

Knowing Yourself

Circle the letter of the best answer.

Name _____ Date _____

1. What do we call the things a person is naturally good at or does well?
A) Strengths
B) Blind spots
C) Habits
D) Triggers
2. What do we call something other people notice about your behavior that you do not notice yourself?
A) A strength
B) A goal
C) A trigger
D) A blind spot
3. What do we call a specific situation or thing that reliably sets off a strong reaction in a particular person?
A) A habit
B) A value
C) A trigger
D) A goal
4. What is it called when you pause afterwards to think carefully about why you reacted the way you did?
A) Procrastinating
B) Self-reflection
C) Daydreaming
D) Multitasking
5. What word describes the habit of writing down your thoughts and feelings regularly to help understand yourself better?
A) Journaling
B) Rehearsing
C) Presenting
D) Debating
6. What does the word "metacognition" mean?
A) Thinking about other people's homework
B) Planning what to eat for dinner
C) Remembering facts for a test
D) Thinking about your own thinking
7. Liam notices his hands clenching into fists and his face feeling hot. What is his body most likely signaling?
A) That he is starting to feel bored
B) That he is starting to feel proud
C) That he is starting to feel angry
D) That he is starting to feel sleepy
8. Which of these is most likely a sign that a usually calm classmate is "not acting like themselves" today?
A) They are chatting as usual at recess
B) They are suddenly snapping at small things
C) They are playing sports as usual
D) Their desk is tidy as usual
9. Which of these is an example of a physical "tell" that might show someone is nervous?
A) Yawning after staying up late the night before
B) Tapping a foot repeatedly without noticing
C) Stretching your arms after sitting for a while
D) Laughing at a funny joke a friend has told
10. What is the main purpose of asking yourself, "What was I thinking right before I reacted that way?"
A) To plan a surprise for a friend
B) To decide what to have for lunch
C) To understand what led up to your reaction
D) To find someone else to blame for it

Answer key — fold under before giving this to a child

1. A 2. D 3. C 4. B 5. A 6. D 7. C 8. B 9. B 10. C