

Class 4 Wellbeing Assessment

Learning objective: To understand how to keep our minds and bodies healthy and identify ways to support our wellbeing.

Read each question carefully. Use the word bank if you need help. Write your answers clearly on the lines provided.

Nova the owl loves to look after her wellbeing. She makes sure she gets plenty of sleep, eats healthy food, and spends time with her friends in the forest. When Nova feels sad or worried, she talks to Leo the lion. Talking helps her feel much better.

Word bank: Exercise · Sleep · Healthy · Feelings · Kindness · Rest · Friend · Balanced

1. 1. Why is it important to talk to someone when you have big feelings? (2 marks) (2 marks)

2. 2. List two things you can do to keep your body healthy. (2 marks) (2 marks)

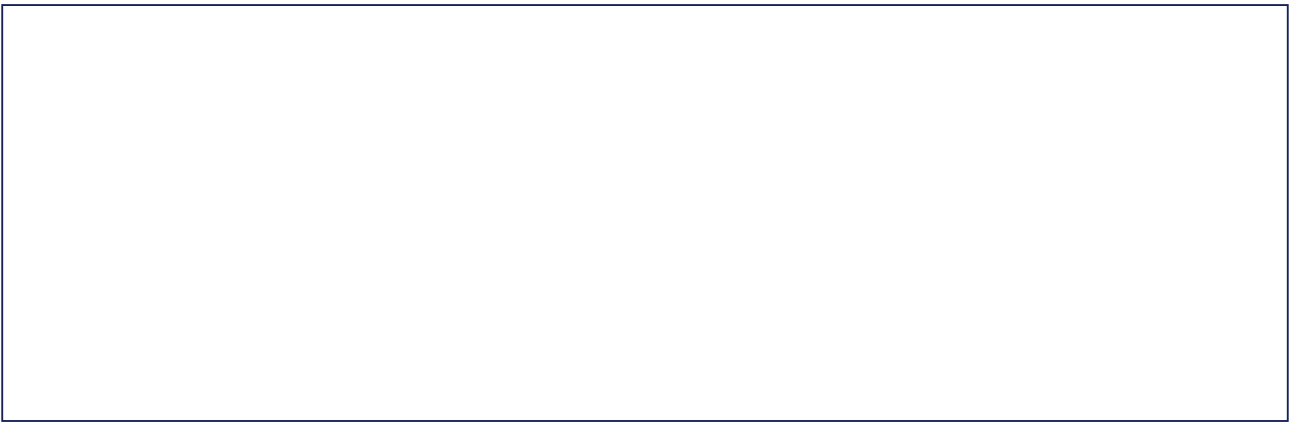
3. 3. If you see a classmate looking sad, what is one kind thing you could do to help them? (3 marks) (3 marks)

4. 4. Nova eats a balanced diet. What does it mean to have a 'balanced' diet? (3 marks) (3 marks)

5. 5. Why do we need to have a good night's sleep to help our wellbeing? (4 marks) (4 marks)

6. 6. Imagine you are having a difficult day. Write a short plan of three things you will do to help yourself feel calm and happy again. (8 marks) (8 marks)

Draw: Draw a picture of yourself doing something that makes you feel happy and relaxed.



Extension challenge: Write one sentence about why your chosen activity is good for your wellbeing. Total: /25