

**MINISTRY OF EDUCATION HERITAGE AND ARTS**  
**YEAR 8 HEALTHY LIVING**  
**REVISION WORKSHEET 6**

**Write the answers** to the following questions in your **exercise/activity books**.

A. Given below are some types of behaviour. Put a **tick** (√) on good characteristics of mental health and a **cross** (×) on the ones that are not.

**(10 marks)**

1. Having enough sleep. \_\_\_\_\_
2. Thinking positively when in difficult situations. \_\_\_\_\_
3. Losing hope during troubled times. \_\_\_\_\_
4. Balancing work, play and family time. \_\_\_\_\_
5. Complaints about hard situations faced. \_\_\_\_\_
6. Withdraws herself from the rest of people around her. \_\_\_\_\_
7. Eat any kind of food at any time of the day. \_\_\_\_\_
8. See a difficult situation as a challenge. \_\_\_\_\_
9. Support other people who need help. \_\_\_\_\_
10. Sleep most of the time. \_\_\_\_\_

B. Find the meanings of these words:

**(5 marks)**

- a. tragedy
- b. adversity
- c. longevity
- d. depression
- e. trauma