

**ST. THOMAS SCHOOL, SAHIBABAD**  
**ANNUAL EXAMINATION (2023-2024)**  
**SUBJECT: VALUE EDUCATION**  
**WORK SHEET**  
**CLASS: VII**

Marks Obtained: \_\_\_\_\_

TIME: 1 Hr

MM: 25

NAME: \_\_\_\_\_ SECTION: \_\_\_\_\_ R.No.: \_\_\_\_\_ Date: \_\_\_\_\_

**General Instructions: All questions are compulsory.**

A	Tick the correct option:	
(1)	What value is not essential in building a friendship? (a) Honesty (b) Kindness (c) Rudeness (d) Trustworthy	1
(2)	_____ communicators speak honestly and clearly. (a) Passive (b) Assertive (c) Aggressive (d) Passive-Aggressive	1
(3)	A stereotype means _____ (a) Be empathetic towards others (b) False view or idea about something. (c) Be tolerance towards others (d) Judge other people in a negative manner	1
(4)	Which of the following is one of the emotional symptoms of stress? (a) Being anxious (b) Being able to relax or calm down (c) Having good sleep (d) All of the above	1
(5)	Your friend keeps borrowing things from you _____ (a) You react immediately and insult him (b) Do nothing about it (c) Get angry and push him away (d) Tell them politely that you dislike his behaviour and he should take better care of his things.	1
B	Fill in the blanks:	
(1)	Prejudice refers to the act of judging other people _____	1
(2)	Being a _____ and helps us cope with stress better.	1
(3)	_____ others and never threaten or humiliate others.	1
(4)	People who are aggressive often _____ the respect of others.	1
C	Write True for correct statements and False for wrong statements:	
(1)	Keeping a negative attitude is healthy and rewarding. ( )	1
(2)	Problems disrupt our physical and emotional well-being. ( )	1

<b>(3)</b>	People who are passive develop high self-confidence. ( )	<b>1</b>
<b>(4)</b>	Stressful situations tend to make us feel emotionally and physically insecure. ( )	<b>1</b>
<b>D</b>	<b>Answer the following questions:</b>	
<b>(1)</b>	What are the problems of a person might face when they are passive? _____ _____ _____	<b>2</b>
<b>(2)</b>	Write two characteristics you should have to be a good friend to someone. _____ _____ _____	<b>2</b>
<b>(3)</b>	Write two emotional symptoms of stress. _____ _____ _____	<b>2</b>
<b>(4)</b>	Make a list of two people from your school who made you happy, and also describe how. _____ _____ _____	<b>2</b>
<b>(5)</b>	Write a situation when a friend or a peer approached you with a personal problem and you helped him or her to resolve it? _____ _____ _____	<b>2</b>
<b>6</b>	Write any two benefits of being assertive.	<b>2</b>