

Mr. C's Amazing Wellbeing Exam of Pain & Fun

Students Name(s): _____ & _____. Date: September _____

Directions: From the following list of words below, please choose the correct answer to answer of the following questions correctly. All the answers should be in proper order(the tricky part)! Use each word at the bottom of the page only once!

Short Introductory Video 1:

- A. The 3 counsellors at Brock Middle School are _____, _____, & _____.
- B. The two Vice Principal's at Brock Middle School are _____ & _____.
- C. The Principal of Brock is _____.

What is Well Being Video 2:

- D. Well being is the state of being _____, _____ or _____.
- E. People enjoying high levels of "well being" are described as _____.
- F. We spend up to 90 percent of our time either inside _____ or _____.

The Five Ways to Wellbeing Video 3:

- G. The Five Ways to Wellbeing are the following:

Mr. C	Take notice	Comfortable	Buildings	Mr. Faisthuber
Healthy	Keep learning		Mrs. Khelouiati	Happy
Mr. Chow	Give	Mrs. Reddman	Flourishing	Mrs.
Perry	Vehicles	Connect	Be active	