

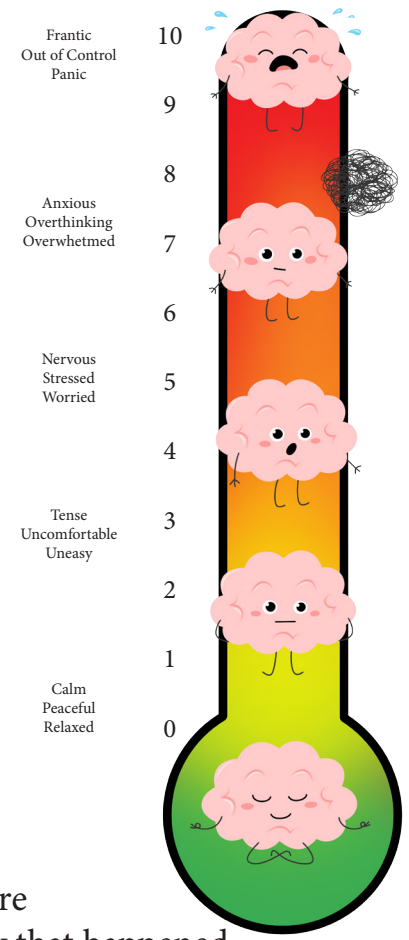
ROUND ABOUT

Worksheet - IV

Name: Class: Roll No.:

A. Read each item and rank from 1-10 how anxious each trigger makes you feel.

- Making a mistake
- Having a lot to do
- Family or friend problems
- Loud noises or raised voices
- Being around certain people
- Bullying or getting made fun of
- Being in a large crowd of people
- Someone special to you being sick
- Not knowing how to do something
- Thinking about the past or the future
- Not liking your appearance or clothes
- Making friends, or talking to other kids
- Performing or presenting in front of others
- Being alone or doing certain things by myself
- Being away from home/my parents/my family
- Not feeling ready for something you have to do
- Being in tight spaces or being in wide open spaces
- Going to school, doing schoolwork, or taking tests
- Changes in my life, or changes to my normal routine
- Having to admit you did something wrong/apologizing
- Meeting someone or going to someplace I haven't been before
- People, places, or things that remind you of something scary that happened



Other:
 Other:
 Other:

B. Choose any one from the given situations and respond.



What would you do?

Glue you scenario here

SAFETY

I am walking home from school when I notice a car following me down the street.

What emotions could you feel in this situation?

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What choices do you have?

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Who might you go to for help?

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What is the best thing you could do or say in this scenario?

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Friendships

I have made some new friends in my class and want to play with them at lunch. My best friend is really mad and won't speak to me.

Health & Wellbeing

We lost our cricket game on the weekend. I feel like it is my fault for getting out and I am really angry about it.

Friendships

A new girl has just joined our grade and she asks to play with my friends and I at lunch. My friends all laugh at her and run away.

Safety

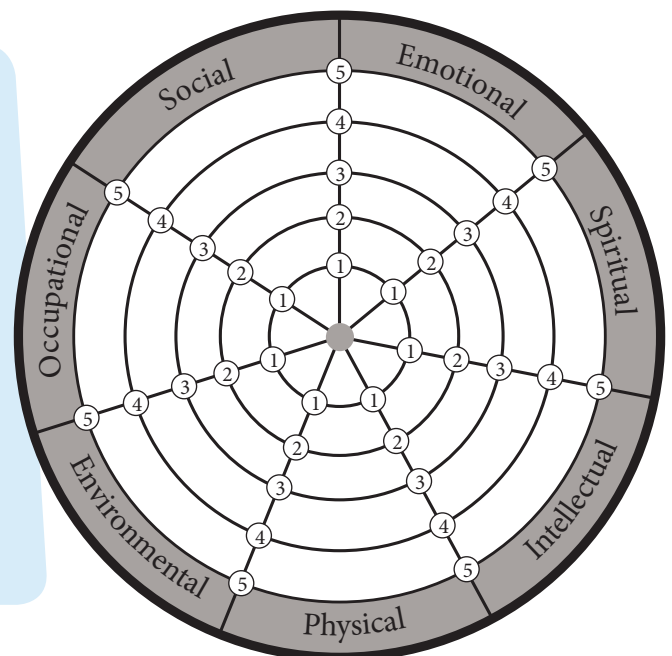
A person that I don't know has started talking to me online.

C. Well-being is like a wheel. Within the wellness wheel model, each wedge represents a dimension of health. The more balanced you are in each area, the better the wheel rolls (thriving). If you're unbalanced, the wheel becomes dysfunctional (surviving).

For each dimension, score your current level of success, colouring from the centre of the circle out to your score.

SCORING KEY

1. I own the weakness. I know I definitely need to work on this. Hello, Flat tire!
2. Ok, fine, I admit this area isn't great in my life. I know I can do better here.
3. This part of my life is pretty solid, but I'm sure there's something I can do to improve.
4. I am satisfied with this dimension. There's probably more I can do, but I'm not sure I have time/energy.
5. I am completely happy and fulfilled in this part of my life. I see no room for improvement.



D. Given below are the flags of different countries. Name the countries to which these flags belong to. You can take help of the Pick-up Point.

Pick-up Point- Hungary, Saudi Arabia, Turkey, Ireland, Chile, Zimbabwe, Finland, Belarus, Austria, Bahrain, Norway, Ethiopia



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E. Given below are the names of the countries and their currencies. Match the names of the country with the currencies.



- ① Switzerland
- ② Russia
- ③ Sweden
- ④ Malaysia
- ⑤ Italy
- ⑥ South Africa
- ⑦ Argentina
- ⑧ Japan
- ⑨ Israel
- ⑩ Indonesia
- ⑪ China
- ⑫ Brazil
- ⑬ Bangladesh
- ⑭ United Kingdom
- ⑮ Thailand
- ⑯ Myanmar

- Kyat ①
- Baht ②
- Pound ③
- Taka ④
- Real ⑤
- Yuan ⑥
- Rupiah ⑦
- Shekel ⑧
- Yen ⑨
- Rand ⑩
- Peso ⑪
- Lira ⑫
- Ringgit ⑬
- Krona ⑭
- Rouble ⑮
- Franc ⑯



F. Identify the countries the given waterfalls belong to.

NAME OF THE WATERFALL

- 1. Niagara falls
- 2. Boyoma Falls
- 3. Victoria Falls
- 4. Patose Meribondo Falls
- 5. Iguacu Falls
- 6. Kongou Falls
- 7. Celilo Falls
- 8. Livingstone Falls
- 9. Para Falls

COUNTRY

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.