

Name _____

Freddy and the Fire-Breathing Feeling

Open-Ended Questions Answer Key

1. Suggested Answer: Yes, I felt like Freddy when I lost a game. I got upset, but then I took a break and tried to calm down.
2. Suggested Answer: Deep breathing helps calm strong feelings because it slows down your heart rate and gives you time to think before reacting.
3. Suggested Answer: If I were Benny, I would tell my friend to breathe deeply like blowing out candles. I would also try to help them feel better by listening to them.
4. Suggested Answer: I could use Freddy's lesson when I feel angry or frustrated at school or with my family. Taking deep breaths could help me stay calm and think more clearly.

