



ASHA MODERN

SCHOOL

LIFE SKILLS

&

VALUE EDUCATION

Class - IV



Stay Safe

Nutrition

Positivity

Mind

Fitness

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

LIFE SKILLS

&

VALUE

EDUCATION

CLASS - IV

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Unit - 1

How to be Confident

You must have noticed that we all listen carefully to some people and believe what they say, even if they don't shout or talk loudly. This may be someone in your school, your family, or your friends. We believe in what they say because they are very **CONFIDENT**.

Confidence means to believe in and feel sure of yourself and your abilities. This is not in an arrogant way, but in a realistic way. Confidence is not about being better than others but believing you **can** do something.

Speaking Clearly

When you speak clearly and firmly people are more likely to believe what you say. This is because the way you speak shows that you are sure of what you are saying. For example, when Farhan says, "I don't want you to lift me up," nobody tries to lift him into their lap. People listen to him.

Looking at people's face

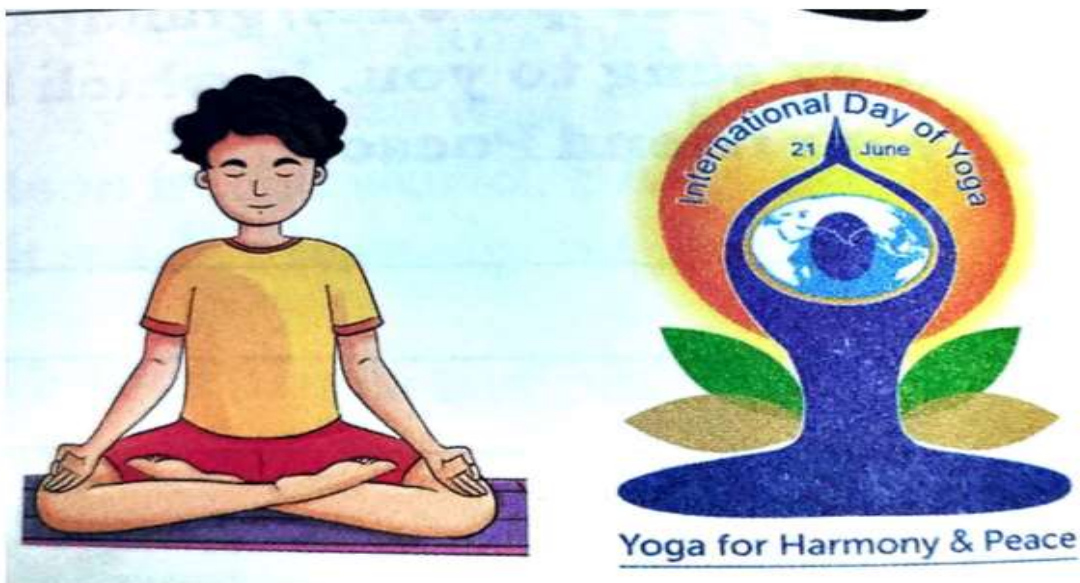
You show confidence when you look directly into the eyes of the people you are talking to. This shows your confidence because this shows that you are serious about what you are saying. For example, when Diana says, "I will not wear this pink T-shirt," while looking the person in the eyes nobody tries to force her. People listen to her.

Good Posture

You show confidence by the way you sit or stand. This is called posture. When your posture is always straight, it shows that you are not afraid to say what you really think. This will make everyone believe you. For example, when Raghu says, "I will not play with Vicky because he breaks the rules," while standing straight nobody tries to force him to force him to play with Vicky. People believe Raghu.

Doing yoga improves your posture.

If we speak loudly and firmly, look directly at who we're talking to and sit/stand straight, there is a greater chance that people will listen to and believe us.



Unit - 2

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:

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



Unit - 3

The 7-Step Safety Rule

Step 1

Play the game "ASK and DO." - Always ASK your parents and grandparents before doing anything, talking to anyone, going anywhere, or eating, drinking, or taking anything that others give you. ASK them, "Is this safe for me?" and DO these things only if your parents tell you they are safe for you.

Step 2

Listen to your feelings. Sometimes, some people may make you feel scared, ashamed, guilty, uncomfortable, or confused. Listen to your feelings. Try to stay away from these people. Sometimes, some places may NOT make you feel good. Again, listen to your feelings. Avoid being in such places. For example, if you are at a friend's house and something feels wrong, say that you are not feeling good, and that you need to go home immediately. Go home if you can or call your parents to take you home. Remember, our feelings tell us what is safe and unsafe for us. Trust and follow them.

Step 3

Scream! - If someone gives you an unsafe touch or look, you can scream at that person. Screaming is like blowing a whistle loudly and alerting everyone. Screaming scares, the person who is doing the unsafe thing to you. When you scream everyone comes to know that you are not feeling safe. You draw everyone's attention, and they can help you be safe. If the person tries to pick you up forcibly, lie down on the floor and start kicking your legs in the air. Kick as fast and as hard as you can and keep screaming at the person. When you do so, it becomes very difficult for the person to pick you up.

