

Date: 14.10.2024 Teachers: Mrs. Harminder Kaur, Mrs. Navjot KaurTopic: L- Care of Our Body

In this week children we will learn about 'Care of Our Body' that how we

- ★ We should take proper care of our body
- ★ We should follow the rules to keep clean, safe and fit.
- ★ We should keep away from strangers.

We should follow some simple good habits to keep clean, safe and healthy like

- ★ Get up early in the morning
- ★ Do exercise
- ★ Brush your teeth twice a day - morning and before going to bed
- ★ Take bath
- ★ Keep your nails short and clean
- ★ Shampoo your hair when dirty and comb your hair everyday.
- ★ Always wear neat, clean and ironed clothes.
- ★ Take a balanced diet.
- ★ Drink a glass of milk everyday.
- ★ Drink 6-8 glasses of water everyday.
- ★ Drink clean boiling water.
- ★ Wash fruits and vegetables before eating.
- ★ Be punctual to school.
- ★ Do homework on time.
- ★ Keep your things at proper places.
- ★ Throw the rubbish in the dustbin.
- ★ Go to bed early at night.



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Topic: 1- Care of Our Body

Children you should know the difference between a good or bad touch.

When our parents hug or kiss us, we feel happy and feel good. It is a good touch.

When any stranger touches you or tries to hold your hand you don't feel good. You feel pain or become unhappy. Such a touch is uncomfortable to you. It is a bad touch.

Simple Rules to Keep Safe

- \* Children should hold their parents hand when outside.
- \* Never talk to any stranger.
- \* Learn your address and phone number.
- \* If anyone tries to touch you or make you uncomfortable inform your teacher or parents.
- \* Do not accept anything from the strangers.

Scrap File Work

Paste picture that keep us healthy.

Note Book Work

Q1 Fill in the blanks (15.10.2024) Tuesday

1. Everyone likes a person who is clean and tidy.
2. We must wash our hands before and after meals.

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3. A bath makes our body clean and fresh.

4. We <sup>must</sup> throw the waste in the dustbin.

5. We must exercise daily to stay fit.

(16.10.2024) Wednesday

QII Circle the correct word in each sentences

1. Brush your teeth twice / once a day.

2. Take a bath daily / on Sunday.

3. Trim / grow your nails to keep away germs.

4. Wear dirty / clean clothes after a bath.

5. We must throw waste in the dustbin / cupboard.

QIII Answer the following (16.10.2024) Wednesday

Q1. Where should we throw the waste?

Ans. We should throw the waste in the dustbin.

Q2. Why should we take a bath everyday?

Ans. We should take a bath everyday to keep our body fresh and clean.

Q3. What should we do to stay fit?

Ans. We should do exercise to stay fit.

QIV Match the following (18.10.2024) Friday

1. Brushing

4. a. soap

2. Combing

5. b. towel

3. Trimming the nails

1. c. toothbrush

4. Washing hands

2. d. comb

5. Drying the body

3. e. nail cutter