Year 5 Term 3 Quiz

OPENING Young Minds

Name _____

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

A. Grateful is the feeling of being thankful ☐
B. Grateful is when something unfair has happened ☐
C. Grateful is when you cannot understand something ☐

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. Why is the comparison thought gremlin harmful for our wellbeing? Tick two.

A. It makes us feel we are not good enough ☐
B. It stops us from pressing pause ☐
C. It stops us feeling gratitude ☐
D. It makes us get in the Arena ☐

4. What makes a healthy friendships? Tick two.

A. Being ambitious ☐
B. Having shared values ☐
C. Having someone who tells you what to do ☐
D. Being able to talk openly ☐

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5. List three things that you are grateful for:

A. _____

B. _____

C. _____

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

A. It makes people feel safe ☐
B. It helps people get in the Arena ☐
C. It helps people feel included ☐
D. It stops all unkindness ☐

7. List three reasons why people are unkind.

A. _____

B. _____

C. _____

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

A. 123 ☐
B. 999 ☐
C. 911 ☐