



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-III

(SESSION 2023-2024)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

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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.

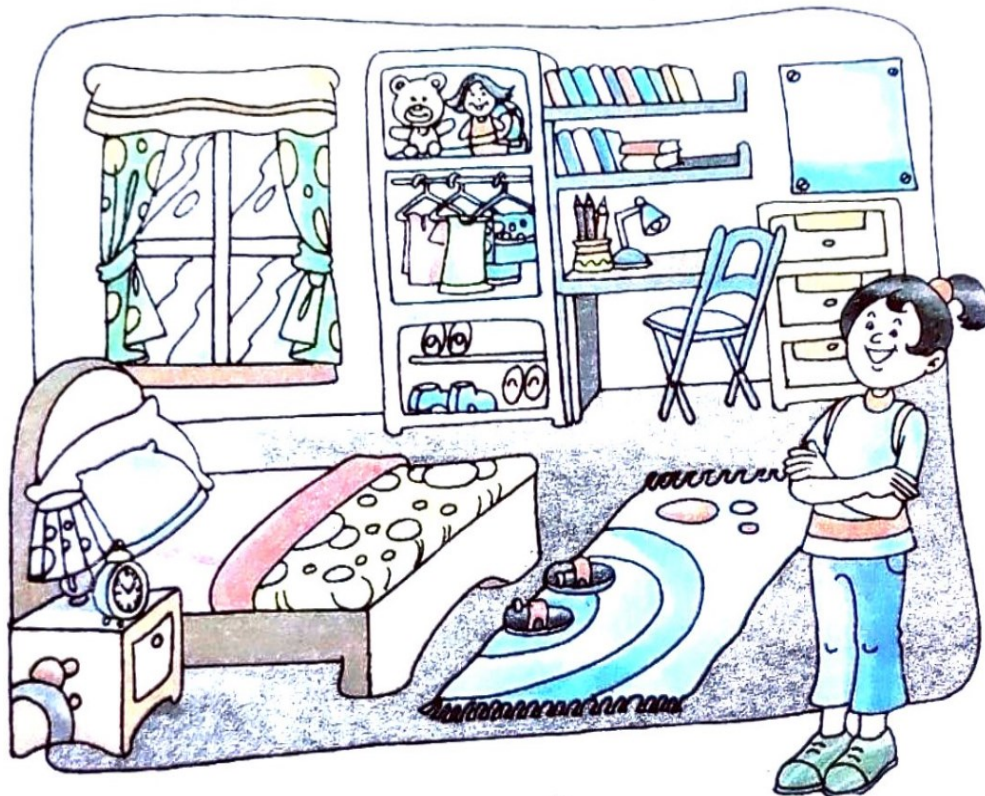
Tips to take care of things:

- **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.

