

Name: _____ Date: _____

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'?

- A. Running as fast as he can inside the house
- B. Sitting still and pretending to blow out birthday candles
- C. Yelling loudly to let the energy out
- D. Hiding under his bed until he falls asleep

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

- A. True
- B. False

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

- A. Quiet
- B. Brave
- C. Positive
- D. Hard

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?

- A. A person he doesn't know at the park
- B. His favorite cartoon character
- C. A teacher or a family member
- D. His pet goldfish

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

- A. Squeezing a soft pillow or stress ball
- B. Throwing the game pieces on the floor
- C. Telling her friends they are mean
- D. Pushing the person who won the game

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

- A. True
- B. False

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

- A. Swing
- B. Bench

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- C. Slide
- D. Tree

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

- A. Having ice cream for dessert
- B. Feeling 'butterflies' in your tummy
- C. Your hair growing longer
- D. Waving hello to a neighbor

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

- A. One
- B. Two
- C. Ten
- D. One Hundred

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

- A. True
- B. False