

Coregrealm — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Coregrealm.

Write in the book, circle your answers, and check the Answer Key at the back.

1. What Feelings Are

Circle the correct answer

1. Which statement about feelings is true?

(A) Feelings should always be hidden (B) All feelings are okay to have (C) Some feelings are bad and wrong (D) Only happy feelings are allowed

2. Feelings are best thought of as —

(A) things to be ashamed of (B) always facts about the world (C) mistakes to fix (D) signals that give us information

3. Which of these is a feeling word?

(A) Tuesday (B) frustrated (C) backpack (D) running

4. If a friend says they feel sad, a kind response is to —

(A) ignore them (B) listen and let them know it's okay to feel that way (C) tell them to stop being sad (D) say sadness is silly

5. Everybody feels big feelings sometimes. This means —

(A) something is wrong with you (B) you are weaker than others (C) you should never feel much (D) having strong feelings is normal and human

6. Which is an example of a comfortable feeling?

(A) scared (B) worried (C) excited (D) angry

Write the answer

7. Which is an example of an uncomfortable feeling?

Answer: _____

8. Noticing what you feel is called —

Answer: _____

9. Two people can feel differently about the same thing because —

Answer: _____

10. Feelings can change —

Answer: _____

Match each question to its answer

1. A helpful thing to remember about a hard feeling is that it — →

2. Which shows self-awareness? →

3. When you feel a big feeling, the first helpful step is to — →

4. A person who understands their feelings can — →

5. Which is NOT true about feelings? →

(A) will not last forever

(B) 'I notice I'm feeling nervous before the game.'

(C) make calmer choices about what to do

(D) notice and name it

(E) You should feel ashamed of uncomfortable feelings

2. Reading Body Signals

Circle the correct answer

11. Feeling 'butterflies' in your stomach often means you feel —

(A) nervous or excited (B) sleepy (C) hungry only (D) nothing at all

12. A racing heartbeat can be a body signal of —

(A) feeling scared or excited (B) feeling bored (C) being asleep (D) feeling nothing

13. Tight, clenched shoulders can be a sign of —

(A) stress or tension (B) sleepiness (C) hunger (D) deep calm

14. Noticing your body's signals is helpful because it —

(A) only works for adults (B) helps you catch a feeling early (C) makes feelings worse (D) is impossible

15. A relaxed, slow breath is usually a sign of —

(A) feeling angry (B) feeling calm (C) feeling scared (D) feeling panicked

16. When you're angry, your body might feel —

(A) cool and loose (B) sleepy and slow (C) hot, tense, or clenched (D) nothing at all

Write the answer

17. If your body feels shaky and your breath is fast, you might be feeling —

Answer: _____

18. Checking in with your body is sometimes called a —

Answer: _____

19. A helpful reason to know your body signals is so you can —

Answer: _____

20. A friend who is clenching their fists and breathing fast might be feeling —

Answer: _____

Match each question to its answer

1. Body signals are useful clues because they — →

2. A calm body often feels — →

3. If you notice a stress signal in your body, a kind next step is to — →

4. Everyone's body signals can be a little — →

5. Learning your body signals over time makes you — →

(A) loose, steady, and easy to breathe

(B) different from person to person

(C) better at understanding your feelings

(D) gently take a slow breath

(E) often show up before we've named the feeling

3. What Co-Regulation Means

Circle the correct answer

21. Co-regulation means —

(A) fixing every problem for them (B) helping another person feel calmer by being a steady presence (C) making someone do what you want (D) ignoring how others feel

22. A calm person can help an upset person because —

(A) calm can be shared, like a steadying presence (B) you must yell to be heard (C) upset people can't be helped (D) calm is contagious like a cold you catch by accident

23. The first step in co-regulating is often to —

(A) tell them to stop (B) get calm and steady yourself (C) walk away (D) get upset too

24. A good co-regulator mostly —

(A) stays calm and present while the other person settles (B) argues about the feeling (C) rushes them (D) takes over and does everything

25. Which is an example of co-regulation?

(A) Telling a scared friend they're being silly (B) Laughing at someone who is crying (C) Sitting quietly with a nervous friend and breathing slowly together (D) Walking away from an upset friend

26. Co-regulation helps a younger child learn to —

(A) depend on others forever (B) hide their feelings (C) eventually calm themselves (self-regulate) (D) never feel upset

Write the answer

27. A steady, gentle voice can help an upset person because it —

Answer: _____

28. Which does NOT help someone co-regulate?

Answer: _____

29. Co-regulation is built on —

Answer: _____

30. If your companion is dysregulated (very upset), your job is to —

Answer: _____

Match each question to its answer

1. A calm anchor stays steady even when — →

2. Co-regulation respects that the upset person — →

3. When you help someone co-regulate, YOU should also — →

4. Co-regulation works best when the other person feels — →

5. A younger companion who is scared most needs you to — →

(A) safe and not judged

(B) keep taking care of your own calm

(C) stay close and calm

(D) needs time and safety to settle

(E) the other person's feelings are big

4. Calm-Down Tools

Circle the correct answer

31. Slow, deep breathing helps you feel calmer because it —

(A) gently signals your body to settle (B) makes your heart race (C) does nothing
(D) uses up all your air

