

Name _____

Date _____

Health: Common Assessment 1

- _____ 1. An example of good character is... (2.2.4.C.1)
- A. only playing games you like to play
 - B. talking back to your parent or guardian
 - C. praising people when they do something well
 - D. having bad manners
- _____ 2. You show self-respect when you... (2.2.4.C.1)
- A. cheat on a test to get a good grade
 - B. take care of your health
 - C. do wrong things to be liked
 - D. brag about yourself
- _____ 3. You should show respect to... (2.2.4.C.1)
- A. only adults
 - B. only your friends
 - C. all people
 - D. only your family
- _____ 4. If you are sad, you should... (2.1.4.E.3)
- A. push the sad things out of your mind
 - B. keep your feelings inside
 - C. talk to someone about your feelings
 - D. never let yourself cry
- _____ 5. Expressing emotions in healthful ways... (2.1.4.E.3)
- A. helps you stay healthy
 - B. makes you feel sad
 - C. helps you not to cry
 - D. does not matter
- _____ 6. A way to control angry feelings is to... (2.1.4.E.3)
- A. hit someone
 - B. yell at someone
 - C. take a deep breath
 - D. destroy property

_____ 7. A reason why you need self-control is... (2.1.4.E.2)

- A. to keep from doing things you regret
- B. to keep from doing too much of something
- C. to help you manage your emotions
- D. A, B, and C are correct

_____ 8. You can keep away from fights by... (2.1.4.E.2)

- A. saying you will not fight
- B. agreeing on a solution even if it is not healthful
- C. putting down the other person
- D. calling the other person names

_____ 9. A good way to handle conflict is... (2.1.4.E.2)

- A. to hit the other person
- B. to talk things out
- C. to ignore the conflict and it will go away
- D. to yell at the other person

_____ 10. A responsible decision... (2.2.4.C.1)

- A. is harmful
- B. is unsafe
- C. follows rules or laws
- D. does not show good character

_____ 11. One way to manage stressful situations is to... (2.1.4.E.4)

- A. do whatever you feel like doing
- B. talk about your feelings
- C. eat foods loaded with sugar
- D. avoid your family

_____ 12. Stress can be caused by... (2.1.4.E.4)

- A. difficulty in school
- B. a family change
- C. a big sports event
- D. all of the above

_____ 13. Your family shapes your health by... (2.1.4.E.1)

- A. copying what you do
- B. providing guidelines that keep you safe
- C. giving you presents
- D. checking your homework every night

- _____ 14. A reason to be close to your family is that... (2.1.4.E.1)
- A. it helps you feel safe and secure
 - B. it allows you to share in fun times
 - C. it helps you to feel loved in hard times
 - D. All of the above
- _____ 15. Children who are close to their parents or guardians... (2.4.4.A.1)
- A. get reminded of correct ways to act
 - B. are more likely to have risk behaviors
 - C. feel alone during hard times
 - D. always act responsibly
- _____ 16. A family value might be... (2.4.4.A.1)
- A. taking the first turn in a game
 - B. sharing when you want to
 - C. handling disagreements without fighting
 - D. doing chores when you feel like it
- _____ 17. I respect my community when I... (2.2.4.C.2)
- A. play outside
 - B. clean up trash
 - C. get good grades
 - D. save my money
- _____ 18. If you don't care about your community it will suffer. (2.2.4.C.2)
- A. true
 - B. false
- _____ 19. You can support a peer with a learning disability by... (2.2.4.C.3)
- A. being careful not to tease him/her
 - B. ignoring their struggles
 - C. not helping him/her
 - D. minding your own business
- _____ 20. People who have learning disabilities... (2.2.4.C.3)
- A. cannot learn anything
 - B. do not need help
 - C. need understanding from friends
 - D. always get bad grades in school