

**Student Name:** \_\_\_\_\_**Class:** \_\_\_\_\_**Student ID:** \_\_\_\_\_**Date:** {{DATE}}

## Assessment Details

<b>Duration:</b> 60 minutes	<b>Total Marks:</b> 20
<b>Topics Covered:</b>	<ul style="list-style-type: none"><li>• Self-Image</li><li>• Self-Acceptance</li><li>• Self-Confidence</li></ul>

## Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Write your answers in the spaces provided.
4. If you need more space, use the additional pages at the end.
5. Time management is crucial - allocate approximately 1 minute per mark.

Section A: Multiple Choice [5 marks]

Question 1

[1 mark]

What is self-image?

A) The way others see us

B) The way we see ourselves

C) The way we want to be seen

D) The way we are seen by our friends

Question 2

[1 mark]

How does self-image affect our behavior?

A) It has no effect on our behavior

B) It affects our behavior in a positive way

C) It affects our behavior in a negative way

D) It depends on the situation

Question 3

[1 mark]

What are the key characteristics of a positive self-image?

A) Confidence, self-acceptance, and resilience

B) Shyness, self-doubt, and fear

C) Aggression, anger, and frustration

D) Happiness, sadness, and excitement

Question 4

[1 mark]

How can we develop a positive self-image?

A) By focusing on our weaknesses

B) By ignoring our strengths

C) By practicing self-acceptance and self-confidence

D) By comparing ourselves to others

Question 5

[1 mark]

What are the benefits of having a positive self-image?

A) Better relationships, improved mental health, and increased confidence

B) Poor relationships, decreased mental health, and low confidence

C) Average relationships, average mental health, and average confidence

D) No effect on relationships, mental health, or confidence

**Question 6**

**[4 marks]**

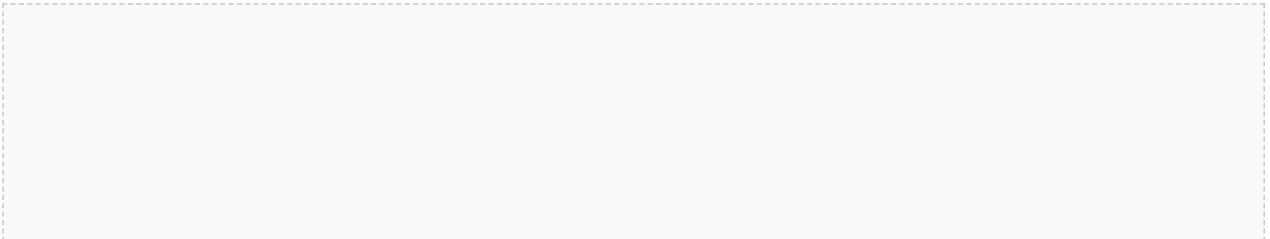
Describe a situation where you demonstrated self-acceptance and self-confidence. What did you do, and how did you feel?



**Question 7**

**[4 marks]**

Provide an example of a time when you accepted yourself despite making a mistake. What did you learn from the experience, and how did you grow from it?



**Question 8**

**[3 marks]**

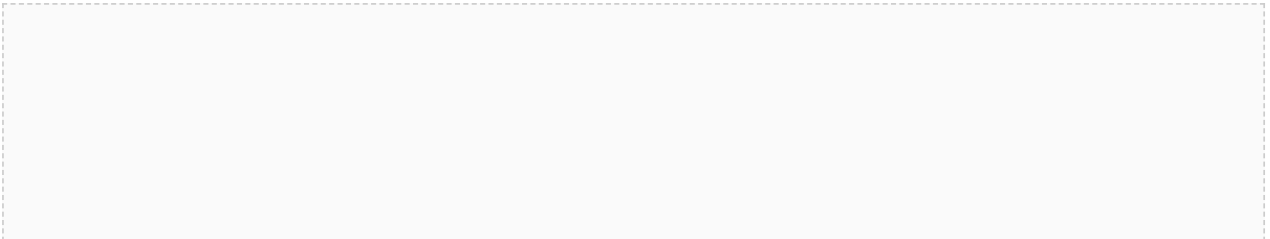
You are asked to present a project in front of the class. How will you show confidence and self-acceptance?



**Question 9**

**[3 marks]**

You made a mistake during a game. How will you accept yourself and show self-confidence despite the mistake?



**Question 10**

**[3 marks]**

Draw a picture that represents your self-image. Write a short paragraph describing your artwork.



**Question 11**

**[2 marks]**

Write a short reflection on what you have learned about self-image. What did you learn, and how can you apply it to your daily life?



## Assessment Rubric

**Multiple Choice Questions:** 1 point each (5 points total)

**Short Answer Questions:** 4 points each (8 points total)

**Role-Playing:** 3 points each (6 points total)

**Art Expression:** 3 points (3 points total)

**Writing Reflection:** 2 points (2 points total)

**Total Marks:** 20 points



## Note to Teachers

Please ensure students have access to art materials and writing utensils.

Provide clear instructions and examples for each task.

Encourage students to participate and engage in the activities.

Monitor students' progress and provide support as needed.

Consider providing extra time, one-on-one support, or adapting tasks for students with special needs.

For English language learners, provide bilingual support materials, visual aids, and examples to support understanding.

For gifted students, provide additional challenges and complexity in the tasks, and encourage them to create their own scenarios for role-playing.

