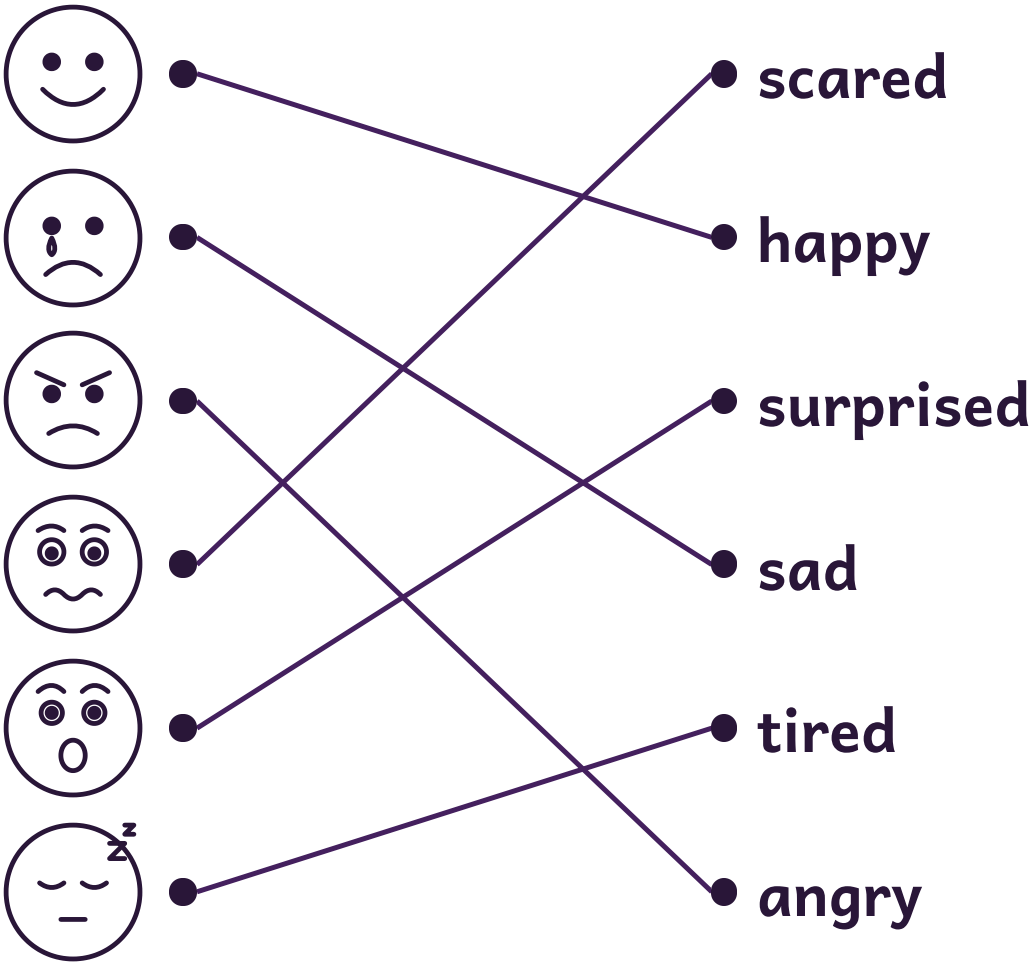
ANSWER KEY · FEELINGS AND EMOTIONS · GRADES K–2

Answer Key: Name That Feeling

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each face to its feeling word.



Draw your face today.

Today I feel _____ because…

Art © Kevin Coulston

ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: Comfortable and Uncomfortable Feelings

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



All feelings are okay. Comfortable feelings feel good in your body. Uncomfortable feelings can feel heavy, tight or jumpy. Everyone has both kinds.

Word bank

joyful · nervous · proud · lonely · calm · frustrated · excited · jealous · grateful · embarrassed · hopeful · disappointed

Write each feeling word in the right box.

Comfortable feelings	Uncomfortable feelings
joyful	nervous
proud	lonely
calm	frustrated
excited	jealous
grateful	embarrassed
hopeful	disappointed

One thing I can do when I have an uncomfortable feeling:

Art © Kevin Coulston

ANSWER KEY · FEELINGS AND EMOTIONS · GRADES K–2

Answer Key: How Would You Feel?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Circle the feeling that fits best.

