



# 9-10 YEARS | WEEK 63

## HobbiesInterests-Health&WellnessYoga-Habits-Manners

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1.Choose and mark

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2.Belly breathing

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3.Rainbow breathing

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4.Crossword

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5.Soundlessness

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6.Match the following

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7.Etiquette rules

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8.Voice volume

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9.Crossword

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10.Polite expressions

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11.Self-control

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12.Match the following

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13.Before bed discipline

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14.True or false

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15.Say it politely

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16.Yoga time

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17.Movement time

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18.Bingo

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19.Odd one out -time management

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20.Responsibility



## Choose and mark



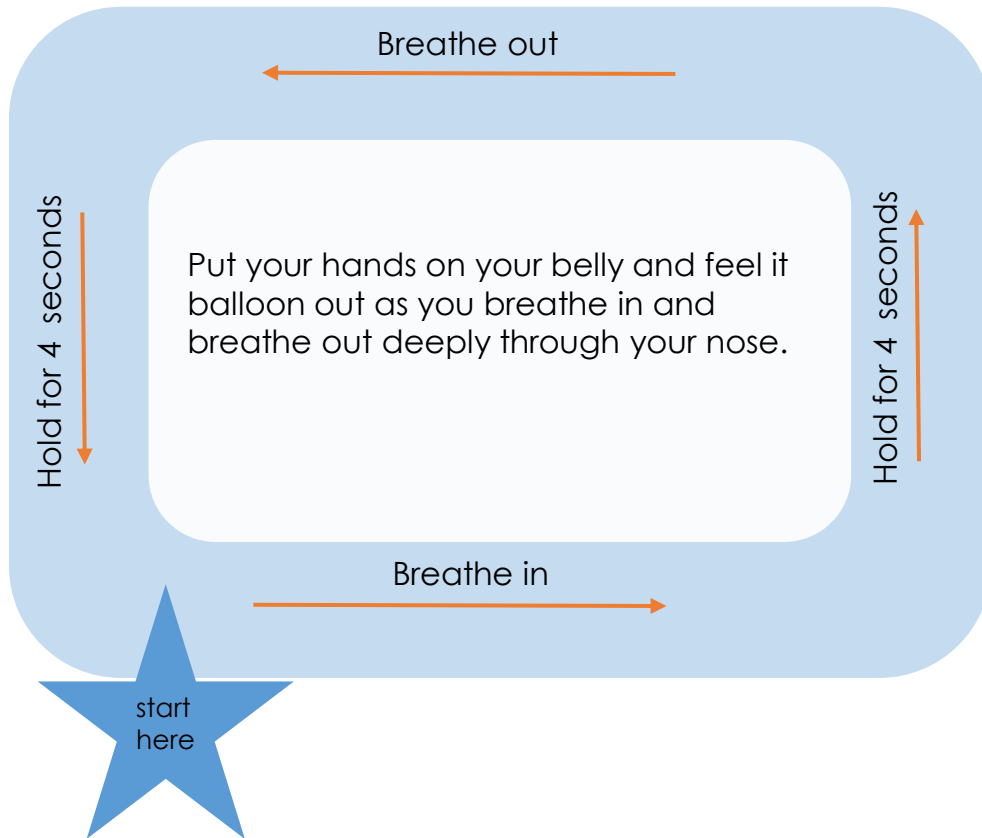
Mark "T" for correct statements and "F" for false statements:

1. All germs are harmful. \_\_\_\_\_
  
2. One must brush his/her teeth for 3 minutes after every meal. \_\_\_\_\_
  
3. You cannot be infected by your own germs. \_\_\_\_\_
  
4. Our hands carry the most germs. \_\_\_\_\_
  
5. Fever is an indicator of any infection in the body. \_\_\_\_\_
  
6. You should change your underclothes every day. \_\_\_\_\_
  
7. Eye care includes washing them with cold water. \_\_\_\_\_
  
8. Radiation is good for our health. \_\_\_\_\_

# Belly breathing



This breathing exercise can be done anytime and anywhere. Take breaks in between your daily routine and practice belly breathing at least 3 times. Write your experience after doing this breathing exercise.



