Year 2 Term 3 Quiz

Name _____

OPENING Young Minds

1. Anxious

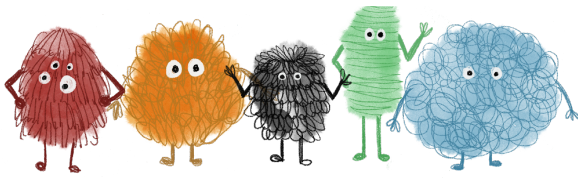
A. Anxious is when you feel peaceful ☐
B. Anxious is when you want something that someone else has ☐
C. Anxious is when you have worried thoughts ☐

2. What can you do to express yourself? Tick two.

A. Bottle up your worries ☐
B. Talk to someone ☐
C. Draw a picture ☐

3. Tick the two thought gremlins.

A. Everyone will laugh at me ☐
B. Nobody likes me ☐
C. I feel cold ☐



4. Tick the two true statements about challenges.

A. Only some people have challenges. ☐
B. Challenges are always a bad thing. ☐
C. You can learn a lot from challenges. ☐
D. Everybody faces challenges. ☐

5. Tick the actions that are part of the Circle of Kindness. Tick two.

A. Always doing what someone asks ☐
B. Tracking the speaker ☐
C. Including others ☐