



# ASHA MODERN SCHOOL

**A  
BETTER  
YOU**

**Part-A : Life Skills & Value Education**

**Part-B : Health & Physical Education**

**CLASS-II**

**(SESSION 2025-2026)**

**Part-A**

**LIFE SKILLS**

**&**

**VALUE**

**EDUCATION**

**COMPILED BY: SURBHI DUA**

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## UNIT- 1

### Helping Others

Helping others makes us feel good. It brings joy to our hearts. Helping those in need is our way of showing we care. It is a way to show that we respect them. Being helped brings joy to them as well.

For example, you can help your mother at home by helping her in the kitchen. Or you can help your father by helping him clean his car. You can also help your teacher by completing your homework on time. When you help your mother, your father, or your teacher, it makes them happy. And when you help someone in need, it brings joy to you too.

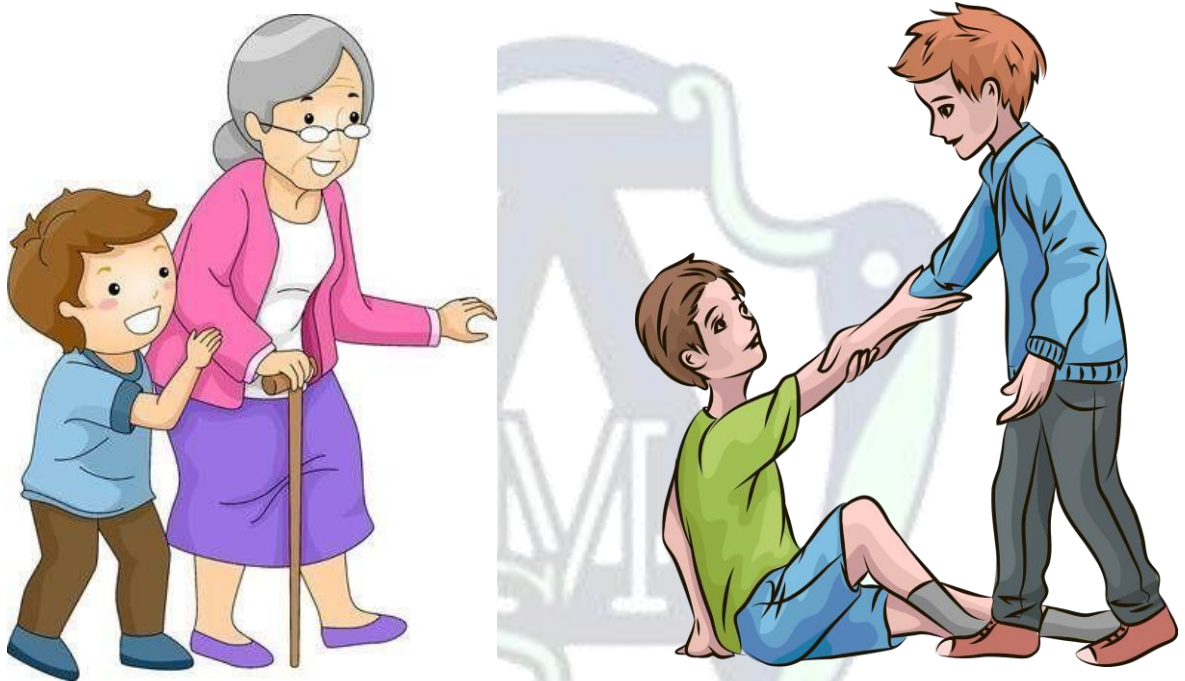
You will earn love and respect from people around you.

#### **STORY: HELPING THOSE IN NEED**

In a village lived a poor blind man. This poor man often sits by the roadside. He looked like he was alone. He wore rags for clothes and he looked hungry. A little boy walked up to him. The boy felt sad looking at him. He saw how other people just walked past him. The boy wanted to help. "How can I help him?" he thought to himself. Then he remembered something. That morning his mother had given him some sandwiches to eat. The boy gave these sandwiches to the poor blind man. The boy turned around to walk away, but was stopped. The poor blind man said from behind, "Thank you my dear for your help." Hearing that man's words, the boy felt very happy.

### KEY VALUES:

We often behave with others the way we want them to treat us. Any act of kindness or help is a way of earning that love and respect we want from others. Helping others is a good thing. This can bring great joy to others as well as to us. Just like that little boy, you will also feel happy after helping someone.



## UNIT-2

### Let Us Work Together (Co-operation)

**The more you give away,  
the happier you become.**

### Just Imagine

Your school is organising a science exhibition. Everyone has to deposit one entry. You have no idea how to do it. You are feeling helpless. You see some other students like you. They also did not give any entry ?

What will you do ?

Will you join hands with others and complete your entry

**OR**

give your single entry?

