

**Main Idea:** Family is a group of closely related people living together, helping and supporting each other.

### Objectives:

- To understand the importance of each family member.
- To explore ways in which we can bond with one another.
- To know how to develop good values.



### Story

Pia and Zia were two sisters. Pia always felt that her parents loved Zia more than her.

One day Pia fell sick and had high fever. Zia took care of her as their parents were not at home. When their parents came back from the office, her father took her to the doctor who gave her medicines. Her mother cooked special food for her and looked after her.

Pia then realised that she was loved. She felt the importance of the family members who were always by her side in times of need.



# Activities



## Activity 1:

- Ask the children to tell about their family members.
- Who is the oldest member of the family?
- Who is the youngest member of the family?

## Activity 2:

- Make a family tree

## Activity 3:

- Role play-enacting their family members

## Activity 4:

- Make a collage with pictures of your family members.

## Activity 5:

- Create a poem on “My Family”.

## Activity 6:

- Make a list of fun activities

that student's family do together. For example, watching T.V.

## Activity 7:

- A Grandparents meet can be held in the school. Some games or activities can be organised at that time.

## Self Evaluation:

- What is special about my family?
- How do we help each other?
- Do I value their in my life?



**Reflection: Home is where the heart is.**

**Main Idea:** Helpers are people who extend support to improve a situation, a resolve a problem or lend assistance when needed.

### Objectives:

- ✿ To identify qualities that are present in 'helpers'
- ✿ To explore the ways in which 'helpers' help others
- ✿ To understand the ways in which we can become 'helpers'

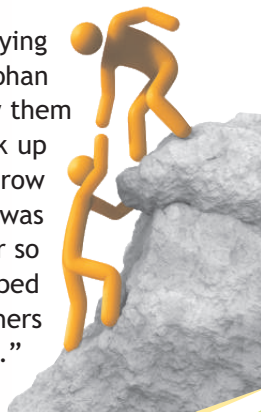
### Story

Rohan was in a habit of doing things that most children don't do. When he saw someone carrying a load of books, he would carry some for them. Rohan would help old people climb stairs whenever he saw them facing a problem while doing so. He would also pick up wrappers littered around in the classroom and throw them in the dustbin to make sure that the place was clean. He would carry shopping bags for his mother so that she was comfortable. One day his mother stopped him and said, "Rohan, may God bless you. You help others and you are a good boy. That is very special about you." Rohan was so happy that he smiled all day long.



### Helping Others

Lib: Road to  
Helping Others  
Through The  
Power Of One





# Activities



## Activity 1:

- Ask students to think of examples where they have seen 'helpers' at work.

## Activity 2:

- Interview a doctor and get to know how he helps people around him.

## Activity 3:

- Brainstorm the ways in which students can say 'thank you' to the people who helped them. For example, their maid, postman, and so on

## Activity 4:

- Guide the students to make a "Thank You" card for a soldier who protects the nations borders. Encourage them to present it with a big smile.

## Activity 5:

- Give a picture of a traffic policeman to the students. Let them colour it according to their choice of colour.
- Brainstorm the ways in which the traffic policeman are 'helpers'.

## Activity 6:

- Have a fancy dress activity depicting doctors, scientists, chefs, and teachers and others who help us in their own way.

## Self Evaluation:

- How can I become a 'helper'?
- Have I said 'thank you' to the people who have helped me?

**Reflection: Every member of the society is of some help to the others.**

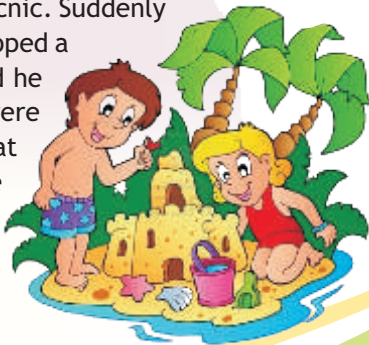
**Main Idea:** Health and hygiene are practices of keeping yourself and your surroundings clean in order to prevent illness or disease.

**Objectives:**

- ✿ To explore the importance of personal hygiene.
- ✿ To understand the ways in which personal hygiene can be maintained.
- ✿ To explore the benefits of following good hygiene practices.

**Story**

Sunny was very happy. His teacher announced that they would be going for a picnic the next day. He gave this good news to his mother after reaching home. His mother served him lunch and Sunny started eating without washing his hands. In the evening too he ate an apple without washing it as he was in a hurry to pack his bag for the picnic. Suddenly at night he started throwing up and developed a stomach-ache. The doctor was called and he told the parents that Sunny had a severe stomach infection. His mother told him that this happened because he was not in the habit of washing his hands or even fruit before eating. Sunny missed the picnic but he realized the importance of health and hygiene.



