

Name: _____

Date: _____

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?

- A. Hiding in the bathroom until recess ends
- B. Taking three slow 'balloon breaths' to calm his body
- C. Telling the slide that it is a mean slide
- D. Running away from the playground

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.

- A. True
- B. False

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

- A. Feet
- B. Teeth
- C. Words
- D. Toys

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?

- A. Give him a quiet corner with a soft pillow
- B. Ask him to run around the room very fast
- C. Turn the lights up very bright
- D. Tell him to sit perfectly still for an hour

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.

- A. True
- B. False

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

- A. Laugh so the friend thinks it is a joke
- B. Walk away so she doesn't get sad too
- C. Sit quietly next to them so they aren't alone
- D. Take the friend's shoes so they have to chase her

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

- A. Feeling
- B. Secret
- C. Mistake
- D. Sneeze

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?

- A. A talking dog
- B. A kind doctor or therapist
- C. His stuffed bear
- D. Nobody can help

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

- A. True
- B. False

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

- A. Math
- B. Art
- C. Naptime
- D. Lunch