

Name:

Date:

## KS2 Quiz

Unit title: Wellbeing

### 1 What is an achievable goal?

- A A goal that can only be achieved by luck.
- B A goal easily accomplished without any effort.
- C A goal that is impossible to reach.
- D A goal that you can realistically attain with effort and planning.

### 2 What does it mean to recharge?

- A To stay up late and not get enough sleep.
- B To eat lots of sugary snacks to gain energy.
- C To take a break and do activities that help you relax and regain energy.
- D To exercise vigorously to boost your energy levels.

### 3 What can you do if you feel disconnected from others?

- A Sit by yourself and avoid interaction with people.
- B Blame others and isolate yourself.
- C Reach out and talk about your feelings.
- D Pretend everything is fine.

### 4 Which statement would not contribute to an authentic apology?

- A "I am sorry for my actions; I realise they were hurtful."
- B "It was not my fault; you made me do it."
- C "I understand the impact of my behaviour and will make amends."
- D "I will strive to do better in the future and learn from my mistakes."

### 5 Exercise helps to improve concentration because...

- A ...it increases blood flow to the brain.
- B ...it makes you tired.
- C ...it makes you happy.
- D ...it increases muscle strength.

### 6 Why is it important to set goals?

- A It helps you stay motivated and focused.
- B It gives you an excuse to procrastinate.
- C It helps your concentration.
- D It means you will need to use less effort.

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**Why is self-care important? (Choose two.)**

- A** To help make friends.
- B** To help deal with stressors.
- C** To help feel tired,
- D** To help you relax.

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**How can you connect with the community?**

- A** Do not litter.
- B** Do your homework on time.
- C** Support a local charity.
- D** Think before you speak.

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**What makes an apology authentic?**

- A** It is believable and convincing to everybody.
- B** You have thought about the other person's feelings.
- C** You explain clearly that you did nothing wrong.
- D** The apology is grammatically correct and makes sense.

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**What should a good brain break involve?**