



# Year 6 Term 1 Quiz

Name .....

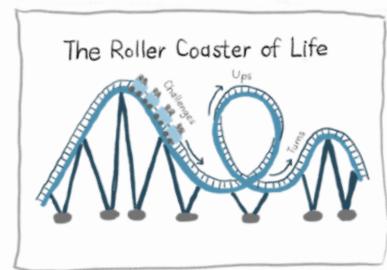


## 1. Tick the correct definition for the Being Human word courage

- A. Making good decisions in the face of fear
- B. When you feel an extreme level of frustration
- C. When you feel a mixture of happiness and sadness

## 2. Why is resilience important?

- A. Builds confidence
- B. Resilience will lead to the perfect life
- C. Because life is full of challenges
- D. Helps us manage when things go wrong
- E. We will never feel anxious

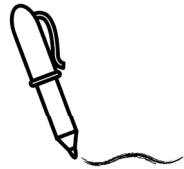
## 3. How can emotions help us?

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

## 4. What stops people getting in the Arena? Tick three

- A. Being seen as someone who tries hard
- B. Asserting a boundary
- C. Getting the answer wrong
- D. A lack of courage





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5. Why is it important to face your mistakes? Tick two.

- A. You will avoid getting in trouble
- B. It will build trust
- C. You will never make the same mistake again
- D. The feeling of guilt will reduce

6. Tick the true statements about the Tornado Zone?

- A. Anger is the only emotion that triggers the Tornado Zone
- B. Acting in the Tornado Zone very rarely helps
- C. Some people never fall into the Tornado Zone
- D. You can improve your ability to Press Pause

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



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

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

