

# EQ @ Home or School

RETURNING TO LEARNING

Mod 1 Quizizz Answers & Link for Teachers



*Our sincere thank you to teacher Kelsi Holton for creating all the EQ @ Home or School Quizizz games.*

## DS1.1: Getting to Know You

1. What is the secret to happiness?
  - a. Love
  - b. Ice cream
  - c. Gaming
  - d. Meaningful relationships
2. People who cited goals like making plans with friends or teaching someone a new skill showed higher levels of life satisfaction than people with self-focused or no goals. TRUE
3. When it comes to life satisfaction, which of the following variables surpassed all others?
  - a. Money
  - b. Social class
  - c. Relationship quality
  - d. Intelligence

## DS1.2: Checking In with Ourselves and Others

4. When you were a toddler, your life and emotional needs were more complicated and sophisticated. FALSE
5. Coach Rudy says in the video that: During COVID-19, we've all been in different versions of "\_\_\_\_\_" and have experienced it differently.
  - a. Challenges
  - b. Battles
  - c. Storms
  - d. All the above

6. Peter Salovey and John Mayer first coined the very important phrase "\_\_\_\_\_", also known as "EQ". **emotional intelligence**
7. Is emotional intelligence important to the human experience?
- a. It is dependent upon your IQ
  - b. If your IQ is low, yes
  - c. It differs for each individual
  - d. Yes**
8. Studies confirm that individuals with better EQ abilities outperform those with lower EQ levels in \_\_\_\_\_.
- a. School
  - b. The workplace
  - c. Relationships
  - d. All the above**
9. It is critical not to repress our emotions. Coach Rudy says "You have to \_\_\_\_ in order to heal."
- a. Make a meal
  - b. Be real
  - c. Feel**
  - d. Squeal
10. What is emotional management?
- a. Being able to soothe one's emotions**
  - b. Being able to compartmentalize our feelings
  - c. Managing others' emotions and teaching coping skills
  - d. All the above
11. How do we improve our emotional intelligence skill sets? (Salovey and Mayer)
- a. Understanding emotions in oneself
  - b. Understanding emotions in others
  - c. Using emotional understanding in self and others to guide thoughts and actions
  - d. All the above**
12. When it comes to understanding emotions, it means being truly aware of what emotion or combination of emotions you and/or someone else may be feeling at that time. **TRUE**

13. Emotional granularity is the ability to put feelings into \_\_\_\_\_ with a high degree of specificity and precision.
- a. Action
  - b. Words
  - c. Songs
  - d. Emojis
14. Coach Rudy says, "You have to \_\_\_\_\_ it to tame it." We must be able to distinguish between different emotions!
- a. Frame
  - b. Shame
  - c. Name
  - d. Acclaim
15. Coach Rudy challenges us to expand our emotional \_\_\_\_\_ so that we can expand our ability to recognize our own and others' emotional cues.
- a. Boundaries
  - b. Expectations
  - c. Responses
  - d. Vocabulary
16. The term "bewildered" would fall under which of the following basic emotions?
- a. Anger
  - b. Fear
  - c. Surprise
  - d. Disgust
17. The term "melancholy" would fall under which of the following basic emotions?
- a. Sadness
  - b. Happiness
  - c. Contempt
  - d. Fear
18. The term "grateful" would fall under which of the following basic emotions?
- a. Happiness
  - b. Contempt
  - c. Surprise
  - d. Sadness

### DS1.3: Moving from Surviving to Thriving

19. With the beginning of this new school year, we have the opportunity to start anew and hit the reset button! **TRUE**
20. "Proactive self-advocacy" means:
- a. Preparing and planning ahead
  - b. Setting yourself up for success
  - c. Asking for help or support when you need it
  - d. All of the above**
21. In the video, Coach Rudy uses an example about a(n) \_\_\_\_\_ to illustrate proactive self-advocacy.
- a. Vegetarian calling the restaurant ahead of time**
  - b. Caring adult that reaches out to students when they need help
  - c. Farmer that plants his/her seeds in the correct season
  - d. Athlete that misses practice, but does well in the games
22. Your teachers and counselors have to know what your \_\_\_\_ are to be able to know how to help!
- a. Grades
  - b. Dream colleges
  - c. Needs**
  - d. All the above

# EQ @ Home or School

CREATING A SUPPORTIVE LEARNING ENVIRONMENT **Mod 2 Quizizz Answers & Link for Teachers**

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## DS2.1: Agreeing on Common Goals

