

## Grade 7 Life Orientation Worksheet

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### Dealing with emotions

Read the emotional situations listed below. Write a response to each emotional situation. Say how you would feel and how you would react or deal with it positively.

#### Example:

You have not studied well for an exam and you have done poorly.

#### Response:

I would feel bad for not studying and afraid of what my Mom would say, but I would make a decision to try harder next time and learn from my mistake. I have realised that it is not fun to write an exam when I am not well prepared.

1. Your parents will not allow you to go to a club, even though all your friends are going.
2. You have been blamed for something that you did not do.
3. Your best friend is moving to another town.
4. Your boyfriend / girlfriend has dumped you for one of your friends.
5. Your parents are getting a divorce.
6. Your grandmother dies.
7. You win the trophy at school for sportsperson of the year.
8. You have a date with your friend, but he / she lets you down at the very last minute, giving a pretty lame excuse.
9. There is a new girl / boy in your crowd and suddenly you are feeling a little left out.
10. Your friends are drinking and smoking, but you don't want to.
11. You are being teased about something at school – weight, hair, spots, grades, etc.

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Your teacher will assess your responses using the following rubric.

Knowledge	Skills	Values and attitudes
<p>Understands the concepts:</p> <ul style="list-style-type: none"> <li>• Self-concept</li> <li>• Individual worth</li> <li>• Dignity</li> <li>• Individual rights and responsibilities</li> </ul>	<p>Able to:</p> <ul style="list-style-type: none"> <li>• Express own ideas in writing.</li> <li>• Distinguish between positive and negative attitudes.</li> <li>• Identify ways to communicate with parents.</li> <li>• Identify ways of developing and enhancing self-worth.</li> </ul>	<p>Able to:</p> <ul style="list-style-type: none"> <li>• Motivate answers.</li> <li>• Demonstrate belief in own abilities.</li> </ul>

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### Suggested Solutions

Use the rubric in the Appendix of Assessment Tools to assess the learners' knowledge, skills, values and attitudes.

### Appendix of Assessment Tools

Use the following rubric to assess the learners' knowledge, skills, values and attitudes.  
Give one mark for each item on the rubric: total 10 marks.

Knowledge	Skills	Values and attitudes
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