Year 3 Term 3 Quiz

Name_____

OPENING Young Minds

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

A. Grateful is the feeling of being thankful ☐
B. Grateful is when we change who we are to be liked ☐
C. Grateful is when we are not sure of something ☐

2. Why is it important to talk to someone when you feel uncomfortable emotions? Tick two.

A. You will become best friends ☐
B. Talking will help you make sense of your situation ☐
C. Bottling things up is the right choice ☐
D. Your uncomfortable bubbles will get smaller ☐

3. What is a thought gremlin?

A. A cartoon character ☐
B. A helpful thought ☐
C. An unhelpful thought that focuses on the negative ☐
D. A thought that only some people have ☐

4. Why are positive relationships important? Tick two.

A. They give you support ☐
B. They make life fun ☐
C. They give you someone to boss around ☐
D. They give you someone to laugh at ☐

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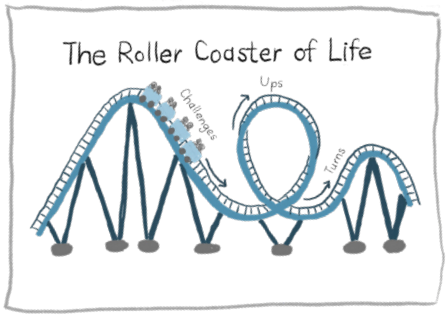
5. Tick the two correct statements about the The Roller Coaster of Life

A. Only some people face challenges ☐
B. Challenges can be a good thing ☐
C. It is better to have no challenges ☐
D. Everyone has challenges ☐



6. Why is the Circle of Kindness important? Tick three.

A. It means there will never be unkindness ☐
B. It helps people get in the Arena ☐
C. It makes people feel safe ☐
D. It spreads kind actions around the community ☐

7. Tick the kind actions below.

A. Always saying yes ☐
B. Sharing ☐
C. Listening carefully ☐
D. Asserting a boundary ☐

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

A. 123 ☐
B. 999 ☐
C. 911 ☐