



ASHA MODERN

SCHOOL

LIFE SKILLS

&

VALUE EDUCATION

Class - III



Stay Safe

Nutrition

Positivity

Fitness

Mind

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

LIFE SKILLS

&

VALUE

EDUCATION

CLASS – III

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UNIT – 1

CARE OF BELONGINGS

We must give importance on valuing things. It helps us become more responsible, respect others and in turn makes us feel good about ourselves.

Tips to take care of things:

- **Be Organized** - All personal belongings like books, games, puzzles etc. should be arranged properly in separate shelves. All the clothes, shoes and accessories should be kept in separate closet.
- **Label the place** – All the closets, bookshelves, drawers should be labeled clearly so that it is easy to find things whenever required.
- **Clean Regularly** – You should always keep some time to clean your room and personal items as it will keep you healthy and increase the life of the items.
- **Avoid scattering of items** – Keep your items in the proper place as it will keep the house clean, and the items will not be lost.
- **Keep special study area** – All your books, bags, stationery etc. should be kept at one proper place so that they are available as and when required.
- **Decorate your room** – Arrange your room in the manner you would like it to look. This will make you feel more comfortable and keep you happy in the surroundings. Also, talk to your parents on how you want to decorate your room and ask for their suggestions.

Value things in your surroundings:

- It is important to value things in your surroundings in the same manner as we value our personal things. It teaches us respect and care for our surroundings.
- Some important ways on how to take care of things:

- Take care of furniture at home and school. Don't jump on them or spoil it.
- You should not write on the walls.
- You should not mishandle the electronic items.
- Don't waste the paper as it is valuable resource.
- Never waste or throw food or water.
- Save electricity.
- Donate the clothes which are not of use to the needy people.
- Don't break or throw your toys and games.
- You should not litter the vehicles or public transportation.
- Don't litter on roads, parks, and other places around you.
- Always take care of your pets and their belongings.



UNIT – 2

BODY OWNERSHIP

Private Parts

- Private parts are the parts of our body that are always covered in front of others. Nobody should touch our private parts, not even the people who love us.
- It is unsafe for anyone to look at or touch a child's private part, even a doctor or nurse for health issues if no trusted grown-up is there.
- Boys and girls have different private parts.
- You should not let anyone look at or touch your private parts even if you love them or they love you.
- You should not allow anyone to touch your private parts even if you're playing games or having fun.
- You should not look at or touch anyone else's private parts.
- We share our things like books, toys, T-shirts with our brothers, sisters, and friends but there is no sharing or touching of private parts.

Taking Help

- When you are not well, a loved and trusted grown-up will need to look at or touch your private part.
- They may do so to help you:
 - Go to the toilet.
 - Take a bath.
 - Take medicine.
 - Eat food.
 - Brush your teeth.
 - Rinse your mouth.
 - Wash your face.

- If a grown-up you love and trust is with you, you should let the doctor or nurse look at or touch your private parts.
- They may do so to help you get better.
- Learn to go to toilet, take bath, and get dressed by yourself.

Kisses

- Your mouth is a special type of private part because you do not cover it.
- No one, not even your loved ones or best friends should kiss you on your mouth or any other private part.
- You should also not do the same to anyone else as it is unsafe.



UNIT – 3

MAKE PLANTS YOUR FRIENDS

Uses of Plants

- Plants are essential for human beings for survival.
- Plants provides humans and animals with different types of food.
- Plants provides us with oxygen which is essential for our survival.
- Plants improve our air quality and helps in rainfall.
- They help us in making many things such as medicines, clothes, and paper.
- Trees also provide us with timber which is used to build houses and furniture.
- It is our duty to take good care of plants around us.
- There are different types of plants and trees, and each requires different type of environment to live and grow.

Basic Steps of Plant Care

- Choose the right plants that are suited to your weather conditions and gardening style.
- Water the soil regularly.
- Feed your plants with good quality organic fertilizers regularly.
- Inspect the plants regularly.
- Remove any diseased or dried leaves.
- Spray with water or other natural repellents to get rid of fungus, insects, bugs, etc.
- Cut or trim plants to keep them in shape and encourage growth.
- Make sure to leave at least 2/3rd of original plant uncut to enable it to absorb sunlight.

- Pinch faded flowers regularly to encourage fresh flowers to bloom.
- If you are away on holiday, request your neighbor, friend or relative to take care of your plants.
- Don't leave the plants neglected ever.
- Every plant is different.
- Take some time to read about your plants and learn as much as you can about their needs.
- Little time spent on reading and planning now can save you a lot of time and disappointment.