1. Kindness is actually a set of \_\_\_\_\_ and values.
  - a. Rules
  - b. Principles
  - c. Skills
  - d. Difficult practices
2. In the "K" in Coach Rudy's "K.I.N.D" acronym stands for:
  - a. Kill them with kindness!
  - b. Know everyone's value
  - c. Know that everyone deserves compassion
  - d. Keep others' needs before your own
3. The "I" stands for "Invest in \_\_\_\_\_."
  - a. Your education
  - b. The stock market
  - c. Connection
  - d. All the above
4. People who live KIND are purposeful in getting to know others in a meaningful way and demonstrating care, concern and compassion.
  - a. True
  - b. False
5. Our eyes, mouth, eyebrows, and even our wrinkles communicate with others.
  - a. True
  - b. False

6. Words always speak louder and clearer than voice tone and body language.
- a. True
  - b. False

## 2.1: Tuning in to Others

7. Dr. Ekman is known for his international research and work in \_\_\_\_\_.
- a. The seven universal emotions
  - b. The seven dwarves
  - c. The seven seas
  - d. The seven types of active listening
8. Which of the following emotions always has a piercing stare and furrowed eyebrows?
- a. Anger
  - b. Fear
  - c. Disgust
  - d. Contempt
9. Which of the following emotions do you think represents "anxiety"?
- a. Sadness
  - b. Anger
  - c. Fear
  - d. Contempt
10. "It is our responsibility to learn to become emotionally intelligent. These are \_\_\_\_\_, they're not easy, nature didn't give them to us - we have to learn them."
- a. Skills
  - b. Natural habits
  - c. Instincts
  - d. Goals
11. Social awareness is the ability to \_\_\_\_\_.
- a. Have a positive digital footprint on social media
  - b. Be able to speak about feelings with others in social situations
  - c. See both sides of social issues
  - d. Recognize what others might be thinking/feeling

12. There's a right and wrong time to:
- a. Ask your parents for money
  - b. Ask your boss for a raise
  - c. Ask your teacher for extra credit/extension
  - d. All the above!

### 2.3 Practicing Active Listening

13. What is the acronym Coach Rudy uses for active listening strategies?
- a. LISTEN
  - b. HEAR
  - c. EQ
  - d. EARS
14. Which of the following strategies varies with culture?
- a. Eye contact
  - b. Asking open ended questions
  - c. Reflect feelings
  - d. Say in your own words what the person said
15. Active listeners are consistently engaged when they are thinking about what they want to say next as the other person is sharing.
- a. True
  - b. False
16. Select two of the following answers. Good listeners refrain from:
- a. Asking open ended questions
  - b. Acknowledge that they are listening
  - c. Giving advice
  - d. Solving the problem
17. Everyone you come into contact with has an invisible sign on their forehead that says: Make me feel \_\_\_\_.
- a. IMPORTANT!

### 2.4: Utilizing Collaboration Skills

18. When collaborating with others, which of the following will NOT be effective?
- a. Having equity of voice

- b. Keeping your truth to yourself
  - c. Presuming positive intent
  - d. Keeping an open mind to the opinions of others
19. Which metaphor does Coach Rudy use in the video to illustrate equity of voice?
- a. A microphone passed to each person
  - b. A glass of water poured into several cups
  - c. A pizza equally divided and consumed
  - d. All of the above
20. What does it mean to presume the positive intent of your group members?
- a. To find the best intentions in each person
  - b. Recognizing others' weaknesses
  - c. Maintaining optimism when working with others
  - d. All the above
21. Disagreement is a natural part of any relationship or group effort.
- a. True
  - b. False
22. If you can sense frustration or your temper rising during a conversation, it may be a good idea to:
- a. Turn on Sesame Street to observe model behavior
  - b. Take a break to simmer down and regain perspective
  - c. Communicate your needs and demand understanding
  - d. Ask the other person to join in a mindful moment with you
23. 90% of disagreements and misunderstandings can be resolved through:
- a. Taking deep breaths and monitoring your own emotions
  - b. Taking a time out to step away from the situation
  - c. Respectful listening and discussing
  - d. All the above
24. Coach Rudy reminds us to "Be \_\_\_\_\_, not furious."
- a. Glorious
  - b. Spurious
  - c. Usurious
  - d. Curious



# EQ @ Home or School

STUDYING EFFECTIVELY REMOTELY OR AT SCHOOL **Mod 3 Quizizz Answers & Link for Teachers**

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## DS3.1 Making the Most of Your Time

1. In this module, Coach Rudy describes this as the most VALUABLE resource we have.
  - a. Water
  - b. Money
  - c. Time
  - d. Education
2. Due to the COVID-19 school closures, students may be missing \_\_\_\_\_. (2)
  - a. accountability
  - b. the opportunity to binge Netflix
  - c. routine
3. Beginning the school year remotely requires a whole new set of \_\_\_\_\_.
  - a. Legos
  - b. imagination and coloring books
  - c. organization skills and self motivation
  - d. tardy slips and bells
4. What does it mean to prioritize?
  - a. Deciding which career path to take
  - b. Getting rid of mindless activities in the day
  - c. Deciding what is most important to you
5. Which analogy does Coach Rudy use in the video to illustrate how prioritizing takes planning?
  - a. The camel rider and the oasis
  - b. Rocks in a jar
  - c. The to-do list
  - d. The wise old man and the boy