Read the story to know more...

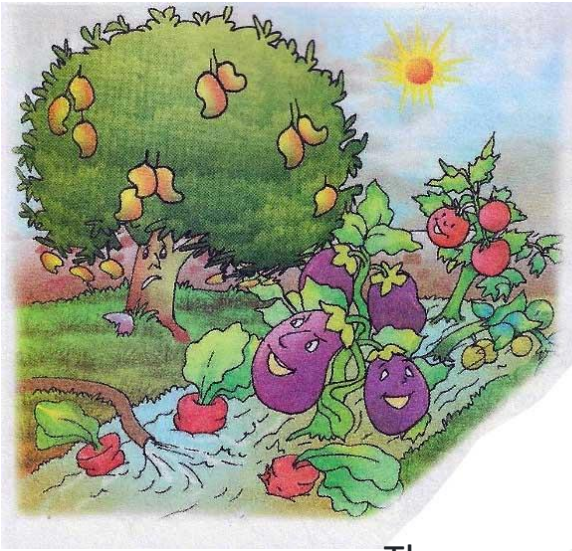


### Story Time

#### Neeti's Kitchen Garden

Neeti had a lovely kitchen garden in the backyard of her house. The garden had so many colourful vegetables divided in parts. There was a huge mango tree at one corner of the garden.



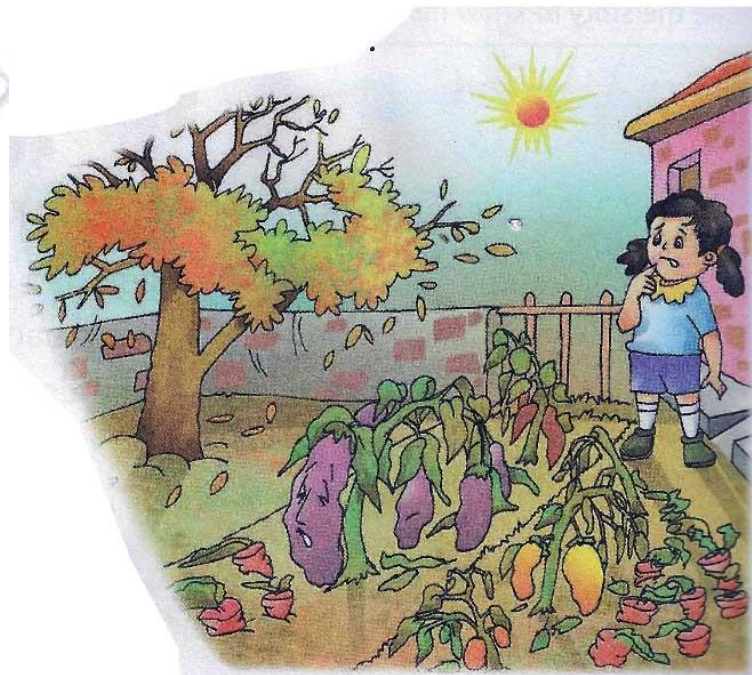


The raw and ripe mangoes hanging on tree looked wonderful.

But the sad part was the tree and the vegetables hated each other like enemies. The vegetables did not get enough sunlight due to tree's shadow. The tree too was unhappy as it got very less water.

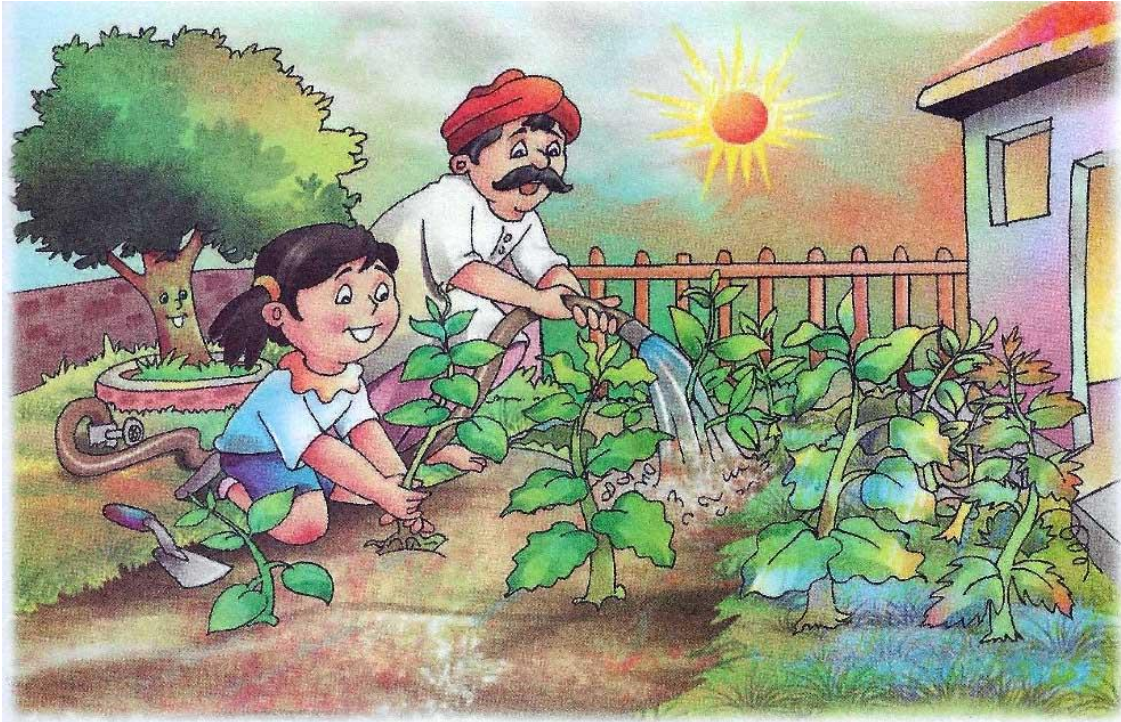
During summer season all the vegetables said, "Let us drink all the water. Let the tree die without water." Seeing this the tree also decided not to give them shade. "Let them burn in the hot sun and die, why should I care." And slowly both of them started drying and burning.

