

Max and Pip's Feelings Quiz

Learning objective: To identify and describe a range of feelings and understand how to manage them.

Read each question carefully. Use the word bank at the bottom to help you. Write your answer on the line provided.

Answer Key: 1. A (Happy), 2. True, 3. False, 4. B (Angry), 5. Talking, 6. True, 7. C (Worried), 8. False, 9. Kind, 10. Calm.

Word bank: Happy · Sad · Calm · Angry · Worried · Sharing · Talking · Kindness

1. 1. Pip the caterpillar is smiling and laughing. How is Pip feeling? A) Happy* B) Angry C) Sad (1 mark)

2. 2. True or False: It is okay to have big feelings sometimes. (1 mark)

3. 3. True or False: If you are sad, you should keep it a secret and never tell anyone. (1 mark)

4. 4. Max is feeling hot and wants to shout. Which feeling is this? A) Calm B) Angry* C) Happy (1 mark)

5. 5. What can you do if you have a problem? (One word: _____ to a friend or teacher) (1 mark)

6. 6. True or False: Taking deep breaths can help you feel better. (1 mark)

7. 7. You have a test and your tummy feels fluttery. How are you feeling? A) Happy B) Calm C) Worried* (1 mark)

8. 8. True or False: It is wrong to feel sad. (1 mark)

9. 9. If your friend is crying, showing them _____ is a good way to help. (1 mark)

10. 10. When you are feeling very excited, what is a good way to become _____ again? (1 mark)

Draw: Draw a picture of Max the monkey feeling happy. Give him a big smile! _____



Extension challenge: Write one sentence about a time you felt happy this week.