🧠 Practice Worksheet - Unit 12.2: 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

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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?

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:

_____

_____

_____

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." →

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B. Short Answer

Why is active listening important in communication?

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?

✅ Challenge Question

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

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