



Name

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

- A. When we make good decisions in the face of fear
- B. When we try to do something perfectly to avoid shame
- C. When we can't do something

2. Why is it important to be self-curious? Tick three.

- A. Helps us to make better decisions
- B. Ensures that we are popular
- C. Improves our relationships
- D. Builds our resilience
- E. Means that we will always win

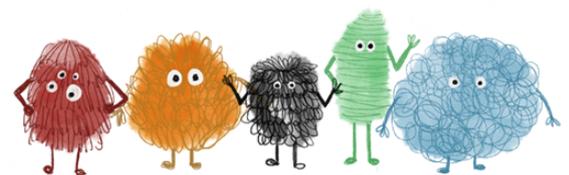


3. List three of your most important values.

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

4. Tick the two catastrophising thought gremlins below.

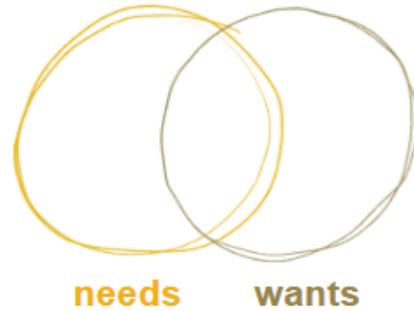
- A. It is cold
- B. Everyone is going to laugh at me
- C. All I can do is my best
- D. My life is over if I fail this test





5. Tick the two needs below.

- A. Relationships
- B. Online likes
- C. Pets
- D. Water



6. List three things year 6 children can do to promote the Circle of Kindness?

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



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

- A. 123
- B. 999
- C. 911

