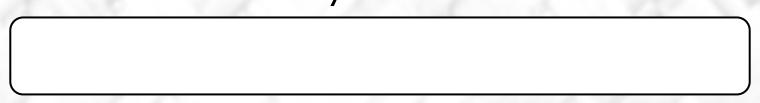


- 1. Aimee said the kids have started valuing each other and?
 - a. their neighbours
 - b. their pets
- c. themselves
- Name someone you value in your life:
 e.g. parent, relative or friend etc.
 Share your answer







Watch video SHIELD Quest8 video 2

3. Punahouora mentions a 'light bulb' goes off in some of the kids. What does she mean by 'light bulb'?

a. kids can turn on a light

b. their fingers are electric

c. something turns on and lights up inside their mind

- 4. What does 'motivation' mean?
- a. a reason for acting or behaving a certain way
- b. having energy

c. setting goals







5. What does 'hauora' mean?

a. health & wellbeing

b. hungry

c. thirsty

d. none of the above





6. Which of the following are four key values Tu Kaha focuses on?

a. identity

b. relationships & teamwork

c. resilience

d. all of the above





7. What does 'resilience' mean?

a. to recover quickly from difficulties

b. fit & strong | c. health & wellbeing

8. Draw a line to join the parts on the left with parts on the right to make up four values:

a. iden

b. team

c. resil

d. hau

ience

ora

titv

work





Watch video SHIELD Quest8 video 4

- 9. Why does Aimee like the programme so much?
- a. helps kids be future leaders
 - b. gives her time off
- c. she likes the size of the truck
- 10. Does Aimee believe that all children should have these four pillars: identity, relationship building, teamwork and resilience?

a. yes

b. no