UNIT – 4

SECRETS

Safe and Unsafe Secrets

- You may want to keep secrets with your friends about the game you play.
- The naughty things you have done, or about a friend.
- You may not want to share these secrets with your parents and teachers, that is okay as they are safe secrets.
- But all secrets are not safe or good or something that we can be proud of.
- Just like unsafe touch or look, a secret that makes us feel bad, angry, confused, scared, dirty, guilty, or shameful is an unsafe secret.
- A person who tries to touch or look at your private parts may ask you to keep it a secret.
- The person may try to scare you or trick you by giving presents, so that you do not tell the unsafe secret to others.
- But, to tell a trusted grown-up about an unsafe secret is ALWAYS the right thing to do.
- NEVER take anything from a person you do not know properly, without first asking a trusted grown-up.
- A surprise is a secret we tell later, like a birthday surprise for our sister.



UNIT – 5

BULLYING

Bullying is the action of humiliating or embarrassing others physically or verbally on a regular basis. Bullying does not refer to physical actions alone; it can be done through words too. Bullying is of two types: Physical Bullying and Verbal Bullying.

Physical Bullying includes

- Takes pleasure in making you feel hurt, uncomfortable, or afraid.
- Tells all around you not to talk to you or play with you.
- Kicks, pushes, or punches you, or physically hurts you on purpose.
- Keeps troubling you by taking or damaging your things.
- Repeatedly says or writes nasty and cruel things about you.

Verbal Bullying includes

- Teasing somebody who wears spectacles by calling names.
- Teasing somebody who may have a physical deformity, like a limp or a stammer.
- Saying unkind things to a student who comes from a poor family.
- Passing mean comments or calling a fellow student who does not do well in studies a ‘duffer’ or a ‘failure’.

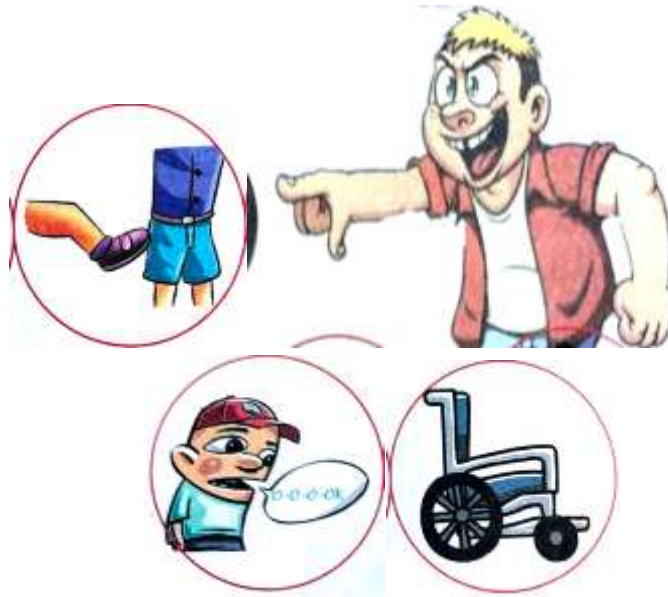
Bullies bully for different reasons

- They feel that those they bully lack courage and will never fight back.
- They feel they are being very “smart” when they do it.
- They may not be as good as you and, hence, are jealous of your achievements.
- They are kids who are spoilt and used to having their way.
- They themselves get bullied at home and so they bully others who are weaker than them in school.

Rules

We promise to:

- Tell a teacher when you see bullying.
- Reach out to those who are bullied.
- Not join in when others are bullying.
- Be a friend to who is being bullied.



UNIT – 6

GROWING UP

- You must learn to look and sound serious when you are saying something that is important to you.
- If someone does something that you do not want, you should say, “No” loudly and firmly and they should think that you are serious about saying “no”.
- Being confident means looking and sounding sure of what you are saying.
- Make a habit of being confident.

Computers

- A computer is a machine that runs on electricity, the same electricity that rotates the fan.
- It is an electronic device like a television.
- It has two main parts: Hardware and Software
- Hardware is a thing like your head or brain and software is a like your thoughts and feelings which are not things.
- Software is a command that hardware follows to do work.
- There are many types of hardware and software.
- They are defined in terms of the tasks they perform and the commands they carry respectively.
- All information stored on computers is called data.
- The data is stored in the form of files.
- There are many types of files depending upon the type of data it contains like images, videos, messages, games, etc.
- Some examples of computers are:
 - Desktop Computer
 - Laptop Computer
 - Tablet
 - Smartphone

- Data can be stolen just like your lunch box or water bottle.
- The way we keep our things safe by locking them in a cupboard or a piggy bank, data is kept safe by locking the phone with a password.
- Passwords are like keys that only you or your loved and trusted ones know about.
- They can be given or assigned to a computer and to one or more files.
- They are like codes that can have numbers, letters, and patterns.
- Remember, passwords are for our safety.