6. Coach Rudy's analogy involves \_\_\_\_\_ in a jar.
- a. beads
  - b. sand
  - c. frisbees
  - d. beans
7. What do the beans represent in the jar?
- a. Mindless activities that may be distracting or relaxing
  - b. The number of Tik Tok videos viewed in a day
  - c. Our most valued priorities
  - d. The major food groups
8. The rocks in the jar may represent: (3)
- a. Family
  - b. Social media
  - c. Health
  - d. Academic responsibilities
9. To best prioritize, Coach Rudy suggests that we should put \_\_\_\_\_ in the jar first and \_\_\_\_\_ second.
- a. rocks, beans
  - b. beans, rocks
  - c. rocks, rocks
  - d. rocks, sand
10. "Little Beans" (mindless activities) are more enjoyable when our "Big Rocks" (priorities) are finished because we do them guilt free!
- a. True
  - b. False

### DS3.2 From Procrastinating to Productive

11. Which of the following might be a good break to boost your energy and focus?
- a. talk to a friend or family member
  - b. exercise
  - c. eat a snack
  - d. all the above
12. The "80/20 Rule" suggests that 80% of your best results come from approximately 20% of your activities.
- a. True
  - b. False

13. When making a to-do list, we can label each item with an "A", "B" or "C" to indicate its \_\_\_\_\_.  
a. category  
b. importance or urgency  
c. likeliness that we complete it
14. If an item on the to-do list is marked with an "A-2", that task \_\_\_\_\_.  
a. must be completed in two days  
b. is not important at the moment  
c. is urgent and must be completed today  
d. is important, but not urgent
15. What does the "Pomodoro Technique" look like?  
a. work for 25 minutes, then enjoy a 5 minute refresher break  
b. Italians throwing tomatoes  
c. Taking an extra long lunch  
d. 5 increments of refresher breaks, then 1 increment of work
16. What is the goal of the "Pomodoro Technique"?  
a. Get yourself to focus because you know a planned break is coming  
b. Break up your day into 6 activities like the 6 chambers in a tomato  
c. Work for 65 minute intervals to improve productivity

### DS3.3 Studying Smarter

17. Highlighting and listening to music is one of the best ways to study!  
a. True  
b. False
18. Listening to instrumental music can actually help you study more effectively!  
a. True  
b. False
19. Coach Rudy recommends these strategies to study effectively:  
a. cramming to memorize  
b. distributive practice  
c. removing studying kryptonite  
d. self quizzing

20. What does it mean to remove your "studying kryptonite?"
- a. Take a break to watch Superman
  - b. Get rid of the thing that disturbs your flow while studying
  - c. Make sure your kryptonite is close by
  - d. All of the above

#### DS3.4 Preparing for Tests

21. When preparing for a test, we are walking 2 balance beams. One between "confident" and "cocky" and the other between "energized" and \_\_\_\_\_.
- a. Overly nervous
  - b. Exhausted
  - c. Too hyper
  - d. All the above
22. "Preparing for the Test" is all about tapping into your "ideal performance state," the conditions that \_\_\_\_\_.
- a. force you to walk a balance beam
  - b. will get you the highest SAT score
  - c. allow you to study for hours on end without sleep
  - d. best set you up for success
23. What are the three "tanks" that Coach Rudy refers to as it relates to being prepared for tests?
- a. Physical, Spiritual, Knowledge
  - b. Emotional, Mental, Spiritual
  - c. Physical, Love, Knowledge
  - d. Knowledge, Physical, Emotional
24. What might be a "brain drain" for your physical tank?
- a. Getting a good night's sleep 2 days prior to the test
  - b. Working out
  - c. Running a marathon
  - d. Eating blueberries, avocado and dark chocolate
25. Select one way to drain your emotional tank before a test:
- a. Remind yourself how important it is to get a 98% or better
  - b. Practice gratitude
  - c. Build your confidence with positive self-talk
  - d. Use calming strategies (walk it out, talk it out, breathe it out, etc.)

