

Name: _____ Date: _____

Answer Key: The Playground Peacekeepers: A Kindergarten Mental Health Adventure

Students practice emotional synthesis and social problem-solving to help their classroom friends navigate big feelings and tricky social situations.

1. Leo is feeling a 'storm' in his tummy because he is scared to go down the big slide. What is a brave and healthy 'tool' Leo can use to feel better?

Answer: B) Taking three slow 'balloon breaths' to calm his body

Balloon breaths are a grounding technique that helps children regulate their nervous system when experiencing anxiety or fear.

2. If a friend feels very sad for a long time, the best thing to do is keep it a secret so they don't get in trouble.

Answer: B) False

Helping children understand that seeking help from a trusted adult is a vital step in supporting mental health, rather than keeping 'heavy' secrets.

3. When Maya feels so angry that she wants to push, she can choose to use her _____ to tell a teacher how she feels.

Answer: C) Words

This reinforces the 'use your words' scaffolding technique, helping students substitute physical aggression with verbal expression.

4. Sam is having a hard time focusing because his brain feels 'noisy' and jumpy today. What could his teacher do to help him feel safe and calm?

Answer: A) Give him a quiet corner with a soft pillow

Sensory regulation and designated 'calm down' spaces are essential environmental supports for children with neurodivergent needs or sensory processing challenges.

5. Everyone has a 'hidden' world inside them called feelings, and it is important to take care of that world just like we wash our hands.

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Answer: A) True

This promotes the concept of 'mental hygiene' and validates that internal emotional states require active care and attention.

6. Sarah sees a friend crying alone under a tree. She wants to show 'Empathy.' What should she do?

Answer: C) Sit quietly next to them so they aren't alone

Empathy at this age involves recognizing another's distress and offering 'presential' support, which is a foundational social-emotional skill.

7. If your heart is beating very fast because you are nervous, you are experiencing a _____ in your body.

Answer: A) Feeling

Helping students connect physiological responses (fast heartbeat) to emotional states (nervousness) is a key step in self-awareness.

8. Ben's brain tells him he has to touch the door handle five times or something bad will happen. This is a big, 'sticky' thought. Who can help Ben with his sticky thoughts?

Answer: B) A kind doctor or therapist

This introduces the concept of obsessive thoughts in a child-friendly way and highlights professional support as the solution.

9. Asking for a 'brain break' when you feel overwhelmed is a sign that you are being a smart leader of your own body.

Answer: A) True

Encouraging self-advocacy and the use of 'brain breaks' helps students manage cognitive load and emotional flooding.

10. When we draw a picture of how we feel, we are using _____ to help our minds feel better.

Answer: B) Art

Art therapy and creative expression are evidence-based methods for children to process complex emotions that they may not have the vocabulary to speak yet.