You get a puppy for your birthday.	**happy**	sad	angry
Your ice cream falls on the ground.	proud	**sad**	silly
Someone grabs your toy without asking.	calm	**angry**	happy
You hear a loud crash of thunder at night.	**scared**	proud	silly
You finally learn to ride your bike.	bored	scared	**proud**
Your friend moves to a new town.	excited	**sad**	silly
Your class throws you a surprise party.	**surprised**	tired	angry
You stayed up very late.	**tired**	proud	excited

Draw a time you felt proud.

Art © Kevin Coulston

ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 2–3

Answer Key: Feeling Words: Small, Medium, Big

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Feelings come in sizes. **Annoyed** is a small mad, **mad** is medium and **furious** is a big mad. Choosing the right size word helps people know how you feel.

Word bank

thrilled · down · nervous · tired · glad · heartbroken · terrified · sleepy · happy · worried · exhausted · sad

Write the words in order from small to big.

Feeling	Small	Medium	Big
Mad (example)	annoyed	mad	furious
Scared	nervous	worried	terrified
Happy	glad	happy	thrilled
Sad	down	sad	heartbroken
Tired	sleepy	tired	exhausted

A big feeling word I had this week: _____

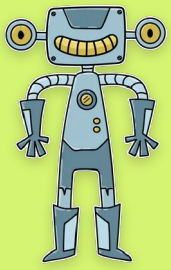
What made it so big? _____

Art © Kevin Coulston

ANSWER KEY · GROWTH MINDSET · GRADES 2–5

Answer Key: Fixed or Growth Mindset?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



A **fixed mindset** thinks "I can't get better at this." A **growth mindset** knows your brain gets stronger when you practice, try new ways and learn from mistakes.

Circle Fixed or Growth for each thought.

I'm just not a math person.	**Fixed**	Growth
Mistakes help me learn.	Fixed	**Growth**
I can't do it yet, but I will keep practicing.	Fixed	**Growth**
This is too hard, so I quit.	**Fixed**	Growth
She is smart. I will never be that smart.	**Fixed**	Growth
If I have to try hard, I must be bad at it.	**Fixed**	Growth
I will try a different way.	Fixed	**Growth**
Hard work makes my brain stronger.	Fixed	**Growth**
I can ask for help when I am stuck.	Fixed	**Growth**
I only like doing things I already know.	**Fixed**	Growth

Something I am working hard to get better at:

Art © Kevin Coulston

ANSWER KEY · GROWTH MINDSET · GRADES 1–4

Answer Key: Change Your Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Change each stuck thought into growth mindset words.

Instead of…	I can say…
"I can't do this."	"I can't do this yet."
"I made a mistake."	"Mistakes help me learn."
"This is too hard."	"This will take time and effort."
"I give up."	"I will try a different way."
"I'm not good at this."	"I am getting better at this."
"It's good enough."	"Is this really my best work?"

My favorite growth mindset words: _____

Art © Kevin Coulston

ANSWER KEY · GROWTH MINDSET · GRADES 1–3

Answer Key: Growth Mindset Power Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Word bank

yet · practice · mistakes · try · help · brain

Write the missing power word.

1. I can't ride a bike **yet**.
2. **Practice** helps me get better.
3. **Mistakes** help me learn.
4. If it doesn't work, I will **try** again.
5. When I am stuck, I can ask for **help**.
6. My **brain** grows when I learn something hard.

Draw yourself using your favorite power word.

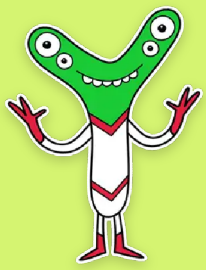
My favorite power word is _____ because…

Art © Kevin Coulston

ANSWER KEY · GROWTH MINDSET · GRADES 3–5

Answer Key: Mistakes That Made Something Great

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each invention to the mistake or surprise behind it.

Play-Doh	It started as a putty for cleaning wallpaper.
penicillin	Mold grew on a dish of germs that was left out, and the germs near it died.
sticky notes	A glue came out too weak to stick for good, so it was used on notes.
the Popsicle	A boy left a cup of soda with a stick in it outside on a cold night.
the Slinky	A spring fell off a shelf and kept "walking".
the microwave oven	A candy bar melted in an engineer's pocket near a radar machine.