# EQ @ Home or School

MANAGING STRESS BEFORE IT MANAGES YOU    **Mod 4 Quizizz Answers & Link for Teachers**

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## DS4.1: Understanding Stress Cause & Effects

1. What is our "stress response"?
  - a. Our tone of voice when we are stressed
  - b. How we chemically respond to threatening stimuli
  - c. The emergency vehicle picks up stressed out people
  - d. The Disease of Adaptation
2. The stress response is also referred to as...
  - a. Flight or fight
  - b. Fly or cry
  - c. Dip or tip
  - d. Fight or be right
3. What are some examples of external stress?
  - a. The impact of Coronavirus
  - b. Your dog has diarrhea
  - c. You have to give a speech and the class looks bored
  - d. All the above
4. An example of internal stress could be negative perceptions about one's self.
  - a. True
  - b. False
5. Stress can be...
  - a. Mostly harmful
  - b. Always motivating
  - c. Always damaging to your health
  - d. Both helpful and harmful

6. How can stress be beneficial?
- a. Helps our bodies rise to the challenge with speed & dexterity
  - b. It makes us sweat, which helps us lose water weight
  - c. Forces us to get our work done
  - d. It can be the onset of major health problems
- 
7. Coach Rudy uses a metaphor for our brain that centers around our \_\_\_\_.
- a. Hand
  - b. Lizard model
  - c. Head connecting to our heart
  - d. Head
8. Our brain stem is our automatic pilot for things like:
- a. Breathing
  - b. Digestion
  - c. Basic functions
  - d. All the above
9. Our limbic system is where we feel strong emotions like anger, fear, excitement and sadness.
- a. True
  - b. False
10. Our limbic system is the only place where our brain can do rational, logical, analytical thought.
- a. True
  - b. False
11. When we “flip our lid” we disconnect our thinking brain from our \_\_\_\_.
- a. Ability to make rational decisions
  - b. Behaviors
  - c. Logical thought
  - d. Ability to digest

#### DS4.2: Gaining Mastery Over Stressors

12. Our beliefs or “mindsets” can greatly affect our behavior and life experiences.
- a. True
  - b. False

13. What are some benefits of "eustress"?
- a. Enhances learning and boost brain function
  - b. Gets us sweating, which cleans out our pores
  - c. Good for internal organs
  - d. All the above
14. Using a "eustress" perspective might cause you to think...
- a. I'm going to fail this math test
  - b. I'm going to try Khan Academy to figure it out
  - c. My algebra teacher hates me
  - d. I've never been a math person
15. All of our emotions begin with a thought.
- a. True
  - b. False
16. My thoughts create my emotions, which affect my \_\_\_\_\_, which change my \_\_\_\_\_.
- a. Actions, thoughts
  - b. Behavior, actions
  - c. Actions, world
  - d. World, thoughts

#### DS4.3: Analyzing Emotional Management Strategies

17. If you can \_\_\_\_ it, you can tame it.
- a. Blame
  - b. Name
  - c. Shame
  - d. Re-frame
18. In the video, Coach Rudy uses a \_\_\_\_\_ to practice mindful breathing.
- a. Relaxing rain sound
  - b. Glitter bottle
  - c. Hoberman sphere
  - d. Timer

#### DS4.4: Applying Emotional Management Strategies

19. Coach Rudy uses the example of a \_\_\_\_\_ as a framework of becoming aware of our levels of stress.
- a. Traffic light system
  - b. Boiling pot of water
  - c. Lake, River and Waterfall
  - d. All the above
20. Green light means that we are having a full-blown stress response and are in a panic!
- a. True
  - b. False
21. The key to awareness is learning to better recognize your "yellow".
- a. True
  - b. False

#### DS4.5: Incorporating Mindfulness

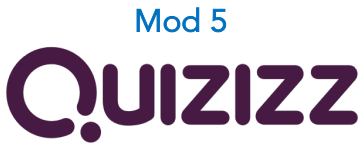
22. We are in a constant state of \_\_\_\_\_.
- a. Intentionality
  - b. Mindfulness
  - c. Mission
  - d. Distraction
23. Mindfulness is our ability to calm our emotions and become fully \_\_\_\_\_.
- a. Distracted
  - b. Unintentional
  - c. Participatory
  - d. Present
24. If we can settle our glitter and get focused in the present moment, we can eventually get to a place of great clarity of message and moment.
- a. True
  - b. False
25. Coach Rudy's mindful moment is a panoramic view of \_\_\_\_\_.
- a. A sunset in Colorado
  - b. An ocean in California
  - c. A mountaintop in Colorado
  - d. A waterfall in Hawaii



# EQ @ Home or School

BOUNCING BACK FROM CHALLENGES

Mod 5 Quizizz Answers & Link for Teachers



→ Link for teachers:  
<https://bit.ly/3pqv9gA>

*Our sincere thank you to teacher Kelsi Holton for creating all the EQ @ Home or School Quizizz games.*