# Activities

## Activity 1:

- ✿ Chorus recitation with action:  
This is the way we brush our teeth, early in the morning.  
This is the way we comb our hair, early in the morning.  
This is the way we take a bath, early in the morning.

## Activity 2:

- ✿ Brainstorm the good hygiene practices with the students.

## Activity 3:

- ✿ Make a graph to check the personal hygiene and good habits.

## Activity 4:

- ✿ Let the students check each other's nails in the class. Make hygiene / cleanliness monitors.

## Self Evaluation:

- ✿ Do I maintain good personal hygiene?
- ✿ Do I eat healthy food?
- ✿ Do I exercise regularly to remain fit?



**Reflection: Hygiene is good health**

**Main Idea:** Cleanliness is to develop the habit of keeping yourself and your surroundings neat and clean.

**Objectives:**

- ✿ To learn good habits.
- ✿ To think of ways in which we can help keep our surroundings clean. -

**Rhyme Time**

1. What do we do to keep our surroundings clean?

We do not litter

To make the class neater.

We clean our room

With a broom.

**Germ**

2. Wash your face and hands with soap,  
Wash them everyday.  
Keeping clean by using soap,  
Will keep the germs away.







# Activities



## Activity 1: Before and After

- Ask the students to observe their class before and after the recess. Discuss the differences with them. Encourage them to clean up the class after the break time. Students may be asked to clean the class (Desk, Cupboard etc.) using duster and water.
- Take students on a walk around the school after break. Ask them the ways through which cleanliness can be maintained after lunch break.

## Activity 2: Taking a cleanliness pledge - Earth is our home

- I promise to throw my trash in the dustbin.
- I will not waste water, and close the taps to stop wastage.
- Young or old we need to care, because Earth is our home to share.

## Activity 3:

- Start a cleanliness drive in class

## Activity 4:

- Put biodegradable waste in the green bin and other in the blue bin. Place such bins in the class rooms and school premises.

## Activity 5:

- Make posters on how to keep the school clean. Display them at different places in the school.

## Activity 6:

- Make a clutter bag. Ask the students to collect all their trash for the day and use it to decorate their bags.

## Activity 7:

- Children can perform a small skit on the theme cleanliness drive.

## Self Evaluation:

- Do I keep my surroundings clean?
- What did I do today to keep my classroom clean?

**Reflection: People who keep their surroundings clean are healthy and responsible citizens.**



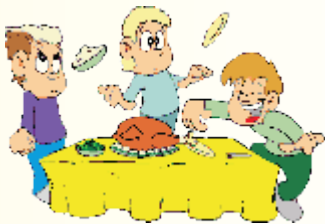
**Main Idea:** We must not waste food and water.

**Objectives:**

- To make students aware about the importance and value of food.
- To explore ways in which students can help others.
- To explore ways in which we can adopt healthy eating habits.

**Story**

Mithi was a friendly and a soft spoken girl. She loved chocolates and biscuits. Whenever her mother packed chapatti and vegetables in her tiffin box, she would either throw her food or bring the food back home untouched. Her mother spoke to her at length about the importance of food but Mithi continued to waste food. Then one day she went out with her mother to the market. She saw some poor children begging for food. They were hungry and had nothing to eat. Some were even drinking dirty water. Mithi realized the importance of food and promised her mother that she will never waste and throw her food ever again.



# Activities

## Activity 1:

- Discuss the ways in which students waste food or water.

## Activity 2:

- Plant a vegetable plant and watch it grow. This will help children understand the need to care for plants.

## Activity 3:

- Ask what the families of students do with their leftover food? How can leftover food be utilised?

## Activity 4:

- Encourage the child to give the leftover food to animals and birds.

## Activity 5:

- Have a flameless cooking



session in the class and enjoy the outcome together, for example - Fruit chaat, sandwiches, bhelpuri etc.

## Activity 6:

- Children can be shown movie clips where poor people pounce on food packets and even eat the food from dustbins to make them understand to respect food.

## Activity 7:

- Families should be encouraged to share food with poor people.

## Self evaluation:

- Do I waste my food?
- What did I do with the food that I was unable to finish?

