



# ASHA MODERN

# SCHOOL

# LIFE SKILLS

&

# VALUE EDUCATION

# Class - I



Stay Safe

Nutrition

Positivity

Mind

Fitness

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

**LIFE SKILLS  
& VALUE  
EDUCATION  
CLASS-1**

**COMPILED BY: ARCHANA KAPOOR**

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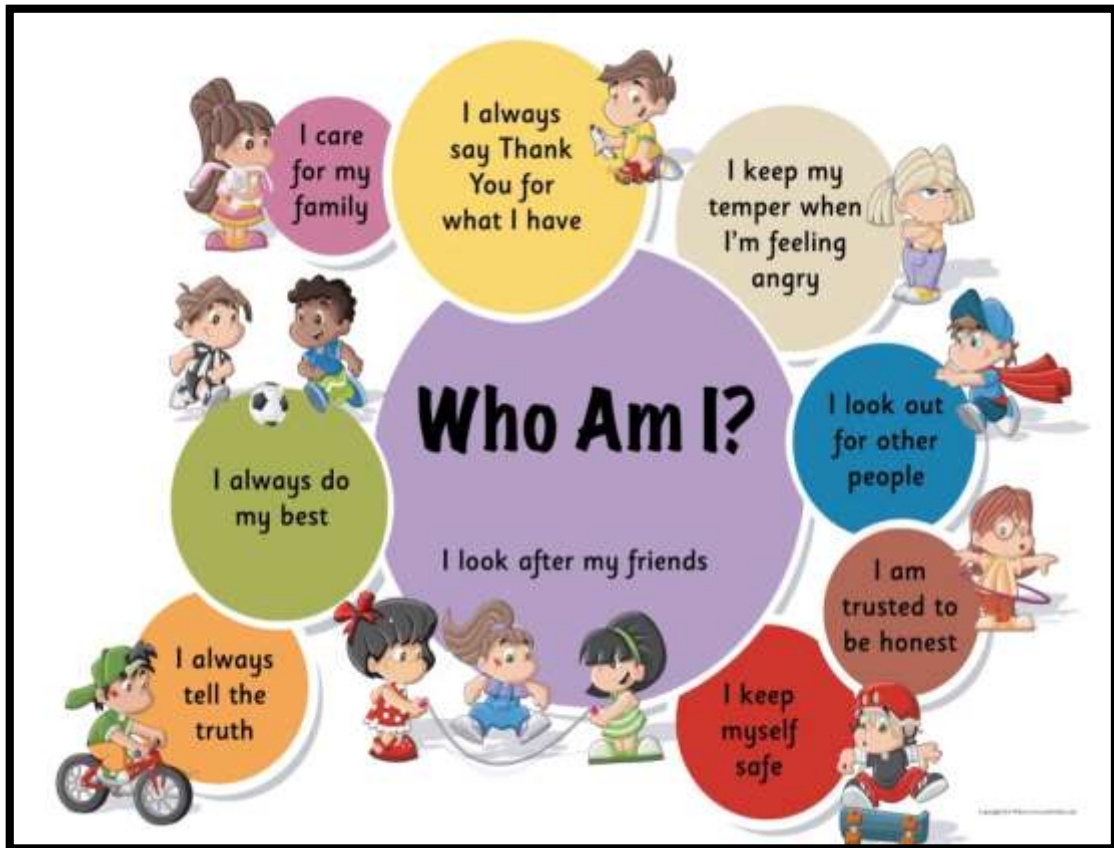
**1**

**I AM SPECIAL**

I am smart. I can learn  
I raise my hand and take my turn.  
I am kind. I am good.  
I try to do just what I should.  
I can think, I can write,  
I can listen and do what's right.  
I do my work. I'm never late.  
My teacher loves me,  
'cause I am great

It is important to feel good about yourself because when you feel good about yourself:

1. It is easy to be happy because you are with someone you like - yourself!
2. It is easy to be healthy because having a healthy mind helps to fight germs and illness, keeping us healthy.
3. It is easy to win because you work hard to get what you want.
4. Others find it easier to like you because you are a positive person. So you will have many friends.
5. You know when something is not good for you, so you avoid it. This helps you to make good choices.