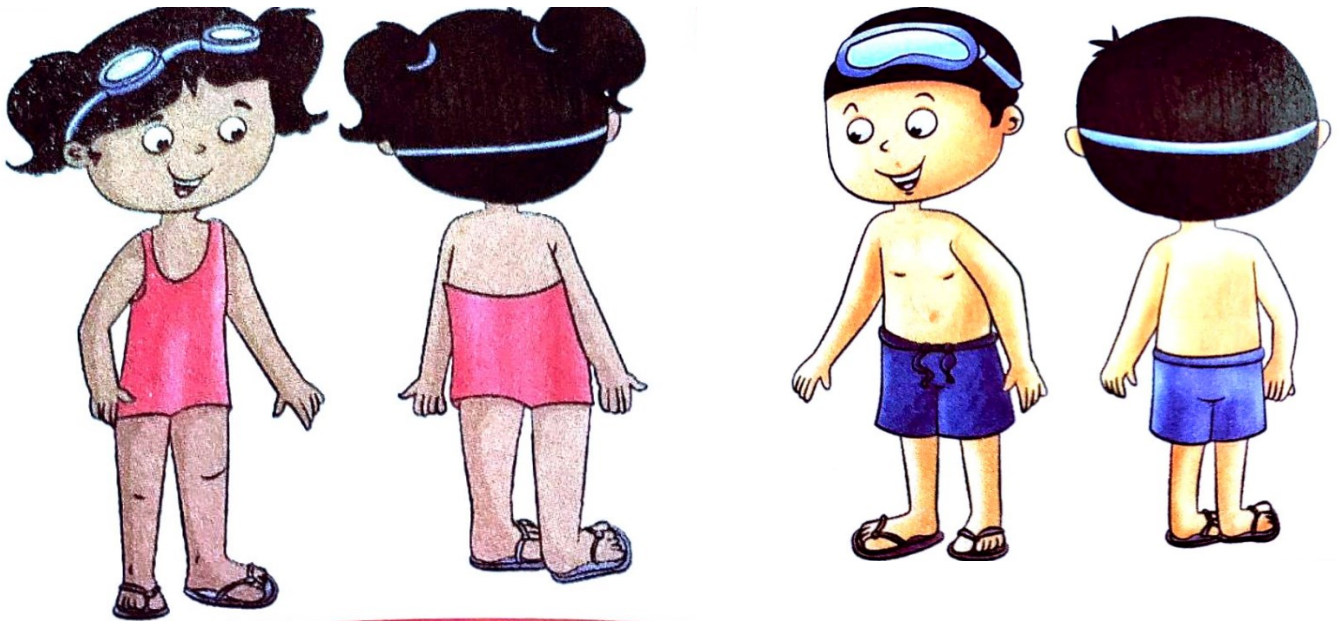
Taking Help

- 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

A secret is a piece of information which you share with someone very close to you. This person is usually someone you trust. When you know something about someone and do not share it with anyone that is called a secret.

For example, your father is planning a surprise birthday party for your mother and shared it with you. What do you think you should do in this situation? Should you keep it a secret or go and tell your mother? There is another kind of secret which, if revealed, puts a person into a problem.

For example, you hit your younger brother. He says that he will go and tell your mother about this. You say sorry to him and ask him not to tell your mother. You realize that what you did was wrong. Do you think your younger brother should keep this as a secret?

Sometimes, you keep a secret to save someone from embarrassment. For example, your elder sister did not do well in her exams. She asked you not to tell her marks to your grandparents. Will you keep this a secret or not tell them? Secrets like these are called good secrets since they do not cause any harm to anyone. But on the other hand, there are bad secrets which should be shared with your elders because they can harm someone.

For example, you see your friend stealing a pencil from one of your classmate's pencil box. Despite you asking her or him not to do such a thing, She or he continues to steal objects from others. Now, should you keep this a secret? Why or why not?

A MUST – TELL SECRET

Rishi looked very confused one day. He kept strolling in his room from one corner to another.

After a while, his friend Rahul came to play with him.

He was wondering what had happened to Rishi.

“What in the world are you doing Rishi? I am getting dizzy just by looking at you,” Rahul said, holding his head in his hands.

“Um, I don't know if I should say this because it is a secret,” she said, as he stopped and sat beside Rahul.

“Are you under pressure because you are unable to keep this secret?” Rahul asked.

“Yes,” Rishi replied.

“Don't be stressed. Secrets are meant to be kept to yourself,” Rahul answered back.

“You don't understand. Keeping the secret is making me uncomfortable,” Rishi cried.

“Sounds like a bad secret to me. If it is making you uncomfortable, then it cannot be a good secret,” Rahul said.

“You must tell me, so that I can help you.”

“The bully in my school was in the school bathroom and he hit another boy. When he saw that I had seen it, he asked me and that boy to keep it a secret. I know I'm not supposed to tell secrets, but what do I do? This is making me uneasy,” Rishi spoke through tears.

“Certainly, you should not keep this a secret because it appears to be harmful. It is good to keep secrets that keep you safe. But secrets that make you or someone else uneasy or unsafe must be shared immediately. Rishi was convinced by Rahul that there was no harm in proceeding and did so with confidence.



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'.