## DS5.1: Bouncing Rather than Breaking

1. Emotions are...
  - a. always good!
  - b. bad!
  - c. toxic!
  - d. healthy indicators!
2. True or false: Even when things seem out of your control— *you have control* over how you think and ultimately how you feel about challenges in life.
  - a. True
  - b. False
3. How you \_\_\_\_\_ about a situation will directly impact how you feel.
  - a. think
4. Which two objects does Coach Rudy use in his metaphor to describe "bouncing back" from setbacks? (2)
  - a. a ball
  - b. a glass vase
  - c. an egg
  - d. an apple
5. Walt Disney was fired from his job at a newspaper because...
  - a. He was caught stealing money
  - b. He was told he lacked "creative imagination"
  - c. He was late
  - d. He did not bounce back from setbacks

6. Which of the following are strategies to bounce back from setbacks?
- a. Learn from role models and mentors
  - b. Increase effort, change our approach
  - c. Use positive self-talk
  - d. All of the above
7. Which is an example of seeing failure as an opportunity to learn and grow?
- "The season is cancelled..."
- a. so my year is ruined
  - b. so my athletic ability will surely decrease
  - c. but I can use this time to prepare for next season
  - d. but I never liked that sport anyway

#### DS5.2: Understanding Grief and Loss

8. Grief cannot be a consequence of COVID-19 school closures and confinement.
- a. True
  - b. False
9. Which of the following is NOT a stage of grief?
- a. denial
  - b. depression
  - c. bargaining
  - d. barking
10. The grief researcher and author, Elisabeth Kübler-Ross, discovered that people experience all 5 stages of grief in order.
- a. True
  - b. False
11. What might "bargaining" look like in grief?
- a. struggling to find meaning
  - b. reaching out to others
  - c. telling one's story
  - d. all the above
12. Kübler-Ross later worked with David Kessler and agreed to add a sixth stage called
- \_\_\_\_\_
- a. acceptance
  - b. peace
  - c. disgust

d. meaning

13. Which is an example of "denial"?

a. I'm so mad that we're beginning the school year online.

b. This can't be for long, we will for sure be back at school in a couple of weeks.

c. OK. We will get through this. I will do my best to engage in Zoom and succeed in a virtual classroom.

d. During this time, I can help others and develop new skills and deeper relationships with my family."

### DS5.3: Recognizing Healthy/Unhealthy Levels of Emotions

14. Our emotions are messengers designed to:

a. get our attention

b. cue us to action

c. motivate us to make an adjustment

d. all of the above

15. What is the first step in soothing our emotions?

a. taking a bath

b. recognizing the emotion and why we are feeling them

c. calling 911

d. withdraw and be by ourselves

16. It is important to recognize the difference between healthy/functional and dysfunctional levels of emotions.

a. True

b. False

17. Healthy emotions usually last for \_\_\_\_\_ periods of time, you know what triggered them, and you find they get better with effort or time.

a. short

b. long

18. Unhealthy emotions may impact: (4)

a. your ability to concentrate

b. your physical health

c. your energy levels

d. the economy

e. your sleep

19. What is the most important first step toward feeling better?
- a. binging a Netflix series
  - b. going on a shopping spree
  - c. not eating
  - d. connecting to someone else
20. When emotions are SUPER heavy, we NEED:
- a. outside help and resources
  - b. more ice cream
  - c. to see a therapist 2x a week
  - d. to weight lift
21. In "Recognizing Healthy and Unhealthy Levels of Emotions", Coach Rudy tells a story about a student, a teacher and: (2)
- a. a path
  - b. a tall mountain
  - c. a boulder
  - d. a ninja
22. The wise teacher says, "If you use ALL your \_\_\_\_\_, you can overcome any obstacle!"
- a. money
  - b. friends
  - c. resources
  - d. might

#### DS5.4: Tending and Befriending

23. To grow during crisis and buffer ourselves against stress, we should use the \_\_\_\_\_ response.
- a. lend & befriend
  - b. challenge & gratitude
  - c. gratitude & service
  - d. tend & befriend
24. What does it mean to "tend and befriend"? (3)
- a. deepen connections that give us a boost
  - b. taking care of & being kind others
  - c. take others for granted
  - d. make a relationship deposit

25. How did Coach Rudy's daughter find meaning during quarantine and engage with her community?

- a. She made a "Mental Health Hopscotch"
- b. She delivered groceries to the elderly
- c. She did a breathing exercise 3 times per day
- d. She sewed masks for her neighbors

# EQ @ Home or School

CREATING AN EMPATHETIC & INCLUSIVE COMMUNITY **Mod 6 Quizizz Answers & Link for Teachers**

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**Mod 6**



→ Link for teachers:  
<https://bit.ly/36dqNSm>

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## **DS6.1 Understanding Empathy for Others**