A mistake I made that taught me something:

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES K–2

Answer Key: Kind or Unkind?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the kind acts. Put an X on the unkind ones.

share your crayons	~~laugh at a mistake~~	hold the door
say thank you	~~push in line~~	help pick up spills
~~leave someone out~~	give a hug	~~call names~~
take turns	~~grab a toy~~	ask “Are you okay?”

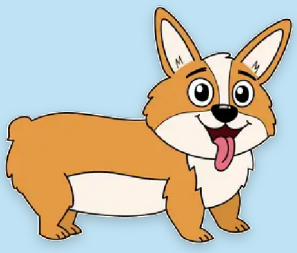
Draw yourself doing something kind.

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES K–2

Answer Key: The Right Kind Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each moment to the kind words that fit.



Trace the sentence.

Kind words help.

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES 1–4

Answer Key: Kindness at Home, School and in My Community

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Word bank

set the table · help a classmate read · pick up litter at the park · make my bed · clean up the classroom · donate a toy · feed the pet · include someone at recess · wave to a neighbor · hug my family · share my markers · thank a librarian

Write each kind act in the place where it happens.

At home	At school	In my community
set the table	help a classmate read	pick up litter at the park
make my bed	clean up the classroom	donate a toy
feed the pet	include someone at recess	wave to a neighbor
hug my family	share my markers	thank a librarian

Three kind acts I will do this week: 1. _____

2. _____

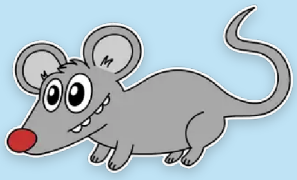
3. _____

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ANSWER KEY · KINDNESS AND EMPATHY · GRADES 2–5

Answer Key: Spot the Clues, Show You Care

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Read each story. Write the clues, how the person might feel, and what you could say or do.

1. Ava's eyes are wet. She is sitting alone on the bench and hugging her knees.

Clues: wet eyes, alone, hugging knees

They might feel: sad or lonely

I could say or do: Sit with her and ask if she wants to talk.

2. Leo crosses his arms and stomps away from the game. His face is red.

Clues: crossed arms, stomping, red face

They might feel: angry or frustrated

I could say or do: Give him space, then ask what happened.

3. It is Sam's first day. He is looking all around and holding his backpack tight.

Clues: first day, looking around, holding tight

They might feel: nervous

I could say or do: Say hi, tell him your name and show him around.

4. Maya jumps up and down and waves her spelling test with a big smile.

Clues: jumping, waving the test, big smile

They might feel: proud or excited

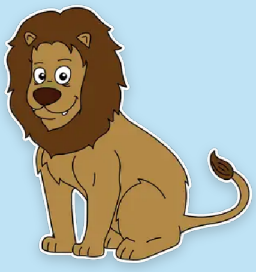
I could say or do: Say "Great job! You worked hard."

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ANSWER KEY · KINDNESS AND EMPATHY · GRADES 3–5

Answer Key: Which Reply Shows Empathy?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Empathy means trying to understand how someone else feels. An empathy reply listens, names the feeling and shows you care.

Circle the letter of the reply that shows empathy.

1. **"My dog is really sick."**
   - (a) That's nothing, my cat was sicker.
   - **(b) That sounds scary. I hope your dog feels better.**
   - (c) Want to play tag?

2. **"I didn't make the soccer team."**
   - **(a) You must feel disappointed. You practiced a lot.**
   - (b) Soccer is boring anyway.
   - (c) I made the team!

3. **"Nobody sat with me at lunch."**
   - (a) So what?
   - (b) You should get new friends.
   - **(c) That sounds lonely. Want to sit with me tomorrow?**

4. **"I'm nervous about the spelling test."**
   - **(a) Lots of people feel nervous. Want to practice together?**
   - (b) It's easy, just don't worry.
   - (c) I'm going to get 100.

5. **"My grandma is moving far away."**
   - (a) At least you have other grandmas.
   - **(b) You will miss her a lot. You could video chat.**
   - (c) My grandma lives close.

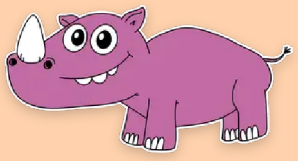
6. **"I spilled paint on my art project."**
   - (a) Ha! It looks funny now.
   - (b) You should be more careful.
   - **(c) Oh no, that's frustrating. Can I help you fix it?**

Art © Kevin Coulston

ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–4

Answer Key: How Big Is the Problem?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Small problem: I can fix it by myself. **Medium problem:** I try a tool, like talking it out, or ask a friend for help. **Big problem:** someone could get hurt, so I tell a grown-up right away.

