

# SMARTWIZ

## GRADE 7 LIFE ORIENTATION EXAM

**MARKS: 50**

MARKS	

**TIME: 1 hour 30 minutes**

**SCHOOL** \_\_\_\_\_

**CLASS (e.g. 4A)** \_\_\_\_\_

**SURNAME** \_\_\_\_\_

**NAME** \_\_\_\_\_

### 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.

**This test consists of 3 pages, excluding the cover page.**

## SECTION A: EMOTIONAL INTELLIGENCE & COMMUNICATION (15 MARKS)

1. Look at the picture and answer the questions:



1.1 What emotion is the sad friend showing?

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1.2 How can the other friend support their friend? Give TWO ways.

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1.3 Why is it important to listen carefully when someone is upset?

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2. True or False: (5 x 1 = 5)

Write TRUE or FALSE next to each statement.

- a) It is okay to ignore your feelings and pretend everything is fine. \_\_\_\_\_
- b) Good communication includes both speaking and listening. \_\_\_\_\_
- c) Showing empathy means understanding how someone feels. \_\_\_\_\_
- d) Shouting at someone is an effective way to solve problems. \_\_\_\_\_
- e) Body language can tell us how a person is feeling. \_\_\_\_\_

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## SECTION B: FAMILY AND SOCIAL RESPONSIBILITY (15 MARKS)

3. Answer the questions:

3.1 List THREE responsibilities you have at home.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3.2 Explain why family is important to a person's well-being.

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3.3 Describe how showing respect to family members can improve relationships.

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## SECTION C: SAFETY AND ENVIRONMENT (10 MARKS)

### 4. Scenario:

Your community is planning a campaign to reduce littering in public spaces.

4.1 Suggest TWO ways you could help with the campaign.

- \_\_\_\_\_
- \_\_\_\_\_

4.2 Why is it important to keep the environment clean? Give TWO reasons.

- \_\_\_\_\_
- \_\_\_\_\_

## SECTION D: DECISION MAKING AND PEER INFLUENCE (10 MARKS)

### 5. Read the situation and answer the questions:

Thabo's friends want him to skip school and hang out at the mall, but he doesn't want to get into trouble.

5.1 What advice would you give Thabo to handle peer pressure?

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5.2 List TWO positive activities Thabo can do instead of skipping school.

- \_\_\_\_\_
- \_\_\_\_\_

**TOTAL: 50 MARKS**



## MEMO

### SECTION A: EMOTIONAL INTELLIGENCE & COMMUNICATION (15 MARKS)

#### 1. Visual Questions:

1.1 What emotion is the sad friend showing?

- Sadness, unhappiness, feeling down, upset, or any similar emotional state.  
(2 marks)

1.2 How can the other friend support their friend? Give TWO ways.

- Listen carefully
- Offer comfort or encouragement
- Ask how they can help
- Spend time with them  
(Any two reasonable answers = 4 marks)

1.3 Why is it important to listen carefully when someone is upset?

- It helps the person feel understood and supported.
- It can help solve problems by knowing the real issue.
- It shows empathy and respect.  
(Any relevant explanation = 3 marks)

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#### 2. True or False: (5 x 1 = 5)

- a) False
  - b) True
  - c) True
  - d) False
  - e) True
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### SECTION B: FAMILY AND SOCIAL RESPONSIBILITY (15 MARKS)

3. Responsibilities at home: (Any three valid examples)

- Doing chores (washing dishes, cleaning)
- Helping care for younger siblings
- Completing homework/studies
- Respecting family members  
(3 x 2 = 6 marks)

### 3.2 Why is family important to well-being?

- Provides love and support
  - Offers guidance and protection
  - Gives a sense of belonging
- (Any valid explanation = 4 marks)

### 3.3 How does respect improve family relationships?

- Builds trust and harmony
  - Reduces conflicts
  - Encourages good communication
- (Any relevant explanation = 5 marks)
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## SECTION C: SAFETY AND ENVIRONMENT (10 MARKS)

### 4.1 Ways to help with campaign:

- Organize or participate in clean-up activities
  - Create posters or awareness talks about littering
  - Encourage friends and family to dispose of waste properly
- (Any two valid suggestions = 4 marks)

### 4.2 Why keep the environment clean?

- Prevents pollution and protects health
  - Keeps community beautiful and safe for everyone
- (2 x 3 = 6 marks)
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## SECTION D: DECISION MAKING AND PEER INFLUENCE (10 MARKS)

### 5.1 Advice to handle peer pressure:

- Say “No” firmly and confidently
  - Explain your reasons honestly
  - Avoid situations where you might be pressured
  - Talk to a trusted adult if needed
- (Any reasonable advice = 5 marks)

### 5.2 Positive activities instead of skipping school:

- Study or do homework
- Join a sports or cultural activity
- Help with family chores

- Spend time with family or friends who make good choices  
(Any two = 5 marks)
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**TOTAL: 50 MARKS**

