Name: _____

Grade and Section: _____

Date: _____

Title of Activity: Quiz in Health

Directions: Read each statement or question below carefully. Choose the correct answer from the word bank and write the letter of your choice on the blank provided.

COLUMN A

____ 1. A way of expressing your feelings without accusing others, e.g., "I feel upset when..."

____ 2. A physical activity where you can enjoy nature and talk without distractions.

____ 3. This skill involves giving your full attention, not interrupting, and showing you understand.

____ 4. A fun, high-energy indoor activity that gets everyone moving and laughing.

____ 5. A strategy where each person gives a little to find a middle ground.

____ 6. Instead of yelling, using this can help keep an argument from getting worse.

____ 7. To avoid saying hurtful things, you should take one of these when you're very angry.

____ 8. This means valuing each other's opinions, even when you don't agree.

____ 9. An activity that combines light exercise with responsibility and can be a daily chore.

____ 10. A peaceful group activity that promotes stretching, relaxation, and mindfulness.

____ 11. Saying "You always make a mess!" is an example of this harmful habit.

____ 12. A collaborative activity that requires teamwork and ends with a shared meal.

____ 13. This is another term for a "time-out" used to let strong emotions settle.

____ 14. A great way to get exercise and explore your community on two wheels.

____ 15. A productive and physical team activity that can beautify your home or grow food.

COLUMN B

A. Active Listening

B. Family Hike

C. "I" Statement

D. Compromise

E. Family Dance Party

F. Taking a Time-Out

G. Respect

H. Walking the Dog

I. Calm Tone of Voice

J. Gardening Together

K. Blaming

L. Family Yoga

M. Cool-Down Period

N. Bike Riding

O. Cooking Together

LIVEWORKSHEETS