

**Q1 - Health - Socio-Emotional Learning Skills**

What is the first step in managing emotions?

1. Recognizing them
2. Ignoring them
3. Hiding them
4. Blaming others

**Q2 - Health - Socio-Emotional Learning Skills**

What should you do when feeling overwhelmed?

1. Pretend to be fine
2. Ignore the problem
3. Blame others
4. Ask for help

**Q3 - Health - Socio-Emotional Learning Skills**

Which is a healthy way to cope with stress?

1. Talking to a friend
2. Bottling up feelings
3. Avoiding problems
4. Getting angry

**Q4 - Health - Socio-Emotional Learning Skills**

Why is setting goals important?

1. It avoids challenges
2. It guarantees success
3. It helps stay motivated
4. It makes things easy

**Q5 - Health - Socio-Emotional Learning Skills**

How can you build healthy friendships?

1. Forcing others to agree
2. Only taking without giving
3. Ignoring problems

4. Being kind and respectful

**Q6 - Health - Socio-Emotional Learning Skills**

Why is self-awareness important?

1. It helps understand emotions
2. It makes you popular
3. It stops stress forever
4. It means never making mistakes

**Q7 - Health - Socio-Emotional Learning Skills**

Which is an example of positive motivation?

1. Fearing failure
2. Believing in yourself
3. Expecting to fail
4. Avoiding hard work

**Q8 - Health - Socio-Emotional Learning Skills**

Which is an example of a healthy relationship?

1. Being supportive
2. Ignoring feelings
3. Always arguing
4. Only thinking about yourself

**Q9 - Health - Socio-Emotional Learning Skills**

Why is empathy important in relationships?

1. It lets you control others
2. It helps understand others
3. It avoids communication
4. It makes you always right

**Q10 - Health - Socio-Emotional Learning Skills**

What is a good way to calm down when angry?

1. Ignoring the feeling

2. Yelling at someone
3. Taking deep breaths
4. Throwing things

**Q11 - Health - Socio-Emotional Learning Skills**

What does perseverance mean?

1. Giving up quickly
2. Trying again after failure
3. Avoiding challenges
4. Blaming others

**Q12 - Health - Socio-Emotional Learning Skills**

Which is a sign of positive self-identity?

1. Never making mistakes
2. Wanting to be someone else
3. Feeling confident
4. Ignoring personal values

**Q13 - Health - Socio-Emotional Learning Skills**

How can you express emotions in a healthy way?

1. Yelling at others
2. Using 'I' statements
3. Ignoring feelings
4. Blaming others

**Q14 - Health - Socio-Emotional Learning Skills**

What can help with test anxiety?

1. Ignoring preparation
2. Deep breathing
3. Staying up all night
4. Rushing through answers

**Q15 - Health - Socio-Emotional Learning Skills**

What does creative thinking help with?

1. Always following the rules
2. Avoiding work
3. Ignoring challenges
4. Solving problems

**Q16 - Health - Healthy Living Understanding Health Concepts**

Which nutrient is essential for building and repairing body tissues?

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins

**Q17 - Health - Healthy Living Understanding Health Concepts**

What is the primary function of carbohydrates in our diet?

1. Build muscles
2. Provide energy
3. Protect organs
4. Strengthen bones

**Q18 - Health - Healthy Living Understanding Health Concepts**

Which vitamin is important for good vision and healthy skin?

1. Vitamin A
2. Vitamin C
3. Vitamin D
4. Vitamin K

**Q19 - Health - Healthy Living Understanding Health Concepts**

Why is it important to drink water every day?

1. To keep our skin dry
2. To help the body stay hydrated and function properly
3. To increase hunger
4. To make us sleepy

**Q20 - Health - Healthy Living Understanding Health Concepts**

Which mineral is essential for strong bones and teeth?

1. Iron
2. Calcium
3. Potassium
4. Sodium

**Q21 - Health - Healthy Living Understanding Health Concepts**

What safety measure should you take when riding a bicycle?

1. Wear flip-flops
2. Listen to loud music
3. Wear a helmet
4. Ride with no hands

**Q22 - Health - Healthy Living Understanding Health Concepts**

Why should you avoid talking to strangers online?

