

# 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 4 pages, including the cover page.**

## SECTION A: HEALTH AND HABITS (15 marks)

1. Complete the table below with three healthy habits and explain why each is important.

Healthy Habit	Why is it important?
1. _____	_____
2. _____	_____
3. _____	_____

2. Circle the correct answer: (3 marks)

a) Which of these foods is a protein?

- Rice / Chicken / Apple

b) How many hours of sleep should a child your age get?

- 6 hours / 8-10 hours / 12 hours

c) What should you do after playing outside?

- Wash your hands / Go straight to bed / Eat sweets



## SECTION B: EMOTIONS AND RELATIONSHIPS (15 marks)

3. Match the feelings in column A with their descriptions in column B by drawing a line. (5 marks)

Column A (Feelings)	Column B (Descriptions)
1. Excited	a) Feeling unhappy or upset
2. Nervous	b) Feeling happy and eager
3. Angry	c) Feeling worried or anxious
4. Sad	d) Feeling very annoyed or mad
5. Proud	e) Feeling good about something you did

4. Write two ways you can help a friend who is feeling sad.

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**5. Fill in the blanks with the correct word from the box:**

(Words: *Respect, Listen, Share, Trust*)

a) A good friend will always \_\_\_\_\_ your secrets.

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b) To solve problems, it is important to \_\_\_\_\_ to each other.

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**SECTION C: PERSONAL SAFETY (20 marks)**

**6. Study the table below about internet safety rules. Tick (✓) whether each rule is True or False.**

Internet Safety Rule	True	False
Do not share your password with anyone.		
Talk to strangers online if they seem friendly.		
Always ask a parent or guardian before downloading something.		
Share your home address on social media.		
Use strong passwords with numbers and letters.		

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**7. What should you do if someone you don't know asks for personal information online?**

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**8. Draw a safety sign that you think is important for school. Label it clearly.**

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**END OF EXAM  
TOTAL: 50 MARKS**

## MEMO

### SECTION A: HEALTH AND HABITS

1. Sample answers:

Healthy Habit	Why is it important?
1. Eat healthy food	Gives energy and nutrients to the body. ✓
2. Exercise daily	Keeps your body strong and healthy. ✓
3. Sleep enough	Helps your body rest and grow. ✓

2. Circle the correct answers: (3 marks)

- a) Chicken ✓
- b) 8-10 hours ✓
- c) Wash your hands ✓

### SECTION B: EMOTIONS AND RELATIONSHIPS

3. Match the feelings: (5 marks)

- 1 – b) Feeling happy and eager ✓
- 2 – c) Feeling worried or anxious ✓
- 3 – d) Feeling very annoyed or mad ✓
- 4 – a) Feeling unhappy or upset ✓
- 5 – e) Feeling good about something you did ✓

4. Two ways to help a sad friend (any two):

- Listen to them carefully. ✓
- Offer kind words or support. ✓
- Spend time with them. ✓

5. Fill in the blanks:

- a) Trust ✓
- b) Listen ✓

## SECTION C: PERSONAL SAFETY

6. Tick True or False:

Internet Safety Rule	True	False
Do not share your password with anyone.	✓	
Talk to strangers online if they seem friendly.		✓
Always ask a parent or guardian before downloading something.	✓	
Share your home address on social media.		✓
Use strong passwords with numbers and letters.	✓	

7. What to do if a stranger asks for personal info online:

- Do not share any personal information. ✓
- Tell a trusted adult immediately. ✓

8. Drawing of safety sign (any relevant school safety sign with clear label):

- Examples: “No Running,” “Stop,” “Wear Helmet,” “Fire Exit” etc. ✓

**TOTAL: 50 MARKS**