

ACTIVITY - 1

Look at the pictures given below: Six basic tips to keep yourself clean.



(1)
Cut your nails



(2)
Wash your hands



(3)
Brush your teeth



(4)
Take bath



(5)
Wash your face



(6)
Wash your feet

Discuss with your friends the following points. Share the information with your teacher:

1. Do you follow the health tips given in the pictures?
2. How many times do you wash your hands in a day?
3. How many times do you brush your teeth in a day?
4. How many times do you take bath in a day?
5. How many times do you wash your face in a day?
6. How many times do you wash your feet in a day?

ACTIVITY - 2

DOES IT STINK?

Once upon a time, there lived a ferocious lion in the jungle. One day he saw a sheep eating grass nearby and told her that he wished to eat her for dinner. The sheep got scared but she was intelligent and told the lion, “King, your mouth stinks. I find the smell so foul. Can you first go and clean your mouth, so that I can die with a nice smell around me.”

The lion was offended but went away. He kept thinking, but was not sure whether his mouth really stank or not. He came across a wolf and asked him whether his mouth was stinking.

The wolf said, “Your Highness how can your mouth stink. You are the king of the jungle.” The lion was sure that the wolf was trying to flatter him, so he said, “You are not telling me the truth. You are just trying to flatter me.” The wolf ran away, fearing his life.

Then came the fox, he realized what had happened and when the lion asked him, “Tell me fox, does my mouth stink?” The sly fox, pretended to have a cold and said, “Your Highness, I have a bad cold and therefore I cannot smell.” Saying this, the fox went away.

Key Words :

stink – have a strong unpleasant smell

ferocious – violent, wild, cruel

scare – great fear or nervousness in fright

foul – dirty or bad smell

offended – reason to feel upset

flatter – to praise someone falsely

sly – cunning in nature

pretend – to act and express something false to make it appear true

ACTIVITY - 3

Answer the following questions:

1. What did the lion say to the sheep?
2. What was the answer of the sheep?
3. How did the lion feel when he listened to the response of the sheep?
4. What did the lion do afterwards?
5. What kind of animals do you think the sheep, wolf and fox were?

(Flattery, Sly, Intelligent)

1. Sheep is a/an _____ animal.
2. Wolf is a/an _____ animal.
3. Fox is a/an _____ animal.

ACTIVITY - 4

State whether the following statements are true or false: Write T or F in the box.

1. The lion was a very poor animal.
2. The sheep was eating meat nearby.
3. The lion's mouth was clean.
4. The wolf was flattering.
5. The fox was very honest.

PLEASE GIVE SOME SUGGESTIONS TO YOUR POOR FRIEND LION:

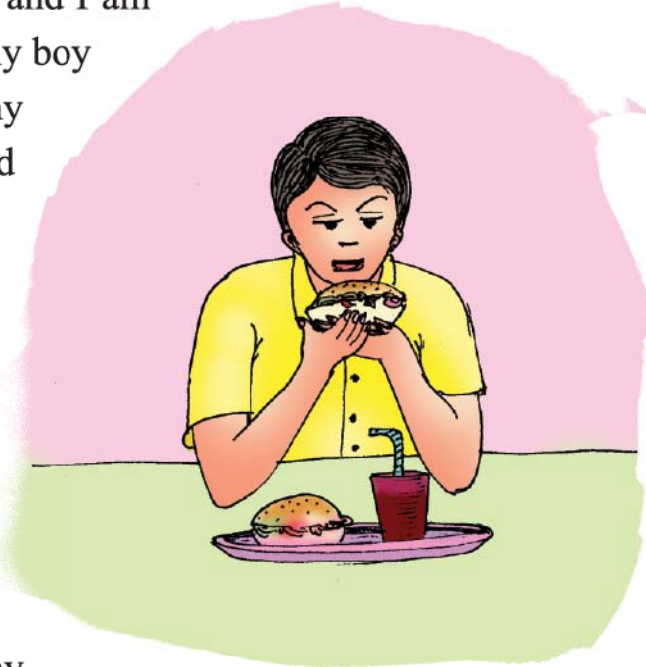
- (A) Give the lion suggestions and tips on how to keep his mouth clean. Make a list of other health related suggestions to keep your body clean and healthy.
- (B) Discuss why it is important to maintain one's health. Make a list of things you would do to remain healthy.

ACTIVITY - 5

Follow the story as your teacher reads it. Read it silently. Read some parts aloud as your teacher asks you to do.

Hello friends ! my name is Yash and I am studying in 5th standard. I am a healthy boy and always follow hygiene tips that my parents and teachers have suggested me. I want to share my routine with all of you. I hope you will like it.

I always wake up early at 6 am. Then I go for a walk in the garden and exercise. I brush my teeth every day in the morning. I take bath every day. I wash my hands and mouth before eating. I always wash my hands with soap after using the toilet. I trim my finger nails regularly. My mother washes my clothes regularly. I always have balanced diet with lots of green vegetables, fruits and water. I eat less junk food. I watch T.V from a certain distance. I always read in adequate light. I always keep the area around my home clean. I go to bed early in the evening.



ACTIVITY - 6

(A) Discuss with your teacher and friend seating next to you.

1. How do you find the routine of Yash?
2. What similarities or differences do you find in your routine and that of routine of Yash ?
3. Which things do you want to adopt from routine Yash?
4. What are the other things that you want to suggest Yash?
5. What kind of routine does your friend follow?
6. How does your routine differ from that routine of your friend?

(B) How is your routine like? Fill in the blanks given below and share with your teacher.