32. 'Belly breathing' means breathing so that your —

(A) you hold your breath (B) breath stays high and fast (C) belly gently rises and falls
(D) shoulders shoot up

33. Counting slowly to ten can help because it —

(A) gives a big feeling a moment to ease (B) wastes the whole day (C) never helps anyone
(D) makes you angrier

34. The '5-4-3-2-1' grounding tool uses your —

(A) five friends (B) five fingers to point (C) five senses to notice what's around you
(D) five minutes of yelling

35. A good calm-down tool is one that —

(A) helps your body feel a little steadier (B) breaks something (C) makes you feel worse
(D) hurts someone else

36. Which is a calm-down tool?

(A) Bottling it all up (B) Yelling louder (C) Throwing something (D) Taking three slow breaths

Write the answer

37. Different people find different tools helpful, so it's good to —

Answer: _____

38. If one calm-down tool doesn't help, you can —

Answer: _____

39. Moving your body (like a slow stretch or a walk) can help because it —

Answer: _____

40. A calm-down tool works best when you —

Answer: _____

Match each question to its answer

1. Which breathing pattern is calming? →
2. Naming what you feel ('I feel frustrated') is a tool because it — →
3. A grounding tool helps most when you feel — →
4. Helping a friend use a calm-down tool might look like — →
5. A calm-down tool is NOT meant to — →

- (A) overwhelmed or 'not here'
 - (B) helps a big feeling feel more manageable
 - (C) erase the feeling instantly and forever
 - (D) breathing slowly together with them
 - (E) Breathe in slowly, out slowly, a little longer on the out-breath
-

5. Big Feelings & the Body

Circle the correct answer

41. When we feel very scared, the body sometimes goes into —
(A) sleep mode only (B) nothing at all (C) permanent panic (D) fight, flight, or freeze
42. The 'freeze' response means the body —
(A) goes still or feels stuck (B) gets stronger (C) runs a marathon (D) falls asleep
43. These big-feeling body reactions are —
(A) automatic — they happen without you choosing them (B) only in some people
(C) a sign of weakness (D) always chosen on purpose
44. A helpful thing to know about a big feeling in the body is that —
(A) it will calm down again with time and care (B) you're broken (C) it never eases
(D) it means danger is certain
45. When your body is very activated, a good first tool is to —
(A) clench everything (B) slow your breathing (C) run around faster (D) hold your breath
46. The part of us that reacts fast to danger is sometimes called our —
(A) memory box (B) 'alarm system' (C) homework brain (D) sleepy switch

Write the answer

47. If a friend suddenly goes quiet and still when upset, they might be —
Answer: _____

48. A calm presence helps an activated body because it —

Answer: _____

49. Big feelings are easier to handle when we remember they are —

Answer: _____

50. After a big feeling passes, it can help to —

Answer: _____

Match each question to its answer

1. Which is a body sign that the alarm is easing? →

2. The 'fight' response might look like — →

3. The 'flight' response might look like — →

4. Knowing about fight/flight/freeze helps you — →

5. A body that has felt safe many times learns to — →

(A) understand your reactions with kindness instead of shame

(B) wanting to leave or get away

(C) calm down more easily over time

(D) Breathing slows and shoulders drop

(E) feeling suddenly angry or wanting to push back

6. Listening & Being Present

Circle the correct answer

51. Really listening to someone means —

(A) giving them your full attention (B) planning what you'll say next (C) checking your phone (D) interrupting a lot

52. 'Attunement' means —

(A) changing the subject (B) tuning in to how another person is feeling (C) ignoring their mood (D) fixing their problem fast

53. A good listener often shows they're listening by —

(A) looking away the whole time (B) talking over the person (C) yawning loudly (D) nodding and making gentle eye contact

54. When someone is upset, they often need to be —

(A) given advice immediately (B) heard before they're given advice (C) left alone right away (D) told to calm down

55. 'Reflecting' what someone said means —

(A) gently saying back what you heard (B) arguing with it (C) repeating it to make fun (D) ignoring it

56. Being present means being —

(A) in a hurry (B) somewhere else in your mind (C) focused on the person right now, not distracted (D) busy with other things

