

Max and Nova's Wellbeing Wonder Quiz

Learning objective: To understand the importance of physical and mental wellbeing, including recognising emotions, the value of kindness, and healthy lifestyle choices.

Join Max the monkey and Nova the owl to test your knowledge on staying happy, healthy, and kind. Read each question carefully and circle the best answer.

Answer Key: 1.C, 2.True, 3.A, 4.True, 5.Rest, 6.B, 7.False, 8.Sleep, 9.C, 10.B. Greater Depth guidance: For Q6, encourage pupils to explain how kindness acts as a 'ripple effect'. For Q10, ask pupils to justify why a balanced diet is linked to both physical energy and mood regulation.

Word bank: Resilience · Wellbeing · Empathy · Balance · Confidence

1. **1. Max is feeling a bit overwhelmed by a difficult maths puzzle. What is the healthiest way for him to manage this feeling? A) Ignore it B) Get angry C) Take a deep breath and ask for help* D) Give up immediately (1 mark)**

2. **2. True or False: Physical activity, like running or dancing, can help improve your mood. (1 mark)**

3. **3. Nova says that having 'Empathy' means: A) Understanding and sharing the feelings of others* B) Being the loudest person in the room C) Knowing all the answers to science questions D) Only thinking about your own hobbies (1 mark)**

4. **4. True or False: It is normal to experience a wide range of emotions, such as sadness, joy, and frustration, throughout the week. (1 mark)**

5. **5. What is the one-word term for the time your body needs to recover after a busy day or a period of intense exercise? (1 mark)**

6. **6. Which of these is an example of a positive social connection? A) Always winning games B) Listening to a friend when they are upset* C) Only playing with people who like the same things as you D) Keeping secrets from your family (1 mark)**

7. **7. True or False: If you feel worried about something, it is better to keep it a secret than to talk to a trusted adult. (1 mark)**

8. 8. What is essential for your brain to function well and for you to feel refreshed each morning? (Hint: Nova needs lots of this!) (1 mark)

9. 9. How can you demonstrate resilience when you fail at a task? A) Blame someone else B) Stop trying forever C) See it as a chance to learn and try again* D) Pretend the task never existed (1 mark)

10. 10. Why is a balanced diet important for your wellbeing? A) It helps you grow taller in one day B) It provides the energy and nutrients your body and brain need to function* C) It makes you run faster than a cheetah D) It is only important if you are an athlete (1 mark)

Draw: Draw a 'Wellbeing Garden'. In the centre, draw a flower representing yourself. Around the flower, draw labels or small symbols for things that help you grow, such as 'Kind Friends', 'Healthy Food', 'Sleep', and 'Hobbies'.



Extension challenge: 1. Explain why 'rest' is just as important as 'activity' for your brain. 2. Compare and contrast how you feel after a day of being active versus a day of sitting still. 3. Justify why being kind to others can improve your own sense of happiness. 4. What might happen if someone suppressed all their emotions instead of expressing them? 5. Create a 'Wellbeing Plan' for a week, including one physical activity, one creative task, and one act of kindness. 6. Analyse how the environment (e.g., being in nature) influences your mood; why might Nova the owl feel calmer under the stars?