UNIT – 7

TIME AND US

Plan Your Time

- We are lucky to be gifted with a loving family and friends, good health, fine books, places to travel and enjoy, and many other things.
- But if we have no time to enjoy these, we need to reorganize ourselves and plan our time well.
- Follows the steps to plan your time in a better way:
- STEP 1:
 - For one week, make a time-wise record of the various activities you do during the day.
 - Make one entry each day for your time spent at school and for sleeping.
 - Don't cheat.
 - If you watch TV for two hours every evening, write that too.
- STEP 2:
 - You can see how much time each activity takes.
 - Highlight the time-wasting activities.
 - These are the activities in which you are not doing anything useful.
- STEP 3:
 - Decide which activities are most important to you and which you can do without.
 - These can be tough choices and will be different for each person.
 - But identifying these will help you to set time you need to enjoy the life.
- STEP 4:
 - Plan your timetable.
 - Place important activities on top and others below them in order of importance.
 - Remember to keep time for fun and play too.
 - Don't cut from hours you need to sleep and time you should exercise.

Be Punctual

- Everybody notices a latecomer. If you are regularly late to school or for other appointments, it spoils your reputation.
- Be conscious of time.
- Keep your watch accurate. Keep a clock in each room of the house so you are aware of time.
- Wake up when you are supposed to wake up. Don't linger in bed and watch TV at the very start of the day.
- Go to sleep to allow yourself at least 8 hours of sleep every day.
- Decide to do things 15 minutes earlier than planned. This will give you scope for any problem that may arise.
- Be organized. Pick out your clothes and pack your bags the night before.
- If you need to carry something important, keep that too with your clothes.
- Do your tasks at the assigned time. The habit of putting things to be done later leads to unpunctuality.



UNIT – 8

SAFETY RULES

Road Safety Rules

- **RED:** It means 'Stop'. When the signal turns red all the vehicles stop.
- You can cross the road when the signal for the vehicles is red. But before crossing, first look to your right, then left, and then right again.
- Never cross a road alone.
- Always cross at zebra crossings.
- Be alert and listen to car horns.
- **GREEN:** It means 'Go'. Only when the signal turns green, do the vehicles move ahead.
- **YELLOW:** It means to 'Slow Down'. When the signal turns yellow the vehicles should slow down and prepare to stop.
- Never take any body part out of the window of any vehicle that you are riding in.
- Always wear a helmet when riding a bicycle.
- Always wear a seat belt inside a car.

- Every day you follow rules so that you and others can be safe.
- There are rules for grown-ups too.
- Some rules that grown-ups must follow are called laws.
- If a grown-up breaks a law. They get punished by the police.
- There is a law to punish people who look at or touch children in an unsafe way. This law is called POCSO.
- If someone touches or look at you in a unsafe way, you should tell your:
 - Parents
 - Grandparents
 - Teachers
 - School Counsellor

- Any grown-up you love and trust.
- If a child gets an unsafe touch or look from someone, they can call **9868235077** or **1800115455** or **1098**.

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 must scream.
 - At times, screaming scares the person who is making you feel unsafe.
- **Step 2:**
 - Say NO loudly and clearly to the person from whom you are getting unsafe looks and touches.
 - Saying NO means, you do not like what that person is doing.
 - You should say to them that you will talk about that person to mummy.
- **Step 3:**
 - RUN to get away from the person as soon as you can.
 - Go to a trusted grown-up or a safe place.
 - For example: If the person is in the school toilet with you, run to the staff room where all the teachers are present.
- **Step 4:**
 - Tell a grown-up whom you love and trust.
 - You may be afraid to tell but you must.
 - Tell a loved one about the unsafe or uncomfortable touch or look.
 - It is important because only then can they help you be safe and feel good.
 - Remember, what happened is not your fault.
- **Step 5:**
 - Keep telling what had happened to a loved and trusted one until they believe you.

- Sometimes they can be busy or may not hear you, but you should keep on telling them.
- If one loved one does not listen to you or believe you, tell another.
- Keep telling till a trusted one listens or believes you.
- You can tell as many loved ones as you want.