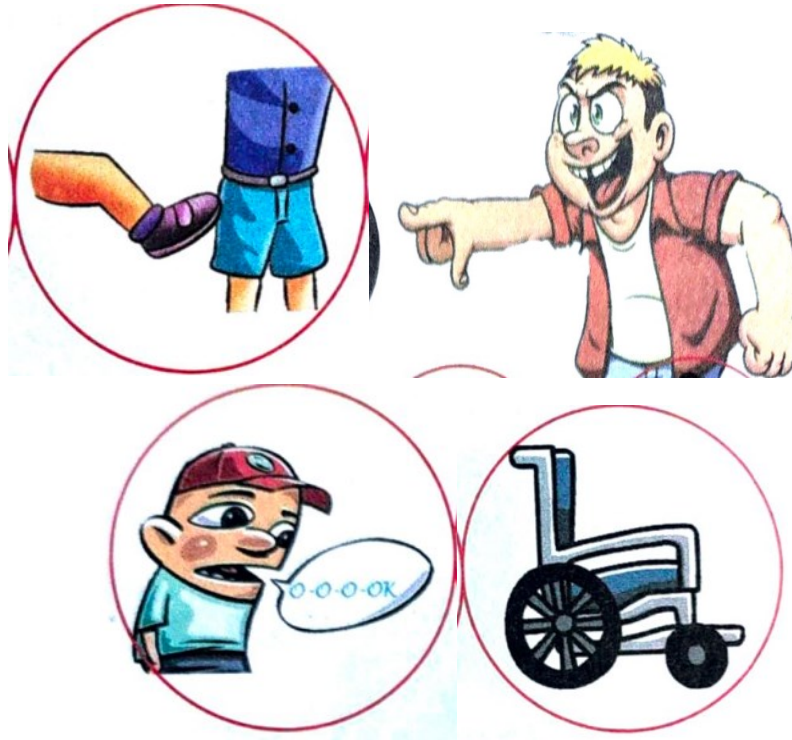
Bullies bully for different reasons

- 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

LEARN TO BE ORGANISED

Antonio's Messy Room

Once, there was a boy named Antonio. His room was very messy. Each time his mom told him to clean it, he did not.

Every day his room got more messy and he couldn't find anything.

One day, his friends wanted to meet him.

Antonio didn't want them to see his messy room. So, he decided to put everything in his cupboard.

When he finished putting his clothes shoes and toys in the cupboard, everything fell out again.

Antonio then decided to clean his room instead of putting everything in the cupboard. Just then, the doorbell rang.

Antonio looked outside and saw his friends standing there. "Oh, no!" He said.

Antonio asked his mother not to allow his friends to enter his room until he cleaned it up. After thinking for a while, his mother agreed.

Antonio then began putting everything in its place. For the first time in years, he could see the floor!

After 30 minutes, Antonio came out to play with his friends. When he invited them to his room, they were amazed at how clean his room was with all the things neatly arranged.

On that day, Antonio learned that being unorganized is not a good habit. he understood that if he does not clean his room regularly, it will become messy.

Moral of the story: Being organized is a good habit. It helps us find things easily and saves our time.



UNIT – 7

BE RESPECTFUL

What is respect?

Respect means to show care and polite behavior towards someone you consider important and accepting them as they are.

For example, you show respect to your teachers by following their instructions and giving them your full attention.

The way you speak with them or the way you behave should be such that it creates a good and positive impact on them. That is how you show respect.

But why do we need to show respect?

When you receive respect, you feel good and confident. You feel like you have value and are accepted by others for your goodness. You feel like you can achieve anything you want when people respect you.

In the same way, when you show respect to others, they experience the same good feeling you feel. Isn't it nice if people remember you for your goodness and not for your bad behavior?

Think of it this way: the way you are with others is the way you want them to be with you.

So, if you want respect, you have got to give it, too.

TO RECEIVE RESPECT, YOU MUST RESPECT, TOO!

Once Upon a time, there was a family who had two children. Their daughter was elder to her brother. The daughter's name was Anu and her brother's name was Manu. They used to play together, study together, and spend a lot of time together.

Anu was a good girl. She was good at her studies and everything that she did. Manu was also a very caring brother. But Anu had a habit of shouting at her brother whenever she was angry. She would not realize how rude she would get with him. Many a times her parents advised her to be polite with her younger brother, but she was unable to improve her way of talking with him.

One day while they had some guests in their home, Anu mistakenly broke Manu's favorite toy car.

Manu got very angry at her sister. He could not help but yell at her in front of her guests. Anu felt bad about the way he was shouting at her.

After the guests left, her father called her and asked why she was not having her dinner. She was very angry at Manu since he shouted at her when the guests were at home.

“Anu, surely Manu’s behavior with you was not good. But you must realize that this is how Manu must have felt a lot of times when you were rude to him. You both must learn that to receive respect, you must also give it,” her father said to her.

Immediately, both Anu and Manu apologized to each other and tried their best to always respect each other.



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.



Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: PRADEEP TYAGI

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UNIT-01

SAFETY MEASURES AT VARIOUS PLACES

Safety Measures at Various Places

Accidents take place when we are careless. They can cause injury and harm to our body. In order to save ourselves from accidents, we should be careful. Safety rules help us to be safe. We must follow them.

Safety at Home

Many accidents can occur at home if care is not taken.



