

Name: _____

Date: _____

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?

- A. The 'Glitter Jar' – Watching sparkles settle to calm the mind
- B. The 'Tiger Roar' – Yelling at everyone to go away
- C. The 'Super Nap' – Falling asleep on the stage
- D. The 'Fast Run' – Running out of the building

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.

- A. True
- B. False

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

- A. Ice Cube
- B. Dandelion Breath
- C. Angry Stomp
- D. Cloud Watcher

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)?

- A. Kick the blocks so no one else can play
- B. Cry until the teacher builds it for you
- C. Think: 'I can try a wider base this time' and rebuild
- D. Walk away and never play with blocks again

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.

- A. Game
- B. Secret
- C. Coping Tool
- D. Exercise

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

- A. True
- B. False

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

- A. Hide under the slide and stay there
- B. Use an 'I-Statement' and then tell a recess monitor
- C. Telling a younger student to fix it for you
- D. Throwing sand to protect yourself

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

- A. More Homework
- B. Self-Care
- C. Running Fast
- D. Watching TV

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

- A. True
- B. False

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

- A. Squeezing a stress ball or 'Lemon Squeeze' with hands
- B. Spinning in circles as fast as possible
- C. Drinking a real sugary soda
- D. Shouting 'I am a soda pop!'