**Reflection: Food is very important and should not be wasted.**

**Main Idea:** Eco-buddies are people who take steps to protect their environment.

**Objectives:**

- To understand the importance of protecting the environment.
- To explore the ways in which we can become eco-buddies.
- To understand and the check practices that are harmful for the environment.
- To understand that pollution causes diseases which can be prevented.



# Activities

## Activity 1:

- ✿ Brainstorm different ways in which we can become eco-buddies. For example, switching off lights and fans when not in use

## Activity 2:

- ✿ Plant a seed and see it growing. Remember to look after it!

## Activity 3:

- ✿ Start an awareness campaign for protecting the environment

## Activity 4:

- ✿ Brainstorm the ways in which paper can be reused or recycled in school. Adopt such practices.

## Activity 5:

- ✿ Make posters on - 'Save Water,

Save Plants' and other ways in which environment can be saved.

## Activity 6:

- ✿ Complete the Poem -  
"When the taps go dry,  
I sit and think why?..."

## Activity 7:

- ✿ Plan a drive to clean your school playground

## Self Evaluation:

- ✿ Am I a responsible citizen of the Earth?
- ✿ Do I make an effort to reduce pollution?
- ✿ What do I do to save water?



**Reflection: Take care of the bounties of the Earth  
See that there is indeed no death.**

**Main Idea:** Taking care of animals and treating them well.

**Objectives:**

- To understand why we need to take care of animals
- To inculcate the value of caring.
- To make the children realize the importance of living beings.

**Story:**

Shreya was 5 years old and her house had a small garden. A lot of colourful birds would come to the garden. One day her friends asked her why there were so many birds in her garden while there were very few in their own gardens. Shreya told her friends that she and her parents were in a habit of keeping some bird feed and water-dishes in the garden for the birds. They had hung some bird houses in the garden where their winged friends could keep safe from the heat or cold. Her family also kept some leftover food for stray dogs. Some of her friends started do the same in their gardens.



# Activities

## Activity 1:

- How many students have pets?
- How does one look after pets?

## Activity 2:

- Draw your favourite pet.

## Activity 3:

- Create a poem on 'My Pet'.

## Activity 4:

- Brainstorm steps that can be adopted to care for stray animals.

## Activity 5:

- Make a bird bath and bird feeder. Hang it on a tree near your house. Fill it with water every day.

## Self Evaluation:

- Do I look upon my pet as a companion?
- Do I care for the animals around me?



**Reflection: Animals, in general, are living creatures, and it is good to look after them**



**Main Idea:** Friendship is a special relationship between different people who support and care for each other.

**Objectives:**

- To understand the importance of friends.
- To understand the ways in which our friends are important.
- To encourage children to make new friends.

Rhyme Time

I have a friend,

His name is Krish

He has a beautiful smile

And is very docile

Whenever I need him

He is always there

He has good manners

And is always just and fair.

*Friends forever..*





# Activities

## Activity 1:

- ✿ Make friendship bands for your friends.

## Activity 2:

- ✿ Ask each child to imitate one of his/her friends. Other students will guess the name of the child. (Dumb-charades)

## Activity 3:

- ✿ Paste a picture of your friend.
- ✿ What makes your friend special?

## Activity 4:

- ✿ Make a birthday card for your friend.

## Activity 5:

- ✿ Compose a poem on the topic 'My Friend'.

## Activity 6:

- ✿ Make a round paper cut-out.
- ✿ Write a name of your classmate about whom you do not know a lot.
- ✿ Tell him/her that you want to get to know him/her.
- ✿ Make a list of things that he/she likes.

- ✿ See what both of you have in common.

## Self Evaluation:

- ✿ Am I friendly?
- ✿ Do I help my friends when they need me?
- ✿ Do I value their importance in my life?