Write the answer

57. Which shows good attunement to a sad friend?

Answer: _____

58. Silence, when you're with an upset friend, can be —

Answer: _____

59. Interrupting a lot when someone shares tends to —

Answer: _____

60. Attunement helps co-regulation because when someone feels understood, they —

Answer: _____

Match each question to its answer

1. A good listener's body language is — →

2. If you don't understand what a friend means, a kind move is to — →

3. Being present with someone is a gift because it — →

4. Which is NOT part of good listening? →

5. Matching a calm tone (not the upset one) helps because it — →

(A) Thinking about your own reply the whole time

(B) gently ask them to tell you more

(C) gently invites the other person toward calm

(D) open and calm (facing them, relaxed)

(E) helps them feel less alone

7. Naming Feelings Out Loud

Circle the correct answer

61. Putting a feeling into words ('I feel worried') tends to —

(A) erase it forever (B) do nothing (C) make the feeling a bit more manageable (D) make it explode

62. A helpful sentence starter for naming a feeling is —

(A) 'Nothing is wrong.' (B) 'You always _.' **(C) 'I feel _ because _.'** (D) 'It's your fault that _.'

63. Naming your feeling for a friend can help them —

(A) judge you (B) walk away (C) understand and support you better (D) feel confused

64. Helping a younger companion name their feeling might sound like —

(A) 'Figure it out yourself.' (B) 'Stop being a baby.' (C) 'It looks like you might be feeling scared.' (D) 'That's silly.'

65. A bigger feelings vocabulary lets you —

(A) hide your feelings better (B) confuse everyone (C) describe feelings more precisely than just 'good' or 'bad' (D) avoid all feelings

66. Naming a feeling is different from acting on it because —

(A) naming is dangerous (B) naming forces you to act (C) you can name a feeling without doing anything unkind (D) they are the same thing

Write the answer

67. When you name a feeling, it often —

Answer: _____

68. If you're not sure which word fits, you can —

Answer: _____

69. Naming feelings out loud in a safe space helps build —

Answer: _____

70. A younger companion who can name 'I'm mad' instead of hitting has learned —

Answer: _____

Match each question to its answer

1. Naming a feeling is a tool that — →

2. The kindest way to respond when someone names a hard feeling is to — →

3. Naming feelings helps the brain because it — →

4. Which is a clear feeling statement? →

5. Practicing naming feelings when calm makes it — →

(A) you can use for yourself AND to help others

(B) 'I felt embarrassed when everyone laughed.'

(C) easier to name them during big moments

(D) gives big feelings words, which helps calm the alarm

(E) accept it without judgment

8. Helping a Friend Calm Down

Circle the correct answer

71. The first thing to do when a friend is upset is often to —

(A) tell them to stop (B) get upset too (C) leave immediately (D) stay calm yourself

72. A helpful thing to say to an upset friend is —

(A) 'This is annoying.' (B) 'Calm down right now.' (C) 'I'm here with you.' (D) 'You're overreacting.'

73. Telling someone to 'just calm down' usually —

(A) works instantly (B) doesn't help and can feel dismissive (C) shows deep care (D) is the best move

74. A calm, slow breathing rhythm you model can help a friend because —

(A) their body may gently follow yours (B) it does nothing (C) it annoys them (D) it's magic

75. Giving an upset friend a little space AND staying nearby can —

(A) abandon them (B) make it worse (C) pressure them (D) let them settle while feeling supported

76. Which is a good co-regulation move?

(A) Lowering your voice and slowing down (B) Talking faster and louder (C) Rushing them to be okay (D) Listing everything they did wrong

Write the answer

77. Before offering advice to an upset friend, it usually helps to —

Answer: _____

78. If a friend says they need a minute alone, the caring response is to —

Answer: _____

79. A younger companion who is melting down mostly needs —

Answer: _____

80. Offering a calm-down tool to a friend works best when you —

Answer: _____

Match each question to its answer

1. Staying patient while a friend settles shows that — →
2. If helping a friend makes YOU feel overwhelmed, it's okay to — →
3. Which does NOT help a friend calm down? →
4. A steady, warm tone of voice helps because it — →
5. Helping a friend calm down is NOT about — →

- (A) Telling them their feelings are dumb
 - (B) sends a signal of safety
 - (C) forcing them to feel better instantly
 - (D) you accept them and their feelings
 - (E) steady yourself and get support if needed
-

9. The Repair Cycle

Circle the correct answer

81. A 'rupture' in a relationship means —
(A) a game (B) a moment when connection is hurt or broken (C) a snack (D) a happy moment
82. 'Repair' means —
(A) pretending nothing happened (B) mending the connection after a rupture (C) never speaking again (D) winning the argument
83. Ruptures happen —
(A) never if you're a good person (B) only with strangers (C) in every relationship sometimes; they're normal (D) only in bad relationships
84. The most important part of the repair cycle is —
(A) always being right (B) avoiding people (C) the repair itself, not avoiding all ruptures (D) never making mistakes
85. A genuine apology usually includes —
(A) blaming the other person (B) the words 'sorry you feel that way' (C) naming what happened and how it affected the other person (D) making excuses
86. 'Sorry you feel that way' is not a real apology because it —
(A) is too kind (B) blames the other person's feelings instead of taking responsibility (C) is too long (D) fixes everything

