

## 2cool4school - Grade 5 Health Worksheet

### Q1 - Health - Social-Emotional Learning Skills

What is the best way to express emotions in a healthy manner?

1. Keeping them bottled up
2. Talking about them calmly
3. Ignoring them
4. Yelling loudly

### Q2 - Health - Social-Emotional Learning Skills

Which of the following is a good way to manage stress?

1. Avoiding all responsibilities
2. Sleeping all day
3. Deep breathing exercises
4. Eating too much junk food

### Q3 - Health - Social-Emotional Learning Skills

Which of these is an example of a healthy relationship?

1. Both people respecting each other
2. One person always making decisions
3. Never apologizing for mistakes
4. One person controlling the other

### Q4 - Health - Social-Emotional Learning Skills

What does perseverance mean?

1. Blaming others for problems
2. Only doing easy tasks
3. Trying again after failing
4. Giving up quickly

### Q5 - Health - Social-Emotional Learning Skills

Self-awareness means knowing...

1. Your own emotions and thoughts
2. How to make others happy
3. Everything about the world

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4. What others think of you

### **Q6 - Health - Social-Emotional Learning Skills**

Which of the following is an example of critical thinking?

1. Following others without question
2. Making a decision without thinking
3. Asking questions and considering options
4. Guessing the answer

### **Q7 - Health - Social-Emotional Learning Skills**

Which is a healthy way to deal with a disagreement?

1. Ignoring the other person
2. Yelling louder
3. Listening and talking calmly
4. Walking away without discussion

### **Q8 - Health - Social-Emotional Learning Skills**

What is a sign of a good friend?

1. Being kind and supportive
2. Only talking about themselves
3. Ignoring your feelings
4. Making fun of you

### **Q9 - Health - Social-Emotional Learning Skills**

What should you do if you feel overwhelmed?

1. Keep it to yourself
2. Ignore it
3. Ask for help
4. Blame others

### **Q10 - Health - Social-Emotional Learning Skills**

Which of the following helps build self-confidence?

1. Doubting yourself

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2. Comparing yourself to others
3. Focusing on your strengths
4. Avoiding new experiences

### **Q11 - Health - Social-Emotional Learning Skills**

What is a healthy way to cope with disappointment?

1. Giving up on everything
2. Learning from the experience
3. Blaming others
4. Ignoring your feelings

### **Q12 - Health - Social-Emotional Learning Skills**

What is an example of creative thinking?

1. Doing things the same way every time
2. Ignoring problems
3. Thinking of new solutions
4. Following rules exactly

### **Q13 - Health - Social-Emotional Learning Skills**

What does it mean to be resilient?

1. Bouncing back from challenges
2. Getting discouraged easily
3. Blaming others for mistakes
4. Avoiding difficult situations

### **Q14 - Health - Social-Emotional Learning Skills**

Which of the following is an example of empathy?

1. Ignoring someone's feelings
2. Only focusing on your own feelings
3. Understanding how someone else feels
4. Telling someone to get over it

### **Q15 - Health - Social-Emotional Learning Skills**

How can you show positive motivation?

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1. Encouraging yourself and others
2. Ignoring challenges
3. Giving up when things are hard
4. Only working on things you enjoy

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

Which of the following is a healthy eating habit?

1. Eating a balanced diet with fruits and vegetables
2. Skipping breakfast to save time
3. Consuming sugary snacks frequently
4. Drinking soda instead of water

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

Why is staying hydrated important?

1. It replaces the need for food
2. It helps your body function properly
3. It keeps you from feeling tired ever
4. It makes exercise unnecessary

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

Which substance is addictive and harmful to health?

1. Water
2. Vitamins
3. Tobacco
4. Fiber

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

What is the primary benefit of regular physical activity?

1. Improves overall health and fitness
2. Increases risk of injury
3. Leads to unhealthy weight gain
4. Decreases energy levels

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

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Why is brushing and flossing important for health?

1. It makes your teeth change color
2. It prevents cavities and gum disease
3. It stops the need to visit the dentist
4. It weakens your teeth

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

Which nutrient is essential for building strong bones?

