

CONTENT PER TERM

• Life skills •

GRADE 4

TERM 1

• Personal and Social Welfare •

TERM 2

• Conflict • Emotions • Teamwork • Bullying • Children's Rights •

TERM 3

• Culture • Religion • Water safety •

TERM 4

• Personal Health • Pollution • Traffic Rules •

EXAMPLE: EXTRACT FROM A TEST PAPER



• **LIFE SKILLS** •

GRADE 4

TERM 1

• **Personal and Social Welfare** •

Section A | Multiple Choice

1. Encircle the letter next to the correct answer.
 - 1.1 How can I respect my body?
 - A. Bath or shower every third day
 - B. Exercise once a month
 - C. Comb your hair weekly
 - D. Brush your teeth twice a day
 - 1.2 What is a good way to handle conflict?
 - A. Look for reasons for the conflict
 - B. Don't talk about it
 - C. Tell all your friends so they can take your side
 - D. Acknowledge that you never make mistakes
 - 1.3 How can you share your emotions with other people?
 - A. Throw things around
 - B. Scream and yell
 - C. Draw a picture of how you feel
 - D. Hide under a bed
 - 1.4 What is a bad way to handle conflict?
 - A. Stomp your feet
 - B. Try to find a solution
 - C. Listen to the other person
 - D. Say how you feel
 - 1.5 How can you avoid conflict situations?
 - A. Never leave the house
 - B. Count to a thousand and then back to zero
 - C. Do a calming dance
 - D. Cool off before expressing your feelings
 - 1.6 What is an example of good behaviour that can avoid conflict?
 - A. Letting someone intentionally be excluded from a game
 - B. Telling someone how you feel
 - C. Forcing someone to do something they don't want to do
 - D. Threatening or scaring someone

Section B | Definitions

Complete the following:

1. When people disagree about something _____
2. Things you have done that were good or successful _____
3. Things we can do well _____
4. To look at something and take care of it _____
5. Things we can not do well _____
6. To become better at something _____

Section C | True or False

Are the following statements true or false?

1. If you take care of your body, you will feel good about yourself _____
2. A bad way to handle conflict is to hit and kick _____
3. Only weaklings say they are sorry _____
4. If you sleep the whole weekend, you only need to sleep 4 hours per night during the week _____
5. Alcohol and cigarettes are good for your health _____
6. Conflict can lead to violence _____
7. Vaping can cause lung cancer _____
8. People in the same family have the same strengths and weaknesses _____
9. A weakness can be something you don't do or say _____ 