My name is _____. I usually wake up at _____ and get up at _____. I have a shower at _____ and get dressed at _____. I have my breakfast in the _____. I eat _____ for breakfast. I go to school at _____. I go home at _____. I watch TV at _____ and go to bed at _____.

ACTIVITY - 7

(A) Circle TRUE or FALSE

Yash is a student of the 4 th standard.	TRUE	FALSE
Yash is having a very boring routine	TRUE	FALSE
Yash never takes bath in the morning.	TRUE	FALSE
Yash always eats a lot of junk food.	TRUE	FALSE
Yash is not a healthy boy.	TRUE	FALSE
Yash keeps his surrounding dirty.	TRUE	FALSE

(B) Match the words to make sentences.

I get	breakfast.
I have	TV.
I have	to school.
I go	up at 7 o'clock.
I watch	to bed at 11 o'clock.
I go	a shower.

Talk about your routine with your teacher and friend.

Talk about the routine of a family member or a friend.

ACTIVITY - 8

Read the following poem and enjoy it:

TRY AGAIN

'T is a lesson you should heed,
Try, try, try again;
If at first you don't succeed,
Try, try, try again.

Once or twice though you may fail,
Try again;
Sure you would at last prevail,
Try again.

If we strive, 't is no disgrace
Though we may not win the race;
What should you do in that case?
Try again.

If you find your task is hard,
Try again;
Time will bring you your reward,
Try again.

All that other folks can do,
With your patience should not you?
Only keep this rule in view—
Try again.

-Anonymous

Now do the following tasks :

(A) You know that 'heed' rhymes with 'succeed'. Find all the rhyming words and list them.

Stanza-2 : _____
Stanza-3 : _____
Stanza-4 : _____
Stanza-5 : _____

(B) Memorize the poem and recite it with proper rhythm in the class.



ACTIVITY - 9

(A) Do you know why we need physical exercise? List some of the reasons for doing exercise. Discuss with your friend and share them with your teacher and other classmates.

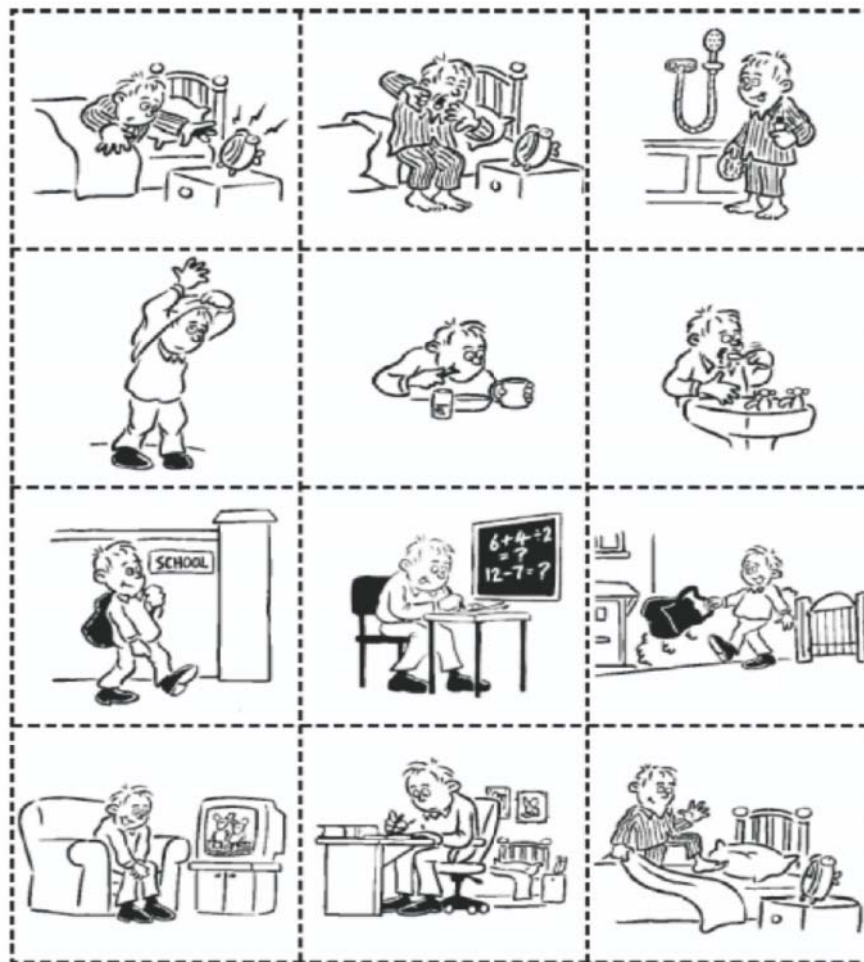
Read some of the reasons listed below:

- Physical exercise makes you feel fit, healthy and strong
- It relaxes your brain.
- It keeps your weight down.
- You sleep better.
- Your body gets stronger and healthier.
- You have more energy to do other things.
- You look in good shape.
- You can control your anger and negative feelings.
- You become positive.
- You never fall ill.

(B) Do you think that good health and a regular routine have a deep connection with each other. Discuss it with your teacher and friend and try to write a paragraph describing your ideal routine to remain healthy and maintain a hygienic body.

ACTIVITY - 10

Work in pairs. Look at the picture chart carefully and say a sentence for each picture.



Now write 4 or 5 sentences about you and your friend.

e.g. - I get up at 6 am. Suresh gets up at 5.30 am.

_____.	_____.
_____.	_____.
_____.	_____.
_____.	_____.
_____.	_____.

Helpline

Ask students to work in pairs and write which action does his or her friend do and when. Write complete sentences.