1. Calcium
2. Vitamin C
3. Iron
4. Vitamin E

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

What is a benefit of stretching before exercise?

1. It helps prevent injuries
2. It makes you run slower
3. It weakens your muscles
4. It increases muscle pain

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

What is one way to prevent the spread of germs?

1. Touching your face often
2. Sharing personal items
3. Avoiding all physical activity
4. Washing hands regularly

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

What is the purpose of using sunscreen?

1. To protect skin from harmful UV rays
2. To cool down the body
3. To moisturize the skin
4. To repel insects

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### Q25 - Health - Healthy Living Understanding Health Concepts

Why is it important to get enough sleep?

1. It has no effect on health
2. It makes you eat more unhealthy foods
3. It prevents the need for exercise
4. It helps the body rest and recover

### Q26 - Health - Healthy Living Understanding Health Concepts

Which safety measure is important when riding a bicycle?

1. Riding without hands on the handlebars
2. Listening to loud music
3. Wearing a helmet
4. Ignoring traffic signals

### Q27 - Health - Healthy Living Understanding Health Concepts

Which food group provides the most energy?

1. Carbohydrates
2. Vitamins
3. Water
4. Fiber

### Q28 - Health - Healthy Living Understanding Health Concepts

What is a common sign of dehydration?

1. Increased energy levels
2. Excessive sweating
3. Feeling thirsty
4. Frequent hunger

### Q29 - Health - Healthy Living Understanding Health Concepts

What is a good way to maintain mental health?

1. Keeping emotions bottled up
2. Practicing mindfulness and relaxation
3. Avoiding all responsibilities

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4. Ignoring problems

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

What is a healthy way to cope with stress?

1. Talking to a trusted friend or adult
2. Keeping feelings bottled up
3. Avoiding all social interactions
4. Ignoring the problem

### **Q31 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the term for moving your body weight from one foot to another while changing speed and level?

1. Controlled transfer of weight
2. Static balance
3. Locomotor movement
4. Dynamic stretching

### **Q32 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement skill involves jumping in control for height or distance?

1. Leaping
2. Hopping
3. Controlled jumping
4. Skipping

### **Q33 - Health - Movement Competence: Skills, Concepts, and Strategies**

What are movements called that involve traveling from one place to another, such as running or hopping?

1. Non-locomotor movements
2. Locomotor movements
3. Manipulative movements
4. Static movements

### **Q34 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which system in our body is primarily responsible for movement?

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1. Digestive system
2. Respiratory system
3. Muscular system
4. Circulatory system

### **Q35 - Health - Movement Competence: Skills, Concepts, and Strategies**

What should you do to improve your speed in running?

1. Take short, quick steps
2. Hold your breath
3. Run with stiff legs
4. Keep your arms still

### **Q36 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does it mean to retain an object with equipment during movement?

1. Holding an object still
2. Keeping control of an object while moving
3. Passing an object to a teammate
4. Throwing an object

### **Q37 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a movement strategy that involves understanding and following game rules?

1. Demonstrating movement skills
2. Applying tactics
3. Understanding rules
4. Demonstrating sportsmanship

### **Q38 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is a common feature of team sports like soccer and basketball?

1. Individual performance
2. Teamwork
3. Solo strategies
4. Non-competitive play



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### **Q39 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which tactical solution can increase chances of success in a game?

1. Ignoring opponents
2. Random movements
3. Strategic positioning
4. Avoiding communication

### **Q40 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a non-locomotor movement?

1. Jumping
2. Twisting
3. Running
4. Skipping

### **Q41 - Health - Movement Competence: Skills, Concepts, and Strategies**

What skill is needed to stop or hold a moving object, like catching a ball?

1. Striking
2. Retaining
3. Receiving
4. Dribbling

### **Q42 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the purpose of warming up before physical activity?

1. To increase muscle stiffness
2. To prepare the body for movement and prevent injury
3. To make the activity harder
4. To shorten the exercise time

### **Q43 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an important factor in balancing on one foot?

1. Closing your eyes
2. Keeping your arms down
3. Focusing on a fixed point

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4. Moving constantly

### **Q44 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement is an example of a manipulative skill?

1. Twisting
2. Catching a ball
3. Jumping
4. Running

### **Q45 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the role of coordination in movement?

1. Helps body parts work together smoothly
2. Makes movements random
3. Stops movement completely
4. Slows down reactions

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

Which of the following is a benefit of healthy eating?