Neeti saw her beautiful garden was withering, The tree had fewer leaves. She could not see ripe mangoes and vegetables. The colour of the vegetables was also fading due to heat of the sun. She was



sad to see this and said to herself, "Now the mali would not water these plants. He will uproot the garden and grow new plants."

She thought for a while, "Let me grow some good plants. This will make the garden look beautiful again."



She bought some saplings and planted them. The gardener started taking care of it. Soon the flowers bloomed and once again the garden looked beautiful.

Now the vegetables and tree realised that it was better to help each other. We should not fight but work together. So they decided to give shade and water to each other so that they live long. Neeti was happy to see her garden bloom again.



## UNIT- 3

### Showing Respect

Showing someone respect means you treat them like you want them to treat you.

When we respect others, we show them that we care about them, their thoughts, beliefs, and the words they speak.

Our respect also shows that we accept them as they are.

#### **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 every day.

## 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:

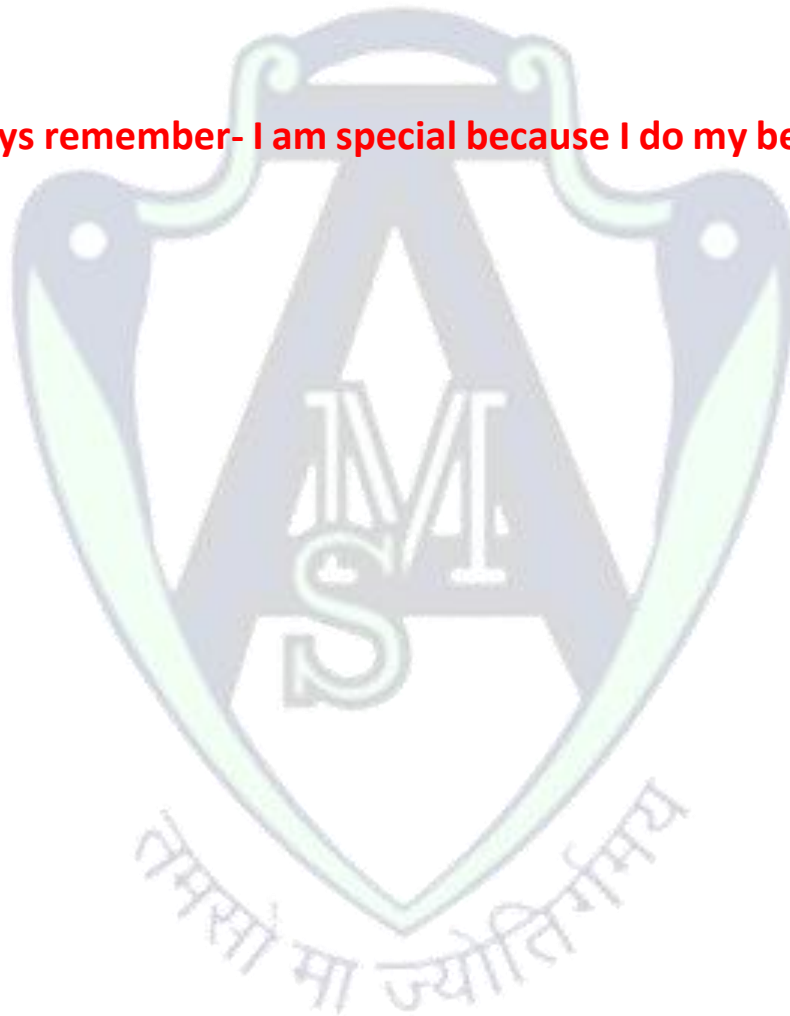
- Do not yell back or fight back. Be polite.
- Vacate your seat for an older person.
- Listen to them carefully, and obey them.
- Stand up when an elderly person enters the room.
- Offer help to them as and when required.
- Don't address the elders by their name.