1. The heart of emotional intelligence is \_\_\_\_\_.
  - a. Love
  - b. Compassion
  - c. Wisdom
  - d. Empathy
2. What is empathy?
  - a. The ability to see yourself in another person
  - b. To do unto others as you would have done unto you
  - c. To feel *with* someone
  - d. All the above
3. When I'm able to see myself in someone else, it is likely that I would not want anything bad to happen to them.
  - a. True
  - b. False
4. Our past experiences, our interests, our upbringings, and our personalities have very little to do with how we interpret experiences.
  - a. True
  - b. False
5. What does the process of building empathy with others require? (Select4)
  - a. Investigation
  - b. Discrimination
  - c. Time
  - d. Effective Listening
  - e. Inquiry

6. Who said it? "You never really understand a person... until you climb into his skin and walk around in it."
- a. Taylor Swift
  - b. Muhammad Ali
  - c. Beyoncé
  - d. Atticus Finch
7. With \_\_\_\_\_, you recognize the other person feels bad, and you might say something to try to help them feel better.
- a. Empathy
  - b. Sympathy
8. With \_\_\_\_\_, you actually feel that sadness yourself. If they are sad, you feel sad. If they are excited, you're excited(!)
- a. Empathy
  - b. Sympathy
9. Which of the following are steps to practice empathy?
- a. To see what someone is feeling
  - b. To put yourself in their shoes
  - c. Feel a little bit of what they're feeling
  - d. Give them advice right away

#### DS6.2: Appreciating Diversity

10. Our diverse world is most similar to a \_\_\_\_\_.
- a. Melting Pot
  - b. Fruit salad
  - c. Both!
  - d. Neither!
11. Coach Rudy suggests this tool to evaluate how we respond to people we perceive as "different".
- a. The Myers Briggs personality test
  - b. The Repulsion Measure
  - c. The Litmus Test
  - d. The Riddle Scale

12. The Riddle Scale implies that that tolerance is only halfway and pales in comparison to the next steps of \_\_\_\_ and \_\_\_\_.
- a. Pity, nurturance
  - b. **Admiration, nurturance**
  - c. Nurturance, embracing
  - d. Admiration, repulsion
13. "I'm not going to bother her, she's not going to bother me" is an example of which measure of this Riddle Scale:
- a. Repulsion
  - b. Pity
  - c. **Tolerance**
  - d. Admiration
14. In situations where we interact with others who are different from us, our goal is to move \_\_\_\_ the Riddle Scale.
- a. **Up**
  - b. Down
15. When I'm "othering" someone, I am most likely to be on the side of \_\_\_\_.
- a. **Repulsion and Pity**
  - b. Nurturance and Admiration
  - c. Tolerance
  - d. None of the above
16. Author Maya Angelou once said, "I think we all have empathy. We may not have enough \_\_\_\_\_ to display it."
- a. Wisdom
  - b. Willingness
  - c. Tolerance
  - d. **Courage**

### DS6.3: Standing Up for Others

17. Research says that 50% of bullying will stop in 30 seconds if just one person stands up for the victim!
- a. **True**
  - b. False



18. Coach Rudy gives us four strategies to stand up for others. What are they called?
- a. Distractor
  - b. Fighter
  - c. Advocate/Supporter
  - d. Reporter
  - e. Confronter
19. Which two of the four strategies are the **strongest**? (Select 2)
- a. Distractor
  - b. Reporter
  - c. Supporter/Advocate
  - d. Confronter
20. Saying something like “*That’s not cool*” or “*Dude, that hurts*” will **not** make a difference when it comes to standing up for someone.
- a. True
  - b. False

#### DS6.4: Skill Building for Challenging Conversations

21. When parties passionately disagree, it is best to:
- a. Call it a night and go home
  - b. Avoid the topics that may be opposing viewpoints
  - c. Regulate/Calm down when you start to lose it
  - d. All the above
22. What does “Don’t Yuck Their Yum” mean?
- a. Build your own point up
  - b. Attack the other person’s viewpoint
  - c. Try to change their perspective
  - d. Highlight the flaws in their argument
23. It is best to have challenging conversations with a red-light brain.
- a. True
  - b. False

#### DS6.5: Apologizing and Forgiving

24. Saying “I’m really sorry that you misunderstood me” is an effective way to apologize!
- a. True
  - b. False

25. Which of the following are part of the Five A's of Apologizing? (Select 3)

- a. Admit you were wrong
- b. Allow time for each person to talk
- c. Make Amends and/or promise to do better in the future
- d. Acknowledge the hurt or damage
- e. Ask them how they would have liked you to handle the situation

# EQ @ Home or School

NAVIGATING RELATIONSHIPS IN TIGHT QUARTERS    **Mod 7 Quizizz Answers & Link for Teachers**

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*Our sincere thank you to teacher Kelsi Holton for creating all the EQ @ Home or School Quizizz games.*

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## DS7.1: Understanding Group Dynamics

