

Name:

Date:

KS2 Quiz

Unit title: Health and wellbeing

1 Which of the following might mean someone is feeling lonely? (Choose two.)

- A** Asking lots of children if they can join their game.
- B** Spending time on their own.
- C** Offering to help other children.
- D** Not having many friends.

2 What do you need to stay physically healthy?

- A** Exercise and a balanced diet.
- B** A balanced diet and sleep.
- C** A balanced diet.
- D** Exercise, a balanced diet and sleep.

3 What ingredient in toothpaste helps to keep your teeth healthy?

- A** Mint.
- B** Fluoride.
- C** Glycerol.
- D** Sorbitol.

4 Which of these is unlikely to help us relax?

- A** Online games.
- B** Visualising somewhere we feel happy.
- C** Breathing exercises.
- D** Doing stretches.

5 Which of these is not a skill?

- A** Listening.
- B** Planning/organising.
- C** Being creative.
- D** Being tall.

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6 Which of these statements is true?

- A** We should be happy all the time.
- B** The adults I live with are responsible for making sure I am happy.
- C** We can all do things to make ourselves and other people happy.
- D** Everyone is happy about the same things.

7 If we have negative emotions, which of these might be the least helpful thing to do?

- A** Speak to an adult we trust.
- B** Get angry with our friends.
- C** Think about things which make us happy.
- D** Write down what is worrying us.

8 Who can help us if we are experiencing negative emotions?

- A** A teacher.
- B** A doctor.
- C** Childline.
- D** Any of the above.

9 What is mental health?

- A** How healthy our body is.
- B** Our feelings and emotions and how we deal with these.
- C** Having problems with dealing with our feelings.
- D** Something which only affects adults.

**10 'The only bad mistake is one we learn nothing from.'
What is this quote trying to say?**