



Year 5 Term 1 Quiz

Name



OPENING
Young Minds

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

- A. When you look ahead to an event with worry ☐
- B. When you feel an extreme level of frustration ☐
- C. When you feel a mixture of happiness and sadness ☐

2. Tick the resilient responses.

- A. Always doing what you are told ☐
- B. Pressing pause when you are in the Tornado Zone ☐
- C. Never giving up ☐
- D. Apologising if you have made a mistake ☐
- E. Embracing challenges ☐

3. List three steps on the Road to Success

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



4. Tick the two examples of getting in the Arena.

- A. Jumping off the pier ☐
- B. Asserting a boundary ☐
- C. Sitting at home on your phone ☐
- D. Signing up to your first dance lesson ☐





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5. Tick the Escape Thoughts below.

- A. Nobody will notice if I don't say anything
- B. I could say my brother did it.
- C. It is time to face the mistake.
- D. Ooops. I should go and apologise.

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6. What are the triggers in the list below?

- A. Siblings
- B. Losing
- C. Stereotyping
- D. All of the above

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7. What should you do if you feel overwhelmed? Tick two

- A. Press pause
- B. Just be resilient
- C. Ignore the uncomfortable emotions
- D. Talk to a trusted adult

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

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

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