



# Year 4 Term 1 Quiz

Name .....



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

- A. Enraged is a sudden feeling of terror or anxiety
- B. Enraged is feeling great joy
- C. Enraged is very angry or furious

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 emotions we might feel when getting in the Arena:

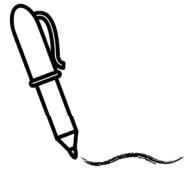
- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_



4. Why are the steps into the Arena? Tick three.

- A. Spot the uncomfortable emotions
- B. Press pause
- C. Listen to the thought gremlin
- D. Challenge the thought gremlin





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5. Tick the two fear of failure thoughts.

- A. Everyone is going to laugh at me
- B. Time to show some resilience
- C. All I can do is my best
- D. It is going to be awful if I mess up


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 overwhelmed 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