

## Practice Worksheet - Unit I2.2: Tools for Life

### Part A: Decision-Making

#### A. True or False

Write T for True and F for False.

\_\_\_\_\_ Healthy choices support physical, mental, and emotional health.

\_\_\_\_\_ Risk factors for violence can include poverty and family conflict.

\_\_\_\_\_ Poor emotional control is a protective factor against violence.

\_\_\_\_\_ Meditation and exercise can help manage stress.

\_\_\_\_\_ Spending unlimited time online is a sign of healthy limits.

#### B. Multiple Choice

Circle the correct answer.

Which of the following promotes healthy decision-making?

- a) Ignoring long-term consequences
- b) Setting personal boundaries
- c) Using alcohol to relax
- d) Acting on impulse

Which of these is an individual risk factor for violence?

- a) Lack of education

- b) Poverty
- c) Substance use
- d) Media influence

## Part B: Entrepreneurship, Technology & Emotional Intelligence

### A. Match the Term with Its Definition

Term	Definition
_____ 1. ICT	a. Understanding your emotions and their effects
_____ 2. Entrepreneurship	b. Ability to recover from difficulties
_____ 3. Emotional Intelligence	c. Online behavior rules
_____ 4. Netiquette	d. Creating new ideas or businesses
_____ 5. Resilience	e. Tools to process and share information

### B. Short Answer

**What is health research and why is it important?**

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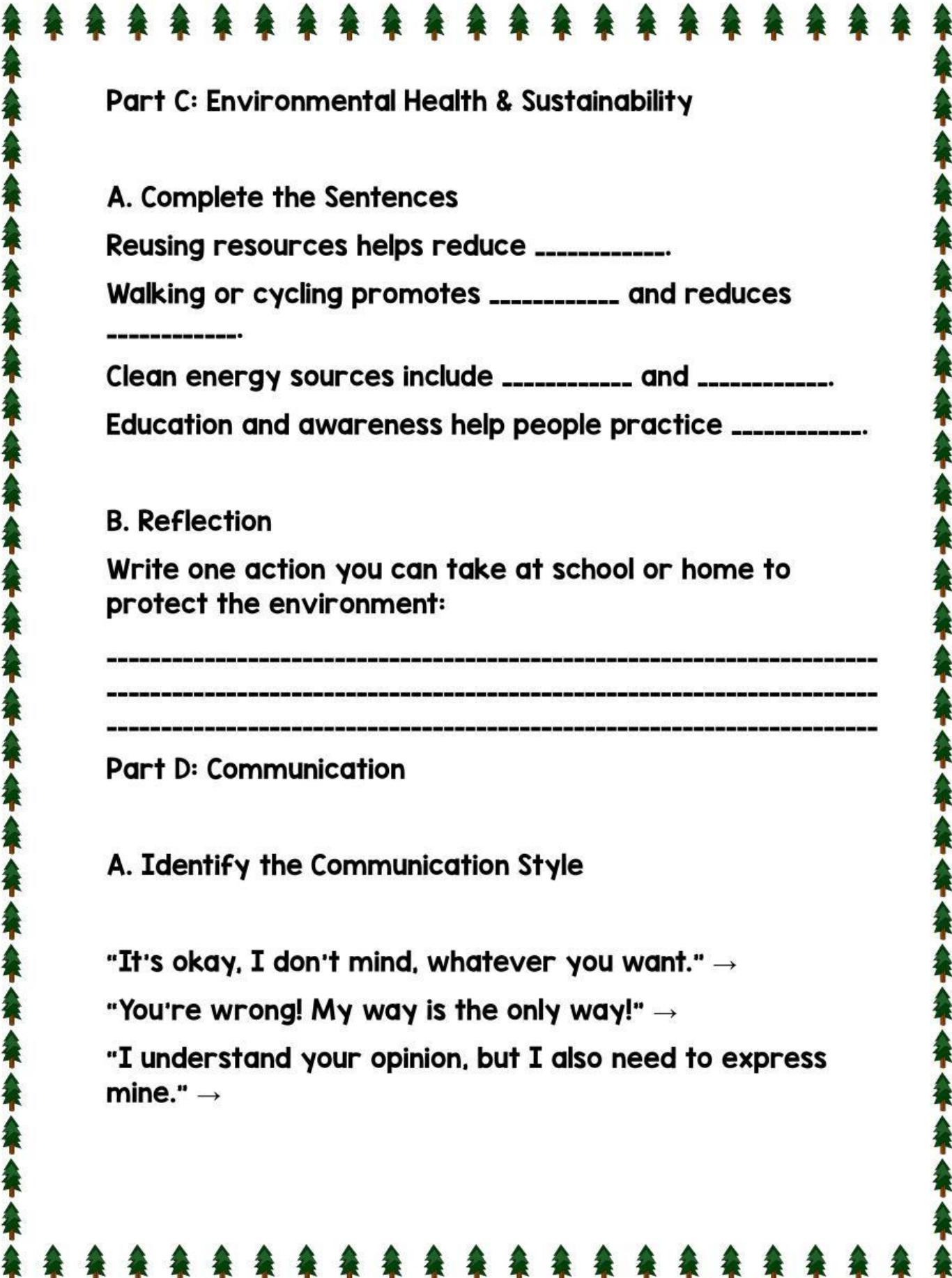
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**Give one example of how emotional intelligence can help in school.**

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## Part C: Environmental Health & Sustainability

### A. Complete the Sentences

Reusing resources helps reduce \_\_\_\_\_.

