



1. How can you help someone who feels angry?

- A. Explain that they should always feel happy.
- B. Encourage them to take deep breaths.
- C. Make them tell you a funny story.
- D. Tell them how you had a great day.



2. A new classmate is sitting alone at lunch. He looks sad. What could you say to make him feel better?

- A. "Where did all of your friends go?"
- B. "I have many friends to play with."
- C. "You should go to the library and read."
- D. "Would you like to have lunch together?"

3. Mia tells Moby about her bad day at school. What should Moby do?

- A. Listen quietly as Mia talks.
- B. Go to the park and play.
- C. Tell Mia about his day.
- D. Ask Mia to tell a joke.

4. Your friend lost a race and feels sad. What could you say to help her feel better?

- A. "I like to run, too!"
- B. "Why didn't you win?"
- C. "Maybe you shouldn't run races anymore."
- D. "Remember, you're a really great runner!"

5. Becca jumps up and down, talks quickly, and laughs. How do you think she feels?

- A. worried
- B. sad
- C. excited
- D. angry