

# CONTENT PER TERM

## • LIFE SKILLS •

### GRADE 5

#### TERM 1

- Positive Self-Concept • Positive & Negative Feedback •
- Managing Emotions • Relationships •

#### TERM 2

- Self-Understanding • Feedback • Emotions • Relationships •
- Discrimination • Stereotype • Prejudice • Child Abuse •
- Coping with Violent Situations • Age & Gender Issues •

#### TERM 3

- Festivals & Customs Within Different Religions •
- Safety measures at Home and in the Environment •
- Water, An Important Basic Need •
- Eat Healthy •

#### TERM 4

- Local Health Problems •
- HIV & Aids • Substance Abuse • Athletics & Swimming •
- Dance, Drama & Music • Appreciate & Create Fine Art •

# EXAMPLE:

## EXTRACT FROM A TEST PAPER



### • LIFE SKILLS •

**GRADE 5**

**TERM 1**

- Positive Self-Concept • Positive & Negative Feedback •
- Managing Emotions • Relationships •

## Section A | Multiple Choice

1. Circle the letter next to the correct answer:
  - 1.1 What is self-concept?
    - A The feeling you experience when you do good deeds
    - B How you see yourself and how you think about yourself
    - C It's when you think about yourself
    - D How you see other people
  - 1.2 Circle the statement which is FALSE:
    - A As young children, your family plays a big role in how you see yourself
    - B You can feel a sense of acceptance when you are part of a family
    - C Your family has no influence on your self-understanding
    - D Your family can give you a sense of belonging
  - 1.3 Circle the statement which is FALSE:
    - A A negative self-concept means that you have a low opinion of yourself
    - B A negative self-concept can make you neglect yourself
    - C A negative self-concept is a vicious cycle as you just feel worse about yourself
    - D You can quickly change a negative self-concept to a positive self-concept
  - 1.4 How can you build your positive self-concept?
    - A Make time for your studies, friends are not necessary
    - B Make sure you eat sweets and ice cream daily which make you feel good
    - C Celebrate your successes
    - D Focus on your friends and not on who you are
  - 1.5 Which option is a negative way to handle your emotions?
    - A Talk to someone you trust
    - B Know yourself
    - C Eat a 5-liter ice cream
    - D Write in your diary
  - 1.6 Which example below is a safe relationship?
    - A My best friend spreads stories about me
    - B I walk with a stranger to give him directions
    - C My friend's parents send me WhatsApp messages asking me to babysit him
    - D I am polite with strangers, but I don't accept gifts from them

- 1.7 What should you do if you feel uncomfortable with a stranger?
- A Give him a hug and say you have to go now
  - B Call another adult you trust
  - C Run in circles until he leaves
  - D Tell him your school is just around the corner and you're going to tell your principal about him
- 1.8 Which option is not an emotion?
- A self-esteem
  - B surprise
  - C anger
  - D joy

## Section B | True or False

1. Indicate whether the following statements are true or false:
- 1.1 Other people can influence your self-concept \_\_\_\_\_
  - 1.2 If you have positive self-concept, you will accept yourself as you are \_\_\_\_\_
  - 1.3 You can not stand up for yourself without upsetting someone else \_\_\_\_\_
  - 1.4 Positive feedback makes people want to try to do even better \_\_\_\_\_
  - 1.5 Happiness is contagious \_\_\_\_\_
  - 1.6 Good friendships strengthen your immune system \_\_\_\_\_
  - 1.7 Negative feedback can not be conveyed positively \_\_\_\_\_
  - 1.8 Self-esteem is your self-confidence or self-worth \_\_\_\_\_