

Max's Wellbeing Quiz

Learning objective: To understand how to look after our mental and physical wellbeing.

Hello! I am Max the monkey. I love solving puzzles. Read each question carefully. Use the word bank at the bottom to help you. You can do it!

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. Exercise, 6. True, 7. Water, 8. A, 9. False, 10. Feelings. (All answers are worth 1 mark).

Word bank: Sleep · Healthy · Kindness · Exercise · Feelings · Water · Friends · Calm

1. 1. What helps your brain and body grow? A) Good sleep* B) Staying up all night C) Eating only sweets D) Never moving (1 mark)

2. 2. True or False: Being kind to others makes you feel good too. (1 mark)

3. 3. True or False: It is bad to talk about your worries. (1 mark)

4. 4. Which of these is a healthy snack? A) A fizzy drink B) An apple* C) A bag of crisps D) A plain cookie (1 mark)

5. 5. Running, jumping, and playing games is a form of _____. (Use word bank) (1 mark)

6. 6. True or False: Drinking plenty of water helps your brain work better. (1 mark)

7. 7. When you feel thirsty, what is the best thing to drink? _____ (1 mark)

8. 8. Who can you talk to if you feel sad? A) A trusted adult* B) No one C) A robot D) A stone (1 mark)

9. 9. True or False: You should hide your feelings from everyone. (1 mark)

10. 10. What is the name for the emotions we have inside us? _____ (1 mark)

Draw: Draw a picture of one thing that makes you feel happy and calm.

A large, empty rectangular box with a thin black border, intended for a drawing.

Extension challenge: Write one sentence about why playing with a friend is good for your wellbeing. Start your sentence with: Playing with a friend makes me feel...