

Name: _____ Date: _____

Why is Bear Happy? 5-Factor Feelings Quiz for Pre-K

Children build foundational emotional intelligence by constructing unique personality profiles for storybook characters using the 'Big Five' dimensions adjusted for early childhood synthesis.

1. If Little Bird always wants to try a brand new game that no one has ever played before, which part of her 'inner self' is very big?

- A. Her love for nap time
- B. Her 'Openness' to new adventures
- C. Her hunger for crackers
- D. Her blue feathers

2. A shy turtle who stays in his shell can still have a very kind heart on the inside.

- A. True
- B. False

3. When Elephant carefully puts all his blocks in a straight line top-to-bottom, he is showing high _____.

- A. Sleepiness
- B. Conscientiousness (being organized)
- C. Sadness
- D. Loudness

4. Imagine a squirrel who gets very scared of every tiny noise. Researchers call this high 'Neuroticism.' What could we name this squirrel to describe his personality?

- A. Brave Bella
- B. Sleepy Sam
- C. Worrying Wally
- D. Hungry Harry

5. Personality means that every single person in our classroom thinks and acts exactly the same way.

- A. True
- B. False

6. If you share your favorite toy because you care about your friend's feelings, you are being very _____.

- A. Agreeable
- B. Grumpy
- C. Tall
- D. Fast

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7. Lion loves to roar and dance in front of all the other animals. He gets his energy from being with friends. What is this trait called?

- A. Introversion
- B. Extraversion
- C. Being thirsty
- D. Having paws

8. Our 'personality' is like an invisible backpack that we carry everywhere, filled with how we feel and act.

- A. True
- B. False

9. When we create a new character for a story, we decide their _____ by choosing if they are brave, shy, or silly.

- A. Shoes
- B. Personality
- C. Lunch
- D. Height

10. If a puppy is very messy and never cleans up his bones, we would say he is 'Low' in which trait?

- A. Conscientiousness
- B. Barking
- C. Having fur
- D. Running fast