The children can talk about themselves (name, age, gender, etc.) in order to acknowledge and encourage their growing independence, self- esteem and confidence.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Birthday: \_\_\_\_\_

Favourite color: \_\_\_\_\_

Favourite food: \_\_\_\_\_

Favourite subject: \_\_\_\_\_

Favourite toy: \_\_\_\_\_

Favourite animal: \_\_\_\_\_

Favourite candy: \_\_\_\_\_

Favourite activity: \_\_\_\_\_

Favourite place: \_\_\_\_\_

Favourite book: \_\_\_\_\_

Favourite TV show: \_\_\_\_\_

Favourite movie: \_\_\_\_\_

I am good at: \_\_\_\_\_

I want to learn: \_\_\_\_\_

Places I want to go: \_\_\_\_\_

If I could make one wish, it would be: \_\_\_\_\_

This is what I want my teacher to know about me: \_\_\_\_\_

## 2

### GOOD MANNERS ARE FUN

Good manners are fun and they are not really hard to learn. Let's start today itself!

#### Magic Words

##### 1. Say 'thank you' when

- someone does something nice for you.
- you get a compliment.
- someone helps you.
- your friend shares things with you.
- someone gives you a gift.

##### 2. Say 'please' when you

- ask someone to help you.
- want something from someone.
- need permission to do something.

##### 3. Say 'excuse me' when you

- want someone to give you way to pass.
- sneeze or cough.
- want someone to repeat what they have said.
- want others to listen to you.

#### **4. Say 'sorry' when you**

- do something wrong.
- are rude to someone.
- hurt or tease someone.
- break something.

#### **A. What you will say in the given situations:**

- You want someone to listen to you. \_\_\_\_\_
- You get a gift. \_\_\_\_\_
- You break someone's toy. \_\_\_\_\_
- You were angry and rude to your friend. \_\_\_\_\_



# GOOD MANNERS



## More Manner Tips!

1. Put a hand on your mouth when you yawn.
2. Cover your nose when you sneeze.
3. Do not interrupt when others are talking.
4. Wait for your turn when in a queue.
5. Let elders enter the room before you.
6. Do not turn your face away when someone is talking to you.
7. Talk softly while someone is sleeping, reading or working.

## At Your Best In Class

Some more manners,

For you to learn.  
Raise your hand,  
And wait for your turn.  
Between the desks,  
Do not run.  
If you fall,  
It won't be fun.  
Do not litter,  
Do not scribble.  
Help your friends,  
And wish your teachers.

### **Bringing Manners To The Dining Table**

- Do not chew with your mouth open.
  - Do not stuff your mouth with food.
  - Take small bites and chew properly.
  - Do not gobble food.
  - Do not watch TV while eating.
- 
- Always say 'thank you' when served something.
  - Burping loudly is bad manners.
  - Use a napkin while eating. It should be on your lap when not in use.
  - Do not play with your food.
  - Wait till everyone has finished eating before getting up from the table.
  - If you need to leave the table, say 'excuse me'.

### **3**

## **BE A HYGIENE CHAMPION**

Hygiene means taking care of your body and keeping it neat and clean all the time. When we are neat and clean, germs cannot harm us and we do not fall sick or ill.

Germs are tiny creatures that we cannot see. They are present all around us. Dirt is their home.

Be careful! You must pay attention to your personal hygiene. Be a hygiene champion. Remember, when you touch your eyes, nose or mouth, the germs from your hands enter and spread into your body.

### **Teeth smart!**

You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.

Maintaining good personal hygiene is very important to stay healthy and be strong.

A. How many teeth do you have? \_\_\_\_\_

### **Nail Smart!**

Keep your nails clean. Ask your loved ones to pare your nails regularly. Germs love to live in dirty nails!

B. How many fingers do you have? \_\_\_\_\_

C. How many toes do you have? \_\_\_\_\_

D. How many nails do you have? \_\_\_\_\_

### **Sneezing Smart!**

Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.



## Let's Wash Our Hands!

Proper hand wash is the best way to keep germs away and not to fall sick. Use soap thoroughly and do not, forget to clean between the fingers, under your nails and the front and the back of your palms. Rinse with water and wipe with a clean and dry towel.

Remember, soaps and sanitizers are germs busters.

You should always wash your hands with a soap:

- After going to the toilet.
- Before eating or serving food.
- When I come back from playing.
- After petting or touching an animal.

We wash our hands regularly to fight diseases.

#### 4

### **THE 5- STEP SAFETY RULE**

Rules are a natural part of life, and having guidelines helps kids learn how to manage in different situations. Rules provide the framework for children to understand what is expected of them at home, with friends and at school. Likewise, if someone gives you an unsafe touch

you should follow this 5 - step safety rule. You may be scared but you have to follow the rules.

