

Source:	SmartWiz App
Date:	10/11/2025
Grade:	1
Subject:	Life Skills
Duration:	1 Hr
Marks:	50

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

Name and Surname:	
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Section A: Personal Well-being (10 marks)

Question 1.1: What should you do if you feel tired during the day? (2 marks)

Answer: Rest or take a nap

Question 1.2: Why is it important to eat healthy food? (2 marks)

Answer: To stay strong and healthy

Question 1.3: How often should you brush your teeth? (2 marks)

Answer: Twice a day

Question 1.4: What should you do if you feel sad? (2 marks)

Answer: Tell a parent or teacher and talk about your feelings

Question 1.5: Why is it important to wash your face every morning? (2 marks)

Answer: To keep your face clean and stop germs

Section B: Health and Safety (10 marks)

Question 2.1: What should you do if you hurt yourself? (2 marks)

Answer: Tell an adult and clean the wound

Question 2.2: Which of these is a safe activity? (2 marks)

- a) Playing with matches
- b) Playing with toys safely
- c) Running with sharp objects

Answer: b) Playing with toys safely

Question 2.3: What do you do if you hear a fire alarm? (2 marks)

Answer: Leave quickly and go to a safe place

Question 2.4: What should you wear when it is cold outside? (2 marks)

Answer: Warm clothes, jacket, and hat

Question 2.5: Why should you not touch electrical sockets? (2 marks)

Answer: Because they are dangerous and can cause shocks

Section C: Social Well-being (10 marks)

Question 3.1: How can you show good manners? (2 marks)

Answer: Say "please" and "thank you"

Question 3.2: What should you do if you want to play with a friend? (2 marks)

Answer: Ask politely, "Can I play with you?"

Question 3.3: How do you help your family at home? (2 marks)

Answer: Clean your room, set the table, or help with chores

Question 3.4: What should you do if someone is being unkind to you? (2 marks)

Answer: Tell a teacher or adult

Question 3.5: How can you be a good listener? (2 marks)

Answer: Keep quiet and listen carefully when someone talks

Section D: Environment and Physical Activity (10 marks)

Question 4.1: Why should we plant trees? (2 marks)

Answer: To give us clean air and shade

Question 4.2: What can you do to help save energy? (2 marks)

Answer: Turn off lights and appliances when not in use

Question 4.3: Name a fun activity you can do outside. (2 marks)

Answer: Playing tag, jumping rope, or kicking a ball

Question 4.4: What should you do if you see trash outside? (2 marks)

Answer: Pick it up and put it in the rubbish bin

Question 4.5: How can you help save water at school? (2 marks)

Answer: Don't waste water when washing hands or brushing teeth

Section E: Creativity and Expression (10 marks)

Question 5.1: What can you draw to show how you feel? (2 marks)

Answer: A happy face, sad face, or a star

Question 5.2: How do you feel when you sing your favorite song? (2 marks)

Answer: Happy and excited

Question 5.3: Name a material you can use to make a craft. (2 marks)

Answer: Paper, clay, or fabric

Question 5.4: What can you build with blocks? (2 marks)

Answer: A house, a car, or a tower

Question 5.5: What do you enjoy doing when you are being creative? (2 marks)

Answer: Drawing, singing, dancing, or making crafts

✓ END OF EXAM

TOTAL MARKS: 50

