



Year 6 Term 4 Quiz

Name



OPENING
Young Minds

1. Tick the correct definition for the Being Human word **dumbfounded**

- A. So surprised that you can barely speak
- B. Managing life's challenges in a peaceful way
- C. The feeling of being thankful

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2. What are the positive sleep habits? Tick three.

- A. Drink water just before going to bed
- B. Go to bed at a similar time each evening
- C. Exercise during the day
- D. Check your phone before bed
- E. Mindfulness

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3. List three food groups that create a balanced diet.

- A. _____
- B. _____
- C. _____

4. What are the benefits of being active? Tick two.

- A. You won't get injured
- B. It will make you happy all of the time
- C. Improves sleep
- D. Helps you connect with other people

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5. What are the reasons that people take illegal drugs? Tick three.

- A. Boredom ☐
- B. Addiction ☐
- C. Peer pressure ☐
- D. By accident ☐

6. What can we do to protect ourselves on social media? Tick two.

- A. Never go on the internet ☐
- B. Set a time limit on screen time ☐
- C. Invite new online friends to meet in real life ☐
- D. Tell a trusted adult about any stereotyping ☐



7. What are the steps to deal with an emergency? Tick two.

- A. Help the victim straight away ☐
- B. Run away from the danger ☐
- C. Press pause and take two deep breaths ☐
- D. Look around to see whether a trusted adult can help ☐

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

- A. 123 ☐
- B. 999 ☐
- C. 911 ☐

