



Name: _____

Date: _____

Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Only adults feel stressed.
2. True or false: Being too busy can make people feel stressed.
3. True or false: Breaking toys can make you feel better if you're stressed.
4. True or false: Playing outside, playing a sport or doing yoga exercise can help you feel better when you're feeling stressed.
5. True or false: When you're feeling stressed, it can help to talk about it with a parent, teacher, counselor, or a friend.