Write the answer

87. After a rupture, a calm space to talk helps because —

Answer: _____

88. Listening to how you affected someone, even when it's hard, is —

Answer: _____

89. Repair helps a relationship because it —

Answer: _____

90. If you hurt a younger companion's feelings, a caring repair is to —

Answer: _____

Match each question to its answer

1. Forgiveness is — →

2. A key mindset for repair is that — →

3. Which shows taking responsibility? →

4. Both people in a rupture — →

5. Rushing an apology before you (or they) are calm can — →

(A) 'I interrupted you, and that wasn't fair. I'm sorry.'

(B) make it feel less genuine

(C) people can make mistakes AND still be good, caring people

(D) may have a part to reflect on

(E) something that can grow over time, not always instant

10. Empathy & Perspective

Circle the correct answer

91. Empathy means —

(A) understanding and caring about how another person feels (B) always agreeing with everyone (C) feeling nothing (D) fixing everyone's problems

92. 'Perspective-taking' means —

(A) reading minds exactly (B) imagining a situation from someone else's point of view (C) only thinking about yourself (D) guessing the future

93. Empathy helps co-regulation because it —

(A) helps you sense what a person needs to feel calmer (B) is unrelated (C) makes you ignore others (D) proves you're right

- 94.** Empathy is different from pity because empathy —
(A) feels superior (B) looks down on someone (C) ignores the person (D) connects WITH someone as an equal
- 95.** A good way to build empathy is to —
(A) only talk about yourself (B) assume you already know (C) ask about and listen to others' experiences (D) avoid others
- 96.** You can feel empathy for someone even if you —
(A) have lived the identical experience only (B) haven't been through the exact same thing (C) agree with everything they did (D) know them well

Write the answer

- 97.** Which shows empathy?
Answer: _____
- 98.** Perspective-taking can reduce conflict because it helps you —
Answer: _____
- 99.** Empathy does NOT require you to —
Answer: _____
- 100.** Imagining how a younger companion feels helps you —
Answer: _____

Match each question to its answer

1. A barrier to empathy is — →
 2. Empathy grows when we — →
 3. Showing empathy to someone who is upset often helps them — →
 4. Which is a perspective-taking question? →
 5. Empathy and boundaries can coexist because you can — →
- (A) feel understood and less alone
(B) assuming you already know exactly how someone feels
(C) 'I wonder what that was like for them.'
(D) care about someone AND still take care of yourself
(E) notice we're all human with real feelings
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11. Boundaries & Consent

Circle the correct answer

101. A 'boundary' is —

(A) a way to control others (B) a wall to keep everyone out forever (C) a limit you set to take care of yourself (D) a punishment

102. Setting a boundary is —

(A) healthy and okay (B) mean and selfish (C) against the rules (D) a sign you don't care

103. Respecting someone else's boundary means —

(A) convincing them to change it (B) getting upset with them (C) ignoring it (D) accepting their 'no' or need for space

104. 'Consent' means —

(A) assuming it's fine (B) freely agreeing to something (C) guessing what someone wants (D) being forced to agree

105. Before hugging a friend who's upset, a respectful move is to —

(A) hug them without asking (B) ask if they'd like a hug (C) insist on a hug (D) assume they want one

106. If a friend says 'I need some space,' the caring response is to —

(A) give them space and stay available (B) follow them anyway (C) never talk to them again (D) feel rejected and angry

Write the answer

107. A boundary is about —

Answer: _____

108. You can say 'no' to something AND —

Answer: _____

109. When you help a friend, keeping your OWN boundaries means —

Answer: _____

110. Consent can be —

Answer: _____

Match each question to its answer

1. Which respects a younger companion's boundary? →

2. A person who never sets boundaries might end up feeling — →

3. Respecting boundaries builds — →

4. If you accidentally cross someone's boundary, the caring move is to — →

5. Boundaries and empathy work together because — →

- (A) overwhelmed or drained
 - (B) apologize and adjust
 - (C) 'Okay, we can take a break whenever you want.'
 - (D) trust and safety in a relationship
 - (E) you can honor others' limits AND your own
-

12. Self-Regulation Strategies

Circle the correct answer

111. Self-regulation means —

- (A) controlling other people (B) never having feelings (C) managing your own feelings and reactions in healthy ways (D) hiding everything

112. Self-regulation grows out of —

- (A) being left alone with big feelings (B) experiencing co-regulation with steady, caring people (C) being told to toughen up (D) never feeling anything