The following precautions should be taken while at home:

1. Do not touch electrical switches with wet hands
2. Do not play with fire. It can be dangerous.
3. Do not play with sharp objects like knives and blades. They can hurt you.
4. Keep yourselves away from hot objects like gas stove, oven, toaster, and heater.
5. Never take medicines without the advice of the doctor. They can prove very dangerous if they are taken on your own.

Safety at School

The following precautions should be taken at school to keep ourselves safe:

1. Never break a queue or push others.



2. Never run while climbing up or coming down the stairs. Do not push others on the stairs.
3. Never fight with one another.
4. Do not stand on desks and chairs.

Safety while Bathing and Swimming

The following precautions should be taken while bathing and swimming:

1. Do not touch electrical appliances while taking a bath.
2. Do not swim without your elders or swimming coach.



3. Always swim in the shallow area of the pool.

Safety while Playing

The following precautions should be taken while playing:

1. Do not play on the road.



2. Wait patiently for your turn on slides and swings. Never stand in front of a swing.
3. Do not play rash.
4. Fly kites only in open fields and on the rooftops.
5. Do not play near open manholes.

Safety on Roads

The following precautions should be taken on roads:

1. Always cross the road when the traffic light is red, and the traffic has stopped.
2. Don't talk while crossing the road.



3. Always cross the road from a zebra crossing.
4. In metropolitan cities, subways have been made for your convenience.
5. Always follow traffic rules.

Safety while Boarding a Bus

The following precautions should be taken while boarding a bus:

1. Board a bus or get down from it only when it has stopped.



2. Do not push others while getting on or off a bus.
3. Do not take your body parts out of the windows of a bus.
4. Do not stand on the floor when it is running.
5. Do not throw anything out from the window of a bus.

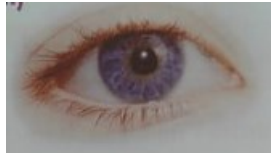
UNIT-02

SENSE ORGANS

Introduction to Sense Organs

We have all heard about the five senses i.e., see, hear, smell, taste, and touch. To see we use our eyes, to hear we use our ears, to smell we use our nose, to taste we use our tongue, and we touch with the help of skin. So basically, human beings have five sense organs i.e., eyes, ears, nose, tongue, and skin.

1. Eyes (Sense of Sight)



We see with our eyes. Eyes are the organs of the visual system. Eyes provide vision and the sense of sight to human beings, animals, birds, fishes, etc.

2. Nose (Sense of Smell)



The organ for the sense of smell is the nose. Nose has nostrils, we breathe in through nostrils. However, human beings can also smell thousands of various odors and fragrances. The nose is also an organ which helps us in the sense of taste. For example, we can smell a gas leak.

3. Ears (Sense of Hearing)



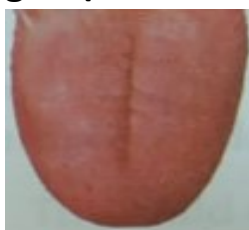
The organ for the sense of hearing is ears. Hearing is the ability to perceive sound by detecting vibrations, changes in the pressure of the surrounding medium through time, through an organ such as the ear.

4. Skin (Sense of Touch)



The organ for the sense of touch is skin. Skin is the largest organ as it is located throughout the human body. Various receptors are used for different situations like pain, temperature, pressure, etc. For example, when we touch something hot like a hot cup of tea or coffee, we instantly move our hands away from it.

5. Tongue (Sense of Taste)



The organ for the sense of taste is the tongue. The tongue has various taste buds which help us to differentiate among different tastes.

UNIT-03

INTRODUCTION OF YOGA

WHAT YOGA IS

The meaning of the word yoga is 'to unite'. According to the Bhagwat Gita Yoga is the journey through the self and to the self. Practicing of yoga is very simple. It only needs to focus on breath. Yoga strengthens the muscles, increases flexibility and circulation. It boosts the immunity and calms the nervous system.



According to the ancient yogic philosophy, every person is compassionate and peaceful.

Benefits of Yoga: Following are some of the benefits of yoga:

- *Weight reduction
- * Cardio and circulatory health
- * Improved athletic performance
- * Protection from injury.
- *Improved respiration, energy, and vitality
- *Increased muscular strength
- * Increased flexibility.

Branches of Yoga

Six Branches of Yoga: Yoga is the unification of the mind, body, and the spirit. Basically, the yoga can be classified to six different branches:

1. Hatha Yoga: The physical practice of yoga postures is known as Hatha yoga. It uses physical poses/asanas and breathing technique (Pranayama).



