

SMARTWIZ

GRADE 6 LIFE SKILLS EXAM

MARKS: 60

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 5 pages, including the cover page.

SECTION A: HEALTH AND WELL-BEING (20 marks)

1. Complete the table below with three healthy habits and why they are important. (6 marks)

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

2. Choose the correct answers: (4 marks)

a) Which of these activities is best for mental health?

- Watching TV / Playing outside with friends / Eating sweets

b) What is the recommended amount of water you should drink daily?

- 1 glass / 3-4 glasses / 6-8 glasses

c) Which food group helps your muscles grow?

- Carbohydrates / Proteins / Fats

d) What should you do if you feel stressed?

- Talk to someone / Keep quiet / Eat junk food



3. Explain what each of the following means: (4 marks)

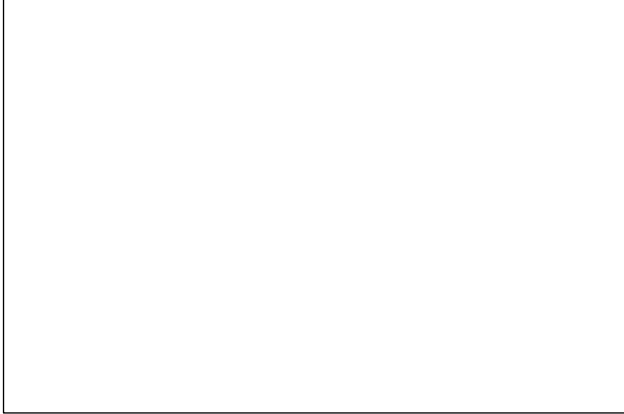
a) Hygiene _____

b) Balanced diet _____

c) Physical exercise _____

d) Emotional well-being _____

4. Draw and label a food plate showing a balanced diet. (6 marks)



SECTION B: PERSONAL DEVELOPMENT AND RELATIONSHIPS (20 marks)

5. Match the relationship types in Column A to their descriptions in Column B. Draw lines to connect. (5 marks)

Column A (Relationship Types)

1. Family
2. Friends
3. Teachers
4. Community members
5. Strangers

Column B (Descriptions)

- a) People who share your home and care for you
- b) People you play and share secrets with
- c) People who help you learn new things
- d) People who live in your neighborhood or town
- e) People you do not know

6. Write two qualities of a good friend. (2 marks)

7. Fill in the blanks using words from the box below: (3 marks)

(Words: honesty, respect, communication, bullying, teamwork)

- a) _____ means telling the truth even when it is hard.
- b) Good _____ helps people work together.
- c) _____ is when someone hurts or scares another person repeatedly.

8. Describe what you can do if you see someone being bullied at school. (3 marks)

9. Write a short paragraph (3–4 sentences) about why it is important to respect others. (5 marks)

SECTION C: SAFETY AND CITIZENSHIP (20 marks)



10. Study the safety signs below and answer the questions. (6 marks)

Safety Sign	Meaning	What should you do?
! [No Smoking Sign]	No smoking allowed here	_____
! [Pedestrian Crossing Sign]	Safe place to cross the road	_____
! [Fire Exit Sign]	Emergency exit	_____

11. True or False: Write 'True' or 'False' next to each statement. (5 marks)

- a) You should tell a trusted adult if you feel unsafe. _____
- b) It is okay to share your passwords with friends. _____
- c) Wearing a helmet while cycling keeps you safe. _____
- d) Crossing the street without looking is safe if no cars are coming. _____
- e) You should always follow rules at school and at home. _____

12. List three rules for using the internet safely. (3 marks)

13. Imagine you are a community helper. Write a short paragraph about how you can help keep your community safe. (6 marks)

END OF EXAM



MEMO

SECTION A: HEALTH AND WELL-BEING

1. Healthy habits and why they are important (any 3 valid answers):

Healthy Habit	Why is it important?
Eating a balanced diet	Provides nutrients and energy to the body ✓
Drinking enough water	Keeps the body hydrated and healthy ✓
Exercising regularly	Keeps the body strong and healthy ✓

2. Multiple choice answers:

- a) Playing outside with friends ✓
 - b) 6-8 glasses ✓
 - c) Proteins ✓
 - d) Talk to someone ✓
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3. Definitions:

- a) Hygiene – Keeping yourself clean to prevent illness and stay healthy ✓
 - b) Balanced diet – Eating different types of food in the right amounts to stay healthy ✓
 - c) Physical exercise – Activities that make your body move and get stronger ✓
 - d) Emotional well-being – Feeling happy and managing your feelings in a positive way ✓
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4. Food plate drawing (marks for correct sections and labels):

- Show portions of vegetables, fruits, grains, proteins, and dairy ✓
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SECTION B: PERSONAL DEVELOPMENT AND RELATIONSHIPS

5. Matching:

- 1 – a) Family ✓
- 2 – b) Friends ✓

- 3 – c) Teachers ✓
 4 – d) Community members ✓
 5 – e) Strangers ✓
-

6. Qualities of a good friend (any two):

- Honest ✓
 - Kind ✓
 - Trustworthy ✓
 - Supportive ✓
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7. Fill in the blanks:

- a) Honesty ✓
 b) Teamwork ✓
 c) Bullying ✓
-

8. What to do if you see bullying:

- Tell a teacher or trusted adult ✓
 - Comfort the person being bullied ✓
 - Do not join in or encourage bullying ✓
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9. Paragraph on respect:

- Answers must mention respecting others helps build friendships, makes people feel valued, and creates a positive environment ✓
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SECTION C: SAFETY AND CITIZENSHIP

10. Safety signs:

Safety Sign	Meaning	What to do
No Smoking Sign	No smoking allowed	Do not smoke here ✓

Safety Sign	Meaning	What to do
Pedestrian Crossing Sign	Safe place to cross the road	Cross only at the crossing ✓
Fire Exit Sign	Emergency exit	Use this exit in case of fire ✓

11. True or False:

- a) True ✓
 - b) False ✓
 - c) True ✓
 - d) False ✓
 - e) True ✓
-

12. Internet safety rules (any three):

- Do not share your passwords ✓
 - Do not talk to strangers online ✓
 - Always ask a parent or guardian before downloading or sharing information ✓
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13. Paragraph on community helper:

- Answers should include ideas about helping others, keeping the environment clean, helping in emergencies, or teaching people about safety ✓
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Total: 60 marks