

Class 5 PSHE Assessment: Understanding Wellbeing

Learning objective: To demonstrate an understanding of physical and mental wellbeing, the importance of healthy choices, and how to manage emotions effectively.

Read each question carefully. Use the word bank if you need help with spelling or vocabulary. Ensure your answers are clear and reflect your own thoughts on healthy living.

Nova the owl often stays up late stargazing, but she knows that getting enough sleep is vital for her brain to grow. Max the monkey loves solving puzzles, but he sometimes feels frustrated when a problem is too tricky. Pip the caterpillar reminds everyone that talking about our feelings is the best way to stay happy and healthy.

Word bank: Resilience · Mindfulness · Balanced diet · Self-esteem · Empathy · Physical activity · Support network · Hydration

1. Name two things that contribute to a person's physical wellbeing. (2 marks)

2. Why is it important to have a 'support network' of friends or family when you are feeling worried? (3 marks)

3. Max the monkey feels frustrated. Suggest one healthy strategy Max could use to calm down. (2 marks)

4. Explain the difference between a physical need and an emotional need. Give an example of each. (4 marks)

5. Why might someone's wellbeing be affected if they spend too much time on a computer or tablet without taking breaks? (4 marks)

6. Write a short paragraph (50–75 words) describing what 'resilience' means to you. Provide an example of how you can show resilience when you find a school subject difficult. (5 marks)

7. Identify one way you can show empathy to a classmate who is having a bad day. (2 marks)

8. True or False: Drinking water is only important when playing sports. Explain your answer. (3 marks)

Draw: Draw a 'Wellbeing Wheel' and label four sections with activities that make you feel happy, calm, or healthy (e.g., reading, walking, talking to a friend).



Extension challenge: Total: /25. Think of a scenario where someone is being unkind online. Write down three steps they could take to look after their mental wellbeing and resolve the situation.