LIFE SKILLS - GRADE 7 ENDTERM 1 2023 HOLIDAY ASSIGNMENT

Name	Adm NoClass	
School	GRAND TOTA	L

Instructions:

-Learners to attempt the questions in the spaces provided in this booklet during this holiday and use the marking schemes provided by Mr Machuki (0724333200) for marking and revision purposes.

- 1. Define the following words. (3mks)
 - a. Self-awareness
 - b. Self-esteem
 - c. 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.

3.	Rooney is a grade 7 student who has been missing school and does not like interacti	ng
	with his classmate. List two challenges that he may be going through in his life. (2nd	iks)

- 4. State **two** talents that you have identified in your school. (2mks)
- 5. Identify **two** ways in which we can use our talents and abilities. (2mks)
- 6. Love, hatred, sadness, happiness are all examples of (1mk)
- 7. 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)

8.	State three factors that affect your self-esteem in your day to day life. (3mks)
9.	There are various ways on how we can improve our self-esteem. Write two of them. (2mks)
10	. Ability to cope with emotions in order to live a healthy and happy life is called (1mk)