Step 4

Say, "NO!" - Say, "NO!" to the person who is doing the unsafe thing. Say, "NO!" to anyone and anything that makes you feel unsafe.

Step 5

Get away - Get away as soon as you can from the person doing the unsafe thing. If you must run, run! Do not hesitate. For example, if you are with the person in the drawing room, you can say that you need to go to the toilet immediately. Then, you can go to another trusted grown up in the house. If there is no one else in the house, you can go to another room or the toilet, lock the door and wait inside till someone else comes home.

Step 6

Tell a grown up you trust - If someone has done something that makes you feel bad, dirty, guilty, ashamed, confused, or sad, you must immediately tell someone you love and trust. You must not hide it. You must not keep quiet. You should not think that keeping quiet will make it go away. Sometimes, we get so scared that we do not want to tell anyone. But not telling is also unsafe. The person behaving in an unsafe way should stop doing that. If you tell a trusted grown- up, they can help you. Tell as soon as possible!

Step 7

Keep telling till someone believes you! - Sometimes, when you tell a grown up you trust, they may not believe you immediately. They may say: "Are you sure this happened?" "Maybe you made a mistake," "That person would never do that" or "But that person loves you. Why would they do that to you?" You know that grown-ups think differently from children. You also know that you do not always believe everything your parents and other trusted grown-ups tell you, like when your parents and the doctor tell you that the injection won't hurt. But you still love and trust them. Just like that,

the grown up you TELL may not believe you at first. They may even feel sad or angry when you tell but remember that they still love and trust you. They always do their best to keep you safe and happy. After all, they are your loved and trusted ones. Most grown-ups are like that. So you must KEEP TELLING them.



Unit - 4

Body Ownership

Permission to Touch

Your body belongs to you. Nobody should touch your body without your permission. Only your loved and trusted ones can touch your body. **Loved** and **trusted ones** are your parents, grandparents and teachers.

Private Parts

Everyone – young or old, parents, grandparents, uncles, aunties, cousins, friends, teachers, and doctors have their own private parts. **Private parts** are the parts of our body that are always covered by our undergarments like underwear and undershirt. The mouth is a special private part because it is not covered. Even though girls and boys have similar skeletons, they have different private parts. Just as we take care of all parts of our body, it is also important to take care of our private parts. We should wash and clean them thoroughly while taking a bath every day.

Types of Touches

Unsafe Touches: Unsafe touches can make you feel as if something is wrong. If someone touches you in an unsafe way, you may feel sad, dirty, hurt, helpless, angry, or embarrassed. Hitting is an unsafe touch and it hurts. Sometimes unsafe touches do not hurt, but they are still wrong. If someone tries to touch your private parts (even on top of your clothes), it is an unsafe touch. There are some unsafe touches that you may like or feel happy about. For example, if your friend touches your private parts for fun. But they are not safe! You must stop it immediately and tell a trusted grown-up as soon as you can.

“Fix It” Touch: “Fix It” touches are what doctors and nurses in the hospital and the medical room in our schools do. These touches may hurt but they are to help you.

Accidental Touch: An accidental touch is a touch that happens by mistake. Example: A push that you get from someone when your school bus is crowded. An accidental touch does not occur again and again with the same person.



Unit - 5

Strangers Around You

Not all strangers are bad but we have to be careful while dealing with strangers.

Most strangers can be trusted but not all. They also know that children have to follow safety rules when it comes to them. They know that before talking to them children have to follow these five safety rules:

Rule 1

ASK and DO! You must first ASK a trusted grown-up about the stranger, and then you must DO what they tell you.

Rule 2

Do not talk to or take anything from a stranger.

Rule 3

Do not go anywhere alone with strangers. Even if they tell you that your parents or loved and trusted grown-ups have sent them, do not go with a stranger unless your parents have said that it is okay for you to go with them.

Rule 4

If any stranger clicks your picture, always tell your loved ones.

Rule 5

Do not share any personal information like your address, school's name and class, parents' names, and any phone numbers, email-ID with any stranger.

A person with whom you are talking on the phone can also be a stranger. You can also come across a stranger on the Internet. So

whenever you are on the Internet, your loved ones should be around. Ask your parents, grandparents and teachers who is a stranger for you. When we spend a lot of time with someone, doing things together, we start to know the person. This way, a stranger stops being a stranger and becomes someone we know. This is how you make friends in school, isn't it? But first, we need to ASK a grown-up we trust, if it is safe to spend time with a particular stranger.

Strangers can exist in the real world as well as on the Internet.



