

# Mental Health and Wellbeing: A Check-in with Max and Pip

*Learning objective: To understand the importance of mental health, recognise emotions, and identify strategies for supporting personal wellbeing.*

Read each question carefully. Choose the best answer for multiple choice questions, or write your answer clearly on the lines provided.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.Emotions, 6.False, 7.B, 8.True, 9.Talking, 10.A. Remember: everyone feels sad or worried sometimes, and that is okay. Talking to a trusted adult like a teacher or parent is always a brave and positive step.

*Word bank: Resilience · Emotions · Wellbeing · Kindness · Support · Mindfulness*

**1. Max feels a bit worried about his maths test. What is a healthy way for him to handle this? A) Ignore it, B) Stay up all night, C) Talk to a teacher or parent\*, D) Give up. (1 mark)**

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**2. True or False: Mental health is just as important as physical health. (1 mark)**

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**3. True or False: You should hide your feelings because they are not important. (1 mark)**

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**4. Pip the caterpillar is feeling overwhelmed. Which activity might help Pip feel calm? A) Deep breathing\*, B) Shouting, C) Running fast, D) Playing loud music. (1 mark)**

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**5. What is the collective name for feelings like happiness, sadness, anger, or excitement? (One-word answer) (1 mark)**

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**6. True or False: Only adults have mental health; children do not. (1 mark)**

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**7. If a friend is feeling sad, what is the kindest thing to do? A) Walk away, B) Listen and be kind\*, C) Tell them to stop, D) Make fun of them. (1 mark)**

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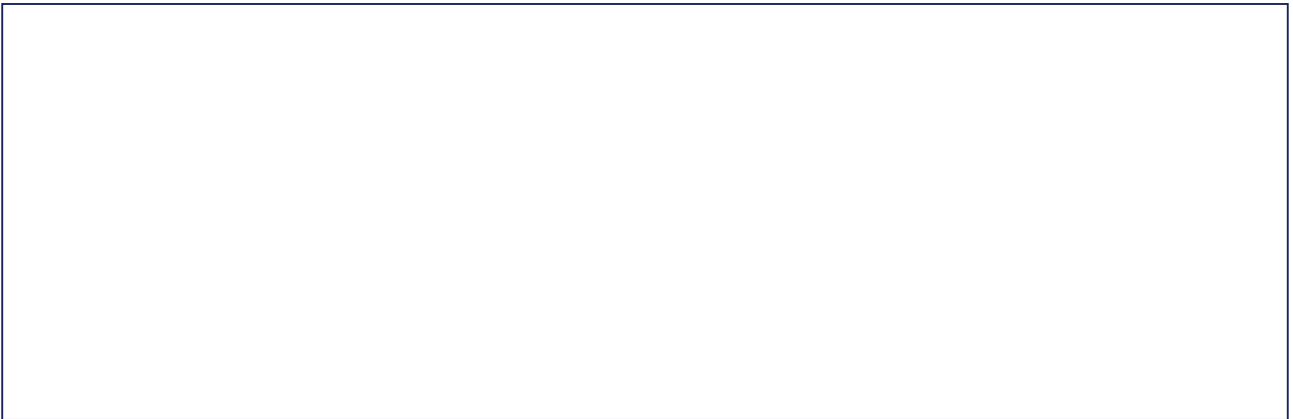
**8. True or False: Getting enough sleep and eating healthy food can help your mental wellbeing. (1 mark)**

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9. What is the most important thing to do if you are feeling very worried for a long time?  
(One-word answer) (1 mark)

10. Which of these is a positive way to look after your mind? A) Spending time with friends and family\*, B) Never speaking to anyone, C) Staying inside all day, D) Worrying alone. (1 mark)

**Draw:** Draw a picture of a 'calm corner' or a 'happy place' where you can go to relax, like a cosy garden or a library nook, and include Max the monkey reading a book inside it.



*Extension challenge: Write three sentences about one thing you can do this week to show kindness to yourself and one thing you can do to show kindness to a friend.*