

QUIZ: Quest 3

Watch video SHIELD Quest3 video 1

1. What was Santos able to throw away by splashing his face?

a. raruraru and problems

b. dirt on his face

c. sleep from his eyes

2. Tap the picture of the element that helped Santos throw away his problems?



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3. Santos was able to throw away his problems and reset his what?

Hint: starts with either 'head' or 'mind'.
Share your answer

4. If you feel better about yourself, can this help you try new things?

a. Yes

b. No

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Watch video SHIELD Quest3 video 2

5. Kiritahi mentions that 'wai' helps our rangatahi to become resilient. What do you think 'wai' means in english?

a. air

b. food

c. water

d. sand

6. What do you think 'resilient' means?

a. able to withstand or recover quickly from difficult conditions

b. a good swimmer

c. less thirsty

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Watch video SHIELD Quest3 video 3

7. Kiritahi mentions “We are retraining our, getting rid of the “mamae” and “hara”.

Enter the missing word:

8. Draw a line to join the parts to make complete words:

Tanga

ma

ha

mi

mae

nd

roa

ra

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9. 'Mamae' in english means "hurt" or "pain". Which image shows someone feeling "mamae"?



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10. 'Hara' can mean "doing crime".
What other words in English
could "hara" also mean?

a. wrongdoing, offense,
violation of tapu

b. lawyer

c. judge