



3 Health and Hygiene

Skills & Values

- Self Awareness
- Critical Thinking
- Personal Hygiene
- Good Habits

Tick (✓) the good hygiene habits and cross (✗) the bad ones.

1. Brushing teeth twice a day.
2. Wearing untidy clothes.
3. Bathing regularly.
4. Watching television all the time.
5. Playing outdoor games.
6. Eating fresh and healthy food.
7. Washing hands before and after every meal.
8. Not covering mouth while coughing.
9. Keeping nails long and dirty and hair untidy.
10. Keeping your room clean.





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What I Do?

Skills & Values

- ▶ Self Awareness
- ▶ Good Habits
- ▶ Personal Hygiene

Read the sentences and tick (✓) the right option.

1. I wear a dirty/clean uniform.
2. I sleep early/late at night.
3. I always/never do my homework.
4. I play/fight with my friends.
5. I help my parents to keep the house clean/messy.
6. I am not a small child now.
I am a grown up/old child.
7. I get up early/late in the morning.
8. I go for a morning walk in the park/mall.
9. I take bath in the bathroom/bedroom.
10. I clean my teeth with toothbrush/hair brush.



5 Road Signs

Skills & Values

- Self Awareness
- Decision Making

Match the road signs with their meanings.



a. No Parking



b. No Bicycles



c. School Ahead



d. No Entry



e. Can't Go Ahead, Stop



f. Zebra Crossing



g. No Horn



h. No Pedestrian

1. *d*

2. *c*

3. *e*

4. *a*

5. *h*

6. *b*

7. *g*

8. *f*