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.**



## UNIT-4

### STRANGER DANGER

#### Taking Care of Ourselves



Welcome everyone. Are you all set to see the beautiful world and everything it has to offer? We are all growing up. But wait! Before we do that, it is important that we learn to take care of ourselves, right? We see wonderful people all around us, but we must still be careful of everyone. So how do we do that? We should know how to protect ourselves around the people whom we do not know or do not trust.

Who is a stranger and whom can we trust? Strangers are people we do not know well. We should not trust them until our parents tell us to trust them.

So we must be careful if such a person comes to us. If they try to talk to us or ask something from us, we must not talk to them. It could happen when we are waiting for someone to pick us up from school, or when we are on our way back home from playing with our friends, etc.

Some strangers may be people we have met. These could be our neighbours, or our distant relatives, etc. But since we do not know them very well, we should still be careful.



They may tell us that they have been told by our parents to come meet us or take us home. In such cases, we must walk away and wait for our parents at a safe place like inside our school or at our friend's house.

A stranger may not always be a person we do not know at all. A known person like our neighbour or distant relative may also be a stranger. If we have not been informed by our parents, we must not go anywhere with such people.



Always wait to hear from a trusted adult before going anywhere with anyone.



# Who are Strangers ?

Now that we know who a stranger is, let us answer the questions given below.

1. Do you believe that as a children you need to trust every adult in the world ?  
(Yes / No)
2. Do you believe that just because you know someone, you should always trust them ?  
(Yes / No)
3. Tick the people you should trust completely.

<b>Mum</b>	[   ]	<b>Grandparents</b>	[   ]
<b>Dad</b>	[   ]	<b>Teacher</b>	[   ]
<b>Siblings</b>	[   ]	<b>House help</b>	[   ]

# SAFETY FROM STRANGERS

From the pervious section, we have understood whom we should be careful of. Given below are some rules you can follow to keep yourself safe from strangers.

## 1. IGNORE

Ignore a stranger when they wish to talk to you.

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## 2. SAY NO

Say no to any request they may make, no matter how simple and innocent it may be.

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## 3. GO

Go to a crowded place, if you feel uncomfortable. Look for a policeman or a guard to help you out.

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## 4. YELL

Yell out as loud as possible. Make sure to alert adults around you.

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## 5. TELL

Immediately tell a trusted adult what happened.

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# MAKE A POSTER

Colour the poster below in bright colours.

## What to do if a stranger approaches you- INGYT



IGNORE the stranger



Say NO to any request



GO somewhere public



YELL if you feel unsafe



TELL your caregiver  
what happened

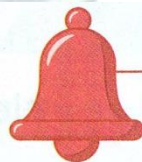


# TRUSTED PEOPLE AND FAMILIAR PEOPLE

All this time we have been warned to be careful around strangers as well as those persons who we may know but are not sure about.

Sasha had learnt something new from her mother and she wanted to share it with her friend Jeet.

One day, when they were out playing, Sasha asked Jeet "Did you know, we all have alarms in our body. It helps us to understand whom we can trust completely and whom we should be careful around." We can have our alarms off for the people shown below.



**ALARM OFF**



**Siblings**



**Parents**



**Teacher**



**Grandparents**



Persons that our parents have told us to trust and whom we feel safe with.



"I was also taught about it by my mother. She told me there are people whom we should keep our alarms on for."



**ALARM ON**

### Absolute Strangers



**Distant relatives**



**New neighbours**



**People who say they know your parents.**



**Anyone you do not feel safe around and experience warning signs.**



## UNIT- 5

### ANGER

Consider this: You and your younger brother got a chocolate bar from your mother. You decided to save it. Later you see that your chocolate is gone. You find out that your brother ate it.

How did you feel about it? Pretty sure you felt angry. Anger is also a feeling. We feel angry when things don't go our way. We can also feel angry when things or people upset us. What do we usually do when we get angry? We yell, scream or talk too loudly. Or we feel like hitting someone. But is it the right way to show our anger?

Getting angry or mad at others happens to everybody. It is not wrong to get angry. Like in the example above, you might be right to be angry at your brother.

But one thing we must remember is that anger must be shown in the right way. Hitting someone when you are angry will not help anyone. But how can one control their anger? Or how can show their anger in the right way?