113. A self-regulation strategy for anger is to —

- (A) react instantly (B) yell louder (C) pause and breathe before responding (D) throw something

114. Noticing your early warning signs helps self-regulation because —

- (A) you can use a tool before the feeling gets huge (B) warning signs don't exist (C) it's impossible (D) it makes things worse

115. Which is a healthy self-regulation strategy?

- (A) Bottling everything up (B) Pretending you feel fine (C) Taking it out on someone else (D) Taking a short break to reset

116. Positive self-talk means —

- (A) criticizing yourself harshly (B) lying about everything (C) ignoring problems (D) speaking to yourself with kindness and encouragement

Write the answer

117. A helpful self-regulation thought is —

Answer: _____

118. Self-regulation is NOT about —

Answer: _____

119. Movement, rest, and connection can all help self-regulation because they —

Answer: _____

120. Practicing a strategy when calm makes it —

Answer: _____

Match each question to its answer

1. If one strategy doesn't work in the moment, you can — →

2. Self-regulation helps your relationships because — →

3. A regulated person can still — →

4. When you regulate yourself well, you become — →

5. A key mindset for self-regulation is — →

(A) a steadier anchor for others too

(B) try a different one

(C) feel deeply; they just handle it thoughtfully

(D) self-compassion (kindness toward yourself)

(E) steadier reactions lead to fewer hurtful moments

13. Understanding Others' Feelings

Circle the correct answer

121. We can often tell how someone feels by noticing their —

(A) grade level (B) face, voice, and body language (C) favorite color (D) shoe size

122. A slumped posture and quiet voice might suggest someone feels —

(A) energetic (B) sad or low (C) thrilled (D) proud

123. The best way to confirm how someone feels is to —

(A) ignore it (B) tell them how they feel (C) assume you know (D) kindly ask them

124. Understanding others' feelings is part of —

(A) empathy (B) ignoring people (C) competition (D) math

125. The same event can make different people feel —

(A) only one correct way (B) different ways, and that's okay (C) exactly the same way (D) nothing

126. If you misread someone's feeling, the caring move is to —

(A) adjust and ask what's really going on (B) insist you were right (C) get defensive (D) give up

Write the answer

127. A person's behavior often has —

Answer: _____

128. When someone acts out, understanding the feeling underneath helps you —

Answer: _____

129. A younger companion who acts grumpy might really be —

Answer: _____

130. Respecting that you can't know EXACTLY how someone feels means you stay —

Answer: _____

Match each question to its answer

1. Which shows understanding of another's feelings? →

2. Cultural and personal differences mean people may — →

3. Understanding others' feelings helps prevent — →

4. If you're unsure how a friend feels, a good question is — →

5. Understanding a feeling is the first step toward — →

(A) express feelings in different ways

(B) misunderstandings and conflict

(C) 'How are you feeling about all this?'

(D) 'You've seemed stressed lately — want to talk?'

(E) offering the right kind of support

14. Staying Steady Under Stress

Circle the correct answer

131. Resilience means —

(A) giving up easily (B) hiding all feelings (C) the ability to recover and keep going after hard times (D) never having hard times

132. Stress is —

(A) a normal response to challenges that everyone feels (B) always harmful (C) something only you feel (D) a sign you're weak

133. A little stress before a big event can actually —

(A) mean you should quit (B) help you focus and prepare (C) be impossible to handle (D) only ever hurt you

134. A resilient response to a setback is to —

- (A) give up for good (B) learn from it and try again (C) pretend it didn't happen
(D) blame everyone else

135. Connection with others builds resilience because —

- (A) connection is a weakness (B) others make it worse (C) we should face everything alone (D) support helps us get through hard times

136. Which helps you stay steady under stress?

- (A) Breaking a big problem into smaller steps (B) Panicking about all of it at once
(C) Ignoring it until it's huge (D) Giving up immediately

Write the answer

137. Taking care of your body (sleep, food, movement) affects your —

Answer: _____

138. A helpful thought during stress is —

Answer: _____

139. Asking for help when stressed is —

Answer: _____

140. Resilience does NOT mean —

Answer: _____

Match each question to its answer

1. A calm-down tool you've practiced can help under stress by — →

2. When helping a stressed friend, staying steady yourself — →

3. Focusing on what you CAN control during stress helps because — →

4. Rest and breaks during stressful times are — →

5. Everyone's resilience is helped by — →

- (A) it gives you a doable place to start
(B) steadying your body so you can think clearly
(C) helps them borrow your calm
(D) support, self-care, and healthy coping tools
(E) important for staying steady
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15. Kind Communication

Circle the correct answer

141. An 'I-statement' is —

(A) a way to blame others (B) a way to share your feelings without blaming (C) an insult (D) a command

142. Which is an I-statement?

(A) 'You always leave me out.' (B) 'I feel left out when plans are made without me.'
(C) 'You're so thoughtless.' (D) 'Nobody likes you.'

