



4

## Good Personal Habits

**Teacher** : Good morning, children.

**Students** : Good morning, teacher.

**Teacher** : What is there in your hand, Pushpa ?

**Pushpa** : Teacher, it is a pamphlet. A nurse gave it to me today.

**Teacher** : Show it to me.

(Pushpa hands it over to the teacher.  
She starts reading it.)

**Mohan** : Madam, what is it ?

**Teacher** : Children, look! It tells us about good habits we have to follow daily.

**Children** : Please, tell us what they are.

**Teacher** : OK.





## << Good personal habits include >>

|   |  |
|---|--|
| 1. Washing hands with soap before eating and after going to the toilet. | It helps stop the spread of germs.                 |
| 2. Cleaning the teeth at least twice a day.                             | It helps keep gums and teeth healthy.              |
| 3. Having a proper bath every day.                                      | It helps keep us free from germs causing diseases. |
| 4. Cutting nails regularly.   | It helps keep away dirt under them.                |
| 5. Covering the nose and mouth when sneezing.                           | It helps stop the spread of germs.                 |

### Glossary :

|          |                                  |
|----------|----------------------------------|
| pamphlet | : पेम्फलेट, संक्षिप्त सूचना पत्र |
| spread   | : फैलना / फैलाना                 |
| germ     | : कीटाणु                         |
| gums     | : मसूड़े                         |
| dirt     | : धूल-मिट्टी                     |
| sneezing | : छींकना                         |





## Activity: I

### 1. Circle the pictures which show good habits.



### 2. Answer the following questions:

(a) Do you cover your nose and mouth while sneezing?

Yes/No. ....

(b) Who gave Pushpa the pamphlet?

.....

(c) When should we wash hands?

.....

(d) Where do you take bath ?

.....







### 3. Match column A with B.

A

B

a)



b)



c)



d)





## Activity: II

**Look at the pictures. Choose and fill in the words or phrases from the box to complete the sentences.**

comb hair

cut nails

have a bath

cover nose and mouth

clean our teeth



We use it to .....



Raghav uses it to .....



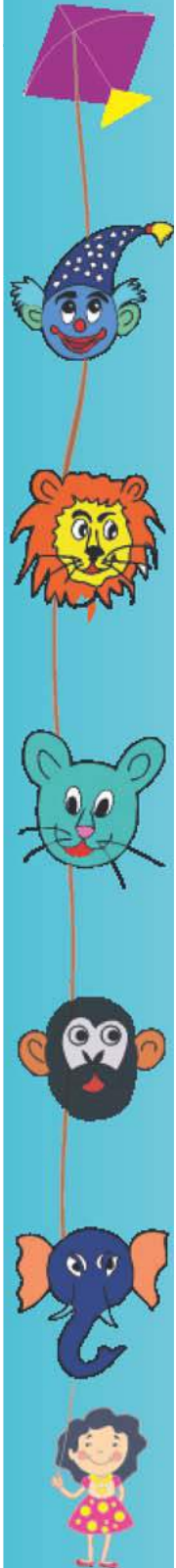
I use it to .....



Pawan uses it to .....



Chhotu uses it to .....





### Activity: III

#### Let's sing and enjoy :

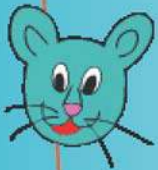
Brush, brush, brush,  
Brush your teeth.  
Do it everyday.  
Do it everyday.

Cut , cut, cut,  
Cut your nails.  
Do it every Sunday.  
Do it every Sunday.

Wash, wash, wash,  
Wash your hands.  
Do it after toilet.  
Do it before you eat.







## Activity: IV

### Pair work :

The teacher should instruct monitors to check other students' nails, teeth, hair, etc.

### Let's speak : Vowel 'e'

-ed      bed      fed      led      red

-en      den      hen      men      pen