How did you feel after doing belly breathing?

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

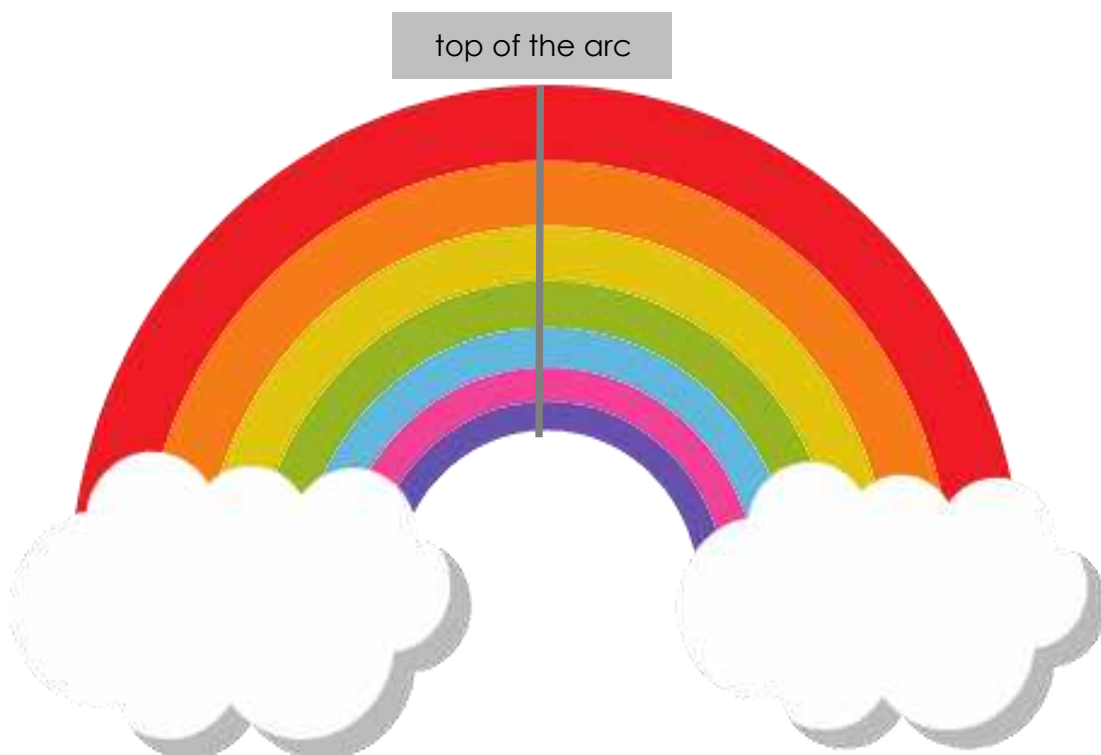
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# Rainbow breathing



Let's do a breathing exercise. Follow the below steps.

1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top of the arc, begin to exhale through your mouth and continue tracing.
4. Repeat with each colour or until you feel calm and grounded.



Write down how you felt after doing rainbow breathing.

