

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 HEROES (15 marks)



1. Imagine you are a superhero who protects people's health. What three superpowers would you have to keep everyone healthy? Explain briefly.

2. List four things you should do every day to keep your body strong and healthy.

3. Why is sleep important for superheroes (and for you)?

4. What is the best way to stop the spread of germs when you sneeze or cough?

5. Create a short catchy slogan to remind people to wash their hands regularly.

SECTION B: FEELINGS AND FRIENDS (15 marks)

1. Draw a smiley face and a sad face below:

2. Describe a time when you felt really proud of yourself. What made you feel that way?

3. What can you do if you see someone being left out or bullied?

4. List three qualities of a good friend.

5. Write a short message to a friend to cheer them up.

SECTION C: SAFETY FIRST! (20 marks)



1. You find a wallet on the playground. What should you do?

2. List three safety rules to follow when crossing the street.

3. What should you do if you feel unsafe or scared? Name two actions.

4. Draw a "Safety Rules" poster with at least three rules you think are important.

5. Explain why it's important to tell a trusted adult about problems or dangers.

**END OF EXAM
TOTAL: 50 MARKS**



MEMO

SECTION A: HEALTH HEROES

1. Any three relevant “superpowers” such as:
 - Ability to heal sickness
 - Stop germs spreading
 - Super strength or energy for exercise ✓
 2. Eat healthy food, drink water, exercise, get enough sleep. ✓
 3. Sleep helps the body rest, repair, and gives energy for the next day. ✓
 4. Cover your mouth and nose with a tissue or your elbow when sneezing or coughing. ✓
 5. Examples:
 - “Clean hands save lives!”
 - “Wash away germs, every day!”
 - “Stay safe, wash your hands!” ✓
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SECTION B: FEELINGS AND FRIENDS

1. (Accept simple smiley and sad face drawings.) ✓
 2. (Accept any reasonable answer describing a proud moment.) ✓
 3. Tell a teacher or adult, invite the person to join you, be kind to them. ✓
 4. Kindness, honesty, helpfulness (any three good friend qualities). ✓
 5. Examples:
 - “You’re awesome, keep smiling!”
 - “I’m here for you!”
 - “Don’t worry, things will get better!” ✓
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SECTION C: SAFETY FIRST!

1. Take it to a teacher, principal, or lost and found immediately. ✓
2. Look left and right before crossing, use the pedestrian crossing, wait for the green man or signal. ✓
3. Tell a trusted adult, find a safe place or someone you trust. ✓
4. (Accept posters with clear safety rules, drawings showing rules such as “Don’t talk to strangers,” “Look both ways before crossing,” etc.) ✓
5. So adults can help solve problems and keep you safe from harm. ✓

TOTAL: 50 MARKS

