

Source:	SmartWiz App
Date:	15/06/2025
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 CARE AND WELL-BEING (15 MARKS)

Answer all questions:

Name two things you do to keep your hair clean.

(2 marks)

Sample answer: Wash it regularly, brush it

Why is it important to sleep at least 8 hours every night?

(2 marks)

Answer: To help your body grow and stay healthy

When should you wash your hands?

(2 marks)

Answer: Before eating, after playing outside, after using the toilet

What should you do if you have a sore throat?

(2 marks)

Answer: Tell an adult, rest, drink warm fluids

How can eating healthy food help you?

(2 marks)

Answer: Make you strong, help you grow, keep you from getting sick

Name one thing you should do to keep your teeth healthy.

(2 marks)

Sample answer: Brush twice a day

Why should you take a bath every day?

(3 marks)

Answer: To remove dirt, stay clean, and prevent germs from spreading

SECTION B: SAFETY AND GOOD DECISIONS (15 MARKS)

Answer all questions:

What should you do if you find a dangerous object like broken glass?

(2 marks)

Answer: Tell an adult and do not touch it

Why should you stay close to your parent or guardian in a busy place?

(2 marks)

Answer: To stay safe and not get lost

What is the right thing to do if someone is bullying you?

(2 marks)

Answer: Tell a teacher or adult, and stay calm

Why should you wear shoes when walking outside?

(2 marks)

Answer: To protect your feet from sharp objects and dirt

What should you do if you hear a fire alarm?

(2 marks)

Answer: Stop what you're doing, stay calm, and go outside quickly

Name one thing you should do to stay safe when riding a bicycle.

(3 marks)

Answer: Wear a helmet, look both ways, ride on the correct side

How can you protect yourself from getting sunburned?

(2 marks)

Answer: Wear a hat, sunscreen, and stay in the shade

SECTION C: THE ENVIRONMENT AND NATURE (15 MARKS)

Answer all questions:

Name two animals that live in the jungle.

(2 marks)

Sample answer: Lion, monkey

Why should we not litter in parks or streets?

(2 marks)

Answer: It makes the place dirty, and animals can get sick

What can you do to save energy at home?

(2 marks)

Answer: Turn off lights when not needed, use less water

How does planting trees help the environment?

(3 marks)

Answer: They give us oxygen, shade, and homes for animals

Name a product made from recycled materials.

(2 marks)

Answer: Paper, plastic bottles, bags

Why is it important to protect animals?

(2 marks)

Answer: They help keep the environment balanced and give us food and resources

What should you do if you see trash on the ground?

(2 marks)

Answer: Pick it up and put it in the bin

SECTION D: BODY PARTS AND HEALTH (10 MARKS)

Answer all questions:

Which body part helps you taste food?

(1 mark)

Answer: Tongue

Which body part helps you breathe?

(1 mark)

Answer: Lungs

Which body part helps you run fast?

(1 mark)

Answer: Legs / Feet

Why do we need to eat fruits and vegetables?

(2 marks)

Answer: To stay healthy, grow strong, and prevent sickness

Name one way you can keep your body healthy.

(2 marks)

Sample answer: Exercise, eat healthy food

What should you do if you have a cold?

(2 marks)

Answer: Rest, drink fluids, tell an adult

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

(1 mark)

Answer: To prevent germs from spreading

How do your ears help you?

(1 mark)

Answer: They help you hear

SECTION E: RESPONSIBLE ACTIONS AND BEHAVIOUR (5 MARKS)

Answer:

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

(5 marks)

(Example: I pick up my rubbish, tidy my desk, and help my friends keep the classroom neat.)