143. 'You always' or 'you never' statements tend to —

(A) solve problems fast (B) make people defensive (C) help people listen (D) feel kind

144. Kind communication means being —

(A) kind but dishonest (B) honest but harsh (C) silent always (D) honest AND caring at the same time

145. A good time to bring up something hard with a friend is when —

(A) in front of a crowd (B) you're both very angry (C) you're both fairly calm (D) never

146. Listening is part of kind communication because —

(A) communication goes both ways (B) listening is optional (C) the loudest person wins (D) only talking matters

Write the answer

147. A respectful way to disagree is to —

Answer: _____

148. Tone of voice matters because —

Answer: _____

149. If you said something hurtful, kind communication includes —

Answer: _____

150. Kind communication with a younger companion means —

Answer: _____

Match each question to its answer

1. Asking 'Can we talk about something?' before a hard conversation is — →

2. Kind communication helps relationships by — →

3. Which builds connection? →

4. When someone shares a hard feeling with you, a kind reply is to — →

5. Kind communication and boundaries connect because you can — →

- (A) letting people understand each other and repair
 - (B) considerate — it prepares the other person
 - (C) acknowledge it before responding
 - (D) 'I've been feeling distant. Can we talk?'
 - (E) state a limit kindly and clearly
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16. Capstone: Being a Calm Anchor

Circle the correct answer

151. Being a 'calm anchor' means —

- (A) staying steady and supportive so others can settle (B) never feeling anything
(C) controlling everyone's feelings (D) fixing every problem instantly

152. The first step to being a calm anchor for someone else is —

- (A) steadying yourself first (B) getting upset with them (C) taking over (D) walking away

153. All feelings — even hard ones — are —

- (A) okay to have (B) shameful (C) problems to erase (D) signs of weakness

154. Which combines several co-regulation skills well?

- (A) Ignoring and walking away (B) Staying calm, listening, naming the feeling, and breathing together (C) Yelling louder than them (D) Rushing, judging, and taking over

155. Co-regulation eventually helps a person learn —

- (A) to hide feelings (B) to never feel (C) to self-regulate (steady themselves) (D) to depend on others forever

156. A calm anchor offers support —

- (A) without forcing anyone to feel a certain way (B) by controlling feelings (C) by demanding calm (D) by shaming feelings

Write the answer

157. When you hurt someone, the calm-anchor move is to —

Answer: _____

158. Empathy helps you be a calm anchor because it lets you —

Answer: _____

159. Taking care of your OWN feelings while helping others is —

Answer: _____

160. Boundaries help a calm anchor by —

Answer: _____

Match each question to its answer

1. A calm anchor's most important quality is — →
2. If you don't know how to help someone, you can still — →
3. The skills in CoRegRealm help you — →
4. Naming a feeling, using a calm-down tool, and repairing after a rupture are all — →
5. A calm anchor helps create spaces where people feel — →

- (A) safe, understood, and supported
 - (B) steady, caring presence
 - (C) skills you can keep practicing for life
 - (D) be present and let them know you care
 - (E) support others AND take care of your own feelings
-

Riddle & Joke Break

Guess the answer, then check the key!

161. "Co-regulation" means what?
162. Your friend is really upset. Does telling them "just calm down!" usually work?
163. Before you can help a friend settle, what do you often need to do first?
164. Why is a slow, warm tone of voice so calming to an upset person?
165. "Meeting someone where they are" means what?
166. Is saying "it's not a big deal" usually helpful to an upset friend?
167. How can breathing help TWO people at once?
168. Sometimes the most helpful thing is to listen WITHOUT trying to fix the problem. Why?
169. Why is calm contagious?
170. Why did the steady friend just sit quietly beside the upset one?
171. Why is "meeting someone where they are" a superpower?
172. Why did the slow, steady breathing help both friends?
173. Why is a calm voice like an anchor?

174. Why did reading the room matter?

Fun Facts

- Did you know? "Co-regulation" is a real term from psychology: we calm down best in the presence of a calm someone. Long before we can self-soothe, we learn to settle WITH the help of steady people around us!
 - Did you know? Emotions are genuinely "contagious" -- both stress AND calm can spread from person to person. That means one grounded person can help settle a whole tense room just by staying steady!
 - Did you know? Telling someone to "just calm down" almost never works. What actually helps is a calm PRESENCE plus words like "I'm here with you" -- connection settles a nervous system, commands don't!
 - Did you know? Your tone of voice and pace calm (or alarm) others before your actual words do. A slow, warm voice signals safety to another person's nervous system -- how you speak matters as much as what you say!
 - Did you know? You have to steady yourself before you can steady someone else -- like the airplane rule of putting on your own oxygen mask first. Taking care of your own calm isn't selfish; it's what makes helping possible!
 - Did you know? "Validating" a feeling ("that sounds really hard") helps it settle, while "minimizing" it ("it's no big deal") often makes it dig in. People calm down faster when they feel understood!
 - Did you know? Breathing slowly WITH someone can help them settle too. When a calm person breathes steadily nearby, it can gently guide an upset person's breathing -- and body -- to slow down alongside them!
 - Did you know? Often the most helpful response to an upset friend is to LISTEN without immediately fixing. Feeling heard is what most people need first -- solutions can wait, and sometimes aren't wanted at all!
-

