

QUIZ: Quest 4

Watch video SHIELD Quest4 video 1

1. Santos talks about learning to 'support yourself'. What does this mean?

a. learning mental and emotional tools to support yourself

b. pay the rent

c. do exercises

2. If you feel really sad and hit rock bottom, which way should you go from there?

a. further down

b. up

c. sideways

QUIZ: Quest 4

Watch video SHIELD Quest4 video 2

3. What does 'manoeuvre' mean?

a. move skillfully

b. stay still

c. get angry

d. swim fast

4. 'Whakaehu' is a Māori word meaning various, varied, assorted and ?

a. constant

b. sad

c. sweet

d. diversified

QUIZ: Quest 4

Watch video SHIELD Quest4 video 3

5. Do you want to make a life change and take up that challenge like Santos?

a. Yes

b. No

6. What challenge would you like to set for yourself?
Share your challenge

QUIZ: Quest 4

Watch video SHIELD Quest4 video 4

7. Write in the name of at least one person who is there to help or support you:

You can write 'Uncle, Mum, Grandpa, or actual names e.g. John, Mere' etc.
Share your support people

QUIZ: Quest 4

Watch video SHIELD Quest4 video 5

8. Santos says the branches on a tree are like the that you take.
What is the missing word?

a. flow of water

b. journeys

c. growth

9. He says leaves are the solutions to problems when on your journey.
How many solutions (leaves) are on your journey (branches)?

a. lots

b. not many

QUIZ: Quest 4

Watch video SHIELD Quest4 video 6

10. Solutions can be learnt
from challenges and
problems we face.

a. True

b. False