

Name: _____

Date: _____

Answer Key: Feeling Hero: A First Grade Emotional Wellness Quest

Scaffolded scenarios move beyond simple labeling toward real-world social-emotional application. Perfect for formative assessment during daily morning meetings.

1. Leo is feeling very 'fizzy' and hyper inside. What is a calm way for him to find his 'center'?

Answer: B) Sitting still and pretending to blow out birthday candles

Deep breathing, like pretending to blow out candles, helps the body switch from 'fizzy' energy to a calm state.

2. It is okay to feel sad or frustrated sometimes.

Answer: A) True

All feelings are valid; mental health means learning how to handle those feelings, not making them disappear.

3. When Maya's block tower falls down, she says 'I can try again!' This is called _____ talk.

Answer: C) Positive

Positive self-talk helps us stay motivated and builds resilience when things go wrong.

4. Sam is worried about the first day of school. Who is a 'Safe Grown-up' he can talk to about his heart feeling heavy?

Answer: C) A teacher or a family member

Safe adults like teachers or parents are trained to listen and help children navigate big worries.

5. Lola is very angry because she lost a game. What is a 'Cool Down' choice she can make?

Answer: A) Squeezing a soft pillow or stress ball

Using a sensory tool like a pillow helps release physical tension from anger without hurting others.

6. Taking a 'Brain Break' to draw a picture can help your mind feel more relaxed.

Answer: A) True

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Creative activities act as a coping mechanism to lower stress and give the brain a rest.

7. If you are feeling lonely at recess, you can look for the 'Buddy ____' to find a friend.

Answer: B) Bench

A Buddy Bench is a specific tool used in schools to help children seek social support when they feel left out.

8. Which of these is a 'Body Signal' that you might be feeling nervous?

Answer: B) Feeling 'butterflies' in your tummy

Our bodies often give us physical clues, like a fluttery stomach, to tell us how we are feeling emotionally.

9. When we wait and count to ____ before speaking while angry, we are using self-control.

Answer: C) Ten

Counting to ten is a classic concrete strategy for first graders to practice emotional regulation.

10. Asking for a hug when you are sad is a way of seeking help.

Answer: A) True

Physical comfort and asking for what you need are important parts of maintaining emotional health.