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| Source: | SmartWiz App |
| Date: | 14/06/2025 |
| 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.

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|-------------------|--|
| Name and Surname: | |
|-------------------|--|

Section A: Personal Well-being (10 marks)

Question 1.1: What part of your body do you use to see? (2 marks)

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

Answer: a) Eyes

Question 1.2: What should you do to keep your body clean? (2 marks)

Answer: Wash your hands / Brush your teeth / Take a bath

Question 1.3: Why is it important to eat vegetables? (2 marks)

Answer: To stay healthy / To grow strong

Question 1.4: What should you do when you feel sick? (2 marks)

Answer: Tell an adult / Go to the doctor / Rest

Question 1.5: Which of these is good for your health? (2 marks)

- a) Running
- b) Watching TV all day
- c) Eating chips

Answer: a) Running

Section B: Health and Safety (10 marks)

Question 2.1: What should you do before eating? (2 marks)

Answer: Wash your hands

Question 2.2: What is the best way to cross the road? (2 marks)

Answer: Look both ways, then cross at the pedestrian crossing

Question 2.3: Which food is good for your teeth? (2 marks)

- a) Fruit
- b) Chocolate
- c) Ice cream

Answer: a) Fruit

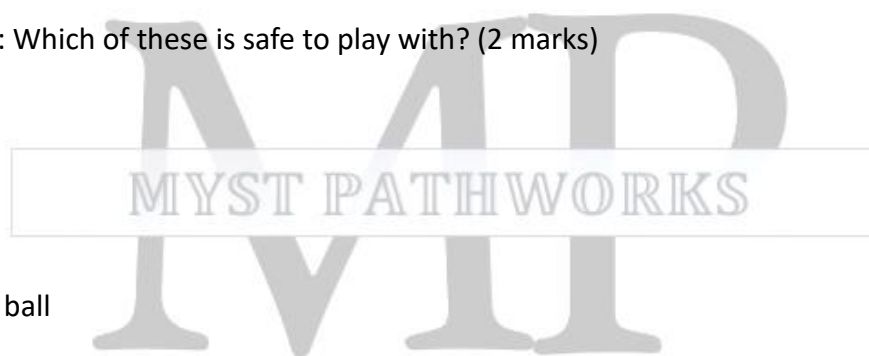
Question 2.4: What should you wear when it's very sunny? (2 marks)

Answer: A hat and sunscreen

Question 2.5: Which of these is safe to play with? (2 marks)

- a) Scissors
- b) A ball
- c) A knife

Answer: b) A ball



Section C: Social Well-being (10 marks)

Question 3.1: How do you show kindness to your friends? (2 marks)

Answer: Share / Say kind words / Help them

Question 3.2: If you see someone crying, what can you do? (2 marks)

Answer: Ask if they are okay / Comfort them

Question 3.3: What do you do when it's your friend's turn to speak? (2 marks)

Answer: Listen to them

Question 3.4: If someone is being unkind to you, what should you do? (2 marks)

Answer: Tell an adult / Walk away

Question 3.5: What should you do if you want to join a game? (2 marks)

Answer: Ask if you can play / Wait for your turn

Section D: Environment and Physical Activity (10 marks)

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

Answer: Pick up litter / Recycle / Throw trash in the bin

Question 4.2: What is something you can do to save water? (2 marks)

Answer: Turn off the tap when you're not using it

Question 4.3: How can you stay healthy? (2 marks)

Answer: Play outside / Eat healthy food / Exercise

Question 4.4: What should you do with old paper? (2 marks)

Answer: Recycle it

Question 4.5: What should you wear when it is cold? (2 marks)

Answer: A jacket / Gloves / A warm hat

Section E: Creativity and Expression (10 marks)

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

Answer: A card / A paper airplane / A toy

Question 5.2: What is something you can do with your hands? (2 marks)

Answer: Draw / Paint / Make a shape

Question 5.3: How do you feel when you listen to music? (2 marks)

Answer: Happy / Excited / Relaxed

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

Answer: A model / A toy / A shape

Question 5.5: Why is it fun to make things with your hands? (2 marks)

Answer: You can be creative / It is fun to see what you can make

☒ END OF EXAM

TOTAL MARKS: 50