#### **Story: Angry Lisa**

It was a summer day, with birds chirping in the trees, bees buzzing on the flowers and butterflies flying over the green grass. But it didn't seem to be a very good day for Lisa. Lisa was angry at everything around her. When she got out of bed, she slipped on the sheets and fell down. When she came downstairs for breakfast, it got cold. She later decided to take a bath to get ready. But when she went into the bathroom, there was no water. She stomped out of her bathroom in anger and saw some of her building blocks. She decided to build a tall building with them to distract herself. But then she found out that some of the building blocks were missing. In her anger, she kicked the tin dustbin in her room. The hard bin hurt her toe. "Ow!" she cried loudly.

Hearing her cry, her parents came down to see what had happened.

“Lisa, what happened?” Her mother asked. “Everything around me is making me angry!” Lisa said. “Why!” her mother asked.

“Because...oh, so many reasons! What do I tell you...” Lisa said in a softer tone.

“Calm down Lisa. All you need to do is close your eyes, take a deep breath, and think of things that make you happy,” her father replied. Lisa started thinking about things that made her happy—ice cream, rainbow, beach, butterflies and so many other things. Lisa anger went away in a second.



**KEY VALUES:**

Anger is a tricky feeling. Any word spoken or action taken in anger can have serious effects. The person whom you end up speaking to too harshly might get sad because of you. You might also end up hitting someone when you are angry and cause serious damage to them. This is unacceptable and can land you in a lot of trouble.



## UNIT- 6

### Being Obedient

**Dear learners**

How we behave at home with our parents, sisters and brothers reflects on how we behave in public. Obedience means giving others respect, listening and doing what elders ask to do. It is important to be obedient to our parents and teachers as they always have our best interests in their mind.

#### **Story Time: The Crow and the Cuckoo**

Once upon a time, there was a big mango tree in a village. A Mamma crow and Papa crow laid eggs in their nest and went in search of food. While she was away, Mamma cuckoo came and laid an egg in the nest. Then, she flew far away.

After some time, Mamma crow returned and sat on the eggs. She waited for them to hatch. Soon, all the eggs hatched and Mamma crow fed the hatchlings.

Slowly all the hatchlings started growing. As soon as the young birds were ready to fly, Mamma crow and Papa crow taught them their first lesson.

Being obedient is very important. You must always listen and do as you are told,' said Mamma crow.

Papa crow added, 'It is okay to fall on the ground in your first flight. Just call us for help. Also remember, if there is a danger, we will call you. You must then quickly return to the nest.' While the young crows listened carefully, the young cuckoo did not pay much attention.

Soon, it was time to fly. The young cuckoo pushed the other birds and jumped off the nest for her first flight. One by one, her crow brothers and sisters also took their first flight.

Suddenly, Mamma crow and Papa crow spotted a cat under the

mango tree and called the young ones back to the nest. All the crows came back, except the young cuckoo who did not pay heed to the warning and kept flying. The cat saw the young cuckoo and ran towards it. The young cuckoo got scared on seeing the cat and fell to the ground. She started crying for help. Mamma crow and Papa crow flew down quickly to save her.

If the young cuckoo had listened to what Mamma crow and Papa crow had said, this would not have happened. She said sorry and understood the importance of being obedient and listening to elders.



**Moral of the Story:**

We should always listen to our elders and be obedient.

## UNIT - 7

### Time Is Precious (Time Management)

**Time wasted is lost for ever,  
so be wise and do your best**

#### Just Imagine

You are standing outside the school gate. The gate is closed because you reached school late. You look like a fool. The gatekeeper asks you to go home. You feel ashamed.

Do You know why this happened? Because you didn't value time. You should be careful in planning what to do at particular time.

Think, what would you do?

Watch T.V. all the time or take rest and play outdoors?

Read the story to know more....

#### Watching T.V.



This little boy is Manu. He loves to watch T.V. After coming from school he will not take rest or sleep. He will switch on the T.V. and enjoy. Mom would ask him to take rest but he will not obey her, he will not do any school work and never help his mother at home.

All the time he would sit in front of T.V. He would never sit on dining table for lunch. Instead he will keep on eating all junk food. One day he felt pain in his eyes. Mom took him to the doctor.

The doctor told her, "Your son's eyes are weak now. He will have to wear spectacles. He then got his weight checked up too.

"Oh! my God, it's 40 kg, the doctor said. "This is too much for a child. It is because he never went to play outdoors."

One day Manu's friends came to his house. They were to go to attend Kashish's birthday party. They asked him to get ready soon. But as usual Manu said, "Let me watch this cartoon show. You go, I will join you in ten-fifteen minutes.

All his friends went away. Manu was so keen in watching T.V., that he forgot his word. Soon his mom came to remind him. She gave him a gift and the dress. "You are already late for the party, said his mom Manu changed and ran to Kashish's house.

