

Feelings and Friendships: A Quiz with Nova and Max

Learning objective: To identify, understand, and label a range of emotions and recognize how to manage them in a healthy, positive way.

Read the questions carefully. Max the monkey is looking for clever math-style solutions to emotional problems, and Nova the owl wants you to think about why we feel the way we do. Good luck!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.Empathy, 6.True, 7.A, 8.Deep breathing, 9.False, 10.B

Word bank: Empathy · Resilience · Calm · Frustration · Kindness · Honesty

1. 1. If you feel 'frustrated' because a task is tricky, which is the best thing to do? A) Give up immediately. B) Shout at your work. C) Take a deep breath and ask for help. D) Ignore it. (Select one) (1 mark)

2. 2. True or False: It is normal to feel more than one emotion at the same time, such as feeling both nervous and excited. (1 mark)

3. 3. True or False: Keeping your feelings hidden inside is always the healthiest way to handle big emotions. (1 mark)

4. 4. What do we call the ability to understand and share the feelings of another person? A) Sympathy. B) Empathy. C) Logic. D) Memory. (1 mark)

5. 5. If a friend is sad, showing them kindness and listening to them is a great way to show _____. (1 mark)

6. 6. True or False: Everyone feels different emotions throughout the day; it is a natural part of being human. (1 mark)

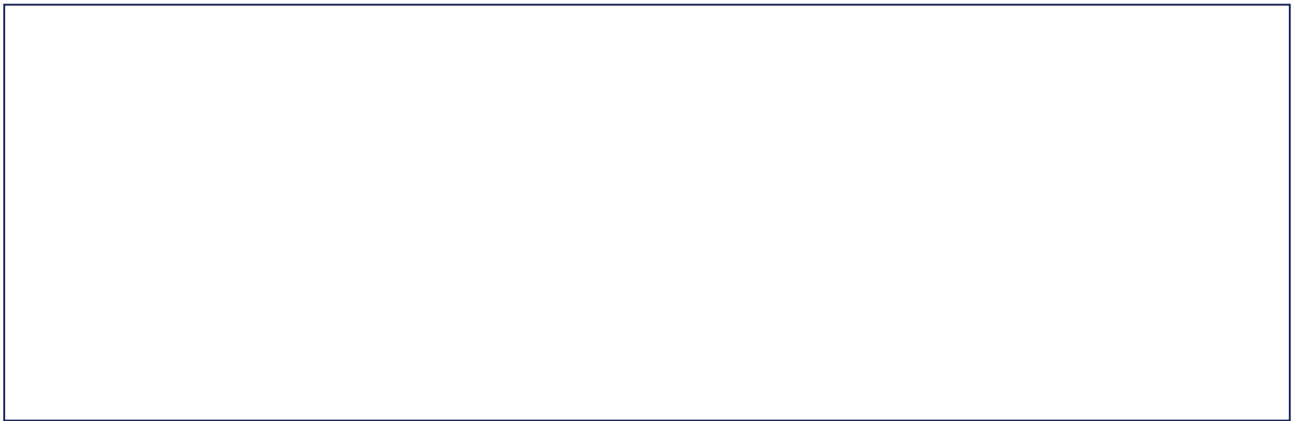
7. 7. You see a classmate sitting alone at lunchtime. What is the most positive action? A) Go over and say hello. B) Pretend you didn't see them. C) Tell everyone else to ignore them. D) Only talk to your best friend. (1 mark)

8. 8. Name one physical technique you can use to help you feel 'calm' when you are feeling angry. (1 mark)

9. 9. True or False: If you make a mistake, you should hide it so that nobody knows how you feel. (1 mark)

10. 10. Which of these is a helpful way to share how you are feeling? A) Sending an angry note. B) Using an 'I' statement, like 'I feel sad when...'. C) Refusing to speak to anyone. D) Making a joke about it. (1 mark)

Draw: Draw a 'Feelings Thermometer' that shows different colors for different moods, such as blue for calm, red for anger, and yellow for happiness. Add a small picture of Nova the owl next to the 'calm' section.



Extension challenge: Write a short poem or a 'feelings diary' entry about a time you felt a very strong emotion. Explain what happened, how your body felt, and one thing you did to help yourself feel better.