

Source:	SmartWiz App
Date:	19/08/2025
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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Grade 1 Life Skills Exam Paper

Section A: Personal Well-being (10 marks)

Question 1.1: Why is it important to wash your hands? (2 marks)

Answer: To remove germs and stay healthy

Question 1.2: What should you do if you feel hungry? (2 marks)

Answer: Tell an adult or eat healthy food

Question 1.3: How can you stay safe when crossing the road? (2 marks)

Answer: Look both ways and walk on the pedestrian crossing

Question 1.4: What is the best way to stay clean? (2 marks)

Answer: Bathe regularly and wear clean clothes

Question 1.5: Why is it important to get enough sleep? (2 marks)

Answer: To help your body grow and stay healthy

Section B: Health and Safety (10 marks)

Question 2.1: What should you do if you see fire or smoke? (2 marks)

Answer: Tell an adult and stay away from it

Question 2.2: Which of these drinks is good for you? (2 marks)

- a) Soda
- b) Water
- c) Fruit juice

Answer: b) Water

Question 2.3: What should you do if a stranger asks for help? (2 marks)

Answer: Tell a trusted adult

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

Answer: A hat and sunscreen

Question 2.5: Why should we wear shoes outside? (2 marks)

Answer: To protect our feet from sharp objects and dirt

Section C: Social Well-being (10 marks)

Question 3.1: How can you show kindness to others? (2 marks)

Answer: Share toys and say nice words

Question 3.2: What should you do if someone is being unkind to you? (2 marks)

Answer: Tell an adult or walk away

Question 3.3: How can you help a friend who is sad? (2 marks)

Answer: Listen and cheer them up

Question 3.4: If you see someone being bullied, what should you do? (2 marks)

Answer: Tell a teacher or adult

Question 3.5: How do you show respect to your family? (2 marks)

Answer: Say "please" and "thank you," and listen to them

Section D: Environment and Physical Activity (10 marks)

Question 4.1: What can you do to help protect animals? (2 marks)

Answer: Do not hurt them and keep their habitat safe

Question 4.2: Why should you turn off lights when you leave a room? (2 marks)

Answer: To save electricity

Question 4.3: What is a fun way to stay active? (2 marks)

Answer: Running, jumping, or playing sports

Question 4.4: What should you do if you see litter on the ground? (2 marks)

Answer: Pick it up and throw it in the bin

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

Answer: Turn off the tap while washing dishes or brushing teeth

Section E: Creativity and Expression (10 marks)

Question 5.1: Name a craft you can make with paper. (2 marks)

Answer: A card or a paper hat

Question 5.2: How do you feel when you sing or dance? (2 marks)

Answer: Happy and excited

Question 5.3: What is one way to be creative with colors? (2 marks)

Answer: Draw pictures or paint

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

Answer: A house, a tower, or a castle

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

Answer: Drawing, singing, or making crafts

☒ END OF EXAM

TOTAL MARKS: 50