When he reached the party was over. All were saying bye to each other "Manu, you are late. We all had great fun", said Kashish.

Manu felt sad and ashamed. He promised everyone there that he will do everything in time and never watch T.V. for so long.





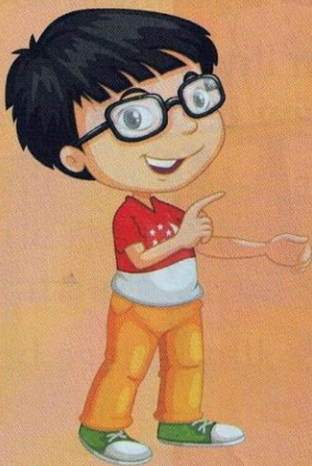
## UNIT-8

### LEARNING TO APOLOGIZE

# The Blue Flowers

#### Learning Objectives

- Learners will be able to cope with pain, hurt, sadness and anger.
- Learners will be able to discuss the importance of forgiving and asking for forgiveness.
- Learners will brainstorm situations where sorry can make another person smile.

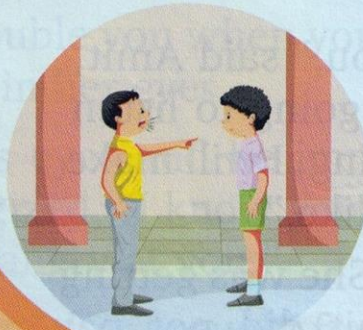


#### WARM UP

**Imagine a situation where you have fought with your parent, your friend or your sibling. How do you think they would feel?**

Happy  Sad  Hurt

#### Problem Solving





## Discuss in Class

In the activity above, we discussed how the person gets angry with or shout at, feels. Discuss in the class how you would feel if you get annoyed with someone unreasonably.

## Let's Read

Amit enjoyed painting beautiful pictures. He would spend hours on his canvas and paint beautiful flowers, trees, forests and gardens. Even today, he had been working on a bunch of flowers for hours. As he dipped his brush in red to colour the flower, his sister came running. "Brother, brother!" she shouted. "Please paint the flowers blue... I like blue," she **insisted**.

"No Anu," **scorned** Amit, "there will be no blue flowers, these are red and orange." They continued to argue about the same.

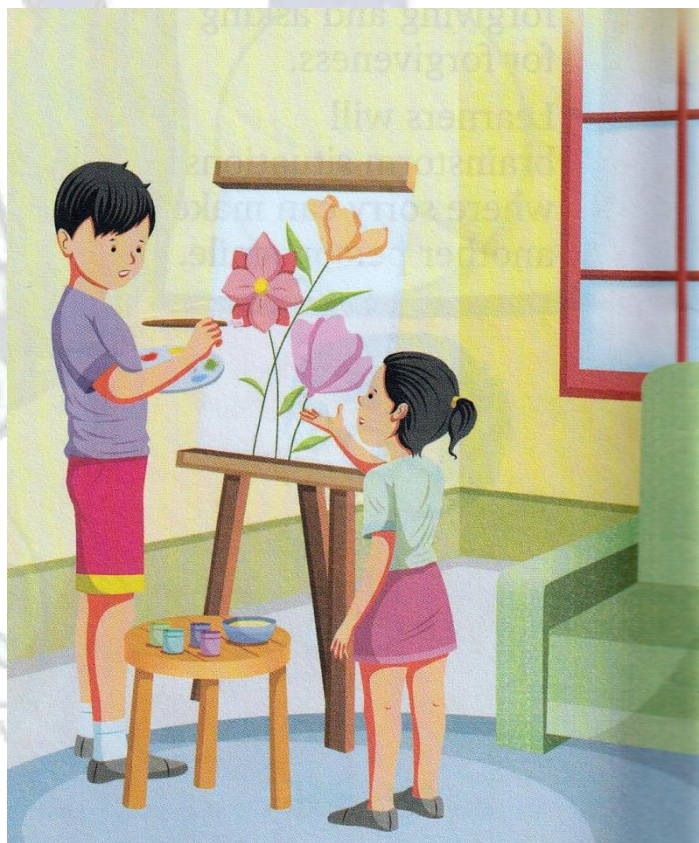
"Brother please," insisted Anu.

"No," replied Amit.

Anu began to stamp her feet. She began to get louder. "Please brother, you never listen to me," she shouted.

"I always listen to you," said Amit, "but today I am not going to listen to you. It is my painting, I will make it with the colours I like."

Anu began to fume. She was getting red with anger. Amit did not pay attention.



He was about to touch the canvas with his brush when Anu **tugged** hard at his shirt. Amit was very angry and as he turned to free his shirt, the **palette** bounced from his hand and hit the canvas. The canvas now seemed like a rainbow of colours. Amit's beautiful painting was destroyed.

