



# Year 3 Term 1 Quiz

Name .....



OPENING  
Young Minds

## 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

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## 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

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## 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

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## 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 ☐