**LIFE SKILLS - GRADE 7 EXAMS TERM 1 2023**

1. Define the following words. (3mks)
	1. Self-awareness
	2. Self-esteem
	3. A talent
2. Match the dimensions of human beings with the description given. (3mks)

|  |  |
| --- | --- |
| **Dimension** | **Description** |
|  Spiritual dimension |  I am a medium sized girl. I have short hair. I have a black hair and I love my skin colour. |
|  Physical dimension |  I take care of the people around me. I also love meeting new people and I value my family so much. |
|  Social dimension |  My name is David. I pray when I woke up in the morning and before I sleep. I respect other peoples way  of worship. |

1. Rooney is a grade 7 student who has been missing school and does not like interacting with his classmate. List two challenges that he may be going through in his life. (2mks)
2. State **two** talents that you have identified in your school. (2mks)
3. Identify **two** ways in which we can use our talents and abilities. (2mks)
4. Love, hatred, sadness, happiness are all examples of (1mk)
5. Joy a Grade 7 girl has been influencing others negatively against a particular learning area in her class. What can you do to make her to be positive about the learning area? (1mk)
6. State **three** factors that affect your self-esteem in your day to day life. (3mks)
7. There are various ways on how we can improve our self-esteem. Write two of them. (2mks)
8. Ability to cope with emotions in order to live a healthy and happy life is called   (1mk)

**MARKING SCHEME**

1. 1. Self-awareness-refers to knowing and understanding ourselves in terms of our physical appearance, feelings, social skills and economic background.
	2. Self-esteem is the value or worth that you place on yourself.
	3. A talent is a natural skill
2.

|  |  |
| --- | --- |
| **Dimension** | **Description** |
|  Spiritual dimension | My name is David. I pray when I woke up in the morning and before I sleep. I respect other peoples way of worship |
|  Physical dimension | I am a medium sized girl. I have short hair. I have a black hair and I love my skin colour. |
|  Social dimension | I take care of the people around me. I also love meeting new people and I value my family so much. |

1. 1. Drug and substance abuse
	2. Cyber bullying
	3. Neglect by parents and poverty
	4. Changes taking place in his body.
	5. Sexual harassment
	6. Racial discrimination or tribal discrimination
	(Any other relevant answer)
2. 1. Singing
	2. Dancing
	3. Running
	4. Drawing
	5. Playing musical instruments
	(Any other relevant answer)
3. 1. To earn income
	2. Help the needy
	3. Serve others
	4. Serve God
4. Emotions
5. 1. To help her understand the importance of the subject.
	2. Working with her
6. 1. Other people's opinion
	2. Our physical appearance
	3. Our experiences
	4. Our thoughts
	5. Our family environment and friends
7. 1. Accepting who you are.
	2. Motivating ourselves
	3. Listen to music which uplifts you.
	4. Keeping company of people who impact you positively Identify your weaknesses and work on improving them.
8. Emotional wellbeing