



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

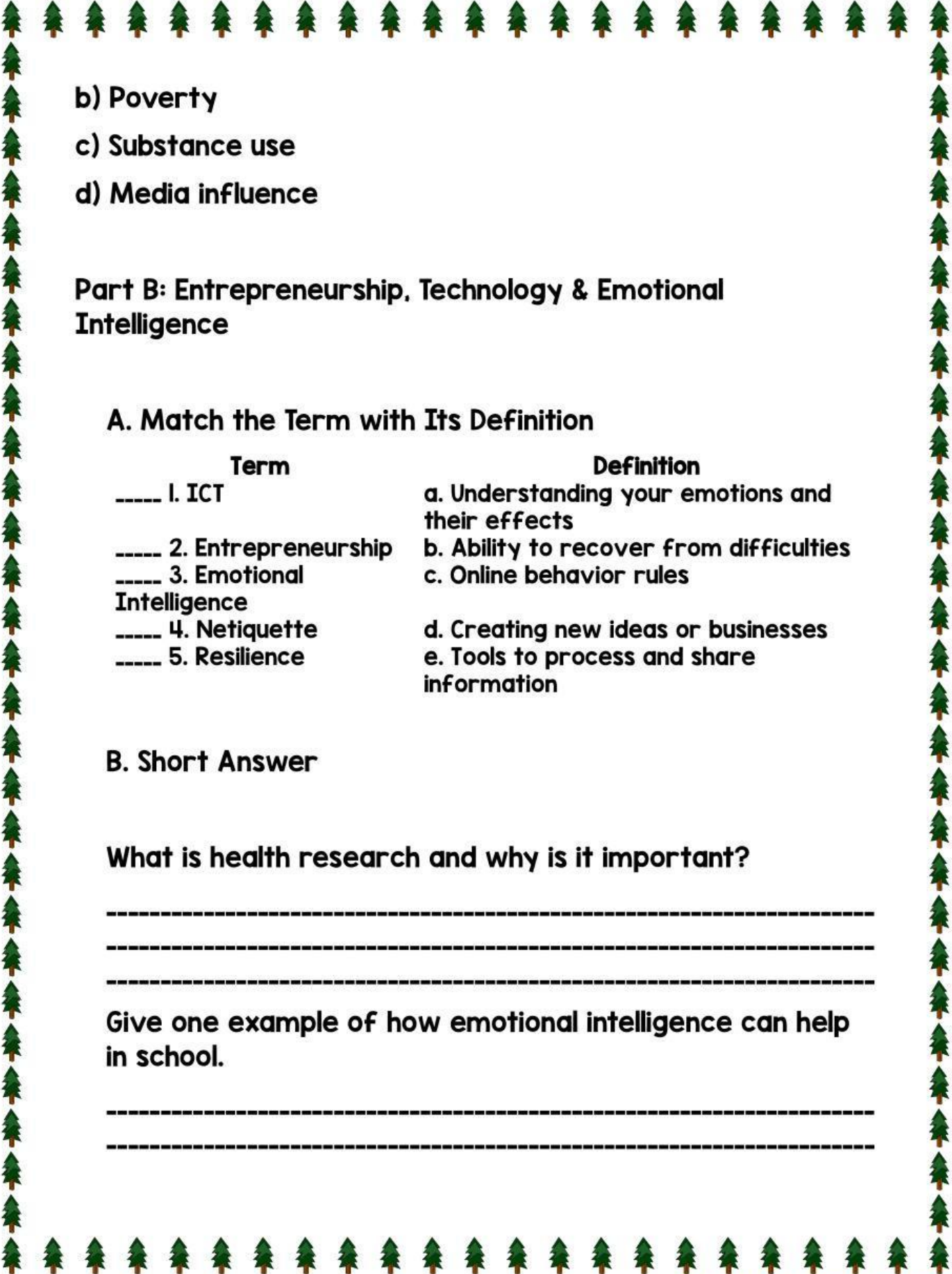
Circle the correct answer.

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

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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.

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." →

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?

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:
