



Year 3 Term 1 Quiz

Name



1. Tick the correct definition for the Being Human word panic

- A. Panic is a sudden feeling of terror or anxiety
- B. Panic is feeling great joy
- C. Panic is when we are confident

2. What is resilience? Tick one.

- A. Never giving up
- B. Successfully managing life's challenges
- C. Sleeping well
- D. Always doing what people say
- E. Laughing



3. List three things we should do if we fall into the Tornado Zone:

A. _____

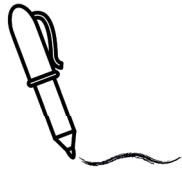
B. _____

C. _____

4. Why is the Arena good for us? Tick three.

- A. It is easy to do
- B. Helps us learn new things
- C. Gives us the chance to take part in life
- D. Makes us feel more confident





Year 3 Term 4 Quiz



5. Tick the steps on the Road to Success. Tick two.

- A. Ask for help
- B. Read
- C. Exercise
- D. Practice



6. Why should we face our mistakes? Tick two.

- A. It will get us out of trouble
- B. It helps to build trust
- C. It will help us learn from our mistakes
- D. We should only face mistakes if we get caught

7. What should we do if we feel really sad? Tick one.

- A. Just be resilient
- B. Talk to a trusted adult
- C. Ignore the emotion
- D. Get on with it

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

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