1. In a group dynamic, roles can change and evolve over time.
  - a. True
  - b. False
  
2. The lesson compares a family quarantined together during COVID-19 school closures to...
  - a. a family stranded on an island
  - b. a family on a never before seen sailboat
  - c. a family at Disneyland
  - d. a family reunion
  
3. What are the phases of Tuckman's Stages of Team Development (in the correct order)?
  - a. performing, norming, storming, forming
  - b. ignoring, ignoring, ignoring
  - c. forming, storming, norming, performing
  - d. stop, drop and roll
  
4. Because your family is not a "new team", the school closures (or any new circumstance) does not require starting at stage 1 (forming).
  - a. True
  - b. False
  
5. Name the stage: Tries to find his/her role in the group, may be a lack of direction or purpose, and looks to leader for reassurance
  - a. forming
  - b. storming
  - c. norming
  - d. performing

6. In which stage are roles and goals clearly defined and members feel heard and valued?
- a. forming
  - b. storming
  - c. norming
  - d. performing
7. This is the stage where members may withdraw and underestimate themselves. Isolation and irritation may arise.
- a. forming
  - b. storming
  - c. norming
  - d. performing
8. In this stage, the team maximizes their abilities and collaborates to reach a shared goal. Members are content and helpful.
- a. forming
  - b. storming
  - c. norming
  - d. performing
9. Self-awareness is essential to positive team dynamics.
- a. True
  - b. False

### DS7.2: Making Relationship Deposits

10. We can minimize how powerful or big our withdrawals are by...
- a. just using common sense
  - b. using Tuckman's stages of development
  - c. isolating ourselves
  - d. using the traffic light system and trying to make meaningful deposits
11. Life is all about \_\_\_\_\_, the rest is just details.
- a. relationships
  - b. success
  - c. money
  - d. dancing in the rain

12. In the research study, the only variable that had a significant impact on predicting overall feelings of success/happiness was the quality of...
- a. their house and cars
  - b. their parents
  - c. their relationships
  - d. their bank accounts
13. If I have more withdrawals than deposits in my relationship bank account my relationship may be...
- a. strained or tense
  - b. strong and thriving
14. If we know there are going to be withdrawals, we have to plan to make meaningful deposits to protect our relationships.
- a. True
  - b. False
15. Select examples of withdrawals in relationships.
- a. Not listening.
  - b. Being grumpy.
  - c. Doing dishes.
  - d. Too much screen time.
16. Select examples of deposits in relationships.
- a. Really listening.
  - b. Asking: "How can I help?"
  - c. Making a meal.
  - d. Gossip.

### DS7.3: Building a Family Social Contract

17. The first step in creating a family social contract is...
- a. Thinking of norms
  - b. Lightly talking about how we want to be treated
  - c. Thinking of how to treat each other when there is a problem
  - d. All of the above

18. In step 2, each family member creates a list of...
- a. 3 proposed norms for the social contract
  - b. 3 reasons why they love their family
  - c. 3 things they're grateful for
  - d. 3 rules and demands
19. What does it mean to lobby for your norm?
- a. Demonstrate what your norm looks like
  - b. Scream your norm as loud as you can
  - c. Sit alone and think about your norm
  - d. Share with your family why you think your norms are important
20. After you've compiled the norms and voted, what comes next?
- a. Lobby for your norms
  - b. Narrow down and agree on top 5 norms
  - c. Brainstorm new norms that you may not have thought about
  - d. Write all the norms suggested on a piece of a paper
21. When can someone call a "foul"?
- a. If someone feels offended
  - b. When they feel that a norm has been violated
  - c. All the above
22. If someone is "fouled", how should that person respond?
- a. Put a "x" by the norm violated on the social contract
  - b. Go to your room for 5 minutes to cool off
  - c. Argue the foul
  - d. Say "sorry" and 2 nice things about the person
23. In solving a problem, we want to start in a place of \_\_\_\_\_ rather than a place of \_\_\_\_\_.
- a. calm, wrong
  - b. curious, furious
  - c. glad, sad
  - d. relaxed, perplexed

#### DS7.4: Solving Problems and Boosting Relationships

24. Which acronym does Coach Rudy use to help us work through problems?

- a. PEACE
- b. REVIVE
- c. SOLVE
- d. NORM

#### DS7.5: Using Your Resiliency Skills

25. Which of the following is NOT one of the common protective factors that helps people overcome challenges:

- a. Social competence
- b. Autonomy
- c. Problem-solving skills
- d. Wealth

# EQ @ Home or School

## MAKING PLANS FOR YOUR FUTURE

## Mod 8 Quizizz Answers & Link for Teachers



*Our sincere thank you to teacher Kelsi Holton for creating all the EQ @ Home or School Quizizz games.*

