

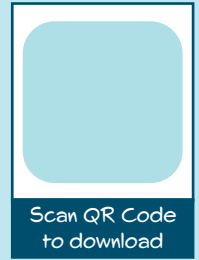
WORKSHEET 1

Life Skills and Values



A. Fill in the Blanks

1. _____ is a place where you keep your books.
2. A good leader shows _____ and communicates well.
3. _____ intelligence is the ability to understand and manage your emotions.
4. A leader takes _____ for their actions and helps others do the same.
5. _____ breathing helps you to calm down.



B. True (T) or False (F)

1. It's okay to throw books anywhere on the bookshelf.
2. Organizing your bag helps you find your items faster.
3. Your uniform should be left in a pile on the floor.
4. A tidy bookshelf and bag make it easier to find what you need.
5. It doesn't matter how your uniform is kept.
6. Emotional Intelligence is only about understanding your own feelings.
7. Empathy helps us understand how others are feeling.
8. Self-Regulation means letting your emotions control you.
9. Social Skills help us get along with others.
10. Motivation means giving up when things get tough.

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