1. They might become your best friends
2. They can be dangerous and untrustworthy
3. They can help with homework
4. They might give you gifts

**Q23 - Health - Healthy Living Understanding Health Concepts**

What should you do if you find a medicine bottle at home?

1. Taste it to see what it is
2. Ignore it
3. Ask an adult before touching it
4. Share it with friends

**Q24 - Health - Healthy Living Understanding Health Concepts**

Which of these is a healthy habit?

1. Brushing your teeth twice a day
2. Eating candy all day
3. Sleeping only 3 hours a night
4. Skipping breakfast

**Q25 - Health - Healthy Living Understanding Health Concepts**

What is the best way to prevent the spread of germs?

1. Cough into your hands
2. Wash your hands with soap and water
3. Share your food with friends
4. Touch your face often

**Q26 - Health - Healthy Living Understanding Health Concepts**

Why is exercise important for your body?

1. It makes you feel tired all the time
2. It helps keep your body strong and healthy
3. It makes you want to eat junk food
4. It stops you from growing

**Q27 - Health - Healthy Living Understanding Health Concepts**

Which of these foods is the healthiest choice?

1. Potato chips
2. Candy bar
3. Apple
4. Soda

**Q28 - Health - Healthy Living Understanding Health Concepts**

Why is getting enough sleep important?

1. It helps your body and brain rest and recover
2. It makes you more tired
3. It stops you from learning
4. It makes you hungry all the time

**Q29 - Health - Healthy Living Understanding Health Concepts**

What should you do if you get a minor cut on your finger?

1. Ignore it
2. Wash it with soap and water and cover it
3. Rub it on your clothes

4. Keep touching it

**Q30 - Health - Healthy Living Understanding Health Concepts**

Why is it important to eat a balanced diet?

1. To get all the nutrients your body needs
2. To eat only your favorite food
3. To gain weight quickly
4. To avoid eating vegetables

**Q31 - Health - Healthy Living**

Why is it important to eat a variety of foods?

1. It helps your body get different nutrients
2. It makes food taste boring
3. It helps you eat more sugar
4. It causes stomach pain

**Q32 - Health - Healthy Living**

Which food is a good source of fiber?

1. Chips
2. Candy
3. Whole grains
4. Ice cream

**Q33 - Health - Healthy Living**

What is one way to manage stress in a healthy way?

1. Take deep breaths
2. Yell at someone
3. Avoid all your responsibilities
4. Eat junk food

**Q34 - Health - Healthy Living**

Which activity is best for building strong bones?

1. Sleeping all day

2. Watching TV
3. Playing video games
4. Jumping rope

**Q35 - Health - Healthy Living**

Which food is a good source of protein?

1. Candy
2. Chicken
3. Soda
4. French fries

**Q36 - Health - Healthy Living**

Which drink is the best choice for staying hydrated?

1. Water
2. Soda
3. Coffee
4. Juice with lots of sugar

**Q37 - Health - Healthy Living**

What is one benefit of getting enough sleep?

1. It makes you feel sick
2. It makes you more tired
3. It helps your body rest and recover
4. It helps you eat more junk food

**Q38 - Health - Healthy Living**

How does exercise help your brain?

1. It improves focus and memory
2. It makes you forget things
3. It makes you feel more tired
4. It causes stress

**Q39 - Health - Healthy Living**

Which habit can help you have a strong immune system?



1. Eating lots of candy
2. Washing your hands regularly
3. Sleeping less than 4 hours
4. Skipping meals

**Q40 - Health - Healthy Living**

What should you do if a friend offers you a cigarette?

1. Keep it a secret
2. Take one to be polite
3. Try it once
4. Say 'No, it's bad for my health'

**Q41 - Health - Healthy Living**

Which of these activities helps improve flexibility?

1. Stretching
2. Running
3. Lifting weights
4. Watching TV

**Q42 - Health - Healthy Living**

Why should we avoid too much screen time?

