

Lessons 1-4 Answer Key

Lessons 1-4 Assessment

Read each question and circle the answer you agree with most. For long response answers, write answers in a complete sentence, adding detail as needed.

1. Well-Being is the state of being:
 - a. Organized and motivated
 - b. Focused or ready
 - c. Comfortable, healthy, or happy
2. Well-being looks and feels _____ to everyone.
 - a. the same
 - b. different
3. Mindfulness means to:
 - a. Notice what is happening here and now
 - b. To close your eyes
 - c. To plan ahead
4. Intentions and goals are the same thing.
 - a. True
 - b. False
5. "Clean my backpack today" is a:
 - a. Goal
 - b. Intention
6. What is one goal that you have?

Answers will vary, check for understanding

7. What is one intention you have?

Answers will vary, check for understanding

Name: _____

Lessons 5-7 Assessment

Read each question and circle the answer you agree with most or fill in the blanks. For long response answers, write answers in a complete sentence, adding detail as needed.

1. Why do you think it's good to start each lesson with a moment of mindfulness?

2. Circle each option that is a benefit of gratitude on your well-being
 - a. Can help you sleep better
 - b. Can strengthen your immune system
 - c. Will make everyone like you
 - d. Can help you feel happier
 - e. Can help you be more athletic
 - f. Can help us feel more connected to others

3. Who is someone you are grateful for? Give at least 2 reasons why you are grateful for them.

4. List 3 ways you can think of to express your gratitude to someone.

5. Imagine a world where everyone was mindful and felt comfortable about sharing their gratitude. How might the world be different?

Lessons 5-7 Assessment

Read each question and circle the answer you agree with most or fill in the blanks. For long response answers, write answers in a complete sentence, adding detail as needed.

1. Why do you think it's good to start each lesson with a moment of mindfulness?

Answers will vary, check for understanding.

2. Circle each option that is a benefit of gratitude on your well-being

- a. Can help you sleep better
- b. Can strengthen your immune system
- c. Will make everyone like you
- d. Can help you feel happier
- e. Can help you be more athletic
- f. Can help us feel more connected to others

3. Who is someone you are grateful for? Give at least 2 reasons why you are grateful for them.

Answers will vary, check for understanding. If students struggle identifying their gratitude, there are multiple reasons that could be, including cultural differences or trauma, so approach these students with empathy. It is okay if they are not ready or comfortable answering this question.

4. List 3 ways you can think of to express your gratitude to someone.

Answers will vary, check for understanding. If students struggle identifying their gratitude, there are multiple reasons that could be, including cultural differences or trauma, so approach these students with empathy. It is okay if they are not ready or comfortable answering this question.

5. Imagine a world where everyone was mindful and felt comfortable about sharing their gratitude. How might the world be different?

Answers will vary, check for understanding. If students struggle identifying their gratitude, there are multiple reasons that could be, including cultural differences or trauma, so approach these students with empathy. It is okay if they are not ready or comfortable answering this question.

Lessons 8-9 Assessment

Read each question and circle the answer you agree with most or fill in the blank. For long response answers, write answers in a complete sentence, adding detail as needed.

1. How are empathy and compassion different?

Answers will vary, check for understanding.

2. If someone you knew were to get made fun of for the clothes they were wearing, you would understand that they would feel _____. Answers will vary, but examples include sad, angry, upset, etc.
3. How could you show compassion to that person?

Answers will vary, check for understanding.

4. We all need compassion sometimes. Why do you think compassion helps others feel better?

Answers will vary, check for understanding.

5. Empathy means to understand how someone _____. Compassion includes a desire to _____ someone's suffering.
 - a. feels, ease
 - b. works, understand
 - c. lives, cause

Lessons 10-13 Assessment

Read each question and circle the answer you agree with most. For long response answers, write answers in a complete sentence, adding detail as needed.

1. What does it mean to act with altruism?

Answers will vary, but the answer should reflect the idea of acting with kindness without expecting anything in return.

2. Give an example of someone doing something nice for someone and expecting something in return. Is this altruism?

Answers will vary, check for understanding, but the example should not show altruism.

3. Write to show how you can act with altruism at home.

Answers will vary, check for understanding.

4. Which example is more likely an act of altruism?

- a. Your waitress at a restaurant brings you a refill of your drink without you asking
b. Your friend gives you half of their snack

5. Explain why you chose your answer for #4.

Answers will vary, check for understanding, but the answers should reflect the idea that showing kindness while doing a paid job is different than a friend showing kindness.

Name: _____

Lessons 14-16 Assessment

Read each question and circle the answer you agree with most. For long response answers, write answers in a complete sentence, adding detail as needed.

1. Write to define what resilience means to you.

2. Write a personal example of resilience, an example you learned about in class, or an example of resilience you have observed.

Fill in the blank and complete the sentence in the space below.

3. Self-care can help build my resilience because...

4. Mindfulness is showing other people that you care.
 - a. True
 - b. False

5. Compassion is showing someone you understand how they feel and trying to help them feel better.
 - a. True
 - b. False

6. Circle which one shows how well you understand well-being?
 - a. I still don't know what well-being is
 - b. I know what well-being is, but have a hard time taking care of my well-being
 - c. I know what well-being is and I'm starting to take better care of my well-being
 - d. I know what well-being is and I am good at taking care of my well-being

7. What is something you can do when you feel your well-being is becoming unwell?

Lessons 14-16 Assessment

Read each question and circle the answer you agree with most. For long response answers, write answers in a complete sentence, adding detail as needed.

1. Write to define what resilience means to you.

Answers may vary, but definitions should be similar to “doing your best even when things are hard.” or “Doing well in life despite adversity.”

2. Write a personal example of resilience, an example you learned about in class, or an example of resilience you have observed.

Answers will vary, check for understanding.

Fill in the blank and complete the sentence in the space below.

3. Self-care can help me build resilience because...

Answers will vary, check for understanding.

4. Mindfulness is showing other people that you care.
 - a. True
 - b. False**
5. Compassion is showing someone you understand how they feel and trying to help them feel better.
 - c. True**
 - d. False

6. Circle which one shows how well you understand well-being?

Answers will vary. Follow up with students who choose A or B, as they may need more support in enhancing their well-being. Students that answer C or D will hopefully be on the right track to understanding how to care for their well-being and that of others, but try to be mindful of signs from students that may show otherwise.

- e. I still don't know what well-being is
- f. I know what well-being is, but have a hard time taking care of my well-being
- g. I know what well-being is and I'm starting to take better care of my well-being
- h. I know what well-being is and I am good at taking care of my well-being

7. What is something you can do when you feel your well-being is becoming unwell?

Answers will vary, check for understanding. Be sure to follow up with students to express a lack of strategies for enhancing their well-being.