Tears **welled** up in his eyes. Anu **gasped** and ran out of the room before Amit could say anything.

In the evening, Anu came to Amit's room. He wouldn't speak to her at all. Anu became very sad.

That night Anu was crying in her room. Her mother came up to her and asked, "What is wrong, Anu? Why are you crying?"

"Mother, please don't get angry with me," Anu narrated her story in between sobs. "Come," said her mother lifting her up from the bed. "Let us go to Amit's room. You can tell him that you are sorry."

Anu and her mother went to Amit's room. Amit was busy finishing his homework. Anu went up to Amit and apologized, "I am sorry for spoiling your painting, I didn't mean to! I really like your paintings."

"I promise I will never trouble you when you are painting again," she continued with tears in her eyes.

Amit too had tears in his eyes and he immediately hugged his little sister. He too apologized, "I know you didn't mean to do it. I am also sorry for being angry at you."

And as they talked, their mother brought for them a huge bowl of strawberry ice cream. Amit and Anu shared the ice cream.



**Part-B**

**HEALTH**  
**&**  
**PHYSICAL**  
**EDUCATION**

**COMPILED BY: PRADEEP TYAGI**



## CONTENTS

### TERM-I

UNIT-1 PERSONAL CLEANLINESS AND GOOD HABITS

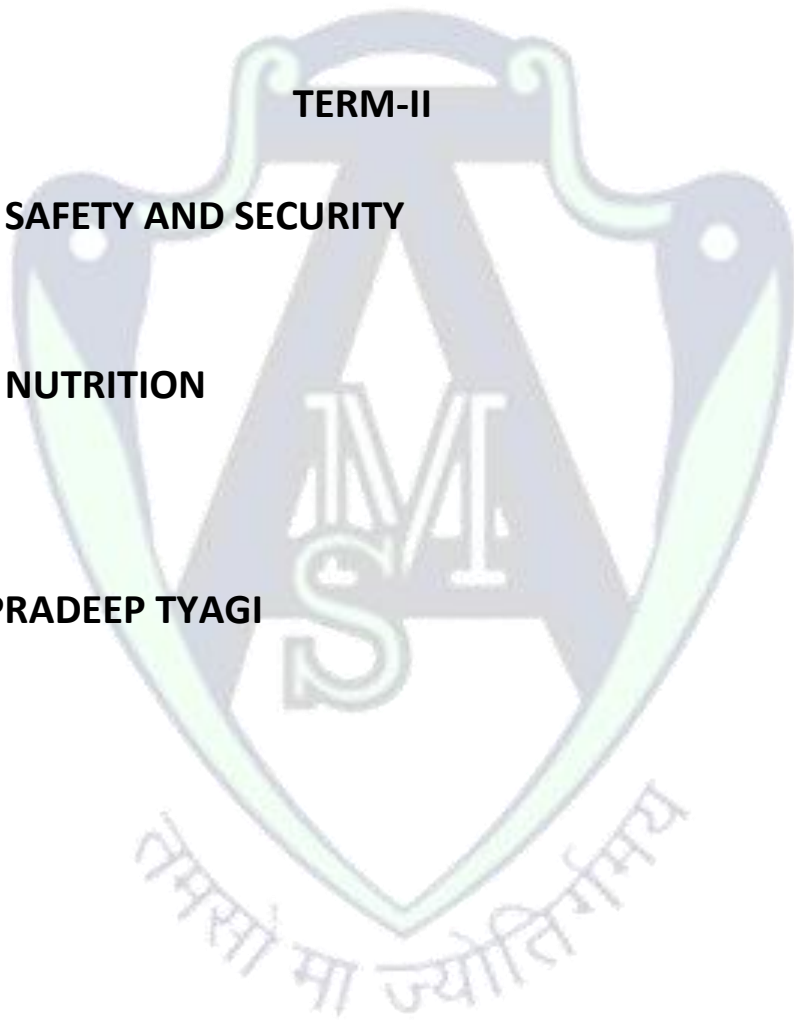
UNIT-2 MOVEMENTS AND PHYSICAL EXERCISES

### TERM-II

UNIT-3 SAFETY AND SECURITY

UNIT-4 NUTRITION

COMPILED BY: PRADEEP TYAGI



**TERM-I**  
**UNIT: 01**  
**PERSONAL CLEANLINESS AND GOOD HABITS**

- We should have a shower or a bath every day.
- If due to some reason we are not able to bathe then we should clean our body with a wet sponge or cloth.
- We should clean our teeth at least twice a day.
- We should rinse our mouth with water after having our meal.
- We should wash our hands with soap after going to the toilet.
- We should wash our hands before eating or preparing meal. We should wash and comb our hair regularly.
- We should pare our nails regularly.
- We should always drink pure and boiled water.



