

Quiz: Emozi PreK-Grade 2 Teacher Training Assessment



Instructions: Choose the best answer for each question.

1. **What is the primary focus of the Emozi® PreK-2 program?**
 - A) Academic testing preparation
 - B) Developing social skills and self-awareness
 - C) Increasing physical fitness
 - D) Advanced math skills
2. **Which is NOT a key focus of the Emozi® program?**
 - A) Core values
 - B) Parent and community involvement
 - C) Emotional awareness
 - D) Financial literacy
3. **What does the HALT step encourage students to do?**
 - A) Reflect on their actions
 - B) Stop and recognize their emotions
 - C) Breathe deeply
 - D) Talk to a teacher immediately
4. **Which character teaches teamwork and collaboration?**
 - A) Ollie the Owl
 - B) Benny the Bear
 - C) Harriet the Hare
 - D) Buzz the Bee
5. **What is the Constructed Theory of Emotion's main idea?**
 - A) Emotions are random reactions
 - B) Emotions are innate and fixed
 - C) Emotions are predictions made by the brain
 - D) Emotions are irrelevant to learning
6. **What is the purpose of Body Budget Awareness?**
 - A) Teach students about financial planning
 - B) Help students recognize how physical well-being affects emotions
 - C) Encourage budgeting school supplies
 - D) Track physical education scores
7. **What is the goal of the HOOT step in Emozi® strategies?**
 - A) Ask a friend for help
 - B) Take three deep breaths to calm down
 - C) Run around to release energy
 - D) Sing a song

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8. **Which activity helps build emotional vocabulary?**
 - A) Practicing multiplication tables
 - B) Daily journaling about feelings
 - C) Practicing spelling words
 - D) Completing math puzzles
9. **What is the main benefit of using storytelling in Emozi® lessons?**
 - A) Teach students historical facts
 - B) Help students connect character development concepts to real-life situations
 - C) Improve handwriting skills
 - D) Teach grammar rules
10. **Which of these is NOT a step in the HALT, HOOT, HEART strategy?**
 - A) Stop and recognize feelings
 - B) Breathe deeply
 - C) Reflect on your actions
 - D) Count objects in the room
11. **What is one key benefit of teaching emotional vocabulary?**
 - A) Improves reading comprehension
 - B) Helps students articulate and manage feelings effectively
 - C) Increases attention span
 - D) Reduces the need for playtime
12. **How often should teachers integrate Emozi® lessons?**
 - A) Daily
 - B) Weekly
 - C) Monthly
 - D) Quarterly
13. **Why is role-playing used in Emozi® lessons?**
 - A) To practice academic skills
 - B) To encourage empathy and problem-solving
 - C) To increase competition
 - D) To improve handwriting
14. **What is a key takeaway from family engagement in Emozi®?**
 - A) Reduces classroom participation
 - B) Increases homework load
 - C) Strengthens character development by extending learning at home
 - D) Lessens the importance of teacher involvement
15. **What should teachers reflect on after implementing Emozi® lessons?**
 - A) Student behavior changes
 - B) How well they followed the script
 - C) Amount of time spent on each activity
 - D) Number of stories read