

Name:

Date:

KS2 Quiz

Unit title: Wellbeing

1 Which statement promotes a growth mindset?

- A I have not scored a goal yet.
- B I am not good at art.
- C I wish I was better at drawing.
- D I will not do well in the test.

2 What could you do to support a friend?

- A Announce their problems to the class.
- B Expect the person to cheer up if you try to help them.
- C Tell them to go away.
- D Listen and reassure them.

3 How can we connect with others when working as a team?

- A Listen, share ideas and work together.
- B Ignore others' suggestions.
- C Boss people around.
- D Work by yourself.

4 What does it mean to 'pay it forward'?

- A To give toys or treats to someone.
- B To do something nice for someone without expecting anything back.
- C To say, 'Thank you' when someone helps you.
- D To share your snacks.

5 What sport is Boccia an adaptation of?

- A Bowls.
- B Table tennis.
- C Golf.
- D Basketball.

Name:

Date:

KS2 Quiz

Unit title: Wellbeing

6 What is a benefit of a growth mindset?

- A** You always win and never experience failure.
- B** It makes you smart.
- C** It helps you to concentrate.
- D** It allows you to learn from your mistakes.

7 Why is it important to take notice of others?

- A** To ignore how they feel.
- B** To be able to offer support when it is needed.
- C** To avoid them when they are sad.
- D** So you can tell everyone about their problems.

8 Why is it important to connect with others?

- A** To provide support.
- B** To not get bored.
- C** To feel important.
- D** To get others to do tasks.

9 Why is it important to pay it forward?

- A** It spreads positivity and inspires others to do the same.
- B** It helps you to progress and reach your goals.
- C** It ensures that you come out on top and ahead of others.
- D** It allows you to receive more favours and gifts from others.

10

Why are Para sports beneficial?

Write you answer on the back of the sheet or in your book.