

SMARTWIZ

GRADE 6 LIFE SKILLS EXAM

MARKS: 50

MARKS	
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TIME: 1 hour 30 Minutes

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

Instructions for Learners:

- Read all instructions carefully before beginning the exam.
- Write your name and student number clearly on the answer sheet or booklet.
- Answer all questions unless otherwise indicated.
- Show all workings/calculations where applicable.
- Write clearly and legibly.
- Use only blue or black ink. * Do not use correction fluid or tape.
- No electronic devices (such as calculators, cell phones, etc.) are allowed unless specifically permitted.
- Raise your hand if you have a question.
- Do not talk to other learners during the exam.
- Any form of dishonesty will result in disqualification.

This exam consists of 6 pages, including the cover page.

SECTION A: PERSONAL HEALTH AND HYGIENE (15 marks)

1. What is personal hygiene?

2. Name three daily hygiene habits you should practice.

3. Why is it important to wash your hands before eating?

4. Explain what happens if you do not brush your teeth regularly.

5. List two ways you can stay healthy.

SECTION B: EMOTIONS AND RELATIONSHIPS (15 marks)

1. Name three emotions people can feel.

2. How can you help a friend who feels sad?

3. Why is it important to respect other people's feelings?

4. What should you do if you have a disagreement with a friend?

5. Write down one way to show kindness at school.

SECTION C: SAFETY AND PROTECTION (20 marks)

Read the scenario below and answer the questions:

Scenario:

You are walking home from school and a stranger offers you sweets and asks you to come with them.



1. What should you do in this situation?

2. Why is it unsafe to go with strangers?

3. List two emergency numbers you should know.

4. What can you do to stay safe when walking alone?

5. Draw a stop sign below:



END OF EXAM

TOTAL: 50 MARKS

MEMO

SECTION A: PERSONAL HEALTH AND HYGIENE

1. Taking care of your body to stay clean and healthy. ✓
 2. Brushing your teeth, washing your hands, bathing regularly. ✓
 3. To remove germs and prevent getting sick. ✓
 4. Teeth can decay, cause bad breath, and lead to dental problems. ✓
 5. Eating healthy food, exercising, drinking clean water, getting enough sleep. ✓
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SECTION B: EMOTIONS AND RELATIONSHIPS

1. Happy, sad, angry, scared, excited, nervous (any three). ✓
 2. Listen to them, comfort them, be kind and supportive. ✓
 3. Because it shows kindness and helps maintain good relationships. ✓
 4. Talk calmly, listen to each other, try to solve the problem peacefully. ✓
 5. Helping others, sharing, saying kind words. ✓
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SECTION C: SAFETY AND PROTECTION

1. Say no, walk away, tell a trusted adult. ✓
 2. Because they might harm you or take you somewhere dangerous. ✓
 3. 10111 (Police), 10177 (Ambulance), 112 (Mobile emergency). ✓
 4. Stay in busy areas, avoid shortcuts, tell someone where you are going, walk with a friend. ✓
 5. (Red octagonal shape with “STOP” written inside.) ✓
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TOTAL: 50 MARKS