



Name

1. Panic

- A. Panic is when you feel peaceful
- B. Panic is a sudden strong fear
- C. Panic is feeling or expressing great joy

2. Why is sleep important? Tick two.

- A. It helps stretch your muscles
- B. It helps you to focus in class
- C. It helps you stay healthy



3. Tick the best diet

- A. A diet with only fat
- B. A diet with only fruits and vegetables
- C. A balanced diet

4. What should you do if someone makes you feel uncomfortable online?

- A. Turn your computer off and turn it on later
- B. Ignore them
- C. Tell a trusted adult
- D. Just press pause and be resilient



5. What telephone number do you call if there is an emergency?

- A. 123
- B. 999
- C. 911

