

**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.

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**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.