### DS8.1 Envisioning Your Future

1. When there is a \_\_\_\_\_ for your future, there is more meaning in the present.
  - a. Vague plan
  - b. Goal
  - c. Vision
  - d. Fortune cookie
2. Why should we create a clear vision for our life?
  - a. To keep us motivated
  - b. To live out our purpose
  - c. To keep doors open
  - d. All the above
3. At a young age, you don't have to be sure of what your mission is, but it is important to keep asking yourself what it could be!
  - a. True
  - b. False
4. It's much better to work for the paycheck than for the purpose.
  - a. True
  - b. False
5. The four circles ask you to think about...
  - a. What you love
  - b. What you're good at
  - c. What you could make a career of
  - d. What the world needs
  - e. All the above



6. The best way to serve ourselves is to serve \_\_\_\_.
- a. Ourselves
  - b. Others
  - c. Our dogs
  - d. Money
7. Coach Rudy compares making a vision for your life to...
- a. A bright lighthouse for a ship
  - b. \$200 for passing "Go"
  - c. A glass that is overflowing
  - d. A bullseye on the target
8. Leading authors in the career exploration field recommend starting with a \_\_\_\_\_ assessment to zero in on your unique career possibilities profile.
- a. Enneagram
  - b. Horoscope
  - c. Strengths Finder
  - d. Myers Briggs personality

### DS8.2 Setting & Achieving Life Goals

9. The five phases of achievement go from broad and blurry to very specific and clear.
- a. True
  - b. False
10. Which of the following is NOT an example of a "wish" in phase 2:
- a. I want to be an architect and own my own firm by the age of 45
  - b. I want to be an animator and work exclusively for Pixar films
  - c. I want to become a nurse at Scripps Hospital and work on the labor and delivery floor
  - d. I want to make \$100,000 a year.
11. The five phases of achievement are:
- a. Dream, wish, mission, goal, expectation
  - b. Goal, dream, wish, expectation, mission
  - c. Dream, wish, goal, mission, expectation
  - d. Mission, expectation, dream, wish, goal

12. "I plan to practice basketball two hours a day, five days a week with a coach and team, plus an hour a day on my own." is an example of a:
- a. Dream
  - b. Expectation
  - c. Mission
  - d. Goal
13. What is the difference between a "wish" and a "goal"?
- a. A goal is something we can tell others about for accountability
  - b. The wish stage can be fleeting, we may forget about it
  - c. We're constantly thinking about a goal
  - d. All the above
14. The mission phase is where we reverse engineer our own goal, plan a detailed timeline and take the time to clarify where we want to be.
- a. True
  - b. False
15. Coach Rudy says that "dreams don't work unless \_\_\_\_\_."
- a. You've got money
  - b. You build the lighthouse for the ship
  - c. You do
  - d. You share your dreams with others

### DS8.3 Taking Full Responsibility

16. An internal locus of control says: "I believe that \_\_\_\_\_ most predict my outcomes in my life."
- a. My choices and actions
  - b. My parents
  - c. My socioeconomic status and education
  - d. Outside factors and forces
17. An \_\_\_\_\_ locus of control is blaming someone or something outside of their control.
- a. Internal
  - b. External

18. External or internal locus of control? "The coach obviously has favorites and chose them for the team."
- a. Internal
  - b. External
19. This famous person maintained strength of character and an impressive internal locus of control by reading a poem about resilience and grit each morning.
- a. Coach Rudy
  - b. Edgar Allen Poe
  - c. Nelson Mandela
  - d. Kobe Bryant
20. "If it is to be, it is up to \_\_\_\_."
- a. Me
  - b. Fate
  - c. The dream
  - d. Coach Rudy

#### DS8.4 Staying the Course and Choosing Wisely

21. Coach Rudy begins the video with a story. He compares the stones to \_\_\_\_\_, which will eventually turn into diamonds.
- a. The heavy lessons we're learning now
  - b. Nuts and berries
  - c. An oasis
  - d. Crisis
22. Sometimes many of the lessons we are exposed to feel like heavy rocks, but if we remain consistent, they will be like valleys of diamonds!
- a. True!!!!!!
  - b. False
23. Learning to manage our emotions is not hard, but managing our emotions \_\_\_\_\_ is hard.
- a. With a smile
  - b. After a week
  - c. Consistently
  - d. All the above

24. Coach Rudy reminds us that "If it doesn't \_\_\_\_\_ you, it doesn't change you."

- a. Hurt
- b. Challenge
- c. Grow
- d. Come from

25. If you pick up the skill stones and take the lessons learned in EQ @ Home or School, they will be like valleys of \_\_\_\_\_ in your life in the future.

- a. Diamonds
- b. Textbooks
- c. Water
- d. All the above