Year 4 Term 3 Quiz

OPENING Young Minds

Name _____

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

A. Insecure is when we do not feel confident about something ☐
B. Insecure is when we are relaxed ☐
C. Insecure when we think about the past ☐

2. Why is it important to express your emotions? Tick three.

A. It helps to reduce the size of your bubble ☐
B. It builds trust and connection with your friends ☐
C. It will make you very popular ☐
D. Bottling up your emotions is better ☐
E. It helps you work out what to do ☐

3. List three important values to you

A. _____

B. _____

C. _____

4. What are some steps to manage thought gremlins?

A. Pretend they don't exist ☐
B. Press Pause ☐
C. Challenge the gremlin ☐
D. Spot the gremlin ☐

Year 4 Term 3 Quiz

OPENING Young Minds

5. How does gratitude boost our wellbeing? Tick two.

A. Reduces stress and improves mood ☐
B. Helps us build positive relationships ☐
C. It can increase our speed ☐
D. Makes us rich ☐

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

A. It makes people want to come to school. ☐
B. It makes people feel safe. ☐
C. It means there will no unkindness. ☐
D. It helps people get in the Arena ☐

7. What are the thought gremlins that drive victim mentality? Tick two.

A. Life isn't fair ☐
B. Challenges can be a good thing ☐
C. When will something good happen to me? ☐
D. I can do this ☐

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

A. 123 ☐
B. 999 ☐
C. 911 ☐