



FIRST QUARTER EXAMINATION

I. The following activities develop the three aspects of health. Write *P* on the blank if it stands for Physical, *M* for Mental and *S* for Spiritual.

- II. Write *TRUE* if the sentence is correct, and *FALSE* if it is wrong.**

- III. Complete each sentence. Circle the letter of the correct answer.**

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VI. What will you do in the following situations? Why? Make a short paragraph of your answer and write it on the blanks provided. (4pts. Each)

1. A friend asks you to try smoking.

2. Two of your friends are having a misunderstanding and you know that it's getting worse because they are saying negative things behind each other's back.

3. One of your classmates are bullying someone at school. You used to be friends with the person that is being bullied. You want to stand up to your friends because you feel bad, but you realize that they will probably not take that very well.

4. Your friend invited you to join their outreach but you know your parents will not allow you because they are concern about your safety.

5. A total lockdown because of COVID was declared in your place for two weeks. What will you do two have a fruitful week at home.
