

Source:	SmartWiz App
Date:	15/11/2025
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 HYGIENE (15 MARKS)

Answer all questions:

What should you do if you get a cut or graze?

(2 marks)

Answer: Clean the wound, tell an adult, and keep it covered

Name two things you do to keep your body fresh after playing outside.

(2 marks)

Sample answer: Wash hands, wash face and body

Why is it important to brush your teeth before bed?

(2 marks)

Answer: To remove food and prevent cavities

How often should you change into clean clothes?

(2 marks)

Answer: Every day

What should you do if you feel very hot or sweaty?

(2 marks)

Answer: Take a bath or wash up

Why do we need to sleep at night?

(2 marks)

Answer: To help our body grow and stay healthy

Name one healthy snack.

(2 marks)

Sample answer: Fruit or nuts

SECTION B: SAFETY AND RESPONSIBLE BEHAVIOUR (15 MARKS)

Answer all questions:

What should you do if a stranger approaches you and asks questions?

(2 marks)

Answer: Walk away, do not talk, and tell a trusted adult

Why should you not play with matches or lighters?

(2 marks)

Answer: Because they can cause fires and injuries

What is the safest thing to do if you want to cross a busy road?

(2 marks)

Answer: Stop, look both ways, and wait for the green pedestrian light or adult

What should you do if someone is bothering or bullying you?

(2 marks)

Answer: Tell a teacher or parent immediately

Why is it important to wear a helmet when riding a bike?

(2 marks)

Answer: To protect your head if you fall

What should you do if you find a pet that looks injured?

(3 marks)

Answer: Stay away, tell an adult, and do not try to fix it yourself

What is the best action if you see a fire in the house?

(2 marks)

Answer: Stay low, leave the house quickly, and call the fire department

SECTION C: THE ENVIRONMENT AND CONSERVATION (15 MARKS)

Answer all questions:

Name two ways you can help animals in your community.

(2 marks)

Sample answer: Feed stray animals, do not hurt animals

Why should we turn off lights when we leave a room?

(2 marks)

Answer: To save electricity and help the environment

What can you do to reduce plastic waste?

(2 marks)

Answer: Use reusable bags and bottles

How can planting trees help us?

(3 marks)

Answer: They produce oxygen, give shade, and provide homes for animals

What is pollution?

(2 marks)

Answer: The dirt and waste that harm the environment

Name one thing you should do with rubbish to help keep your area clean.

(2 marks)

Answer: Throw it in the bin or recycle

How does wasting water harm the environment?

(2 marks)

Answer: It causes shortages and wastes resources

SECTION D: BODY PARTS AND HEALTH (10 MARKS)

Answer all questions:

Which body part do you use to taste food?

(1 mark)

Answer: Tongue

Which body part helps you breathe?

(1 mark)

Answer: Lungs

Which body part helps you see?

(1 mark)

Answer: Eyes

Why do we need to wash our hands before eating?

(2 marks)

Answer: To remove germs and prevent illness

Which body part helps you hear sounds?

(1 mark)

Answer: Ears

What should you do if you catch a cold?

(2 marks)

Answer: Rest, drink fluids, and tell an adult

Why is it important to brush your teeth every morning?

(2 marks)

Answer: To keep teeth clean and prevent cavities

SECTION E: PHYSICAL ACTIVITY AND ACTIVE LIVING (5 MARKS)

Answer all questions:

Name one sport or physical activity you like to do.

(2 marks)

Sample answer: Running, jumping, soccer

Why is it good to play outside?

(3 marks)

Answer: It keeps you active, healthy, and happy

How does exercise help your body?

(2 marks)

Answer: It makes muscles strong, keeps your heart healthy, and boosts your energy

SECTION F: RESPONSIBLE CITIZENSHIP (5 MARKS)

Answer:

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

(5 marks)

(Example: I pick up litter, keep my desk tidy, and tell the teacher if I see rubbish.)

INSTRUCTIONS:

