

Name:

Date:

KS2 Quiz

Unit title: Wellbeing

1 What does it mean to be resilient?

- A To understand the challenges encountered.
- B To be thoughtful.
- C To recover and find a different way to face difficulties.
- D To be kind.

2 What are some of the benefits of positive thinking?

- A It makes you feel sad all the time.
- B You can make new friends easily.
- C You have more arguments and fights with others
- D It helps the brain produce happy chemicals.

3 What should you not do when communicating online?

- A Involve parents, carers and trusted adults.
- B Talk to people you do not know in real life.
- C Use trusted sources or websites.
- D Enable security measures on devices.

4 What does it mean to pledge?

- A To listen.
- B To share.
- C To give.
- D To commit.

5 How can you create a beat with your body?

- A By only using musical instruments.
- B By writing ideas on a piece of paper.
- C By combining body parts to make a sound.
- D By only using your voice.

6 Which of the following can help you to overcome difficulties?

- A More difficulties.
- B Friends and family.
- C Your favourite books.
- D A negative mindset.

Name:

Date:

KS2 Quiz

Unit title: Wellbeing

7 How can you take notice of your feelings?

- A** By ignoring them and pretending they do not exist.
- B** By talking to someone you trust.
- C** By keeping them to yourself and not expressing them.
- D** By avoiding situations that make you feel uncomfortable.

8 What is the main benefit of having a pen pal?

- A** You can learn about different cultures and traditions.
- B** You can improve your handwriting skills.
- C** It helps you avoid making new friends.
- D** It keeps you busy.

9 How can you contribute positively to your community?

- A** By littering and not taking care of the environment.
- B** By volunteering to help clean up parks and streets.
- C** By focusing on your own progress.
- D** By joining a sports team.

10 Agree or disagree: you only need to exercise during PE lessons. Explain your reasoning.