Answer Key

1. B — All feelings are okay to have
2. D — signals that give us information
3. B — frustrated
4. B — listen and let them know it's okay to feel that way
5. D — having strong feelings is normal and human

6. C — excited
 7. nervous
 8. self-awareness
 9. everyone's feelings are their own
 10. over time, even within the same day
- Matching (What Feelings Are): 1→A, 2→B, 3→D, 4→C, 5→E

11. A — nervous or excited
12. A — feeling scared or excited
13. A — stress or tension
14. B — helps you catch a feeling early
15. B — feeling calm
16. C — hot, tense, or clenched
17. anxious or scared
18. body scan
19. use a calm-down tool before a feeling gets huge
20. angry or upset

Matching (Reading Body Signals): 1→E, 2→A, 3→D, 4→B, 5→C

21. B — helping another person feel calmer by being a steady presence
22. A — calm can be shared, like a steadying presence
23. B — get calm and steady yourself
24. A — stays calm and present while the other person settles
25. C — Sitting quietly with a nervous friend and breathing slowly together
26. C — eventually calm themselves (self-regulate)
27. signals safety and calm
28. Raising your voice and rushing them
29. safety, patience, and a caring presence
30. be a calm anchor, not to fix everything instantly

Matching (What Co-Regulation Means): 1→E, 2→D, 3→B, 4→A, 5→C

- 31. A — gently signals your body to settle
- 32. C — belly gently rises and falls
- 33. A — gives a big feeling a moment to ease
- 34. C — five senses to notice what's around you
- 35. A — helps your body feel a little steadier
- 36. D — Taking three slow breaths
- 37. have a few tools to choose from
- 38. try a different one
- 39. releases some of the built-up energy of a feeling
- 40. practice it before you're really upset

Matching (Calm-Down Tools): 1→E, 2→B, 3→A, 4→D, 5→C

- 41. D — fight, flight, or freeze
- 42. A — goes still or feels stuck
- 43. A — automatic — they happen without you choosing them
- 44. A — it will calm down again with time and care
- 45. B — slow your breathing
- 46. B — 'alarm system'
- 47. in a freeze response
- 48. signals that it's safe to settle
- 49. normal and temporary
- 50. be gentle with yourself and rest a bit

Matching (Big Feelings & the Body): 1→D, 2→E, 3→B, 4→A, 5→C

- 51. A — giving them your full attention
- 52. B — tuning in to how another person is feeling
- 53. D — nodding and making gentle eye contact
- 54. B — heard before they're given advice
- 55. A — gently saying back what you heard
- 56. C — focused on the person right now, not distracted

57. 'You seem really down. I'm here.'

