



# Personal and Social Wellbeing

## Formal Assessment : Test

Teacher: J. Marais

Head of subject : A. Heunis

Grade 5 \_\_\_\_\_

Date: \_\_\_\_\_

Name and surname : \_\_\_\_\_

Total Mark : \_\_\_\_ / 30

### Instructions:

- Read all questions very carefully.
- Make sure to check the mark allocation of each question.
- All questions must be answered.
- No eraser pen may be used.

### Section A:

#### Question 1:

1.1) Choose and circle the correct answers.

1.1.1) \_\_\_\_\_ means how good you know yourself.

A. Mirror      B. self concept      C. looking      D. glaring      (1)

1.1.2) Self- worth or self- confidence refers to your \_\_\_\_\_.

A. success      B. achievements      C. self -esteem      D. health      (1)

1.1.3) It is important to have a \_\_\_\_\_ self – concept.

A. positive      B. negative      C. bad      D. unrealistic      (1)

1.2) In which document can we find the rights of children and also name 2 rights of children found in that document \_\_\_\_\_

\_\_\_\_\_ (3)

[ 6 ]

**Question 2:**

2.1) Match the words in Column A to the decryption in column B by writing the letter next to the correct number.

Example : 4 d

Column A – Word	Answer – Letter	Column B - Description
1. Stranger		a.) To tell someone where they made a mistake and helping them to fix the problem.
2. Negative Self - concept		b.) Someone you don't know.
3. Positive response		c.) To have a low opinion of yourself.

(3)

2.2) Are the following statements True or False? If it is false, please rewrite the sentence correctly.

a) We must always trust strangers. \_\_\_\_\_

\_\_\_\_\_ (1)

b.) We must tell someone if we are sad. \_\_\_\_\_

\_\_\_\_\_ (1)

c.) In a good relationship we feel unsafe. \_\_\_\_\_

\_\_\_\_\_ (1)

[ 6 ]

**Total for Section A: [ 12 ]**

**Section B**

**Question 1:**

Read the text below and answer the questions in full sentences.

Damian is part of a WhatsApp group for a chess team in which he plays. He did not play that well in the last couple of matches against the other schools. On the group, some of his teammates started to call him a loser and other mean words. He did not tell anyone about this and what he is feeling. Some days it is so bad that he does not want to go to school. He does not interact with his friends anymore and many learners avoid him at

1.1) What type of abuse is being committed against Damian?

\_\_\_\_\_ (1)

1.2) Why do you think is he being treated this way?

\_\_\_\_\_ (1)

1.3) Describe Damian's emotional state. \_\_\_\_\_

\_\_\_\_\_ (1)

**Question 2:**

Study the picture below. Write a paragraph where you explain how you can help a friend to cope with violent situations. Make sure you look how much marks will be given.



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(5)

**Question 3:**

A friend tells you that every day after school a group of high school boys wait for him to kick and hit him. Explain how you can help him to report the abuse.

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(5)

**Question 4:**

4.1) In your own words, explain what discrimination is.

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(2)

4.2) Write the meaning for each of the following concepts in full sentences.

a) Feedback: \_\_\_\_\_

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(1)

b) Emotions: \_\_\_\_\_

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(1)

c) Relationship: \_\_\_\_\_

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(1)

[ 5 ]

**Total of Section B: [ 18 ]**

**Total of Test: [ 30 ]**