



# Year 6 Term 1 Quiz

Name .....



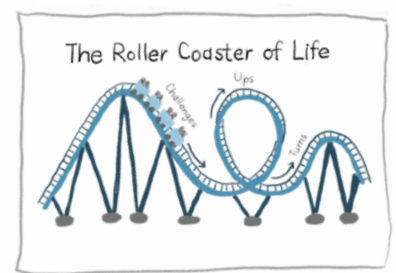
OPENING  
Young Minds

## 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 ☐

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## 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 ☐





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 ☐

