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LESSON-4. Protecting Myself

Prepared on : 10/07/2024

Started notes in class on : 22/07/2024

Pre activity: Collect any 5 pictures showing personal hygiene and paste them into your notebook.

New Words:

- | | |
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| 1) uncomfortable | 2) safe circle |
| 3) hygiene | 4) unsafe |
| 5) caretakers | 6) floss |
| 7) cotton swabs | 8) safety rules |
| 9) cleanliness | 10) surroundings |

Q1) Fill in the blanks.

- Whenever you feel unsafe or confused about a person and their touch say **NO**.
- Maintaining personal **hygiene** is very important for our body and mind.
- Do not **spit** on roads or walls.
- To stay away from danger, we should follow **safety rules**.

Q2) Write true or false.

- Avoid using cotton swabs for cleaning the ears. **True**
- Eat unhealthy food items such as canned juices, cold drinks, and chips. **False**
- Brush and floss your teeth regularly. **True**
- Play with sharp objects like knives and scissors. **False**
- Use separate bins to throw different types of waste. **True**

Q3) Answer the following questions.

1) Where should we walk on the road?

Ans: On the road, we should walk on the footpath or right side of the road.

2) List two safety rules that we should follow at home.

Ans: Two safety rules to be followed at home are:

- a. Do not play with sharp objects, and
- b. Do not play with electrical wires and machines.

3) List any two practices for maintaining good hygiene.

- a. Brush and floss your teeth regularly.
- b. Cut your nails with a nail cutter every week.

Q4) Give reasons for the following.

1) You should not play with a match box.

Ans: We should not play with a match box as its fire may burn us.

2) Use of plastic should be reduced.

Ans: . Use of plastic should be reduced as they pollute our land and water. They are also harmful to wildlife, marine life and human health.

Post Activity:

Show the 3 R's (Reduce, Reuse and recycle) with the help of drawings.