Unit - 6

Secrets

Secrets and gifts are fun! We love to receive gifts and keep secrets, but sometimes these can be unsafe for us. Your friends and you may have secrets about the games you play, some mischief you did, or some secret about a classmate which you don't want to share with your parents or teachers. But to stay safe, we should tell our secrets to someone we trust, because some secrets are NOT good. For example, if someone gives you a gift, you should TELL. Do not keep it a secret. Treats should not be secrets.

It is good to have fun, but we should never keep unsafe secrets. Unsafe secrets are those that make us feel bad, confused, guilty, sad, angry, dirty, embarrassed, etc. Sana always tells her mother or grandmother about all her unsafe secrets. Arpit tells all his secrets to his elder cousin. You should always share secrets with someone you trust so they can help you to be safe.

Someone who bullies you, hurts you, or tries to touch or look at you in an unsafe way, may ask you to keep it a secret. That person may try to scare you or give you gifts so you do not tell. These gifts are tricks to deceive you. So to keep yourself safe, it is always right to tell: Here's a poem about secrets.

A surprise is a secret that we tell later, like a surprise birthday gift.

Not all secrets are safe for us. We should tell unsafe secrets to our loved and trusted ones.

Unit - 7

I am Responsible

Responsibility is all about doing the task which has to be done by you willingly and with complete concentration.

We cannot get rid of the responsibility of things we have to do tomorrow by avoiding them today. There are times when each one of us gets stuck in a situation in which something unwanted happens.

If you do not perform it responsibly the task gets done shabbily. However, sometimes, even after doing the task with responsibility you may not get the desired results. In that case, it is important to accept responsibility and find out how you could do better. Making excuses and blaming others does not help us to improve.

Responsibility towards Things

As we are responsible for human beings and people around us, we need to be equally responsible towards the things around us which we own. For example, taking care of your clothes, your books, your toys etc.

Responsibility towards Work

We must be equally responsible for the work assigned to us, we should complete the work within the given time, and we should value the time assigned to us. We should be responsible to the task we take and should complete it responsibly.

Being responsible with Money

Your Parents must put in a lot of hard work to earn money and it should be spent wisely. You should plan your pocket money, so that

you have enough money to last till you get your next allowance and you don't have to borrow all the time. Being responsible with your money will help you buy things you can't afford later for yourself.

Responsibility towards Smaller Children

You should learn to take care of all those who are younger to you, just as you have been taken care of by people elder to you. This would mean that you should feel good whenever you get an opportunity to look after a younger child who may be your brother/sister or another child in a class junior to you at school

Responsibility towards the Less Fortunate

You must have seen street urchins, beggars and other such less fortunate people who do not have things that we take for granted. It is our responsibility to help them in every way possible - With our time (by teaching somebody poor) or with money (donating for a humanitarian cause). You should keep aside some money regularly to give to the needy.



Unit - 8

EAT HEALTHY AND EAT SAFE

Our body is made up of different types of cells. These cells have their own life. They are so tiny that you need a microscope to see them. These cells join to form smaller and bigger body parts including tissues and organs like bones, stomach, and others.

Cells in our body need raw material to maintain themselves, perform their functions and grow. We also need energy to work and play. Our diet is the food that we eat and the liquid we drink. It is our raw material. It provides us with energy. This energy is called calories. Water does not provide any energy, so it has 0 calories.

The beat that never stops

We need air to breathe. Air, as you know, is a mixture of many gasses like Oxygen (O₂) and Carbon Dioxide (CO₂) among others. Our body continuously takes in (inhales) air, draws O₂ out of it and then throws back (exhales) CO₂ through lungs. Its passage is through the windpipe.

The smaller, the better

The food that we eat lands in our stomach through our food pipe. The food is broken down into smaller pieces first by our teeth by chewing and then in various steps called digestion by organs of our digestive system like stomach and small intestine among others. Unlike breathing, digestion is a slow and long process in which food travels in zig-zag fashion tunneling through various digestive system organs.

You can measure what you eat

Food has different components called carbs or carbohydrates, fat or lipids, proteins, vitamins, and minerals. These components are called nutrients. They Perform specific tasks in our body. We need carbs, protein, and fat in large quantities whereas vitamins and minerals only sparingly. 1unit (1gram) of fat has 9 calories and 1 gram of carbs and 1 gram of protein has 4 calories each.

A Pinch of salt and sugar, that's all

Beware of sugar, it is a carb present in almost everything in your diet. Excess sugar in your body may lead to a disease called diabetes. You should also be careful about how much salt you take. Just like sugar, it too is present in almost everything in your diet.

Be careful of what you eat

Food adulteration means removing the right nutrients from the body by mixing various things or making it impure. Food adulteration is harmful and against the law. Nowadays, we consume a lot of packaged food /beverages like potato chips, cola, and a whole lot more.

Minimize the use of processed foods rich in fats, sugar, and salt.