Walking or cycling promotes \_\_\_\_\_ and reduces  
\_\_\_\_\_.

Clean energy sources include \_\_\_\_\_ and \_\_\_\_\_.

Education and awareness help people practice \_\_\_\_\_.

### B. Reflection

Write one action you can take at school or home to protect the environment:

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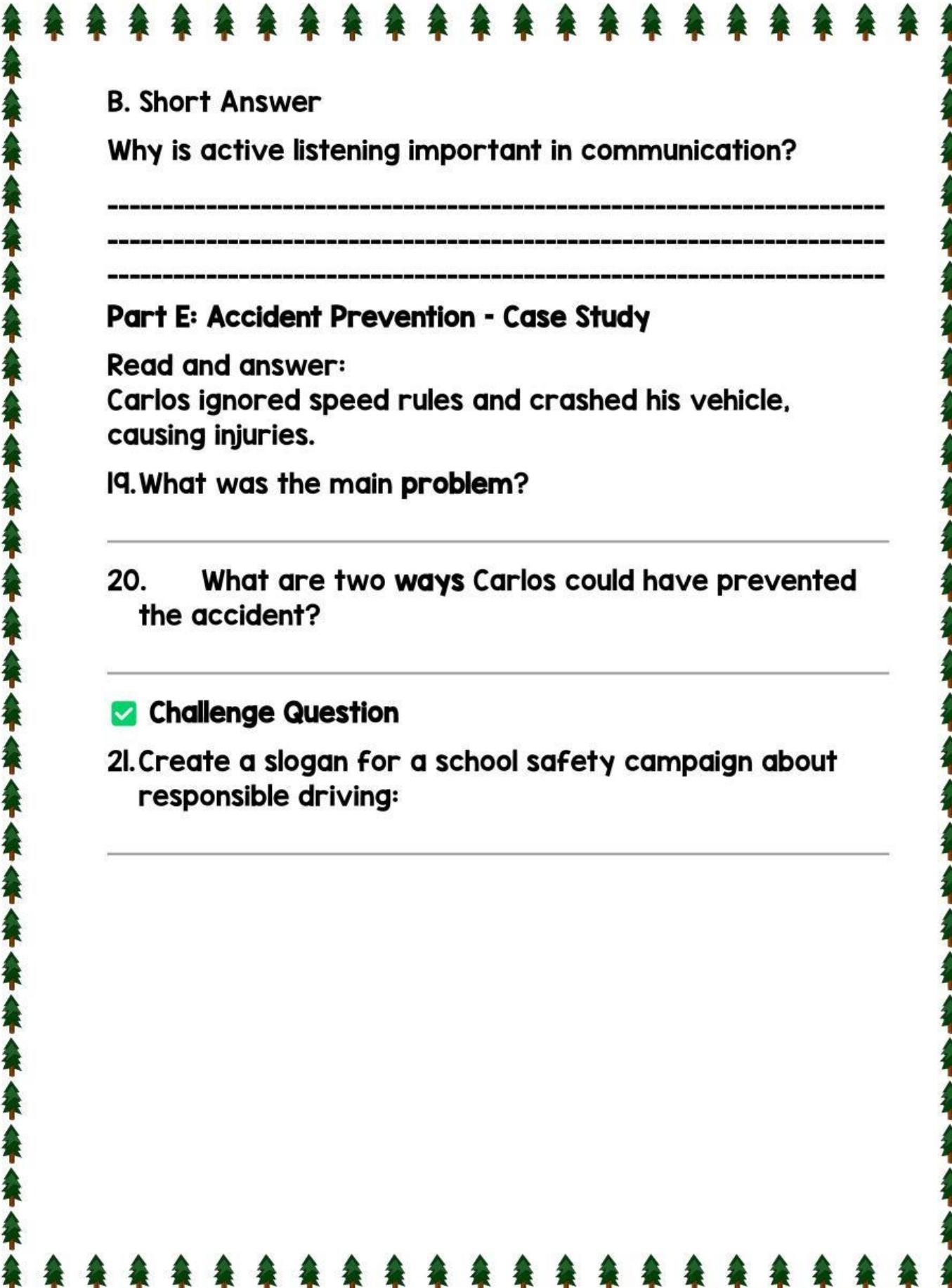
## Part D: Communication

### A. Identify the Communication Style

"It's okay, I don't mind, whatever you want." →

"You're wrong! My way is the only way!" →

"I understand your opinion, but I also need to express mine." →



## B. Short Answer

**Why is active listening important in communication?**

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### Part E: Accident Prevention - Case Study

**Read and answer:**

**Carlos ignored speed rules and crashed his vehicle, causing injuries.**

**19. What was the main problem?**

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**20. What are two ways Carlos could have prevented the accident?**

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 **Challenge Question**

**21. Create a slogan for a school safety campaign about responsible driving:**

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