

## QUIZ: Quest 6

Watch video SHIELD Quest6 video 1

1. Papa George explained to Jacob that the river is like a life journey. What do you think he means by that? Share your answer

2. If life is like a river and you flow with it, what happens when you hit a rock?

a. you stop

b. it feels soft

c. bounce off and keep going forward

## QUIZ: Quest 6

3. If your life is spinning out of control, circle the picture that best reflects this?



4. If your life is in a whirlpool, what should you do?

a. give up

b. ignore it

c. get back into the current and keep flowing

## QUIZ: Quest 6

Watch video SHIELD Quest6 video 2

5. What did Jacob refer to that he believes can help in life?

a. rafting

b. drinking

c. nature

6. Jacob feels nature can help teach you what?

a. stay warm

b. find food

c. how to flow through life

## QUIZ: Quest 6

7. Have you ever taught a younger sibling, cousin, or friend something?  
Share your experience

8. What is a life lesson have you learnt?  
Share your experience

## QUIZ: Quest 6

Watch video SHIELD Quest6 video 3

9. Stella said she is showing a lot more ..... ?

a. swimming skills

b. rafting talent

c. confidence in herself

10. What challenge in life would you like to try?

Share your answer