

WESTERING PRIMARY SCHOOL
LIFE SKILLS ASSESSMENT
MEMORANDUM



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DATE: 11 June 2025

NAME: _____

GRADE 4: _____

PARENT SIGNATURE: _____

EXAMINER: MR. DM ALLISON

SUBJECT HEAD: MRS. NATHIE

TOTAL MARKS: 30 MARKS

Instructions

1. Answer all questions on the question paper.
2. Look carefully at the mark allocation when answering questions.
3. Write neatly and legibly.

Section A

Question 1

[5]

Basic hygiene principles

1. Match the items in column A with their correct description in Column B. Write your answers (letters a-e) in the grid below.

Column A		Column B		
1.1 Brush your teeth.		a) Helps you to express emotions.		
1.2 Respecting others.		b) Keeps your body clean.		
1.3 Sharing feelings.		c) Protects you from harmful germs.		
1.4 Washing your hands.		d) Treating people kindly.		
1.5 Taking a bath regularly.		e) Makes your teeth strong and healthy.		
1.1 e	1.2 d	1.3 a	1.4 c	1.5 b

Question 2

[5]

Considering peoples' emotions

2. Complete the sentences by filling in the missing words. Use the words in the box below to help you.

conflict strengths respect kindly challenges mistakes hurts

2.1 Respecting other people means treating them ____ **kindly** _____. (1)

2.2 Everyone has different ____ **strengths** ____ which makes them unique and special. (1)

2.3 A bully is someone who ____ **hurts** ____ others on purpose. (1)

2.4 Sometimes we face ____ **challenges** ____, but we can learn and grow from them. (1)

2.5 When people disagree, it is important to solve the ____ **conflict** ____ in a peaceful way. (1)

Question 3

[5]

Dealing with conflict

3. State whether the following statements are true or false.

3.1 Conflict can cause stress.	True
3.2 If a bully punches you, it is okay to punch them back.	False
3.3 To lose an important rugby match is a successful experience.	False
3.4 Respect is the foundation of a good relationship.	True
3.5 Do not let anyone touch you in a manner that makes you feel uncomfortable.	True

Section B

Question 4

[7]

Appropriate ways to express emotions

4. Read the case study below and answer the questions that follow.

The Rugby Match

Aza loved playing rugby. He was part of the school rugby team and always looked forward to their matches. Last Saturday, they had an important match against a rival school. Aza was excited and a little nervous.

During the game, Aza tried his best, but the other team was strong. They scored many tries, and Aza's team was losing. Aza felt frustrated. He wanted to help his team, but it seemed like everything he did was not enough.

Near the end of the game, Aza accidentally slipped and fell. He felt embarrassed as some of the players from the other team laughed. His feelings were hurt. He wanted to cry, but held back his tears.

After the game, Aza's coach praised him for his efforts. He told Aza that everyone makes mistakes and that it is important to learn from them. Aza felt a little better, but his facial expressions and body language showed something else.

4.1 Which two different emotions did Aza feel at the start of the game? Name those emotions and explain why he felt each one. (2)

Aza was excited and a little nervous.

He felt excited because he loves rugby; he looked forward to playing this match.

He felt nervous because they played against their schools' rival team.

4.2 How did Aza react when his team started losing? How do you think he could have handled his frustration in a positive way? (2)

He / Aza felt frustrated. He could take a deep breath, encourage himself, keep trying and giving of his best.

4.3 What does the term 'body language' mean? (1)

Body language is the way people use their body to send a message.

4.4 What is empathy? How did the coach show Aza empathy? (2)

Empathy is being able to understand other people's emotions. He showed empathy by encouraging him, telling him that everyone makes mistakes and that it is important to learn from them.

Question 5

Answer the following questions.

5.1 There are three types of bullying: Physical, Emotional and Verbal. Look at the following examples of bullying and name which type of bullying is happening, in each scenario.

5.1.1 Alexa hits Jed at break time almost every week. (1)

____ **Physical** ____.

5.1.2 Joshua likes to call Ndalo names and teases her in class every day, which hurts her feelings. (1)

____ **Verbal** ____.

5.1.3 Sam threatens Zack and says he will take his lunch. (1)

____ **Emotional** ____.

6. If one of your friends were being bullied at school, mention two things you would tell them to do. (2)

Stay in a group; tell an adult; walk away; avoid them (any will be suitable)

7. In South Africa, we have the Bill of Rights. We know that with rights comes responsibilities. Look at the following responsibilities and state what the correct right is.

7.1 Help keep your house clean. You have the right to. (1)

Clean environment / shelter

7.2 To be given medicine or go to the doctor. You have the right to (1)

Health care.

7.3 To do your homework and learn. You have the right to (1)

Education.

THE END 😊

