



ASHA MODERN

SCHOOL

LIFE SKILLS

&

VALUE EDUCATION

Class - II



Stay Safe

Nutrition

Positivity

Mind

Fitness

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

LIFE SKILLS

&

VALUE

EDUCATION

CLASS: II

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UNIT- 1

Helping Others

Story- Helping Others

Once a man was walking on the road. On the way, he saw a paper with handwritten message stuck on electric pole. Man went closer and started reading. "Yesterday my fifty rupee note fell on this road. I can't see properly and was not able to find it, whoever finds it please deliver it". It was written on it and under it was written an address.

After reading that, man thought 50 rupees is such a small amount still someone placed this notice, then it must be very important for person who placed this here.

That man immediately reached at given address and knocked on the door. After a while an old woman came out. On asking more, man came to know that elder lady lives alone in that house. Man said, "Mam, I have found your lost 50 rupees note. I have come to give it to you."

Hearing that old lady started crying and said, "Son, so far about 70-75 people have given me 50 rupees note.

I can't read. I live alone and my eyesight is also weak. I don't know anything about the person who has seen my condition and has put that slip to help me.

After man insisted again and again, elder took that money but also made a request to that man. She requested him, "Be sure to tear and throw away that paper stuck on pole before leaving. Man responded in yes. While returning man thought, even before this, old lady must have asked all the people to tear that paper but it is still there. When no one else had torn that, then why should I tear it?

Then he thought about the man who put up that paper that how kind he must have been who found this way to help that old lady.

Moral of the story is- *We must always try to help others.*

Charity begins at home.

It's a good idea to teach kids that charity begins at home. They can help their parents and siblings by doing tasks without being told all the time. A child may perform any of these duties and help someone in the process:

- Set the table for meals
- Help prepare meals
- Weed the garden
- Wash cars
- Make their brother or sister's bed
- Sweep the floor
- Fold laundry
- Help a sibling with homework



UNIT- 2

Health and Hygiene

One, who maintains cleanliness keeps away diseases. In our day-to-day life, we come in contact with millions of germs which can cause illness and various diseases, so to avoid this we should always take care of the body by cleansing which will wash away all the germs from our body.



What is personal hygiene?

Personal hygiene for kids comprises various day-to-day activities such as bathing, brushing teeth, and washing hands.

Importance of Personal Hygiene for kids

Day-to-day personal hygiene habits help to maintain a healthy and hygienic atmosphere. Some importance of teaching good personal hygiene habits to kids are:

1. Keeps healthy and free from bacteria causing germs, illness, and disease.
 2. Maintains a positive and healthy body image, which will help boost social confidence.
 3. Prevent different infections caused in the body due to avoiding self-care.
 4. Gives a good odour to the body.
- **Bathing-** Show them how to clean the different parts of the body- the hands, under arms, legs, feet, groin, joints, back, navel, elbows, and knees and let them practice it.
 - **Coughing and Sneezing habits-** Teach your child the habit of covering his mouth and nose with a tissue when he/she sneezes or coughs. If using hands to cover, tell them to wash their hands and if the water is too cold to use, use a hand sanitizer.

 - **Dental Health-** Get your child a good hygiene habit of brushing and flossing his tongue to avoid bad breath.

Poem

Clean up, clean down
Do your share.
Clean here, clean there
If you really care.

UNIT- 3

Showing Respect

Respecting others and oneself is very important in everyday life. We must respect our parents, teachers and elders. Other things we should respect are:

- school rules
- cultural traditions
- our country's flag and national anthem
- traffic rules
- other people's feelings and ideas
- family values
- truth

Oral Activity-

Answer these questions to see how respectful you are:

1. Do you remember to greet everyone in the room when you enter?
2. When your friends visit you, do you introduce them to your elders?
3. Do you stay calm when someone argues with you and gets angry?
4. Do you take permission from an elder when you are going out of the house?
5. Do you think it is wrong to make fun of domestic helps or be rude to them?
6. Do you greet and obey your teachers and listen to them carefully?
7. Do you think it is a bad habit to bully or tease animals, friends, domestic helps and children younger to you?
8. Do you take care of things around you?

If the answer to all the questions is yes, then you are a respectful child. If not, change yourself. Learn to respect yourself and those you love, today and everyday.



Respecting Elders

You should show respect to everybody, even to those who are younger to you. But your elders should be specially respected as they are older and wiser. They are also more educated and mature than you. They have more experience to judge right and wrong.

Here are some simple things that you can take care of:

- Do not yell back or fight back. Be polite.
- Vacate your seat for an older person.
- Listen to them carefully, and obey them.
- Stand up when an elderly person enters the room.
- Offer help to them as and when required.
- Don't address the elders by their name.

And when you do these simple things, you show your elders that you care for them, and love and respect them. They too will show their love and kindness for you in return.

You are Special: Respect Yourself

Liking yourself, even when others do not, is showing respect for yourself. It also means valuing all the special and unique things about yourself. We all are different and good at one thing or the other.

Always remember- I am special because I do my best.

YOU ARE
AMAZING
YOU ARE
IMPORTANT
YOU ARE
SPECIAL
YOU ARE
UNIQUE
YOU ARE
KIND
YOU ARE
PRECIOUS
YOU ARE
LOVED

UNIT- 4

Feelings

How Do You Feel?

Sometimes I am **happy**,

Sometimes I am **sad**,

Some things make me **angry**,

Some make me feel **bad**.

There are many feelings

I feel at different times.

Sometimes I'm **scared** or **confused**,

But **excitement** wins, at times.

When I feel **happy** and **good**,

I know that I am safe.

