



Year 5 Term 2 Quiz

Name



OPENING
Young Minds

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

- A. When you are accepted for who you are ☐
- B. When you feel an extreme level of frustration ☐
- C. When you don't feel good enough ☐

2. What are the warning signs when communicating with someone online? .

- A. They don't send many messages ☐
- B. They have lots of friends ☐
- C. They ask personal questions ☐
- D. They ask for pictures ☐
- E. They ask to keep conversations secret ☐

3. List three steps to manage bullying behaviour.

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

4. Tick the two examples of active listening.

- A. Ask relevant questions ☐
- B. Clarify if necessary ☐
- C. Use eye contact ☐
- D. Interrupt if you disagree ☐





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5. What is delegating effectively? Tick one.

- A. Telling people what to do
- B. Being a good leader
- C. Sensitively giving people jobs
- D. When you show resilience

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6. Why is stereotyping harmful? Tick two.

- A. Makes people feel powerless
- B. It is just a bit of fun
- C. Makes people Press Pause
- D. Stops them doing what they love

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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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