1. It makes food taste bad
2. It can strain our eyes and affect sleep
3. It helps us stay awake all night
4. It makes us run faster

**Q43 - Health - Healthy Living**

How can you help a friend who is feeling lonely?

1. Spend time with them and listen
2. Ignore them
3. Laugh at them
4. Tell them to be alone

**Q44 - Health - Healthy Living**

Why is it important to wash your hands before eating?

1. So your food tastes better
2. To make your hands look clean
3. To remove germs and prevent sickness
4. To make your hands smell nice

**Q45 - Health - Healthy Living**

What is a good way to start your day with energy?

1. Eating only candy
2. Skipping breakfast
3. Drinking only soda
4. Eating a healthy breakfast

**Q46 - Health - Healthy Living Making Healthy Choices**

Which of the following is a healthy snack option?

1. Apple slices
2. Candy bar
3. Potato chips
4. Ice cream

**Q47 - Health - Healthy Living Making Healthy Choices**

How many hours of sleep do most 9-year-old children need each night?

1. 5 hours
2. 7 hours
3. 9 hours
4. 11 hours

**Q48 - Health - Healthy Living Making Healthy Choices**

Which activity is best for strengthening your heart?

1. Watching TV
2. Playing video games
3. Running or swimming
4. Sitting quietly

**Q49 - Health - Healthy Living Making Healthy Choices**

Why is it important to drink water every day?

1. It keeps you hydrated
2. It tastes sweet
3. It replaces meals
4. It makes you sleepy

**Q50 - Health - Healthy Living Making Healthy Choices**

Which food group should make up the largest portion of your plate?

1. Fruits
2. Vegetables
3. Grains
4. Sweets

**Q51 - Health - Healthy Living Making Healthy Choices**

What should you do before eating to prevent germs from spreading?

1. Wash your hands
2. Wipe your hands on your clothes
3. Shake your hands dry
4. Blow on your hands

**Q52 - Health - Healthy Living Making Healthy Choices**

Which of these is an unhealthy habit?

1. Brushing your teeth twice a day
2. Sleeping 8-10 hours a night
3. Eating too much fast food
4. Drinking water instead of soda

**Q53 - Health - Healthy Living Making Healthy Choices**

Why is breakfast called the most important meal of the day?

1. It gives you energy to start the day
2. It makes you sleepy
3. It helps you stay up late

4. It replaces the need for lunch

**Q54 - Health - Healthy Living Making Healthy Choices**

Which of the following drinks is the healthiest choice?

1. Soda
2. Juice with added sugar
3. Water
4. Energy drink

**Q55 - Health - Healthy Living Making Healthy Choices**

What is a good way to keep your brain healthy?

1. Eating a balanced diet
2. Getting enough sleep
3. Exercising
4. All of the above

**Q56 - Health - Healthy Living Making Healthy Choices**

What should you do if you feel sick?

1. Keep playing outside
2. Drink lots of water and rest
3. Eat lots of junk food
4. Ignore it and hope it goes away

**Q57 - Health - Healthy Living Making Healthy Choices**

Why is it important to limit screen time?

1. It can harm your eyes
2. It keeps you from being active
3. It can affect sleep
4. All of the above

**Q58 - Health - Healthy Living Making Healthy Choices**

What should you do if you get a small cut on your hand?

1. Leave it alone

2. Wash it with soap and water and cover it with a bandage
3. Scratch it to make it heal faster
4. Put dirt on it

**Q59 - Health - Healthy Living Making Healthy Choices**

Which of these habits helps you stay healthy?

1. Eating vegetables and fruits
2. Drinking soda every day
3. Skipping meals
4. Staying up all night

**Q60 - Health - Healthy Living Making Healthy Choices**

Why is it important to stretch before exercising?

1. It helps prevent injuries
2. It makes you tired
3. It slows you down
4. It makes exercise harder

**Q61 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a locomotor movement?

1. Running
2. Stretching
3. Balancing
4. Twisting

**Q62 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement concept involves understanding the space around you?

1. Endurance
2. Timing
3. Rhythm
4. Spatial awareness

**Q63 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of these is a non-locomotor movement?

1. Bending
2. Running
3. Jumping
4. Hopping

**Q64 - Health - Movement Competence: Skills, Concepts, and Strategies**

What should you do to prevent injuries during movement activities?

