INSPIRED TOTS EARLY LEARNING CENTRE
Joseph Akande Close, New Haven Rantya,
State Low-cost, Jos Plateau State
Cellphone: 08068681147, 08064937490, email: inspiredtelc@gmail.com

THIRD TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE NAME

Health Education

1. What does social acceptance primarily refer to in the context of health and well-being?
   a) . Physical fitness and strength
   b) . The degree to which an individual is accepted and valued by peers
   c) . Knowledge about healthy lifestyle choices
   d) . Ability to participate in sports competitions
2. Which of the following is a positive way to promote social acceptance among peers?
   a) . Ignoring others' feelings
   b) . Respecting and valuing diverse opinions and backgrounds
   c) . Excluding someone who is different
   d) . Criticizing others for their differences
3. Why is social acceptance important for mental health?
   a) . It increases physical strength
   b) . It reduces feelings of loneliness and boosts self-esteem
   c) . It guarantees academic success
   d) . It ensures better athletic performance
4. which of the following behaviors can help build social acceptance in a group?
   a) . Being empathetic and supportive
   b) . Spreading rumors about others
   c) . Ignoring team members' contributions
   d) . Showing favoritism to certain individuals
5. In a health and physical education setting, how can teachers promote social acceptance among students?
   a) . By encouraging teamwork and cooperation
   b) . By rewarding only the best players
   c) . By focusing solely on individual achievements
   d) . By discouraging participation from shy student
6. What is one potential consequence of social rejection in adolescents?
   a) . Improved athletic skills
   b) . Increased self-confidence
   c) . Feelings of depression and social withdrawal
   d) . Enhanced academic performance
7. Which factor can influence social acceptance among peers?
   a) . Physical appearance alone
   b) . Kindness and good communication skills
   c) . Academic grades only

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d) . Age differences only

8. How can involvement in team sports promote social acceptance?
   a) . By fostering competition only
   b) . By encouraging collaboration and mutual support
   c) . By emphasizing individual achievement over teamwork
   d) . By isolating players from each other
9. Which strategy is effective in reducing bullying and promoting social acceptance?
   a) . Ignoring bullying incidents
   b) . Promoting awareness and teaching respect for others
   c) . Supporting aggressive behavior
   d) . Discouraging open communication
10. Why is social acceptance important?
   a) It helps people feel lonely
   b) It encourages conflict
   c) It promotes happiness and belonging
   d) It causes social problems
11. Which of these promotes social acceptance?
   a) Teasing others
   b) Respecting differences
   c) Ignoring classmates
   d) Excluding others
12. What feeling is common when someone is socially accepted?
   a) Sadness
   b) Confidence
   c) Anger
   d) Fear
13. What is a consequence of social rejection?
   a) Increased confidence
   b) Feelings of loneliness
   c) Happiness
   d) better friendships
14. Which behavior shows respect, promoting social acceptance?
   a) Listening when others speak
   b) Interrupting others
   c) Ignoring classmates
   d) Making fun of others
15. Which of the following is **NOT** a way to show social acceptance?

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a) Complimenting others
b) Being kind
c) Ignoring someone's feelings
d) Sharing with friends

16. When someone is socially accepted, they usually feel:
a) Left out
b) Belonging
c) Confused
d) Alone

17. Why is it important to accept people who are different from us?
a) To create conflicts
b) To promote understanding and harmony
c) To make fun of them
d) To exclude them

18. What role do teachers play in social acceptance?
a) They ignore students
b) They promote inclusive activities
c) They only focus on academics
d) They discourage friendship

19. Which is a good way to help someone who feels lonely?
a) Invite them to join activities
b) Laugh at them
c) Ignore them
d) Tell others not to talk to them

20. How does social acceptance benefit society?
a) It causes more problems
b) It promotes peace and cooperation
c) It encourages selfishness
d) It reduces friendships

21. What can you do to become more socially accepted?
a) Be respectful and kind
b) Be rude to classmates
c) Ignore others
d) Avoid helping friends

LIVEWORKSHEETS