Read each problem. Write its number in the right box.

1. my pencil broke
2. someone cut in line
3. I smell smoke
4. I lost my eraser
5. a stranger asks me to go with them
6. a friend won't share the ball
7. I spilled my water
8. someone is bullied every day
9. we both want the same swing
10. I lost a board game
11. my friend said something unkind
12. someone is hurt and bleeding

Small	Medium	Big
1. my pencil broke	2. someone cut in line	3. I smell smoke
4. I lost my eraser	6. a friend won't share the ball	5. a stranger asks me to go with them
7. I spilled my water	9. we both want the same swing	8. someone is bullied every day
10. I lost a board game	11. my friend said something unkind	12. someone is hurt and bleeding

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ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–5

Answer Key: Use an I-Message

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



An **I-message** tells someone how you feel without blaming them. **I feel** (the feeling) **when** (what happened) **because** (why it matters). **I need** (what would help). Example: "I feel upset when you take my markers without asking because I need them for my project. I need you to ask first."

1. Your brother keeps changing the TV channel while you are watching.

I feel frustrated

when you change the channel

because I was in the middle of my show

I need to finish my show, then you can pick

2. A friend tells your secret to the class.

I feel hurt

when you told my secret

because I trusted you

I need you to keep my secrets private

3. Your group does not let you share your idea.

I feel left out

when nobody listens to my idea

because I want to help the group

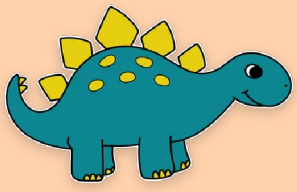
I need a turn to talk

Art © Kevin Coulston

ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–4

Answer Key: Conflict Tools Match

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each conflict tool to what it means.

take turns	one person goes first, then the other
share	both people use it together
compromise	each person gives up a little so both are okay
talk it out	use calm words and listen to each other
apologize	say sorry and mean it
cool off	walk away and calm down first
get a grown-up	ask for help when it is big or not safe

The tool I use most: _____

A tool I want to try next time: _____

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ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–5

Answer Key: Walk the Peace Path

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Write 1 to 6 to put the peace path steps in order.

5 Think of solutions together.

1 Stop and calm down. Take three deep breaths.

2 Say how you feel with an I-message.

6 Pick a solution you both agree on, then shake hands.

3 Listen while the other person talks. Don't interrupt.

4 Say back what you heard the other person say.

The problem: Jayden and Nora both grab the last jump rope at recess. Jayden says he saw it first. Nora says she asked for it yesterday.

Jayden could say: "I feel upset when you grab the rope because I want to play too."

Nora could say back: "You feel upset because you want the rope too."

Two solutions they could try: take turns every 5 minutes, or play jump rope together

The solution I would pick, and why: taking turns, because both get to jump

Art © Kevin Coulston

ANSWER KEY · CONFLICT RESOLUTION · GRADES 3–5

Answer Key: Pick a Fair Solution

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Circle the letter of the solution that is fair to everyone.

1. **Two friends both want to use the one red marker.**
   - (a) The bigger kid gets it.
   - **(b) They take turns, five minutes each.**
   - (c) They throw it away.

2. **Your group can't agree on a name for the project.**
   - **(a) Everyone shares one idea, then the group votes.**
   - (b) The loudest person picks.
   - (c) Nobody gets a name.

3. **You and your sister both want the last cookie.**
   - (a) You eat it fast before she sees.
   - (b) You hide it.
   - **(c) You split it in half.**

4. **One friend wants to play tag and one wants to play ball.**
   - **(a) Play tag first, then ball.**
   - (b) Play alone.
   - (c) Whoever cries gets to pick.

5. **Two kids keep arguing about who was first in line.**
   - (a) They push to the front.
   - **(b) They ask the teacher, or play rock paper scissors.**
   - (c) They keep yelling.