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**UNIT: 02**  
**MOVEMENTS AND PHYSICAL EXERCISES**  
**Aerobics**

**Different Types of Aerobics:**

Aerobics is an exercise which is generally performed with the beats of music. Aerobic exercise gets your heart pumping and your lungs working harder.

**Spot Jogging**

Running is one of the best simple aerobic exercises. But you cannot possibly run at home. An effective alternative to running is spot jogging. You just have to stand at the same spot and go through the motions of jogging.



**Skipping Rope**

Skipping is an easy and effective way to get rid of flab. Skipping rope can be done in any open space, in house or outside. This simple aerobic exercise strengthens your leg muscles.



**Kick Boxing**

Kick boxing is not something very difficult to try. It basically involves punching and kicking at the same time into the air. You can use a punch bag for this or just practice on an imaginary opponent. It helps to tone the muscles of your limbs and also increases your lung power.



## Jumping Jacks

For doing jumping jacks, you have to jump up and spread your feet wide apart on the floor. Meanwhile, your arms should be making circular motions in the air. You can imagine how effective it is for you to loosen up your muscles.



## Dancing

Almost any kind of dancing is an excellent exercise. You must try to dance on fast paced music to make your workout harder. These aerobic exercises can be done at home. These exercises can surely lead to weight loss.



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**TERM-II**  
**UNIT-3**  
**SAFETY AND SECURITY**

**Safety at Various Places:**

Accidents can take place when we are careless. They can cause injury to our body. In order to save ourselves from accidents, we should follow some rules.

**Safety at Home**

- Do not touch electric items like wires, switch boards, etc.
- Do not play with sharp objects. They can hurt you.
- Do not play with fire. It can be dangerous.
- Do not touch electric wires with wet hands.
- Keep yourself away from hot objects.



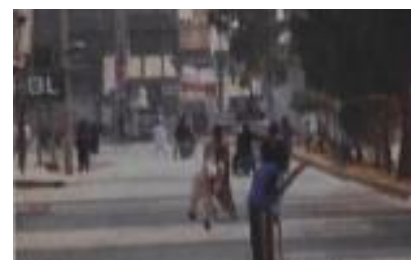
**Safety at School**

- Never break a queue or push others while waiting in a queue.
- Do not push others on the stairs.
- Never fight with others.
- Do not stand on desks and chairs.



**Safety while Playing**

- Do not play on the road.
- Follow the rules of the game.
- Do not stand in front of the swing.
- Play kites in open fields and not on the rooftops.
- Do not play near open manholes.



## Safety on Roads

- Cross the road when the traffic light is red and the traffic has stopped.
- Always cross the road from a zebra crossing only.
- In big cities, subways have been made for your convenience.
- Always follow traffic rules.



## UNIT-4 NUTRITION Fruits

There are four main groups of fruits

Fruits with stones - e.g. plums, cherries, apricots, mangoes, peach.



### **Benefits of fruits with stones:**

These fruits are high in potassium. They have vitamin A and they are good for heart. They have antioxidants which are good for skin.

Soft or berry fruits: e.g. strawberries, blackberries, raspberries, grapes, Bananas, etc.



### **Benefits of Berry Fruits:**

These fruits have antioxidants. They help body to fight diseases. These fruits are beneficial for controlling blood sugar and heart troubles. They are also beneficial for preventing cancer.

Hard fruits: - e.g. apples, pears, etc.



### **Benefits of hard fruits:**

They contain high fiber content, Vitamin C and antioxidants. They are beneficial for diabetic patients. They also make the immune system better.

## Citrus Fruits: Lemons, Oranges, Limes and Grapefruit



### Benefits of Citrus Fruits:

They are rich source of Vitamin C. They strengthen the immune system.

## VEGETABLES

### Types of Vegetables & Their Benefits

Vegetables can be divided into following:

Leafy green vegetables: lettuce, spinach, etc.



### Benefits of leafy green vegetables:

They are good source of iron and calcium. They make the immune system strong. They help in controlling diabetes.

Cruciferous vegetables: cabbage, cauliflower, broccoli, etc.



### Benefits of Cruciferous vegetables:

These vegetables help prevent cancer. They have pain killing properties and they also help in fighting with depression.



Marrow vegetables: pumpkin, cucumber,

Benefits of marrow vegetables: Marrow vegetables are rich in nutrients. They have a lot of health benefits. They help us to reduce weight, improve our vision, make our bones stronger, and strengthen our immune system. In addition to all these, they also help to prevent cancer, and also reduce risks of heart diseases and diabetes.



Root vegetables:

**Benefits of root vegetables:**

These vegetables are rich in nutrients such as vitamin A and C, magnesium, potassium and fiber. They all help to preserve the health of our bodies, while reducing the risk of many diseases such as cancer, diabetes and heart disease.