1. Ignore pain
2. Warm up properly
3. Move without warming up
4. Skip cool down

**Q65 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the primary purpose of practicing movement skills?

1. To improve coordination and control
2. To become tired
3. To avoid physical activity
4. To watch others exercise

**Q66 - Health - Movement Competence: Skills, Concepts, and Strategies**

Why is it important to learn different movement strategies in games?

1. To make games longer
2. To play more effectively
3. To avoid following rules
4. To reduce physical effort

**Q67 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which term describes the body's ability to maintain a stable position?

1. Balance
2. Agility
3. Speed
4. Power

**Q68 - Health - Movement Competence: Skills, Concepts, and Strategies**

How can practicing movement skills benefit your health?

1. Increases risk of injury
2. Decreases energy levels
3. Improves physical fitness
4. Reduces muscle strength

**Q69 - Health - Movement Competence: Skills, Concepts, and Strategies**

Why is rhythm important in movement skills?

1. Is not important
2. Helps maintain timing and flow
3. Only matters in music
4. Is only for professional dancers

**Q70 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which skill is needed to successfully dribble a basketball?

1. Strength
2. Speed
3. Hand-eye coordination
4. Endurance

**Q71 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which body movement helps improve flexibility?

1. Stretching
2. Jumping
3. Lifting weights
4. Sitting still

**Q72 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does 'coordination' mean in physical activity?

1. Using only one part of the body
2. Running as fast as possible
3. Using different body parts together smoothly
4. Only about moving fast

**Q73 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does 'agility' refer to in physical movement?

1. The ability to lift heavy objects
2. The ability to jump high
3. The ability to run long distances
4. The ability to change direction quickly

**Q74 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a movement strategy in a team sport?

1. Waiting for the ball
2. Standing still
3. Passing to teammates
4. Not participating

**Q75 - Health - Movement Competence: Skills, Concepts, and Strategies**

How can practicing balance exercises help you?

1. Has no benefits
2. Make you taller
3. Make movements slower
4. Improve stability and posture

**Q76 - Health - Active Living**

What is an example of a fun way to stay active indoors?

1. Jump rope
2. Watching TV
3. Playing video games
4. Sleeping

**Q77 - Health - Active Living**

How does playing outside help your health?

1. It makes you tired all the time
2. It keeps your body active and strong
3. It stops you from learning



4. It makes you dislike nature

**Q78 - Health - Active Living**

Why is it important to have rest days between exercises?

1. To avoid drinking water
2. To lose all progress
3. To allow muscles to recover
4. To stop being active

**Q79 - Health - Active Living**

How can you encourage a friend to be more active?

1. Invite them to play outside
2. Tell them to stay indoors
3. Ignore them
4. Say exercising is boring

**Q80 - Health - Active Living**

What is the best way to stay safe while riding a bike?

1. Riding without looking
2. Wearing a helmet
3. Ignoring traffic rules
4. Not using brakes

**Q81 - Health - Active Living**

What should you do if you feel tired during exercise?

1. Run faster
2. Ignore it and keep going
3. Never exercise again
4. Take a short break and drink water

**Q82 - Health - Active Living**

What should you do after playing a sport to help your muscles recover?

1. Stretch and cool down

2. Start running again
3. Avoid drinking water
4. Sit still for hours

**Q83 - Health - Active Living**

What is a good habit to keep your body strong and active?

1. Sleeping all day
2. Exercising regularly
3. Eating only junk food
4. Avoiding outdoor play

**Q84 - Health - Active Living**

How can you make sure you're getting enough physical activity every day?

1. Stay in bed all morning
2. Sit and watch TV all day
3. Play outside and move around
4. Avoid walking anywhere

**Q85 - Health - Active Living**

Why should we stretch before and after exercise?

1. To prevent injury and improve flexibility
2. To get tired faster
3. To reduce muscle strength
4. To feel pain

**Q86 - Health - Active Living**

Why is it important to get enough sleep?

