ST. THOMAS SCHOOL, SAHIBABAD ANNUAL EXAMINATION WORKSHEET(2023-2024)

TIME:1 HR

VALUE EDUCATION CLASS-VI

MARKS OBTAINED:	
M.M.2	5

Name______ Section____ Roll. No: ____ Date_____ Choose and tick ($\sqrt{}$) the correct option: ı 1. One of the key mantras for a peaceful and harmonious relationship is. 1 b. To take a. To let go. c. To take it d. Making a grudge. challenge. personally. 2. Which phase of communication occurs at the beginning of interaction? 1 a. Informational. b. Validating. c. Personal. d. Relational... 3. Is empathy also be called as sympathy? 1 a. Yes. c. Maybe. d. Of course. All stresses bad and for the body. 4. 1 b. Harmful. c. Useful. d. All of the a. Healthy. above. 5. Identify the stressor when a person loses a game. 1 c. Lack of time. d. Facing an a. Inability to meet b. Interacting with expectations. certain people. unexpected even. Our dress code is an example of _____ communication. 6. 1 a. Verbal. b. Nonverbal. d. Written. c. Spoken. 7. A widely held idea or belief about a particular group of people or things 1 a. Stereotype. b. Circumstance. c. Annihilation d. Atrocity Ш Fill in the blanks: A ______ Is the greatest gift we get when we are born.. 1. 1 When we includes body language and gestures to communicate, it is _____ communication. 1 2. _____ Help establish an emotional connection with other. 3. 1 Sweating, nausea, loss of appetite are symptoms of_____ 4. 1 5. It is safe to share our emotions with the person whom we ______. 1 Write True/False: III. Emotions involve physical changes in a human body. 1.) 1 2. Being stressed all the time can help you fight off.) 1

3.	The very best way to end any speech is with thank you.	()	1
4.	Anyone can develop empathy.	()	1
IV.	Answer the following questions			
1.	What are the different channels of communication?			2
2.	What are the basic principles of a relationship?			2
3.	What do you mean by paraphrasing?			2
				
4.	Write few points that helps us become emotionally competent.			3