SEL · FEELINGS AND EMOTIONS · GRADES 1–3

What Could Help?

Read six kids' feelings and circle the choice that would help, like deep breaths for mad or asking to play for lonely.



Name: _____ **Date:** _____

Circle the letter of the choice that would help most.

1. **Mia feels mad because her block tower fell.**
   - (a) Kick the blocks.
   - (b) Take three deep breaths, then build again.
   - (c) Yell at her brother.

2. **Leo feels lonely at recess.**
   - (a) Ask someone, "Can I play too?"
   - (b) Sit alone all recess.
   - (c) Ask to go home.

3. **Ana feels worried after a bad dream.**
   - (a) Keep it a secret.
   - (b) Stay awake all night.
   - (c) Tell a grown-up and get a hug.

4. **Sam feels frustrated with his math.**
   - (a) Rip up the page.
   - (b) Take a short break and try again.
   - (c) Copy a friend.

5. **Zoe feels sad that her pet is sick.**
   - (a) Talk about it with someone she trusts.
   - (b) Pretend she is fine.
   - (c) Be mean to a friend.

6. **Max is so excited he can't sit still.**
   - (a) Run around the classroom.
   - (b) Shout over the teacher.
   - (c) Squeeze his hands and wiggle his toes.

What helps me when I have a big feeling?

_____

_____

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: What Could Help?

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



Circle the letter of the choice that would help most.

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   - **(b) Take three deep breaths, then build again.**
   - (c) Yell at her brother.

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   - **(a) Ask someone, "Can I play too?"**
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   - (a) Rip up the page.
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5. **Zoe feels sad that her pet is sick.**
   - **(a) Talk about it with someone she trusts.**
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6. **Max is so excited he can't sit still.**
   - (a) Run around the classroom.
   - (b) Shout over the teacher.
   - **(c) Squeeze his hands and wiggle his toes.**

What helps me when I have a big feeling?

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