



Noah's Ark Independent Primary School

Subject: Life Skills	Examiner: Dugunye, G.
Type: Summative Term 1	Moderator: Rwizi, A.
Date: 9 April 2021	Grade: 5-__
Marks: 30 Marks	Time: 45 minutes

Name: _____

Instructions

Carefully read all the questions before you start writing.

Answer ALL the questions

Write neatly and legibly

Section A:

1. Define the following terms: (6)

1.1 Self-concept

1.2 Feedback

1.3 Safe relationship

2. Mention two groups of people that can influence self-concept. (2)

3. Give two reasons why a good self-concept is important. (2)

4. Explain two benefits of good and safe relationships. (2)

5. How can constructive criticism help you to improve your self-concept. (3)

____ / 15 Marks (Section A)

Section B

1. Your younger sister has opened your pencil bag and used your koki pens to draw a lovely family portrait on the cover of the maths text book you borrowed from your teacher.

1.1 What emotion are you likely to feel? (1)

1.2 What reaction would you probably have if your emotions were controlling your brain? (1)

1.3 Describe what you could do if you are in control of your emotions. (1)

2. Leah has made some fudge. The fudge tastes nice but it is hard and chewy. She offers it to Tom (her classmate). When Tom sees the fudge he says, "Eew, it's revolting! Even my dog wouldn't eat it."

2.1 Was feedback given in a positive way? (1)

2.2 Write down what Tom could say instead. (3)

3. Jessica's best friend is always teasing her and constantly takes her things without permission.

3.1 Is this a good or bad relationship? Give a reason. (2)

4. Read the examples below then answer the questions which follow:

Example A: Anna took part in a race that she trained hard for. She came fourth. She felt very disappointed and after the race, she threw all her running gear in the dustbin.

Example B: Amina's friend got a new jacket. Amina was very jealous, so she split cool-drink over the jacket.

Example C: Bruce was so sad when his grandfather died that he locked himself in his room and would not speak to anyone.

Source: Oxford Successful Life Skills Grade 5, Learner's Book, page 15

4.1 Give recommendations/suggestions for a more positive way of dealing with the emotions in all three examples. (6)

_____ / 15 Marks (Section B)

_____ / 30 Marks TOTAL