58. okay — a calm presence still helps

59. make them feel unheard

60. often begin to settle

Matching (Listening & Being Present): 1→D, 2→B, 3→E, 4→A, 5→C

61. C — make the feeling a bit more manageable

62. C — 'I feel _ **because** _.'

63. C — understand and support you better

64. C — 'It looks like you might be feeling scared.'

65. C — describe feelings more precisely than just 'good' or 'bad'

66. C — you can name a feeling without doing anything unkind

67. feels a little less overwhelming

68. describe how it feels and pick the closest word

69. trust and understanding between people

70. a healthier way to handle the feeling

Matching (Naming Feelings Out Loud): 1→A, 2→E, 3→D, 4→B, 5→C

71. D — stay calm yourself

72. C — 'I'm here with you.'

73. B — doesn't help and can feel dismissive

74. A — their body may gently follow yours

75. D — let them settle while feeling supported

76. A — Lowering your voice and slowing down

77. listen and let them feel heard first

78. respect that and stay available

79. a calm, patient presence

80. gently suggest and maybe do it together

Matching (Helping a Friend Calm Down): 1→D, 2→E, 3→A, 4→B, 5→C

81. B — a moment when connection is hurt or broken

82. B — mending the connection after a rupture
83. C — in every relationship sometimes; they're normal
84. C — the repair itself, not avoiding all ruptures
85. C — naming what happened and how it affected the other person
86. B — blames the other person's feelings instead of taking responsibility
87. both people can be heard when they're settled
88. an important part of repair
89. can make trust and connection even stronger than before
90. gently acknowledge it and make things right
Matching (The Repair Cycle): 1→E, 2→C, 3→A, 4→D, 5→B
91. A — understanding and caring about how another person feels
92. B — imagining a situation from someone else's point of view
93. A — helps you sense what a person needs to feel calmer
94. D — connects WITH someone as an equal
95. C — ask about and listen to others' experiences
96. B — haven't been through the exact same thing
97. 'That sounds really hard. How are you doing?'
98. understand why someone acted as they did
99. agree with or excuse everything someone does
100. respond in a way that actually helps them
Matching (Empathy & Perspective): 1→B, 2→E, 3→A, 4→C, 5→D
101. C — a limit you set to take care of yourself
102. A — healthy and okay
103. D — accepting their 'no' or need for space
104. B — freely agreeing to something
105. B — ask if they'd like a hug
106. A — give them space and stay available
107. your own needs, not controlling the other person

108. still care about the person

109. you can support them without wearing yourself out

110. taken back at any time

Matching (Boundaries & Consent): 1→C, 2→A, 3→D, 4→B, 5→E

111. C — managing your own feelings and reactions in healthy ways

112. B — experiencing co-regulation with steady, caring people

113. C — pause and breathe before responding

114. A — you can use a tool before the feeling gets huge

115. D — Taking a short break to reset

116. D — speaking to yourself with kindness and encouragement

117. 'I can feel this and still make a good choice.'

118. never feeling strong emotions

119. support a steady body and mind

120. easier to use during a big feeling

Matching (Self-Regulation Strategies): 1→B, 2→E, 3→C, 4→A, 5→D

121. B — face, voice, and body language

122. B — sad or low

123. D — kindly ask them

124. A — empathy

125. B — different ways, and that's okay

126. A — adjust and ask what's really going on

127. a feeling or need behind it

128. respond with care instead of just reacting

129. tired, hungry, or overwhelmed

130. curious and open

Matching (Understanding Others' Feelings): 1→D, 2→A, 3→B, 4→C, 5→E

131. C — the ability to recover and keep going after hard times

132. A — a normal response to challenges that everyone feels

- 133. B — help you focus and prepare
- 134. B — learn from it and try again
- 135. D — support helps us get through hard times
- 136. A — Breaking a big problem into smaller steps
- 137. ability to handle stress
- 138. 'This is hard, and I can take it one step at a time.'
- 139. a smart, strong thing to do
- 140. never feeling upset or struggling
Matching (Staying Steady Under Stress): 1→B, 2→C, 3→A, 4→E, 5→D
- 141. B — a way to share your feelings without blaming
- 142. B — 'I feel left out when plans are made without me.'
- 143. B — make people defensive
- 144. D — honest AND caring at the same time
- 145. C — you're both fairly calm
- 146. A — communication goes both ways
- 147. share your view while respecting theirs
- 148. the same words can feel kind or harsh depending on tone
- 149. apologizing and repairing
- 150. speaking gently and at their level
Matching (Kind Communication): 1→B, 2→A, 3→D, 4→C, 5→E
- 151. A — staying steady and supportive so others can settle
- 152. A — steadying yourself first
- 153. A — okay to have
- 154. B — Staying calm, listening, naming the feeling, and breathing together
- 155. C — to self-regulate (steady themselves)
- 156. A — without forcing anyone to feel a certain way
- 157. repair the connection
- 158. sense what someone needs to feel safe

159. necessary, not selfish
160. keeping support sustainable without burnout
Matching (Capstone: Being a Calm Anchor): 1→B, 2→D, 3→E, 4→C, 5→A
161. Helping calm down TOGETHER -- one steady person's calm presence helps another person settle their big feelings. We regulate best in the company of a calm someone!
162. No! "Calm down" rarely calms anyone -- what helps is a steady presence and something like "I'm here with you."
163. Steady YOURSELF! Your own calm is what you offer -- you can't pour calm from an empty cup.
164. Because our nervous systems pick up on tone and pace -- a steady voice signals "you're safe," even before the words register.
165. Gently joining their emotional state first -- acknowledging their feeling -- rather than demanding they instantly feel differently. You connect before you help.
166. No -- it dismisses their feeling. Validating ("that sounds really hard") helps a feeling settle far more than minimizing it.
167. By breathing slowly together! When a calm person breathes steadily beside an upset one, it can gently help the other person's breathing -- and body -- slow down too.
168. Because feeling understood is often what a person needs first -- solutions can come later, if they're even wanted.
169. Because when one steady person stays grounded, it helps everyone nearby settle too!
170. Because sometimes presence helps more than any words!
171. Because you can't pull someone to calm -- you have to gently join them there first!
172. Because breathing calmly together helps two nervous systems settle side by side!
173. Because a steady tone can help someone find solid ground!
174. Because noticing how someone else feels is the first step to helping!