

Check what you know

This is a short quiz to check what you know about taking care of yourself and your teammates. Your teacher will read out the questions and the three possible answers. You have to tick the **two answers** that you think are correct.



1) What does belonging mean?

- a. When you feel like you are welcomed and part of a group
- b. When you feel left out
- c. When you're in a group that helps and supports you



2) Why does a sense of belonging help us?

- a. It means we can get other people to do all our work
- b. All humans need to feel like we belong as it helps us feel safe
- c. We are happier when we feel like we belong

3) What is a team?

- a. A group of people
- b. A group of people that work together well
- c. A group of people that all work towards a common goal

4) What makes a good team?

- a. Sharing and taking turns
- b. Only caring about ourselves
- c. Encouraging and supporting each other



5) Why do teams need a mix of different people?

- a. Good teams should have teammates who are all the same
- b. Good teams have people with a mix of skills
- c. Teams with a mix of people can succeed in lots of different situations

6) If your team fails at something, what can you do?

- a. Be kind, supportive, and encouraging towards each other
- b. Criticize each other and focus on what you did wrong
- c. Try again another time, and practise to improve and get even better