



8-9 YEARS | WEEK 11

Independent Living Skills - Health, Yoga & Habits

1. Power of thoughts

11. Sudoku - Yoga poses

2. First aid - Trivia

12. Breath work

3. First aid - Pictionary

13. Puzzles - Yoga poses

4. First aid - Safe or not safe

14. Sun salutations

5. First aid - What to do

15. Complete the incomplete - Road signs

6. First aid - Build your first aid box

16. Identify and match - Things bought

7. First aid box - Draw it!

17. Match - Things available in shops

8. Fill in the blanks

18. Cut and paste - Things available in shops

9. Microbe infections - Write it!

19. True/ false - Living skills

10. Belly breathing

20. Safety rules

Power of thoughts



You can write many sentences with one thought. Write a letter to your sister about the importance of eating healthy food.

Importance of eating healthy food.

A large rounded rectangular box containing ten sets of horizontal dashed lines for writing.

Key words

nutrients

boost-immunity

minerals

vitamins

deficiency

good-health



First Aid : Trivia



You will come across a few occasions when you or someone need help in case of an emergency. For below situations select the right First Aid option.

You might get an electric shock if you touch any electrical appliance with	
a. Wooden Scale	c. Leather Belt
b. Wet Hand	d. Dry Hand

If you touch something hot and have burnt your hand, you should...	
a. Apply oil on the burnt area	c. Put hand under cool water
b. Cover the hand with a cloth	d. Apply antiseptic lotion

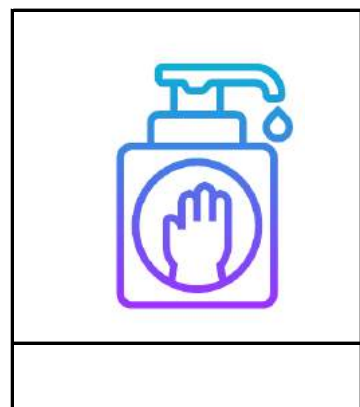
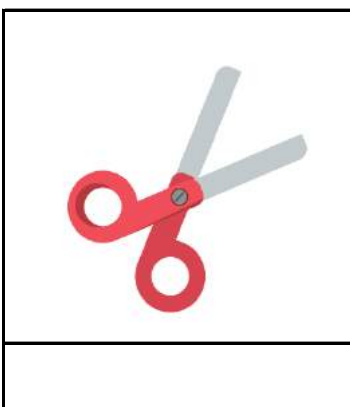
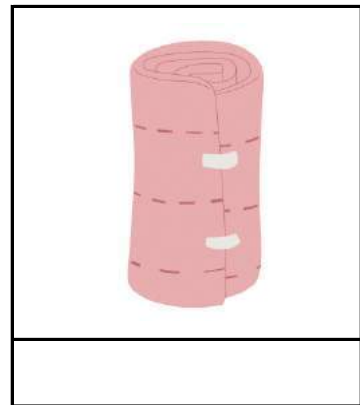
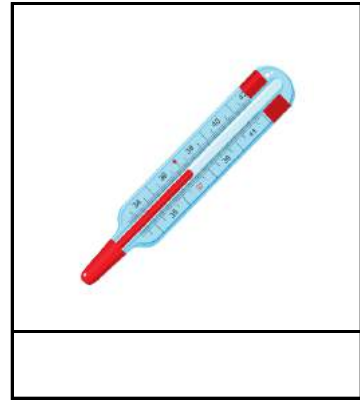
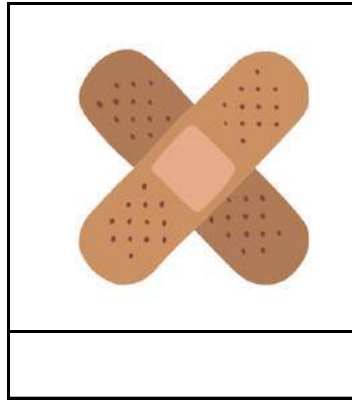
You are alone in the house and there is a gas leakage in your house what should you do	
a. Open all the doors and windows	c. Light a match stick
b. Run out of the house	d. Close the room door and windows

If you help a friend who has been cut by glass, what should you do first?	
a. Ask what happened	c. Press on the cut
b. Remove the glass piece	d. Check for more glass pieces around

First Aid : Pictionary



We should always have a First Aid box in the house. Some things present in the First Aid box are given below. Name them.



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