**Step 1**

**Scream!**

When you scream everyone gets to know that you are scared, and they will help you.

**Step 2**

**Say, "NO!"**

Say, "NO!" to the person making you uncomfortable or doing the unsafe thing.

**Step 3**

**Run!**

Run away or get away from the person doing the unsafe thing.

**Step 4**

**Tell**

Tell a grown-up whom you love and trust. Tell a loved one about the unsafe touch or look.

**Step 5**

**Keep telling**

Keep telling a loved one until they listen to you believe you. You can tell as many loved ones as you want.



### BODY

You are the boss of your body. No one is allowed to hurt your body in any way.

### PRIVATE BODY PARTS

The parts of your body covered by your undergarments are your very own private body parts. It is never alright for someone to touch, talk about or look at your private body parts except for health reasons. TOUCHING RULE 1



### GIFTS

Sometimes people try and trick you by giving you sweets, money or gifts to break the touching rules. Refuse to do what they ask and don't take gifts they give you.



### HUGS

Hugs and kisses are nice, especially from people you like. But if they make you feel scared, confused or uncomfortable, make sure you tell a grown up you trust. TOUCHING RULE 2



### SECRET

Secrets about touching are not okay. Always tell your trusted adult if someone tries to break the touching rules and asks you to keep it a secret.



### NO

If someone tries to break the touching rules, it is very important to learn to use this word. Use loudly. (NO)



### SHOUT AND GET AWAY

Practice shouting – because that's what you need to do when someone is trying to touch you in a way which makes you feel confused, scared or uncomfortable.



### TELL

If you are worried, confused or scared by the way someone touches you or makes you feel, tell a grown up you trust about it. If the person you tell doesn't help you then tell someone else. And keep on telling till you get the help you need. Some examples of grown ups you may want to tell are parents, teachers or grandparents.

### IT IS NEVER YOUR FAULT

Always remember, it is never your fault when someone breaks the touching rules.





Say, "NO!"

My family taught me  
A simple way,  
To be safe and happy  
Every day.

If someone tries to  
Do an unsafe thing  
All I need to do, is  
A very simple thing.

I must say, "NO!"  
Loud and clear.  
I must say, "NO!"  
There is nothing to fear.

Just say, "NO!", run  
Tell a loved one,  
Telling keeps you safe,  
And being safe is fun.

## PRIVATE PARTS

Our bodies are wonderful and we need to keep them safe. There are many ways that we can be hurt, through touching physically, touching with our eyes, and touching with our words. Only we know how we feel for all the different kinds of touch.

**MY BODY IS SPECIAL AND BELONGS ONLY TO ME!**

We know many safety rules and we know that our feelings and our minds help us know if we are safe or unsafe. Now let's learn a special safety rule about our private body parts. Where are our private body parts?

The special rules about our private body parts are called the **TOUCHING RULES**. NEVER KEEP A SECRET ABOUT A TOUCHING PROBLEM BECAUSE IT IS NEVER YOUR FAULT IF SOMEONE ELSE BREAKS THE TOUCHING RULE.

### **RULE 1**

It is NEVER all right for someone to touch (talk about or look at) your private body parts except to keep you clean and healthy. And it is never all right for someone older or bigger to ask you to touch (talk about or look at) their private body parts.

### **RULE 2**

If this happens or if you feel confused or uncomfortable about any touch, say, "NO" and GET AWAY.

### **RULE 3**

TELL a trusted adult and KEEP TELLING until you get the help you need.

How would you feel if someone tried to break the touching rule with you?

NEVER KEEP A SECRET ABOUT A TOUCHING PROBLEM BECAUSE IT IS NEVER YOUR FAULT IF SOMEONE ELSE BREAKS THE TOUCHING RULE.

IT IS NEVER ALL RIGHT IF A GROWNUP OR BIG KID MAKES IT A SECRET.



Touching Rule 2 says that when someone tries to break touching rule 1 you can say, “NO” and get away. But there are many other words you can use, like “Don’t”, or “Please go away”, or “Stop”. Whatever

words you use, you need to say them in a way that the other person hears you. Even if you are scared, you need to use a big and brave voice, and stand in a way that the other person knows you are serious.

Touching Rule 3 is the most important rule of all, and that is to tell an adult that you trust about what happened.

