

SMARTWIZ

GRADE 6 LIFE SKILLS EXAM

MARKS: 50

MARKS	
-------	--

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 WELL-BEING (15 marks)



1. Define what a balanced diet means.

2. Name three food groups and give one example of each.

MYST PATHWORKS

3. Why is it important to drink enough water every day?

4. How can exercise improve your mental health?

5. What should you do if you feel stressed? Name two ways to cope.

SECTION B: EMOTIONAL INTELLIGENCE (15 marks)



1. Explain what empathy means.

2. How can showing gratitude improve your relationships?

3. List two healthy ways to express anger.

4. What is the difference between sympathy and empathy?

5. Describe a time when you helped someone feel better.

SECTION C: PERSONAL SAFETY AND RESPONSIBILITY (20 marks)

1. What is cyberbullying?

2. List three rules you should follow to stay safe when using the internet.

3. Describe what you should do if a stranger approaches you asking for help.

4. Why is it important to keep your personal information private online?

5. Draw a simple map showing a safe route from school to your home.



END OF EXAM
TOTAL: 50 MARKS

MEMO

SECTION A: HEALTH AND WELL-BEING

1. Eating the right kinds and amounts of food from different food groups to stay healthy. ✓
 2. Food groups and examples:
 - Proteins (e.g., chicken),
 - Carbohydrates (e.g., bread),
 - Fruits and Vegetables (e.g., apples, carrots). ✓
 3. To keep the body hydrated and help it function properly. ✓
 4. Exercise can reduce stress, improve mood, and increase energy levels. ✓
 5. Take deep breaths, talk to someone, rest, or do an activity you enjoy. ✓
-

SECTION B: EMOTIONAL INTELLIGENCE

1. Understanding and sharing the feelings of others. ✓
 2. It helps build stronger relationships and makes others feel appreciated. ✓
 3. Talking calmly about feelings, taking a break to cool down. ✓
 4. Sympathy means feeling sorry for someone; empathy means understanding how they feel. ✓
 5. (Accept any reasonable personal example of helping a friend or family member feel better.) ✓
-

SECTION C: PERSONAL SAFETY AND RESPONSIBILITY

1. Bullying that happens online using electronic devices. ✓
 2. Rules:
 - Don't share personal information,
 - Don't talk to strangers online,
 - Tell a trusted adult if something is wrong. ✓
 3. Say no, walk away, and tell a trusted adult immediately. ✓
 4. To protect yourself from identity theft, scams, or harm. ✓
 5. (Accept a simple, clear map showing a safe route from school to home.) ✓
-

TOTAL: 50 MARKS