

Class 4 PSHE Assessment: Understanding Wellbeing

Learning objective: To demonstrate an understanding of what contributes to physical and mental health, how to manage emotions, and the importance of positive relationships.

Read each question carefully. Write your answers clearly in the space provided. Remember to use full sentences for longer answers.

Nova the owl is planning a busy week of stargazing and science experiments. She knows that to be her best self, she needs to balance her hobby with rest, healthy snacks, and spending time with her friends like Pip and Max. Sometimes, Nova feels overwhelmed when a puzzle is tricky, but she uses deep breathing to help her stay calm.

Word bank: resilience · emotions · balance · support · mindfulness · healthy · kindness

1. Identify two things Nova does to maintain her physical and mental wellbeing. (2 marks)

2. What does the word 'resilience' mean, and why is it important when you are trying to learn something new? (3 marks)

3. List three ways you can show kindness to a classmate who is feeling sad. (3 marks)

4. Max the monkey says that money is the only thing that makes people happy. Explain why Max is mistaken and list two non-material things that contribute to a person's happiness. (4 marks)

5. Describe a strategy you use when you feel frustrated or angry to help you return to a calm state. (3 marks)

6. Why is it important to have a 'balanced' lifestyle? Think about sleep, exercise, social time, and school work in your answer. (5 marks)

7. If you are worried about something, who are two trusted adults you could speak to at school or home? (5 marks)

Draw: Draw a 'Wellbeing Tree'. On the roots, draw things that help you feel grounded (like family or hobbies). On the leaves, draw things that make you feel happy and healthy.



Extension challenge: Total: /25