1. Provides essential nutrients for growth
2. Increases risk of chronic diseases
3. Leads to malnutrition
4. Decreases energy levels

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

What is a safe practice when using the internet?

1. Sharing personal information publicly
2. Meeting strangers you've met online
3. Keeping your passwords private
4. Clicking on unknown links

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

What should you do if you feel very stressed?

1. Stop doing enjoyable activities

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2. Ignore your feelings
3. Keep everything to yourself
4. Talk to a trusted adult

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

Which substance is harmful and can lead to addiction?

1. Water
2. Fruits
3. Tobacco
4. Vegetables

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

How can you improve your mental health?

1. Isolating yourself from friends
2. Engaging in regular physical activity
3. Avoiding all social interactions
4. Ignoring your feelings

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

What is a common stressor during puberty?

1. Changes in body appearance
2. Watching favorite TV shows
3. Playing with friends
4. Eating favorite foods

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

Why is it important to wear sunscreen?

1. To prevent sweating
2. To make the skin darker
3. To keep the skin dry
4. To protect the skin from harmful UV rays

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

What is the best way to deal with bullying?

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1. Tell a trusted adult
2. Fight the bully
3. Ignore it forever
4. Bully them back

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

What is one effect of getting enough sleep?

1. Feeling tired all day
2. Improved concentration
3. Increased risk of illness
4. Poor memory

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

What is the best way to keep your teeth healthy?

1. Brushing and flossing daily
2. Eating lots of sugary snacks
3. Never visiting the dentist
4. Drinking soda instead of water

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

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

1. Sharing personal items
2. Washing hands regularly
3. Avoiding healthy foods
4. Touching your face often

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

What is an important part of a balanced diet?

1. Eating a variety of food groups
2. Only eating junk food
3. Avoiding all vegetables
4. Drinking only soda

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

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Which of the following is a healthy snack?

1. Cookies and cake
2. Chips and soda
3. Candy and chocolate bars
4. Fruits and nuts

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

Why is regular physical activity important?

1. It strengthens muscles and bones
2. It makes you tired all day
3. It increases stress levels
4. It slows down your metabolism

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

What is the main benefit of drinking enough water?

1. It makes you feel full all the time
2. It keeps the body hydrated
3. It replaces the need for food
4. It makes you gain weight

### **Q61 - Health - Active Living**

What is one way to encourage others during physical activities?

1. Cheering them on during a game
2. Ignoring their efforts during a game
3. Criticizing their performance during a game
4. Discouraging them from participating

### **Q62 - Health - Active Living**

What does "balance" mean in a healthy lifestyle?

1. Eating only one type of food
2. Only exercising and ignoring nutrition
3. Eating a mix of healthy foods and exercising
4. Avoiding any physical activity

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### Q63 - Health - Active Living

Which of the following best describes healthy competition?

1. Competing fairly and respecting others
2. Cheating to win at all costs
3. Ignoring the rules of the game
4. Disrespecting opponents during a match

### Q64 - Health - Active Living

What is the best way to stay hydrated during physical activities?

1. Drink soda instead of water
2. Drink water regularly
3. Avoid drinking anything
4. Only drink after you feel thirsty

### Q65 - Health - Active Living

What is a common obstacle to staying active?

1. Lack of time due to busy schedules
2. Having too much free time
3. Enjoying physical activities
4. Access to many sports facilities

### Q66 - Health - Active Living

How many minutes of daily physical activity are recommended for children your age?

1. 60 minutes
2. 30 minutes
3. 15 minutes
4. 90 minutes

### Q67 - Health - Active Living

Which of the following is NOT one of the 5 components of health-related fitness?

1. Flexibility
2. Speed
3. Muscular Strength

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### 4. Cardiovascular Endurance

#### **Q68 - Health - Active Living**

Which of the following is a mental benefit of regular exercise?

