

## QUIZ: Quest 8

Watch video SHIELD Quest8 video 1

1. Aimee said the kids have started valuing each other and ..... ?

a. their neighbours

b. their pets

c. themselves

2. Name someone you value in your life:  
e.g. parent, relative or friend etc.

Share your answer

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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

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5. What does 'hauora' mean?

a. health & wellbeing

b. hungry

c. thirsty

d. none of the above

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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



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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

tity

work

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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