

Healthy Minds, Happy Hearts: A Wellbeing Quiz

Learning objective: To understand the importance of mental wellbeing, identify strategies to manage emotions, and recognise the value of talking to a trusted adult.

Read each question carefully. Choose the best answer, write 'True' or 'False', or provide a one-word answer. Remember, there is no right or wrong way to feel, but it is always good to talk!

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

Word bank: Resilience · Mindfulness · Wellbeing · Trusted Adult · Emotions · Communication

1. 1. Max the monkey is feeling overwhelmed by a big maths task. What is the best thing he can do? A) Ignore the work forever, B) Keep his feelings a secret, C) Talk to a trusted adult about how he feels, D) Give up immediately. Answer: *C (1 mark)

2. 2. True or False: It is normal for everyone to experience a range of different emotions, such as sadness, anger, or worry. (1 mark)

3. 3. True or False: If you are having a bad day, you should always keep it to yourself so you don't bother anyone else. (1 mark)

4. 4. True or False: Getting enough sleep and eating healthy food can have a positive impact on your mental health. (1 mark)

5. 5. What is the word for sharing your thoughts and feelings with others to help you feel better? (1 mark)

6. 6. Nova the owl suggests taking deep breaths when you feel anxious. What is this practice called? A) Running, B) Mindfulness, C) Shouting, D) Sleeping. Answer: *B (1 mark)

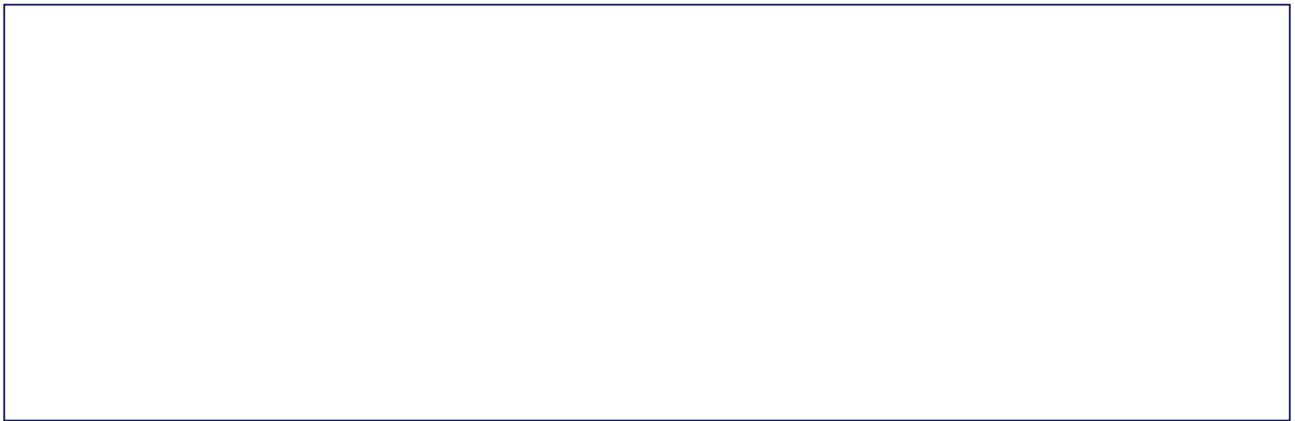
7. 7. True or False: Physical exercise can help improve your mood and boost your energy levels. (1 mark)

8. 8. Who is a 'trusted adult' you could talk to at school? A) A stranger in the park, B) A teacher or teaching assistant, C) Someone you met online, D) No one. Answer: *B (1 mark)

9. 9. Pip the caterpillar spends time reading to relax. Finding a hobby that helps you feel calm is an example of a self-care _____. (1 mark)

10. 10. If a friend tells you they are feeling sad, what should you do? A) Tell them to stop being silly, B) Listen kindly and encourage them to speak to an adult, C) Walk away, D) Tell everyone their business. Answer: *B (1 mark)

Draw: Draw a 'Wellbeing Jar'. Inside the jar, draw or write five things that make you feel happy, calm, or safe (e.g., a pet, a favourite book, a walk in the park, a hug, or drawing a picture).



Extension challenge: Write a short poem (4-6 lines) about how it feels to have a 'sunny day' mindset, or explain why talking about our feelings is like clearing clouds from the sky.