

Source:	SmartWiz App
Date:	16/11/2025
Grade:	3
Subject:	Life Skills
Duration:	1 Hr
Marks:	60

**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 HYGIENE AND HEALTH (15 MARKS)

Answer all questions:

What is one way to keep your nails clean?

(1 mark)

Answer: Wash or cut them regularly

Why is it important to cover your mouth when you cough or sneeze?

(2 marks)

Answer: To stop germs from spreading and making others sick

How often should you change your bed sheets?

(2 marks)

Answer: Once a week

What should you do if you see dirt on your face?

(2 marks)

Answer: Wash your face with water and soap

Name a healthy drink you can have instead of soda.

(2 marks)

Answer: Water or milk

Why is it important to eat breakfast?

(2 marks)

Answer: It gives you energy to start the day

What should you do if you have a headache?

(2 marks)

Answer: Rest, tell an adult, and drink water

## SECTION B: SAFETY AND RESPONSIBLE BEHAVIOUR (15 MARKS)

Answer all questions:

What do you do if a fire alarm goes off in your school?

(2 marks)

Answer: Stay calm, leave the building quickly, and go to the safe place

Why should you not touch electrical wires?

(2 marks)

Answer: Because they can give you an electric shock

What should you do if you see someone who is hurt?

(2 marks)

Answer: Tell a teacher or adult immediately

How should you behave when crossing the street?

(2 marks)

Answer: Look both ways, walk on the zebra crossing, and listen for cars

Why is it important to wear protective gear like helmets and knee pads?

(2 marks)

Answer: To keep you safe from injuries during sports or biking

What should you do if you find a strange animal in your yard?

(3 marks)

Answer: Stay away, do not try to touch it, and tell an adult

If someone is bothering you, what is the best thing to do?

(2 marks)

Answer: Tell a trusted adult and stay away from them

### SECTION C: ENVIRONMENT AND CONSERVATION (15 MARKS)

Answer all questions:

Name two ways you can help protect trees.

(2 marks)

Sample answer: Don't cut down trees unnecessarily, plant new trees

Why should we use less plastic?

(2 marks)

Answer: Because plastic pollutes the environment and harms animals

What should you do if you see a lot of litter in the street?

(2 marks)

Answer: Pick it up and throw it in the bin

How can turning off lights help save the environment?

(2 marks)

Answer: It saves electricity and reduces pollution

Why is it important to protect animals?

(3 marks)

Answer: They help keep ecosystems balanced, they give us food, and they are living creatures

Name one way you can help conserve water at home.

(2 marks)

Answer: Fix leaks, turn off taps when not in use

How does pollution affect animals?

(2 marks)

Answer: It makes their habitats dirty and unhealthy

#### SECTION D: BODY PARTS AND HEALTH (10 MARKS)

Answer all questions:

Which body part helps you to see?

(1 mark)

Answer: Eyes

Which body part helps you to taste food?

(1 mark)

Answer: Tongue

Which body part helps you to hear?

(1 mark)

Answer: Ears

Why is it important to wash your hands before eating?

(2 marks)

Answer: To remove germs and stay healthy

What do your lungs do?

(2 marks)

Answer: Help you breathe air in and out

How can you keep your body strong?

(2 marks)

Answer: Eat healthy food, exercise, and sleep well

What should you do if you have a sore throat?

(1 mark)

Answer: Rest, drink fluids, and tell an adult

SECTION E: ACTIVE LIVING AND SPORT (5 MARKS)

Answer all questions:

Why is it good to run and play outside?

(2 marks)

Answer: It makes you healthy, strong, and happy

Name one sport you like to do.

(1 mark)

Sample answer: Soccer, running, jumping

How does playing sports help your body?

(2 marks)

Answer: It makes muscles strong, improves your heart, and helps you stay fit

SECTION F: RESPONSIBLE CITIZENSHIP (5 MARKS)

Answer:

Write 2-3 sentences about how you can help keep your neighborhood clean.

(5 marks)

(Example: I pick up trash, plant flowers, and tell people to keep the area tidy.)