1. Improved mood
2. Increased stress
3. Decreased energy levels
4. Poor concentration

#### **Q69 - Health - Active Living**

Which of the following is NOT a benefit of regular exercise?

1. Better sleep
2. Improved muscle strength
3. Increased risk of illness
4. More energy

#### **Q70 - Health - Active Living**

Which of the following activities is an example of cardiovascular exercise?

1. Stretching
2. Running
3. Weightlifting
4. Yoga

#### **Q71 - Health - Active Living**

What is the best way to encourage someone to start being more active?

1. Ignore them if they dont want to participate
2. Force them to run every day
3. Invite them to join fun activities
4. Tell them they are unhealthy

#### **Q72 - Health - Active Living**

What is an example of a good way to stay active every day?

1. Watching TV for long hours

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2. Taking the stairs instead of the elevator
3. Sleeping all day
4. Skipping recess

### **Q73 - Health - Active Living**

What is an important factor to consider when developing a personal fitness plan?

1. Avoiding any form of rest
2. Ignoring your current fitness level
3. Setting realistic goals
4. Comparing yourself to others

### **Q74 - Health - Active Living**

Why is warming up important before physical activity?

1. It makes you feel tired before you start
2. It helps prepare the muscles and prevent injury
3. It decreases flexibility
4. It is only necessary for professional athletes



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### Answer Key

- Q1: Talking about them calmly
- Q2: Deep breathing exercises
- Q3: Both people respecting each other
- Q4: Trying again after failing
- Q5: Your own emotions and thoughts
- Q6: Asking questions and considering options
- Q7: Listening and talking calmly
- Q8: Being kind and supportive
- Q9: Ask for help
- Q10: Focusing on your strengths
- Q11: Learning from the experience
- Q12: Thinking of new solutions
- Q13: Bouncing back from challenges
- Q14: Understanding how someone else feels
- Q15: Encouraging yourself and others
- Q16: Eating a balanced diet with fruits and vegetables
- Q17: It helps your body function properly
- Q18: Tobacco
- Q19: Improves overall health and fitness
- Q20: It prevents cavities and gum disease
- Q21: Calcium
- Q22: It helps prevent injuries
- Q23: Washing hands regularly
- Q24: To protect skin from harmful UV rays
- Q25: It helps the body rest and recover
- Q26: Wearing a helmet
- Q27: Carbohydrates
- Q28: Feeling thirsty
- Q29: Practicing mindfulness and relaxation
- Q30: Talking to a trusted friend or adult
- Q31: Controlled transfer of weight
- Q32: Controlled jumping
- Q33: Locomotor movements

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- Q34: Muscular system
- Q35: Take short, quick steps
- Q36: Keeping control of an object while moving
- Q37: Understanding rules
- Q38: Teamwork
- Q39: Strategic positioning
- Q40: Twisting
- Q41: Receiving
- Q42: To prepare the body for movement and prevent injury
- Q43: Focusing on a fixed point
- Q44: Catching a ball
- Q45: Helps body parts work together smoothly
- Q46: Provides essential nutrients for growth
- Q47: Keeping your passwords private
- Q48: Talk to a trusted adult
- Q49: Tobacco
- Q50: Engaging in regular physical activity
- Q51: Changes in body appearance
- Q52: To protect the skin from harmful UV rays
- Q53: Tell a trusted adult
- Q54: Improved concentration
- Q55: Brushing and flossing daily
- Q56: Washing hands regularly
- Q57: Eating a variety of food groups
- Q58: Fruits and nuts
- Q59: It strengthens muscles and bones
- Q60: It keeps the body hydrated
- Q61: Cheering them on during a game
- Q62: Eating a mix of healthy foods and exercising
- Q63: Competing fairly and respecting others
- Q64: Drink water regularly
- Q65: Lack of time due to busy schedules
- Q66: 60 minutes
- Q67: Speed
- Q68: Improved mood

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Q69: Increased risk of illness

Q70: Running

Q71: Invite them to join fun activities

Q72: Taking the stairs instead of the elevator

Q73: Setting realistic goals

Q74: It helps prepare the muscles and prevent injury