6. **Your team blames one player for losing the game.**
   - (a) Kick the player off the team.
   - (b) Blame the other team.
   - **(c) Remember everyone plays as a team, and practice together.**

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ANSWER KEY · FRIENDSHIP AND TEAMWORK · GRADES K–2

Answer Key: What Do Good Friends Do?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color what good friends do. Put an X on what they don't do.

listen	share	~~tease~~
take turns	keep secrets that are safe	~~boss around~~
say sorry	~~leave you out~~	cheer you on
play fair	~~tell lies~~	help

Draw you and a friend doing something fun together.

Art © Kevin Coulston

ANSWER KEY · FRIENDSHIP AND TEAMWORK · GRADES K–3

Answer Key: How to Make a New Friend

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Write 1 to 5 to put the steps in order.

4 Ask a question, like “What do you like to play?”

1 Walk over and smile.

5 Invite them to play with you.

2 Say hi and tell them your name.

3 Listen to their name and say it back.

How I would say hi: _____

A question I could ask: _____

A game I could invite them to play: _____

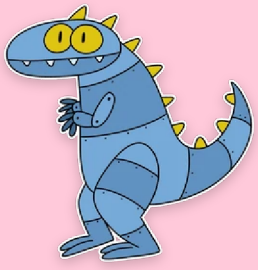
Draw a new friend you would like to meet.

Art © Kevin Coulston

ANSWER KEY · FRIENDSHIP AND TEAMWORK · GRADES 2–5

Answer Key: Teamwork Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each teamwork word to its meaning.

cooperate	work together toward the same goal
compromise	each person gives a little to agree
encourage	cheer someone on and help them keep going
contribute	add your ideas and your work
respect	treat others the way they want to be treated
communicate	share ideas by talking and listening

Word bank

cooperate · encourage · contribute · communicate

Write the best teamwork word.

1. When Mia said "You can do it!", she helped **encourage** her teammate.
2. Every person should **contribute** one idea to the project.
3. We used walkie-talkies to **communicate** during the game.
4. To build the tower, the whole team had to **cooperate**.

Art © Kevin Coulston

ANSWER KEY · FRIENDSHIP AND TEAMWORK · GRADES 1–4

Answer Key: Friendship and Teamwork True or False

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Circle True or False.

Friends can like different things.	**True**	False
It’s okay to have more than one friend.	**True**	False
A good friend asks you to do things that feel wrong.	True	**False**
Real friends never disagree.	True	**False**
Saying sorry can help fix a friendship.	**True**	False
On a team, only the best player matters.	True	**False**
Good teammates listen to everyone’s ideas.	**True**	False
Friends take turns choosing the game.	**True**	False
If your team loses, you should blame someone.	True	**False**
You can make a new friend at any age.	**True**	False

Pick two false sentences and fix them so they are true.

Art © Kevin Coulston

ANSWER KEY · MINDFULNESS AND CALMING · GRADES K–3

Answer Key: Calming Choices

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the choices that help your body calm down. Put an X on the ones that don't.

take 5 slow breaths	~~yell at a friend~~	count to 10
squeeze a stress ball	~~throw a toy~~	get a drink of water
~~slam the door~~	hug a stuffed animal	stretch like a cat
~~kick the wall~~	draw a picture	talk to a grown-up

My top calming choice at school: _____

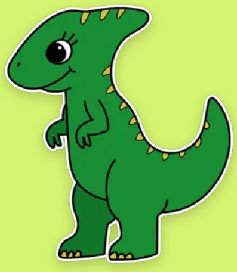
My top calming choice at home: _____

Art © Kevin Coulston

ANSWER KEY · GOAL SETTING · GRADES 2–4

Answer Key: Goal or Wish?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



A **wish** is something you hope for. A **goal** is something you plan to do: it says what you will do and when, so you can make it happen.

Circle Goal or Wish.

I will read for 20 minutes every night this month.	**Goal**	Wish
I want to be good at reading.	Goal	**Wish**
I hope I win the lottery.	Goal	**Wish**
I will practice my 7 times table for 10 minutes each day this week.	**Goal**	Wish
I will finish my science project by Friday.	**Goal**	Wish
I wish it would snow tomorrow.	Goal	**Wish**
I want to be famous.	Goal	**Wish**
I wish I had a dragon.	Goal	**Wish**
I will run one lap without stopping by the end of the month.	**Goal**	Wish
I will put my homework in my folder every night before bed.	**Goal**	Wish

A wish I have: _____

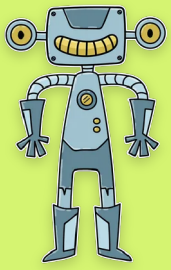
Turn it into a goal: I will Answers will vary: what you will do and by when.

