

Max and Nova's Feelings Explorer Quiz

Learning objective: To identify, understand, and manage a range of complex feelings, and recognise that all emotions are valid.

Max the monkey is helping us solve the puzzle of our emotions, and Nova the owl is here to help us think clearly. Answer these 10 questions to show how well you understand your feelings!

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

Word bank: Resilience · Empathy · Trigger · Strategy · Regulation · Perspective

1. 1. Max feels worried about a maths test. Which is a healthy strategy to manage this feeling? A) Ignore it, B) Stay up all night, C) Talk to a teacher or trusted adult*, D) Never do the test. (1 mark)

2. 2. True or False: It is normal to feel more than one emotion at the same time (e.g., feeling excited but nervous). (1 mark)

3. 3. True or False: Some feelings, like anger or sadness, are 'bad' and should be hidden away forever. (1 mark)

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

5. 5. If a friend is crying because they dropped their lunch, showing [WORD] means you try to imagine how they feel and offer to help. (1 mark)

6. 6. True or False: Taking deep breaths can help your body feel calmer when you are frustrated. (1 mark)

7. 7. Nova notices a friend is quiet and not joining in. What is the kindest thing to do? A) Ask them if they are okay*, B) Ignore them, C) Tell everyone they are being boring, D) Laugh at them. (1 mark)

8. 8. True or False: You should always keep your feelings a secret so you don't bother anyone else. (1 mark)

9. 9. What is the term for the process of managing your emotions and reactions, such as counting to ten before speaking? (Clue: starts with R) (1 mark)

10. 10. True or False: Everyone feels different emotions in different ways, and that is perfectly okay. (1 mark)

Draw: Draw a 'Feeling Map' showing four different emotions (like joy, worry, surprise, and calmness) as colours or patterns. For example, what colour is 'excitement' to you?



Extension challenge: Think of a time you felt a strong emotion last week. Write a short paragraph describing what caused the feeling, how it felt in your body (e.g., butterflies in your tummy), and one thing you did to help yourself feel better.