2. Raja Yoga: Raja yoga focuses on meditation and contemplation to fully realize the self. Known as the royal (Raja) or king path of yoga, it is based on the eight- limbed path toward self- realization outlined in Patanjali. Yoga Sutra and tends to attract the more spiritually devoted practitioners.



3. Bhakti Yoga: Bhakti yoga is the path of devotion, emphasizing devotional love for and surrenders to God. By seeing the Divine in everyone and everywhere, Bhakti yoga cultivates acceptance, tolerance, and love for all beings. Bhakti yoga also involves a lot of chanting and kirtan (call and response) that evokes feelings of love, connection, and bliss.



4. Jnana Yoga: Jnana yoga is the path of wisdom and knowledge (Jnana), involving disciplined study of scriptures and constant inquiry into the nature of self. Often called the yoga of the mind, Jnana yoga is well suited for the more intellectually inclined.



5. Karma Yoga: Karma yoga is the path of selfless action, the yoga of doing. Selfless service is the heart of karma yoga. Remaining completely detached

from the outcome of their actions, Karma yogis are in continual service to the betterment of all beings with no intention of physical gain.



6. Mantra Yoga: Mantra yoga is the yoga of sound. Considered sacred utterances, mantras are syllables, words, or phrases representing a particular attribute of the Divine. Mantra yoga is the practice of becoming centered through the repetition of mantras.

UNIT-04
MOVEMENTS
VARIOUS PHYSICAL EXERCISES

Role of Physical Exercises in Fitness

Exercise 1: Touching Knees with the Chest

Starting Position: Sit on the ground with your legs straight ahead in front of you.

Steps:



1. Keep hands to sides. The palms should be on the ground.
2. Lift legs and bend them at the knees.
3. Now hold your knees and bring them closer towards your chest.
4. Try to touch the knees with the chin. Keep yourself in this position for 5 to 7 seconds.
5. Now bring your legs in the starting position.
6. Repeat this exercise for 5 to 7 times.

This exercise strengthens the leg muscles. It improves the balancing skills and flexibility of the body.

Exercise 2: Turtle Walk

Steps:



1. Squat on the toes. Place both the palms on the floor in the front.
2. The distance between both the arms and legs should be maximum.
3. Move ahead taking small steps like a turtle in this position like a turtle.
4. After that return to the starting position.

5. Walk a distance 3 to 5 times in this position and then return.

This exercise strengthens the entire body including the arms and legs. It also improves the balancing skill.

Exercise 3: Powerful Sudden Forward Movement (Lunge Position)

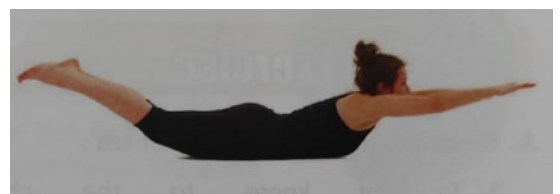
Steps:



1. Stand erect. Now put the left leg forward as far as possible.
2. The left knee. Raise both the shoulders sideways at shoulder line. Palms should face down. You should. not bend the right leg.
3. Your left leg straight at the knee. Bring the arms down by the side.
4. Bring the left near the right leg and stand erect.
5. Now repeat this exercise with other leg.
6. Repeat this exercise with both legs turn by turn. Each leg could be stretched five times.
7. Keep the other leg straight while pushing the one leg. This exercise helps in maintaining balance.

Exercise 4: Balancing on the Stomach

Steps:



1. Lie on the stomach.
2. Take both the arms upwards over the head. They should touch your ears.
3. Keep the legs straight and next to each other.
4. Raise both the arms and the legs at the same time from the ground. Try to remain steady in this position for 5-7 seconds.

5. Bring the arms and the legs gradually to the ground and stand up. 6. Do this exercise for 5 to 7 times.

This exercise makes the muscles of the abdomen, arms, and the legs strong.

Exercise 5: Jogging

Steps:



1. Stand straight on the ground. Your arms should be near your chest in the front. They should be bent at the elbows.
2. On blowing the whistle start running slowly. Take care not to raise knees too high while jogging. Focus on the front.
3. Stop jogging after 5-7 minutes.
4. Do not run fast while jogging. Do not stop suddenly. Slow down your speed gradually.

Jogging improves stamina. It helps in increasing endurance of the abdominal and back muscles. Jogging also improves functioning of the heart.