

Name:

Date:

## KS2 Quiz

Unit title: Health and wellbeing

**1 What ingredient in toothpaste helps to keep your teeth healthy?**

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

**2 Which of these is unlikely to help us relax?**

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

**3 Which of these is not a skill?**

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

**4 Which of these might help us to solve a problem?**

- A Breaking it down into smaller steps.
- B Hoping it will go away.
- C Trying to solve it in one go.
- D Putting it off until tomorrow.

**5 What is another word for resilience?**

- A Perseverance.
- B Confidence.
- C Persuasion.
- D Succeeding.

**6 Which of these statements is true?**

- A Some people are happy all the time.
- B Everyone will have the same feelings about a situation.
- C During a day we can experience different emotions.
- D Watching a funny film will always make someone feel happy.

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**7 Which of these is the best definition of emotions?**

- A** Feelings which are only experienced by children.
- B** Feelings we have when something unusual happens.
- C** The range of feelings everyone experiences.
- D** Feelings we have when something bad happens.

**8 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.

**9 Which of these will not happen if you talk to a teacher about mental health?**

- A** They will listen to you.
- B** They will tell all the other adults in school what you said.
- C** They will find ways to help you.
- D** They will talk to other adults who can help.

**10 How does this image help us stay healthy? Use the words to help you.**