

Name _____

Kindness Warriors: Standing Up Against Meanness and Hurtfulness

Multiple Choice Questions

1. What is the first step recommended for responding to meanness or hurtfulness?
 - A) Get angry and confront the person immediately.
 - B) Stay calm and collected.
 - C) Ignore the situation and walk away.
 - D) Laugh along with the person causing harm.

2. Why is it important to assess the situation before reacting?
 - A) To find reasons to blame the person causing harm.
 - B) To better understand the context and respond empathetically.
 - C) To make fun of the person causing harm.
 - D) To show indifference to the situation.

3. What is empathy?
 - A) Being indifferent to others' feelings.
 - B) Ignoring others' problems.
 - C) Understanding and sharing the feelings of others.
 - D) Criticizing people for their actions.

4. What is the purpose of using "I" statements when confronting someone about their hurtful behavior?
 - A) To blame and accuse the person.
 - B) To express your feelings and observations without blaming.
 - C) To make fun of the person.
 - D) To show anger and frustration.

5. When should you seek help from adults when dealing with meanness or hurtfulness?
 - A) Never, you should always handle it on your own.
 - B) When the situation becomes too difficult to handle alone.
 - C) Only if you want to get someone in trouble.
 - D) When you want to gossip about the situation.