Art © Kevin Coulston

ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: Make It a SMART Goal

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Draw a line from each letter to what it means.

S: Specific	It says exactly what you will do.
M: Measurable	You can count or check it to see your progress.
A: Achievable	It is hard but possible for you.
R: Relevant	It matters to you and your life.
T: Time-bound	It has a date to finish by.

Is it a SMART goal? Circle one.

I will get better at soccer.	SMART	**Not yet**
I will practice 20 soccer kicks after school every day for two weeks.	**SMART**	Not yet
I will read 4 chapter books by the end of March.	**SMART**	Not yet
I will be the best at everything.	SMART	**Not yet**

My SMART goal: I will _____

How I will measure it: _____

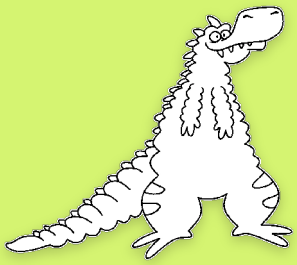
I will finish by: _____

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ANSWER KEY · GOAL SETTING · GRADES 3–5

Answer Key: If–Then Plans

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Things can get in the way of a goal. An **if–then plan** gets you ready: "**If** this happens, **then** I will do this."
Goal: I will read for 20 minutes every night.

If I want to watch TV instead, then I will read first and watch TV after.

If I forget my book at school, then I will read a library book or a magazine at home.

If I feel too tired at bedtime, then I will read right after dinner.

If I get to a hard word, then I will sound it out or ask someone.

My goal: _____

If _____ **then** _____

If _____ **then** _____

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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 2–5

Answer Key: Five Steps to Solve a Problem

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Write 1 to 5 to put the problem-solving steps in order.

4 Pick the best solution.

1 Name the problem.

5 Try it, then check: did it work?

3 Think about what could happen with each one.

2 Think of different solutions.

The problem: It is 8:00 at night and Eli just remembered his math homework is at school. It is due tomorrow.

1. The problem is: Eli's homework is at school and it is due tomorrow.

2. Solutions: call a classmate for the page, tell the teacher in the morning, go to school early

3. What could happen: a classmate might help; the teacher might let him finish at school

4. The best solution: tell the teacher first thing and offer to do it at lunch

5. How he can check it worked: the homework gets done and handed in

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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 3–5

Answer Key: Choices and Consequences

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



A **consequence** is what happens because of a choice. Good choices often lead to good consequences, and some choices lead to problems.

Draw a line from each choice to what will probably happen.

study for the test	you feel ready and calm
stay up very late	you feel tired and grumpy the next day
leave your bike out in the rain	it gets wet and rusty
share your snack	your friend feels happy and thankful
skip brushing your teeth	you might get a cavity
practice piano every day	you get better at playing songs
run in the hallway	you could slip and get hurt
save your allowance	you can buy something you really want

A choice I made this week and what happened:

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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 2–4

Answer Key: What Is the Best Choice?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Circle the letter of the best choice.

1. **You find a wallet on the playground.**
   - (a) Keep the money.
   - **(b) Give it to a teacher.**
   - (c) Leave it there.

2. **You don't understand the directions.**
   - **(a) Raise your hand and ask.**
   - (b) Guess and hope.
   - (c) Copy your neighbor.

3. **Your friend wants you to skip your chores to play.**
   - (a) Skip your chores.
   - (b) Tell a fib to your parents.
   - **(c) Finish your chores first, then play.**

4. **You broke your sister's toy by accident.**
   - **(a) Tell her and say sorry.**
   - (b) Hide it.
   - (c) Blame the dog.

5. **Someone online asks for your address.**
   - (a) Tell them.
   - **(b) Don't answer, and tell a grown-up.**
   - (c) Ask for their address first.

