

Source:	SmartWiz App
Date:	11/11/2025
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: Why is it important to wear clean clothes? (2 marks)

Answer: To stay healthy and smell good

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

Answer: Tell an adult and rest

Question 1.3: How can you keep your hair tidy? (2 marks)

Answer: Brush it regularly and wash it

Question 1.4: Why is it important to drink water during the day? (2 marks)

Answer: To stay hydrated and healthy

Question 1.5: What should you do if you want to play with a friend? (2 marks)

Answer: Ask politely to join in

## Section B: Health and Safety (10 marks)

Question 2.1: What should you do if you see broken glass? (2 marks)

Answer: Tell an adult and stay away

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

- a) Climbing on furniture
- b) Playing safely outside
- c) Running with a ball in the house

Answer: b) Playing safely outside

Question 2.3: What is the safest way to use scissors? (2 marks)

Answer: Under supervision and carefully

Question 2.4: What should you wear when it rains? (2 marks)

Answer: Raincoat, umbrella, or waterproof boots

Question 2.5: Why should you keep medicines out of reach of children? (2 marks)

Answer: Because they can be dangerous

### Section C: Social Well-being (10 marks)

Question 3.1: How can you show that you are a good friend? (2 marks)

Answer: Share and be kind

Question 3.2: What should you do if you see someone alone? (2 marks)

Answer: Invite them to play or talk to them

Question 3.3: If you accidentally hurt someone, what should you do? (2 marks)

Answer: Say sorry and help them

Question 3.4: How do you show respect to your classmates? (2 marks)

Answer: Listen when they speak and share

Question 3.5: What is a kind thing to say to someone? (2 marks)

Answer: "Please," "Thank you," or "Good job!"

### Section D: Environment and Physical Activity (10 marks)

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

Answer: Keep their nests safe and do not disturb them

Question 4.2: Why should we use reusable bags? (2 marks)

Answer: To reduce plastic waste

Question 4.3: Name a way to stay active every day. (2 marks)

Answer: Running, jumping, or riding a bike

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

Answer: Pick it up and throw it in the bin

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

Answer: Turn off lights when not needed

Section E: Creativity and Expression (10 marks)

Question 5.1: What can you create with crayons? (2 marks)

Answer: Draw pictures or color

Question 5.2: How do you feel when you dance to music? (2 marks)

Answer: Happy and excited

Question 5.3: Name a musical instrument you like. (2 marks)

Answer: Drums, guitar, or keyboard

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

Answer: Animals, shapes, or figures

Question 5.5: What do you like to do when you are being creative? (2 marks)

Answer: Draw, sing, dance, or make crafts

✓ END OF EXAM

TOTAL MARKS: 50