**Reflection: A friend in need is a friend indeed.**

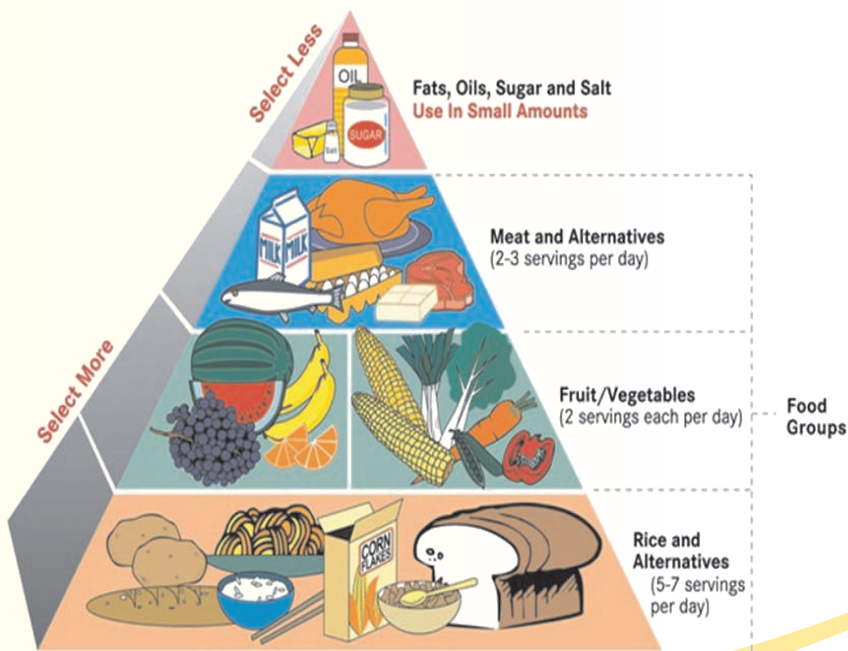
**Main Idea:** A diet that contains all the nutrients in the right amount along with adequate quantity of water helps us stay healthy and fit.

**Objectives:**

- ✿ To develop healthy eating habits.
- ✿ To learn about balanced diet.
- ✿ To understand the food pyramid.

**A Story:**

Salman was in-charge of his lunch today as his mother had gone to the doctor. He did not find the dal-rice and vegetables left prepared by her appealing. He finished off a packet full of biscuits, a big bowl of chips and a bottle of cola instead. Feeling elated and full he dozed off. He woke up after an hour with a terrible stomach ache. His choice of unhealthy food was troubling him now. He remembered his teacher's words of caution and the importance of a 'Balanced Diet'.



# Activities

## Activity 1:

- ✿ What is a balanced diet?
- ✿ Make a list of 5 nutritious food items and 5 less nutritious food items.

## Activity 2:

- ✿ Survey your canteen. Make a list of healthy foods that are sold there.

## Activity 3:

- ✿ Alter the recipe of your favourite food i.e. burger / pizza / noodles. How can you make them more healthy.

## Activity 4:

- ✿ Write a small story about a girl who hated fruits.

## Activity 5:

- ✿ Collect pictures of some delicious fruits. Arrange them and create a lovely fruit basket.

## Activity 6:

- ✿ Find out the names of traditional dishes of any 5 states of India. List down the main ingredients of any two of them.

## Activity 7: Guess the food item

- ✿ A group activity where the teacher can place 5 food items and call the children to taste and identify each dish blind folded.

- ✿ Teach the importance of each food.



**Reflection: I care for myself and I eat healthy food**

**Main Idea:** Safety is making sure that you are protected from different forms of dangers, and things that could harm you.

**Objectives:**

- ✿ To understand the importance of taking steps to stay safe in case of an emergency.
- ✿ To explore ways in which safety can be observed.
- ✿ To learn the use of first-aid kit.
- ✿ To learn to be more cautious and careful.

## Activities



**Activity 1:**

Self evaluation (Discussion)

Write Yes or No

- ✿ I throw the banana peel on the floor ( )
- ✿ I never touch a glass of hot milk ( )
- ✿ I talk to strangers ( )
- ✿ I do not run up and down the stairs ( )
- ✿ I push my friend while waiting for the school bus to grab the front window seat ( )
- ✿ I cross the road from a zebra crossing ( )
- ✿ I do not play with sharp objects ( )
- ✿ I never put my hands out of a moving vehicle ( )
- ✿ I know my mother's mobile number ( )
- ✿ I do not put my finger in the electrical socket ( )



**Activity 2:** Story narration by the teacher

In school bus in the was moving fast. Anu wanted to sit in the front with her friends. She started walking in the moving bus. All of a sudden the driver of the bus applied the brakes and Anu fell down and was badly injured. She then realized that she should have been more careful and walked carefully in a moving bus. She also made sure that in future she used the support of the seats while walking in a moving bus.

**Activity 3:**

- ✿ Draw and colour the sheet depicting 'say no to crackers'.
- ✿ How can we keep ourselves safe while bursting crackers?

**Activity 4:**

- ✿ Brainstorm the ways in which we can get hurt accidentally. For example, tripping because of unarranged tables and chairs.

