

Mind Matters: A Wellbeing Wellbeing Quiz with Leo the Lion

Learning objective: To understand the importance of mental health, recognise strategies for emotional regulation, and identify how to support oneself and others.

Join Leo the Lion as he guides you through these questions about looking after your mind. Read each question carefully and circle the best answer or provide a short, thoughtful response.

Answer Key: 1.C, 2.True, 3.False, 4.Resilience, 5.B, 6.True, 7.A, 8.Talking to a trusted adult, 9.False, 10.B.
Explanation for higher-order thinking: Encouraging children to recognise that mental health is a spectrum and that seeking help is a sign of strength, not weakness.

Word bank: Resilience · Mindfulness · Empathy · Wellbeing · Self-care · Communication · Support · Perspective

1. 1. Leo the Lion suggests that everyone has 'ups and downs'. What is the healthiest way to handle a difficult emotion? A) Keep it hidden B) Ignore it C) Acknowledge it and talk to someone* D) Wait for it to disappear (1 mark)

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

3. 3. True or False: If you are feeling worried, it means you have done something wrong. (1 mark)

4. 4. What is the word for the ability to bounce back from a difficult or challenging situation? (One word answer) (1 mark)

5. 5. Which of these is a positive strategy for calming down when you feel overwhelmed? A) Shouting at others B) Deep breathing exercises* C) Skipping lunch D) Staying up late (1 mark)

6. 6. True or False: Everyone experiences stress at some point in their lives. (1 mark)

7. 7. What does 'empathy' mean? A) Understanding and sharing the feelings of another* B) Feeling sorry for yourself C) Winning a competition D) Being the loudest in the room (1 mark)

8. 8. If you feel like your 'mental battery' is running low, what is the most effective first step to take? (1 mark)

9. 9. True or False: Boys and girls should not talk about their feelings because it is seen as weak. (1 mark)

10. 10. Why is 'mindfulness' helpful? A) It helps you run faster B) It helps you focus on the present moment* C) It stops you from ever feeling sad D) It makes you sleep for 12 hours (1 mark)

Draw: Draw a 'Wellbeing Garden' where every flower or tree represents a different activity or person that helps you feel calm and happy (e.g., a 'Reading Rose' or a 'Friendship Oak').



Extension challenge: 1. Explain why it is important to have a 'trusted adult' in your life. 2. Compare and contrast how physical exercise and quiet reading affect your mental health. 3. Justify why someone might feel nervous about sharing their feelings. 4. What might happen to our wellbeing if we never expressed our emotions? 5. Create a 'calm-down' plan for a friend who is feeling anxious before a school test. 6. Propose three ways our classroom could be made into a more supportive environment for everyone's mental health.