

Source:	SmartWiz App
Date:	18/08/2025
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: What part of your body do you use to hear? (2 marks)

- a) Eyes
- b) Ears
- c) Mouth
- d) Nose

Answer: b) Ears

Question 1.2: What is the correct way to brush your teeth? (2 marks)

Answer: Brush in small circles, front and back

Question 1.3: Why is it important to sleep at night? (2 marks)

Answer: To help your body rest and grow

Question 1.4: What should you do before you play outside? (2 marks)

Answer: Put on sunscreen / Wear a hat / Wash your hands

Question 1.5: How do you take care of your skin? (2 marks)

Answer: Wash your skin with soap / Wear sunscreen when outside

Section B: Health and Safety (10 marks)

Question 2.1: What should you do if you see someone running with scissors? (2 marks)

Answer: Tell an adult / Ask them to stop running

Question 2.2: Which of these foods is good for your body? (2 marks)

- a) Sweets
- b) Vegetables
- c) Chips

Answer: b) Vegetables

Question 2.3: What should you do when crossing the road? (2 marks)

Answer: Look both ways and cross at the pedestrian crossing

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

Answer: A raincoat / Umbrella / Boots

Question 2.5: Why should we not touch sharp objects? (2 marks)

Answer: They can hurt us

Section C: Social Well-being (10 marks)

Question 3.1: How can you be a good friend? (2 marks)

Answer: Share toys / Be kind / Help them when they are sad

Question 3.2: What do you say if you need help from a friend? (2 marks)

Answer: "Can you help me, please?"

Question 3.3: If you see someone fall down, what should you do? (2 marks)

Answer: Ask if they are okay / Help them up / Tell an adult

Question 3.4: What should you do if someone is being mean to you? (2 marks)

Answer: Tell a teacher or an adult

Question 3.5: How do you show respect to your teacher? (2 marks)

Answer: Listen when they speak / Say "thank you"

Section D: Environment and Physical Activity (10 marks)

Question 4.1: What can you do to help keep the Earth clean? (2 marks)

Answer: Pick up litter / Recycle / Use less plastic

Question 4.2: What can you do to help save trees? (2 marks)

Answer: Don't waste paper / Recycle paper

Question 4.3: Why is it important to exercise? (2 marks)

Answer: It helps your body stay strong and healthy

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

Answer: Pick it up and put it in the bin

Question 4.5: What is one thing you can do to help save water? (2 marks)

Answer: Turn off the tap while brushing your teeth

Section E: Creativity and Expression (10 marks)

Question 5.1: What can you make with paper? (2 marks)

Answer: A card / Paper airplane / A crown

Question 5.2: How do you feel when you play with your friends? (2 marks)

Answer: Happy / Excited / Fun

Question 5.3: What is one way to be creative? (2 marks)

Answer: Draw pictures / Make things with clay / Sing songs

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

Answer: A figure / A toy / A bowl

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

Answer: Draw / Build with blocks / Paint

✓ END OF EXAM

TOTAL MARKS: 50