But if I feel **unsure** or **scared**,

I might just be **unsafe**.

We have many different feelings.

Feelings are our friends.

Oral activity:

How you would feel in these situations?

1. When someone takes your toys without asking you?
2. When someone makes you believe that it is your fault?
3. When you have no one to play with?
4. When you do not know what you feel?
5. When someone claps for you?
6. When you cannot do anything to make yourself better?

How are you feeling?



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed

UNIT- 5

Basic Manners

Some children are fun to be with. They are pleasant and polite. They treat others with respect. Other children are very different; they may be noisy and rude.

Being well-mannered is to treat others with kindness and respect.

Family and home are the first two places where we learn basic manners. We must watch and learn how our parents and teachers behave with other people and you. Don't be shy to ask your elders what manners they feel are important.

List of basic manners-

- Be nice to people.
- Say 'please' when you ask for something.
- Say 'thank you' when you are given something.
- Say 'you are welcome' when someone thanks you.
- Greet people when you see them.
- Look people in the eyes when you talk to them.
- Talk politely everywhere, and also when you take phone calls.
- Don't interrupt when others are talking. Say 'excuse me' if it is very important.
- Share your things with others.
- Be on time to school and other places.
- Help people.

Role-Play

One of the best ways to teach manners is to role-play. Assist children in the following role-plays.

- Take messages on the phone for mummy or papa.
- Talk to the salesman at a toy shop.
- Introduce your new friends to your mother.

➤ Order eatables at a restaurant.



UNIT- 6

Forgiving mistakes

We make mistakes, accept them and apologise. We feel happy and relaxed when others forgive us. We must also learn how to forgive others for their mistakes. Similarly, we should also appreciate the good people do for us.

Now, read the following story to learn how to forgive and appreciate.

Story- Sand and Stone

Rahul and Sameer were walking through the desert. On the way, they had an argument. Rahul slapped Sameer in the face. Sameer was hurt, but he did not say anything. He simply wrote on the sand: *TODAY MY BEST FRIEND SLAPPED ME ON MY FACE*. They kept on walking until they reached a lake. They started bathing in it. Sameer lost control and started drowning. Rahul risked his own life to save his friend. Sameer was happy. He wrote on the stone: *TODAY MY BEST FRIEND SAVED MY LIFE*. Rahul was surprised. He asked, "After I hurt you, you wrote on the sand. And now, you are writing on a stone. Why?"



Sameer replied, "When you hurt me, I wrote on the sand so that the wind could erase it away. This way, I would not remember the wrong

you did to me. But when you did good to me, I wrote it on the stone, so that nothing can erase it.

MORAL OF THE STORY IS:

FORGET AND FORGIVE THE HARM DONE TO YOU.

REMEMBER AND APPRECIATE THE GOOD PEOPLE DO FOR YOU.

Accepting mistakes:

Everyone makes mistakes. No one is perfect. We should learn to accept our mistakes and grow up to be good human beings. If we make a mistake, it is our duty to make things right again.

Follow these simple steps to accept mistakes and learn from them:

- Never lie
- Apologise
- Never repeat
- Take help
- Forgive others

UNIT- 7

Safety

Do you remember the rules that you have to follow when dogs are around, so that you are safe? Likewise, if someone touches you in an unsafe way, like on your private parts or gives you an unsafe look, you must follow this **5-step safety rule**.

Step 1:

Scream! When you scream, everyone gets to know that you are scared, and they will help you. Even if you are alone with the person who has touched you in an unsafe way, you have to scream. At times, screaming scares the person who is making you uncomfortable.

Step 2:

Say "No!" Say "No!" loudly and clearly to the person who is giving you unsafe looks and touches. Saying "no" means – you do not like what the person is doing. You want him or her to stop.

Step 3:

Run! Run away or get away from the person, as soon as you can. Go to a trusted grown-up or a safe place. So, if the person is in the bedroom with you and mummy is in the kitchen, run to the kitchen. If Grandpa is in the balcony, run to the balcony.

Step 4:

Tell! Tell a grown-up, whom you love and trust. You may be afraid to tell but you have to. Tell a loved one about the unsafe or uncomfortable touch or look. It is very important to tell someone you love like your papa, mummy, grandparent or teacher, so that they can help you to be safe and feel good. Remember, our loved and trusted ones do their best to keep us happy, healthy and safe. Ankita tells her mummy about an unsafe thing that happened in the park. But you can see her mummy is busy.

Step 5:

Keep Telling! Keep telling what happened to a loved one until they believe you. Sometimes our loved one may be busy, or may not listen to us. Do not be sad. Simply tell them again and again, till they listen. It is important to make them listen because, they will help you to be safe and feel good. If one loved one does not listen or does not believe you, tell another. Keep telling till someone listens or believes you. You can tell as many loved ones as you want.



UNIT- 8

Self Dependent

Definition of self-dependent:

A self-dependent person is a one who does his/her own work.

I Can Do It Myself

I can dress myself.
I put on my socks,
I put on my pants.
Snap the button and,
Pull the zipper--zzzip!
Wear my shirt,
And button it up.
And put on my shoes without,
Getting tripped- trip!

I can tie up the laces,
And tighten my shoes.
I can polish them well,
And make them shine too.
Yes, yes, yes!
I am a big boy.
I can do almost everything,
Whether old or new.



Oral questions-

- Tell three things that you can do yourself. Are you independent?
- Can you eat your food yourself?
- Can you prepare for school yourself?

Outdoor Activity

Can you tie your shoelaces yourself? How about shoe-tying race! See who is the quickest in class.