

Name:

Date:

KS1 Quiz

Unit title: Wellbeing

**1 What does it mean to persevere?**

**A** To ask for help.

**B** To give up.

**C** To keep going.

**2 Why is it important to identify your feelings?**

**A** To help understand and manage them better.

**B** To make you feel taller.

**C** To help get faster and stronger.

**3 What is a compliment?**

**A** Ignoring someone.

**B** Giving someone a high five.

**C** Saying something kind to make someone feel good.

**4 What does it mean to be generous?**

**A** To not share with anyone.

**B** To give to others.

**C** To think about yourself.

**5 Explain why walking is important.**