and frowning at others
- B. Asking a classmate if you can join their game
- C. Telling yourself that no one likes you
- D. Running away from the playground

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

- A. self-care
- B. cheating
- C. laziness
- D. resignation

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

- A. True
- B. False

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

- A. A younger sibling
- B. Your pet
- C. A teacher or school counselor
- D. No one; it should be a secret