

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