- Brainstorm the we can adopt to prevent accidents. Safety measures for example, keeping to our left while climbing up or down the stairs.

**Activity 5:**

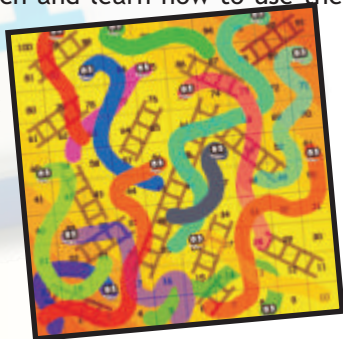
- Snakes and Ladders - A Safety Game. Can be designed into for safe practices and snakes for careless accidents.

**Activity 6:**

- Make a 'first-aid kit' for your class. Teach and learn how to use the First-Aid Kit.

**Activity 7:** What will you do?

- If you hurt yourself and you are bleeding:
  - Start crying
  - Get nervous
  - Visit a doctor
  - Call for help
  - Try to use first-aid kit
- If you are travelling by a train and you see an unidentified bag or toy lying there
  - You will take it
  - Tell it to your parents
  - Ask people about it
  - Request your parents to inform the police



**Activity 8:** Creating Awareness

Dramatization		Demonstration	
Role Play <ul style="list-style-type: none"> <li>Doctor</li> <li>Nurse</li> <li>Policeman (Traffic)</li> <li>Parents</li> </ul>	Enacting a Situation	Safety Rules	
		Road Signs	Do's & Don'ts
		Mime	
		Hand Puppets	

**Activity 9:** Make your own safety rules. List five dos and don'ts

	The Class	Playground	At Home
Dos			
Don'ts			

**Reflection:** It is wise to be cautious and careful. It's cool to follow rules. Rules are broken only by careless people.



**Main Idea:** Politeness means using kind and gentle words when we speak with others. We show politeness by adopting certain practices like speaking softly, or giving our bus seat to an elderly, or saying 'thank-you' or 'sorry'.

**Objectives:**

- To understand the meaning of politeness.
- To know why politeness is important.
- To know the habits that are polite.



## Activities

**Activity 1:**

(A) What to do you say in the following situations:-

- You see your house-help carrying a pile of newspapers?
- You have finished eating. You want to finish homework but your parents are still eating.
- Your house-help spills water on your notebooks.

(B) What will you do?

- Your grandparents are sleeping and you want to watch T.V. or your favourite cartoon show.

**Activity 2:**

Story narration by the teacher

Sahil has no friends. His parents were worried. They talked to his teacher. Next day Mrs. Ramachandran, his class teacher, observed that everyone in the class was playing together but Sahil was sitting all alone. She spoke with some classmates of Sahil separately. She found out that Sahil is generally rude and not co-operative at all. She called him and asked him to bring two glasses of water. She provided him with some honey in one glass and lemon juice in another. Then she told him to drink the lemon juice. He could not drink it as it was very sour but he drank the sweet honey water. Suddenly Sahil realized that why his classmates did not play with him, and he decided to be nice to others and help them. Soon he had many friends.

**Activity 3:** Things I do to be polite

- Greet everyone with a smile
- Give due respect to family members, house help and classmates. Greet them with a 'Namaste' or by touching the feet of

Grandparents/elders. Use words like 'please' and 'thank' you with everyone.

- Make a list of more ways of being polite.



#### Activity 4:

- Make a Thank you/Cheer You Up/I'm Sorry/Get well soon card for your family members/friends/house help.

#### Activity 5: Wall of respect

Please pick the relevant response for the following situations

Please	Thank you	May I	Sorry	Excuse me
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- You want something
- You get something
- Before entering somebody's home you call or knock, asking permission to enter.
- You have done something knowingly or unknowingly wrong
- You sneeze, cough or want somebody's attention



#### Activity 6:

- Read more stories on being polite and share then with your friends.

#### Activity 7:

- Think about an occasion when somebody spoke to you rudely and you felt hurt



#### Activity 8: A peer discussion

- You are polite. Write/speak few things you did today that were polite. Tell it you teacher.

#### Activity 9:

- Let's sing together (I am polite)

We say "Thank you"

We say "Please"

We do not interrupt or never tease.

We don't argue, we don't fuss.

We listen when elders talk to us.

We share our things and take our turn.

Polite words are not very hard to learn.

It's really very easy, when you find polite words that teach you JUST BEING KIND

**Reflection: A Smile brings a smile in return  
Politeness costs nothing but gains many things**