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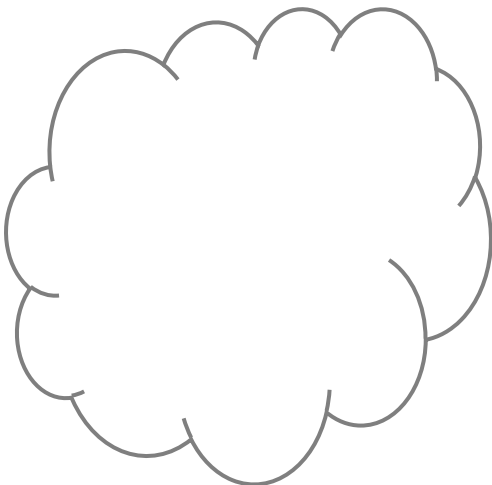
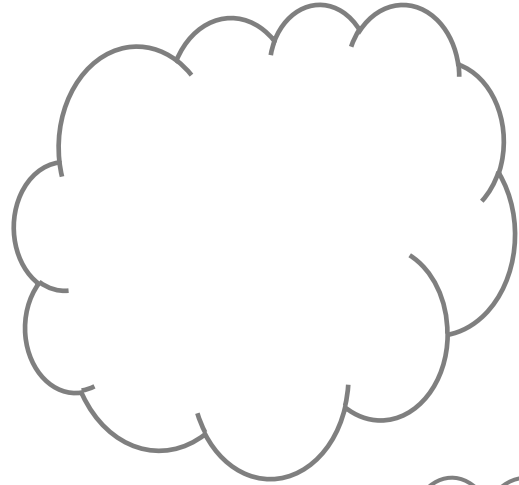
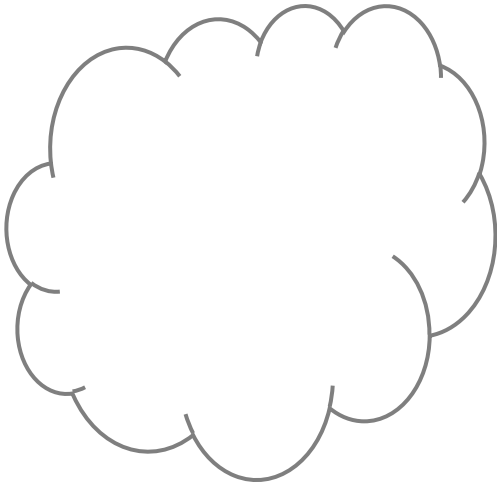
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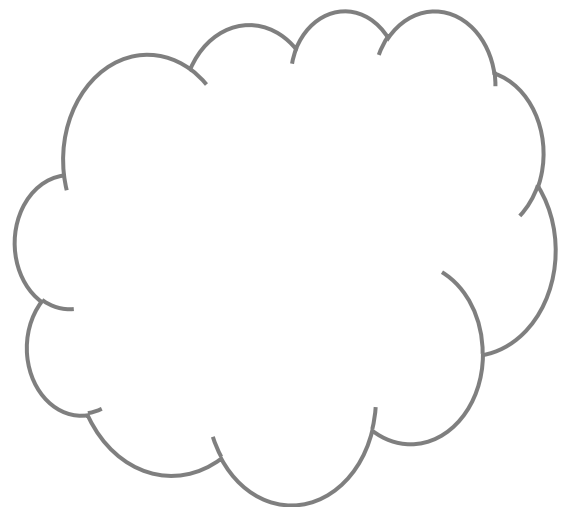
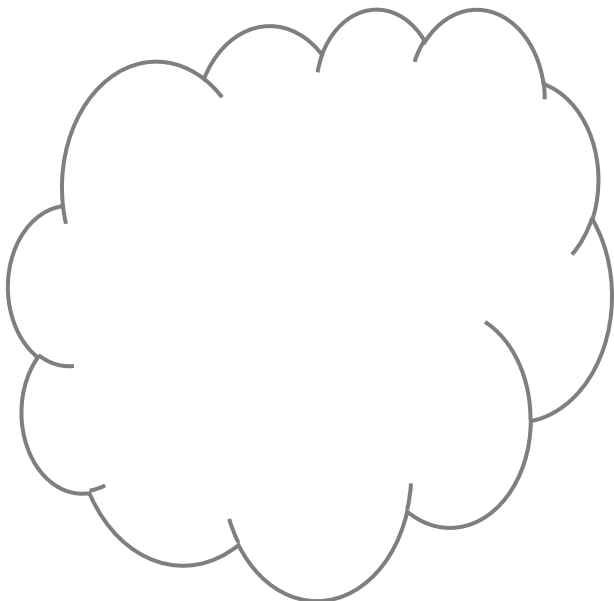
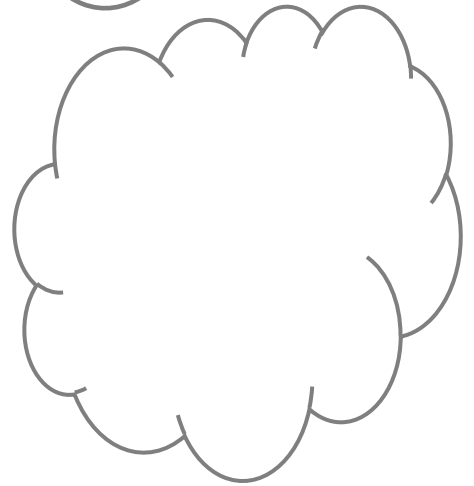
# Soundlessness



