

Name:

Date:

KS2 Quiz

Unit title: Health and wellbeing

1 How often should you brush your teeth each day?

- A** Once.
- B** Never.
- C** Twice.
- D** Every two hours.

2 How can relaxation help your body and mind?

- A** Restores your energy.
- B** Helps you to stay calm.
- C** Allows your body to repair itself.
- D** All of the above.

3 Which of these strengths would only be found in a comic book superhero?

- A** Invisibility.
- B** Perseverance.
- C** Courage.
- D** Problem-solving.

4 Which of these is false?

- A** Mistakes can help us to learn.
- B** Mistakes are always a bad thing.
- C** Everyone makes mistakes.
- D** Mistakes can cause negative emotions.

5 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.

6 If someone has negative emotions, which of these might be the least helpful thing to do?

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

Name:

Date:

KS2 Quiz

Unit title: Health and wellbeing

7 Which two foods are best for providing energy?

A Broccoli and apples.

B Milk and cheese.

C Potatoes and pasta.

D Eggs and fish.

8 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.

9 What does being lonely mean?

A Spending time by yourself.

B Feeling left out and like you do not belong.

C Not having any brothers or sisters.

D Only having two or three friends.

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