

Max and Nova's Mindful Wellbeing Quiz

Learning objective: To understand the importance of mental health, recognize emotions, and identify healthy coping strategies for maintaining wellbeing.

Read each question carefully. Choose the best answer or provide the requested information to help Max the monkey and Nova the owl learn about looking after their minds.

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.True, 6.A, 7.False, 8.B, 9.Talking, 10.True

Word bank: Resilience · Mindfulness · Emotions · Wellbeing · Support · Empathy

1. 1. Max is feeling worried about a math test. What is the healthiest way to handle this? A) Ignore it, B) Stay up all night, C) Talk to a trusted adult*, D) Never do the test. (1 mark)

2. 2. True or False: Everyone experiences a range of emotions, and it is normal to feel sad or frustrated sometimes. (1 mark)

3. 3. True or False: Keeping your worries bottled up inside is the best way to feel better. (1 mark)

4. 4. What is 'mindfulness'? A) Thinking about the future constantly, B) Focusing on the present moment calmly*, C) Trying to forget everything, D) Sleeping for ten hours. (1 mark)

5. 5. True or False: Physical exercise, like running or playing, can have a positive impact on your mental health. (1 mark)

6. 6. If a friend is feeling low, what should you do? A) Show empathy and listen*, B) Tell them to stop being silly, C) Walk away, D) Ignore them. (1 mark)

7. 7. True or False: Only adults have mental health; children do not need to worry about it. (1 mark)

8. 8. Which of these is a helpful way to manage stress? A) Eating only sweets, B) Deep breathing exercises*, C) Shouting at others, D) Watching screens all night. (1 mark)

9. 9. Fill in the blank: _____ to a trusted adult is one of the most important things you can do if you are feeling overwhelmed. (1 mark)

10. 10. True or False: Getting enough sleep and eating healthy food can help keep your mind feeling balanced. (1 mark)

Draw: Draw a 'Calm Corner' for Nova the owl. Include things that help her feel relaxed, such as a soft cushion, a favorite book, or a view of the starry night sky.



Extension challenge: Write a short 'Wellbeing Pledge' for yourself. List three things you will do this week to look after your own mental health, such as spending time outdoors, reading a book, or sharing your feelings with a friend.