Soundlessness is when you are active in your mind but you are sitting still without making any sound. Write your thoughts in the clouds given below during the stillness time.



Draw your emotions and colour them according to what feeling you think it represents. For example, blue can be calm, red can be anger.



# Match the following



The sentences have been split into two parts and written in the boxes given below. Match the boxes to learn about manners at school. Check your scoreboard at the end.

Smile and have a

good attitude.

Treat your classmates the way

to others.

Do not talk to your friends

yourself.




Keep your hands to

while your teacher is talking.

Say please and thank you

you want to be treated.

Scoreboard

	6-5
	4-3
	2-1

# Etiquette rules



Fill in the missing letters and write down the synonyms for each word. All words are related to etiquette rules. Check your scoreboard at the end.

m\_n\_er\_

p\_od\_g\_




\_r\_ce

r\_ga\_d\_

\_ol\_t\_

t\_an\_y\_u

Scoreboard

	6-5
	4-3
	2-1

# Voice volume



Tick the box that is appropriate for each situation.

Soft

Normal

Loud

Your voice volume while studying at the library.

Your voice volume while shopping in a store.

Your voice volume on a school bus.

Your voice volume while watching a movie.

Your voice volume while playing outdoors.

# Crossword



If anyone respects you or disrespects you, you respect them. Do not lower your integrity for anyone. Read the clues about nature elements and fill the blocks in the given number and direction.

## Across

- 1 The simplest way of showing that you respect.
- 2 How should we talk to everyone?
- 3 What is the other word for respect?
- 4 What would you answer if someone disrespects you?

## Down

- 5 What is lack of respect called?
- 6 What is your first reaction when someone disrespects you?
- 7 Apart from people, we should also respect\_\_\_\_\_.

5	6							7				
2												
								3				
4												

# Polite expressions



A list of questions have been given below about polite expressions.

Write down yes or no in the given boxes and check your scoreboard at the end.

- 1 Do you say good morning to your teachers and classmates when you reach school?

If your answer is yes, keep doing this wonderful practice.

You get 1 🍌 .

If your answer is no, start by saying good morning to your parents on waking and then to your teachers and friends.

- 2 Do you say thank you when someone gives you something or someone helps you?

If your answer is yes, then quote the incident in a few lines.

You get 2 🍌🍌 .

If your answer is no, then start saying thank you

- 3 Do you say please when you ask for help?

If your answer yes, then give yourself 🍌🍌🍌 .

If your answer is no, then learn to be polite and start saying please.

Write your score in the box.

# Self-control



Think and write your response in these situations.

**Someone hit you on the arm.**

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**You get chocolate all over your new shirt.**

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**Your parents cancel a vacation.**

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**You have no idea how to do homework.**

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**You are alone in the kitchen and see a jar of cookies.**

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# Match the following



Match the following sentences written in the boxes below. Check your scoreboard at the end.

I haven't seen you for ages.

Because I didn't want to upset them.

Late again!

Let's go somewhere.

I didn't tell my parents.

I came all the way for nothing.




I'm in the mood for a holiday.