1. It makes you lazy
2. It helps your body rest and recover
3. It replaces the need for exercise
4. It stops you from being active

**Q87 - Health - Active Living**

Which habit supports an active lifestyle?

1. Sitting for long periods
2. Watching TV all day
3. Sleeping all afternoon
4. Walking instead of taking the elevator

**Q88 - Health - Active Living**

What is a sign that your body needs more water during exercise?

1. Feeling thirsty and tired
2. Running faster
3. Feeling more energetic
4. Not sweating at all

**Q89 - Health - Active Living**

Which food gives you the most energy for physical activities?

1. Chips and cookies
2. Candy and soda
3. Fruits and vegetables
4. Fast food

**Q90 - Health - Active Living**

What is a good way to make exercise more enjoyable?

1. Complaining about exercise
2. Sitting alone
3. Avoiding outdoor activities
4. Playing with friends

## Answer Key

- Q1: Recognizing them
- Q2: Ask for help
- Q3: Talking to a friend
- Q4: It helps stay motivated
- Q5: Being kind and respectful
- Q6: It helps understand emotions
- Q7: Believing in yourself
- Q8: Being supportive
- Q9: It helps understand others
- Q10: Taking deep breaths
- Q11: Trying again after failure
- Q12: Feeling confident
- Q13: Using 'I' statements
- Q14: Deep breathing
- Q15: Solving problems
- Q16: Proteins
- Q17: Provide energy
- Q18: Vitamin A
- Q19: To help the body stay hydrated and function properly
- Q20: Calcium
- Q21: Wear a helmet
- Q22: They can be dangerous and untrustworthy
- Q23: Ask an adult before touching it
- Q24: Brushing your teeth twice a day
- Q25: Wash your hands with soap and water
- Q26: It helps keep your body strong and healthy
- Q27: Apple
- Q28: It helps your body and brain rest and recover
- Q29: Wash it with soap and water and cover it
- Q30: To get all the nutrients your body needs
- Q31: It helps your body get different nutrients
- Q32: Whole grains
- Q33: Take deep breaths

- Q34: Jumping rope
- Q35: Chicken
- Q36: Water
- Q37: It helps your body rest and recover
- Q38: It improves focus and memory
- Q39: Washing your hands regularly
- Q40: Say 'No, it's bad for my health'
- Q41: Stretching
- Q42: It can strain our eyes and affect sleep
- Q43: Spend time with them and listen
- Q44: To remove germs and prevent sickness
- Q45: Eating a healthy breakfast
- Q46: Apple slices
- Q47: 9 hours
- Q48: Running or swimming
- Q49: It keeps you hydrated
- Q50: Vegetables
- Q51: Wash your hands
- Q52: Eating too much fast food
- Q53: It gives you energy to start the day
- Q54: Water
- Q55: All of the above
- Q56: Drink lots of water and rest
- Q57: All of the above
- Q58: Wash it with soap and water and cover it with a bandage
- Q59: Eating vegetables and fruits
- Q60: It helps prevent injuries
- Q61: Running
- Q62: Spatial awareness
- Q63: Bending
- Q64: Warm up properly
- Q65: To improve coordination and control
- Q66: To play more effectively
- Q67: Balance
- Q68: Improves physical fitness

- Q69: Helps maintain timing and flow
- Q70: Hand-eye coordination
- Q71: Stretching
- Q72: Using different body parts together smoothly
- Q73: The ability to change direction quickly
- Q74: Passing to teammates
- Q75: Improve stability and posture
- Q76: Jump rope
- Q77: It keeps your body active and strong
- Q78: To allow muscles to recover
- Q79: Invite them to play outside
- Q80: Wearing a helmet
- Q81: Take a short break and drink water
- Q82: Stretch and cool down
- Q83: Exercising regularly
- Q84: Play outside and move around
- Q85: To prevent injury and improve flexibility
- Q86: It helps your body rest and recover
- Q87: Walking instead of taking the elevator
- Q88: Feeling thirsty and tired
- Q89: Fruits and vegetables
- Q90: Playing with friends