

Name: _____

Date: _____

Answer Key: Feeling Super: The Hero's Heart Grade 1 Wellness Quest

Moving past color-matching emotions, students synthesize self-regulation strategies by designing custom 'Power-Up' plans for complex social challenges.

1. Imagine your friend feels like a 'Wobbly Jellyfish'—nervous and shaky before a big class play. Which 'Power-Up' should they use to feel brave?

Answer: A) The 'Glitter Jar' – Watching sparkles settle to calm the mind

Visualizing calmness, like a glitter jar settling, is a mindfulness tool that helps synthesize feelings of peace when nervous.

2. If you feel 'Blue' and 'Orange' (sad and frustrated) at the same time, you can talk to a 'Keep-it-Safe' adult like a teacher to help sort your feelings.

Answer: A) True

Seeking help is a key emotional health strategy; grown-ups can help children name and manage 'tangled' or complex emotions.

3. When my 'Internal Weather' is stormy (angry), I can use the _____ technique to blow the storm clouds away by breathing out slowly.

Answer: B) Dandelion Breath

The 'Dandelion Breath' is a concrete deep-breathing exercise used for stress management and emotional regulation.

4. You built a tall tower and it fell down. You feel 'The Grumpies' coming on. What is the BEST way to show resilience (bouncing back)?

Answer: C) Think: 'I can try a wider base this time' and rebuild

Resilience involves evaluating what went wrong and using 'growth mindset' self-talk to try a new strategy.

5. If your brain feels 'Too Full' of loud noises and bright lights, the best _____ is to find a 'Quiet Corner' to rest your senses.

Answer: C) Coping Tool

A coping tool is a specific action taken to manage overwhelming sensory input or emotions.

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6. Being a 'Heart Hero' means you should keep your sad feelings a secret so you don't bother anyone.

Answer: B) False

Mental health involves sharing feelings. Keeping them secret can make them feel 'heavier' and prevents us from getting support.

7. Which of these is a 'Social Safety Net' you can use if you are being treated unkindly on the playground?

Answer: B) Use an 'I-Statement' and then tell a recess monitor

Combining self-advocacy (I-Statements) with seeking adult help is an advanced way to manage social stress.

8. To keep our 'Inside Battery' charged and happy, we need to balance hard work with _____ like drawing, playing, or resting.

Answer: B) Self-Care

Self-care is the practice of taking action to preserve or improve one's own mental health and well-being.

9. Using 'Positive Self-Talk' (saying 'I can do hard things!') is like giving your brain a high-five when things are difficult.

Answer: A) True

Positive self-talk is a resilience-building strategy that changes how we perceive challenges.

10. If you feel 'Fizzing like a Soda Pop' (too much energy or frustration), which 'Cool Down' activity helps most?

Answer: A) Squeezing a stress ball or 'Lemon Squeeze' with hands

Physical grounding techniques, like progressive muscle relaxation (Lemon Squeeze), help release stored emotional tension.