Where have you been?

I can't believe it's closed.

Next time, can you try to arrive on time?

Scoreboard

	6-5
	4-3
	2-1

# Before bed discipline



Discipline equals freedom. Showing up and doing something is a thousand times better than not showing up. Below is the routine that should be followed before going to bed. Mark the actions you do every day and write other things you do in the empty boxes.

Eat your supper.

Brush your teeth.

Read a book.

Hug your parents.

Write three things you are grateful for.

Pray

Sleep tight dream big.

Write down your before bed routine and see what improvement you want to bring in it.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

# True or false



Read the sentences and mark true or false in the boxes given below. One has been completed for you.

Sentence	TRUE	FALSE
Yoga is good for your health.		
Understanding another person's feelings is called empathy.		
You should not listen to others.		
Helping others gives us happiness		
You should practice gratitude everyday.		

# Say it politely



Sometimes, it's important to say no. How can you say no in a polite manner? One has been competed for you.

**Your sibling is asking you to play but you have to finish your homework.**

I will play after I finish my homework.

**Your friend wants you to come along with him to his house without telling your parents.**

**Your school bus driver is asking you to sit at the front of the bus.**

**Your neighbourhood friend is asking you to have a sleepover at your house.**

**A stranger is offering you a ride to your house in his car.**

# Yoga time



Look for the words which are related to yoga and postures. The words can be horizontal, vertical, diagonal, or backward. There can be overlaps. Colour the words as you find them.

a	y	n	o	b	e	a	t	h	n	s	e	v	a	l	y	d	e
q	o	s	o	r	p	i	t	w	i	s	t	t	a	l	e	r	d
s	g	e	l	b	a	s	u	e	r	u	z	h	c	v	r	b	r
u	a	t	n	e	r	e	f	f	i	d	e	i	y	t	a	s	e
b	d	c	x	a	e	r	t	e	u	b	n	n	h	o	p	w	l
r	a	e	i	o	p	q	e	a	s	o	f	k	h	j	k	l	a
e	t	t	v	u	f	r	g	h	j	r	d	i	y	l	a	y	x
b	i	o	m	i	n	d	f	u	l	n	v	n	l	y	d	n	d
r	e	o	l	l	o	t	n	s	e	v	a	g	l	y	r	d	i
e	n	f	t	v	b	s	o	v	m	e	u	y	t	r	e	l	e
a	t	w	h	u	n	t	e	f	e	o	l	d	u	m	h	a	c
t	a	a	g	p	p	y	t	r	e	u	t	g	h	j	r	a	t
h	r	a	i	i	n	b	g	z	f	w	v	m	o	g	l	n	e
e	e	r	l	f	g	a	l	e	w	o	b	n	u	m	r	v	v
e	a	s	n	r	s	h	c	g	e	r	t	e	u	f	n	t	i
n	s	d	u	i	e	a	l	o	u	s	y	y	l	a	y	r	n
a	r	t	d	l	e	o	p	a	k	l	a	t	n	b	v	w	u
s	u	k	h	a	s	a	n	a	r	a	z	z	i	l	s	a	d

<b>relax</b>	<b>breathe</b>	<b>calm</b>
<b>mindful</b>	<b>yoga</b>	<b>sukhasana</b>

# Movement time



Roll a dice and do the following exercises for 20 minutes.



Crab walk 10 times



Bear walk 10 times



Downward dog walk 15 times



Kangaroo walk 5 times



Cat walk 12 times



Frog jump 5 times



# Bingo



You have been given calling cards with 9 fitness poses. Cut the bingo playing blocks and distribute them to each player. One person calls the name from the card and if that pose is placed in your block, then strike it off. You get a point for striking off each row, column, or a full block.



