

Name:

Date:

KS1 Quiz

Unit title: Wellbeing

1 What should you do if you make a mistake?

- A** You should ignore the mistake and pretend it did not happen.
- B** You should take responsibility and try to make it right.
- C** You should blame someone else.

2 How can you express your feelings and emotions healthily?

- A** By keeping them to yourself and not telling anyone.
- B** By talking to a trusted adult.
- C** By hiding your feelings and pretending everything is okay.

3 What is empathy?

- A** Understanding how someone else might be feeling.
- B** Ignoring other people's feelings.
- C** Only caring about your own feelings.

4 What could you do when sharing with someone?

- A** Take all the toys for yourself and not share with others.
- B** Hide the toys.
- C** Take turns and let others join in.

5 Explain what being active means and give an example.