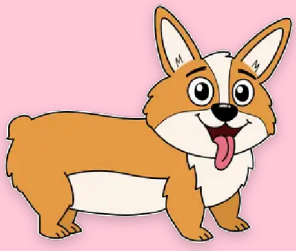
6. **You have a test tomorrow and want to play video games.**
   - (a) Play all night.
   - (b) Skip the test.
   - **(c) Study first, then play a little.**

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ANSWER KEY · RESPONSIBILITY AND GOOD CHOICES · GRADES K–2

Answer Key: Good Choice or Not So Good?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the good choices. Put an X on the not-so-good ones.

wash my hands	~~run with scissors~~	clean up my toys
~~draw on the wall~~	tell the truth	wait my turn
eat a healthy snack	listen to my teacher	~~hit when I am mad~~
~~take a toy that isn't mine~~	wear a bike helmet	say please

Draw a good choice you made today.

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ANSWER KEY · RESPONSIBILITY AND GOOD CHOICES · GRADES 1–4

Answer Key: Who Is Being Responsible?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Circle Responsible or Not yet.

Mia feeds her fish every morning.	**Responsible**	Not yet
Ben leaves his coat on the bus again.	Responsible	**Not yet**
Zoe says “It wasn’t me” when she spills the paint.	Responsible	**Not yet**
Kai puts his homework in his folder each night.	**Responsible**	Not yet
Omar returns his library book on time.	**Responsible**	Not yet
Sam cleans up the blocks he played with.	**Responsible**	Not yet
Lily forgets to tell her mom about the field trip form.	Responsible	**Not yet**
Nia keeps a borrowed pencil and never gives it back.	Responsible	**Not yet**
Leo tells the teacher he broke the pencil sharpener.	**Responsible**	Not yet
Ella says she will help, then goes to play instead.	Responsible	**Not yet**

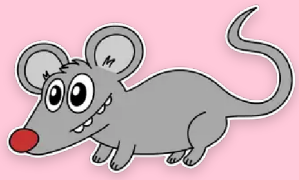
Pick one “Not yet” kid. What could they do to be responsible?

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ANSWER KEY · RESPONSIBILITY AND GOOD CHOICES · GRADES 2–5

Answer Key: Own It, Fix It

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Everyone makes mistakes. Being responsible means you **own it** (tell the truth about what happened) and **fix it** (do something to make it better).

Draw a line from each oops to a way to fix it.

You knocked over a friend's tower.	Say sorry and help build it again.
You forgot to feed the class fish.	Tell the teacher and feed it right away.
You spilled juice on the floor.	Get paper towels and wipe it up.
You lost a book you borrowed.	Tell the owner and look for it, or replace it.
You said something unkind.	Say sorry and say something kind.
You broke a friend's crayon.	Say sorry and give them one of yours.

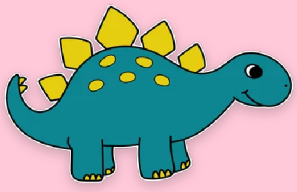
What I can say to own a mistake: "I'm sorry I… Next time I will…"

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ANSWER KEY · RESPONSIBILITY AND GOOD CHOICES · GRADES 3–5

Answer Key: Responsibility Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Word bank

reliable · honest · prepared · organized · punctual · accountable

Write the word that fits each sentence.

1. Ana always does what she says she will do. She is **reliable**.
2. Jack told the truth about the broken window. He is **honest**.
3. Rosa brings her pencil, book and water bottle every day. She is **prepared**.
4. Theo keeps his desk and folders neat so he can find things. He is **organized**.
5. Priya gets to soccer practice on time every week. She is **punctual**.
6. Max said, “That was my fault, and I will fix it.” He is **accountable**.

The word that describes me best: _____

A time I showed it: _____

A word I want to work on: _____

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ANSWER KEY · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

Answer Key: Kind or Unkind Self-Talk?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Self-talk is what you say to yourself in your head. Kind self-talk sounds like a good friend cheering you on.

Circle Kind or Unkind.

I can do hard things.	**Kind** / Unkind
I'm so dumb.	Kind / **Unkind**
Nobody likes me.	Kind / **Unkind**
I made a mistake, and that's okay.	**Kind** / Unkind
I am proud of how hard I worked.	**Kind** / Unkind
I always mess up.	Kind / **Unkind**
I am learning a little more every day.	**Kind** / Unkind
I'll never be good at this.	Kind / **Unkind**
I should not even try.	Kind / **Unkind**
I am a good friend.	**Kind** / Unkind

Unkind self-talk	Kind self-talk
"I'm so dumb."	"I am still learning."
"Nobody likes me."	"People care about me."

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