star jump



relaxing



mountain pose



tree pose



bridge pose



balancing



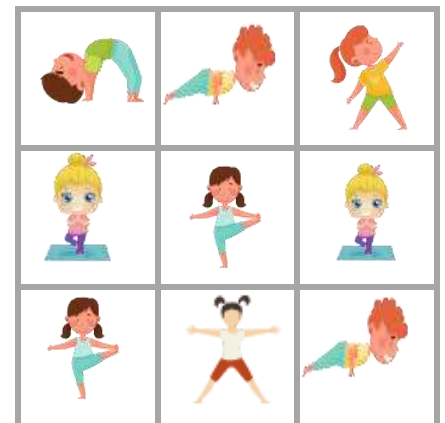
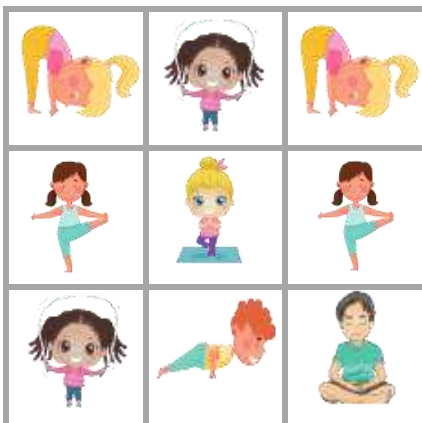
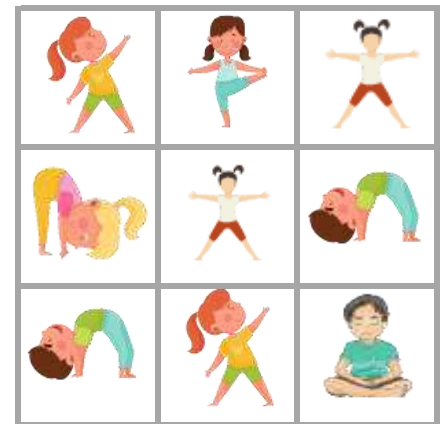
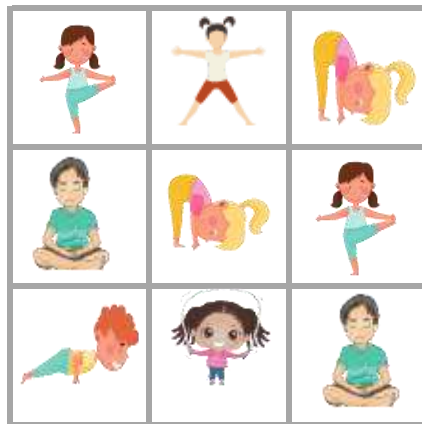
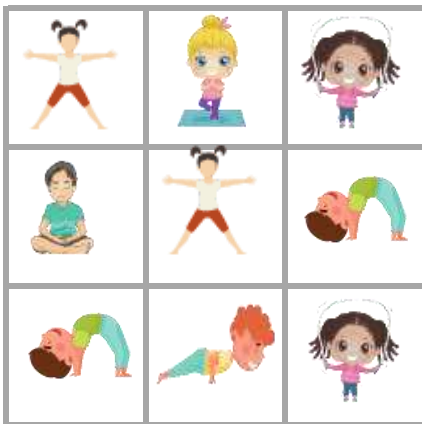
skipping



push ups



wind pose



# Odd one out : time management



Circle the odd words out. All words are related to time management.

- 1 a goal b affection  
c schedule d priority

- 2 a next b kind  
c now d then

- 3 a do later b urgent  
c custody d ignore

- 4 a strategy b doctor  
c time d problem

- 5 a hour b second  
c minute d nano

# Responsibility



Unscramble the letters below to find the words related to responsibility.

Sentences

Scramble

Unscramble

Everyone should have a \_\_\_\_\_ of responsibility.

ssene

It is your \_\_\_\_\_ responsibility to help the weak.

loram

When we are responsible, we are \_\_\_\_\_ too.

caocnuatlbe

\_\_\_\_\_ responsibly.

cat

Always use your \_\_\_\_\_ to do something.

dhea

\_\_\_\_\_ for your own actions.

werasn