

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

Learning objective: To understand the importance of mental health, recognize 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 math 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)

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

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

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)

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

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

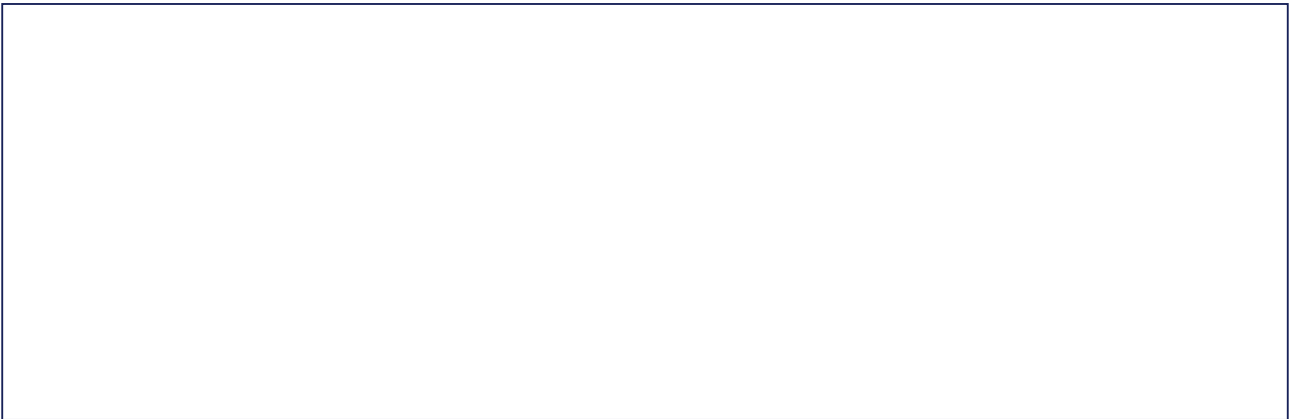
7. If a friend is feeling sad, what is the kindest thing to do? A) Walk away, B) Listen and be kind*, C) Tell them to stop, D) Make fun of them. (1 mark)

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

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.