Our trusted adults love us. But sometimes our trusted adults need help in hearing us. Sometimes adults aren't feeling well, or are busy, or are in a bad mood. So help the adult by saying in a strong voice, "I have a touching problem". And if the first person you tell does not help you, keep telling other trusted adults until you get the help you need.

## SHARE TO SHOW YOU CARE

Sharing is caring. So, share your things with people to show that you care for them.

Share at home,  
Share at school,  
Share at play,  
Share here, share there,  
Share, share, everywhere.

A. What you will do if you get these:

### Tasty Tiffin

- Ignore your friends and keep eating.
- Share your tiffin with your friends.
- Take your tiffin and eat it alone.

### Story Books

- Not give it to others to read.
- Lend it to your friends.
- Hide it in the drawer.

### Chocolates

- Share with friends.
- Eat all by yourself.
- Hide them and eat later.

### Rules For Sharing

1. Your friend is absent. Tell him what he has missed and help him to complete his work.
2. If you take something from any-one, use it carefully. Give it back in time without spoiling it.
3. Share your toys, games, story books, etc., with your friends.
4. Share swings and slides in the playground. Wait for your turn.

5. Share work at home. Help to keep the house clean. Put your toys, books, etc., back after using them.
6. Share the T.V. time. Give everyone a chance to watch their favourite programmes.
7. Share your feelings and ideas with your friends and family, Also, share time with the elderly.
8. Share your meals and the things you enjoy eating with your family and friends.



### **Share With The Needy**

What do you do with the toys and books you do not use and clothes that do not fit you any more?

Be “kind” and pass them on to the children who will use them.

You can give them to the children whose parents help you at your home.

There are children who do not have parents. They live in a special home called "orphanage". You can give your things to them.

Children lose their clothes and toys when there is a flood or an earthquake, etc. You can give your things to them and make them happy.

## ALL ABOUT BULLYING

Bullying is when one or more people keep doing something on purpose to make someone feel hurt or sad. Bullying can be anything like:

1. Making fun of someone.
2. Taking someone's things even when they don't want to give them.
3. Troubling them like slapping, kicking, pinching, pulling their clothes or hair.
4. Forcing them to do something they don't want to do.

Being bullied can make you feel sad, afraid and helpless. You should try to be away from the person who bullies you, and from the place where you are bullied.

You can protect yourself from bullies by being with another person. The bully may not want to bully you when you are with someone else. Try to avoid fighting with or shouting at the bully.

**If someone is bullying you, remember that it is not your fault.**



Do you feel you have been bullied? Practise telling. If you are scared, you can first tell a toy. Then you can tell a friend. When you have practised, you will feel brave enough to tell a grown-up you love and trust. That grown-up can help you.

Tell a trusted grown-up right away if someone is bullying you.



## IT'S OK TO BE SCARED

It can be scary to say "NO!", get away, tell a grown-up you trust, and keep on telling till someone believes you. But even if you are scared, you must tell a trusted grown-up who can help you to be safe.

Sometimes, grown-ups may not believe you when you tell them what happened. That is ok. Just like sometimes, you may not believe what a grown-up tells you. Like when your grandfather tells you the doctor's injection won't hurt, you may not believe him, but you still love and trust him.

It's ok to be scared, but we should keep telling till someone believes us. If we pay attention to the things and people that make us feel afraid, it helps us to be safe. Some things you can do to be safe are:

1. If you feel scared when you meet grown-ups you don't know, try to them only when you are with grown-ups.
2. If you feel scared when you see anyone fighting, you stay away from them.

What is important is that you must KEEP TELLING what happened till a trusted grown-up believes you. Even if the first trusted grown-up you tell believes you, it is ok to tell other trusted grown-ups what happened.

Keep telling, someone will listen.

You could tell a:

- Parent
- Grandparent
- Teacher
- Any other trusted grown-up

You can also call the Child Helpline 1098 and ask for help.

Tring tring tring tring goes the phone.

Ten (10) Nine (9) Eight (8). You're not alone.  
Ten (10) Ninety Eight (98). Just dial it, dear.  
Call them. You'll find help is near.

## 1098

Always talk to a trusted grown-up about things that make you feel scared. Ask your parents to help you.

It is ok to be scared of unsafe looks and touches. But you must always TELL and keep telling till someone believes you.

What do you think is the right thing to say in the following situations?

1. Someone you don't know looks at you to come near you in a way you don't like, and then asks you to say near. What would you say?
2. A grown-up keeps picking you up and walking around holding you in their arms even when you don't want it. What would you say?

