



**ASHA MODERN SCHOOL**

**A  
BETTER  
YOU**

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

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

**CLASS-I**

**(SESSION 2023-2024)**

**Part-A**

**LIFE SKILLS**

**&**

**VALUE**

**EDUCATION**

**COMPILED BY: ARCHANA KAPOOR**

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# 1

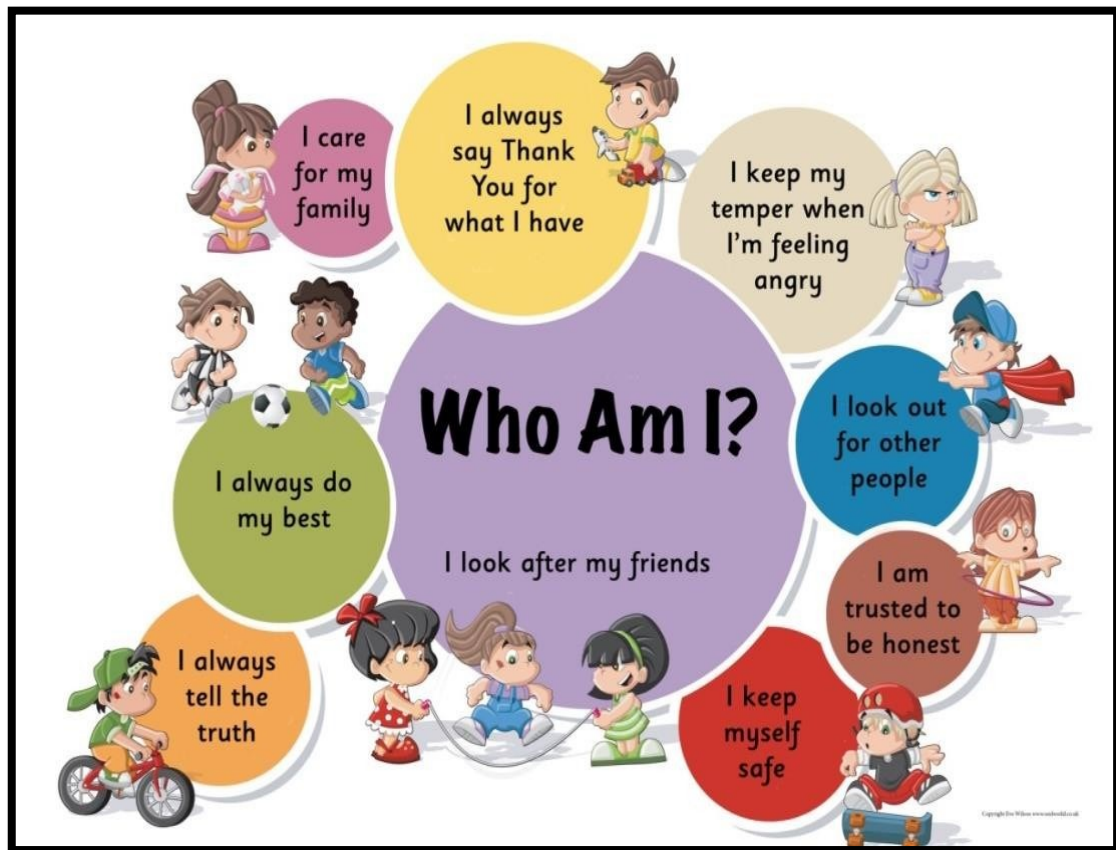
## I AM SPECIAL

We all are different. We may have the same kind of body as other people. Yet we all look different. Some of us are tall. Some of us are short. Some of us have long hair. Our skin colour is different, too. We all have talents that make us different. Some of us can write well. Some of us can talk well. Some of us can draw well. Some of us can paint well. This is what makes us special.

I am smart. I can learn  
I raise my hand and take my turn.  
I am kind. I am good.  
I try to do just what I should.  
I can think, I can write,  
I can listen and do what's right.  
I do my work. I'm never late.  
My teacher loves me,  
'cause I am great

It is important to feel good about yourself because when you feel good about yourself:

1. It is easy to be happy because you are with someone you like - yourself!
2. It is easy to be healthy because having a healthy mind helps to fight germs and illness, keeping us healthy.
3. It is easy to win because you work hard to get what you want.
4. Others find it easier to like you because you are a positive person. So you will have many friends.
5. You know when something is not good for you, so you avoid it. This helps you to make good choices.



## STORY:

### Colourful Birds

A crow saw a swan. He called out to the swan, "I wish I was like you. You look so beautiful in your white feathers. And you can swim so well." "Oh, I don't like being like me. I wish I were a parrot. The parrot has two different colours-green and orange," said the swan. "But I am so plain in front of the peacock. He is so colourful. I wish I was like him," the parrot said. "It is because I have so many colours, the men try to cage me. That hurts me. I wish I was like the crow-a free bird," the peacock cried. All birds were special. But they didn't know it.

The children can talk about themselves (name, age, gender, etc.) in order to acknowledge and encourage their growing independence, self- esteem and confidence.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Birthday: \_\_\_\_\_

Favourite colour: \_\_\_\_\_

Favourite food: \_\_\_\_\_

Favourite subject: \_\_\_\_\_

Favourite toy: \_\_\_\_\_

Favourite animal: \_\_\_\_\_

Favourite candy: \_\_\_\_\_

Favourite activity: \_\_\_\_\_

Favourite place: \_\_\_\_\_

Favourite book: \_\_\_\_\_

Favourite TV show: \_\_\_\_\_

Favourite movie: \_\_\_\_\_

I want to learn: \_\_\_\_\_

Places I want to go: \_\_\_\_\_

If I could make one wish, it would be: \_\_\_\_\_

This is what I want my teacher to know about me: \_\_\_\_\_

## GOOD MANNERS ARE FUN

Good manners are fun and they are not really hard to learn. Let's start today itself!

### Magic Words

#### 1. Say 'thank you' when

- someone does something nice for you.
- you get a compliment.
- someone helps you.
- your friend shares things with you.
- someone gives you a gift.

#### 2. Say 'please' when you

- ask someone to help you.
- want something from someone.
- need permission to do something.

#### 3. Say 'excuse me' when you

- want someone to give you way to pass.
- sneeze or cough.
- want someone to repeat what they have said.
- want others to listen to you.

#### 4. Say 'sorry' when you

- do something wrong.
- are rude to someone.
- hurt or tease someone.
- break something.

#### A. What you will say in the given situations:

- You want someone to listen to you. \_\_\_\_\_
- You get a gift. \_\_\_\_\_
- You break someone's toy. \_\_\_\_\_
- You were angry and rude to your friend. \_\_\_\_\_





### **More Manner Tips!**

1. Put a hand on your mouth when you yawn.
2. Cover your nose when you sneeze.
3. Do not interrupt when others are talking.
4. Wait for your turn when in a queue.
5. Let elders enter the room before you.
6. Do not turn your face away when someone is talking to you.
7. Talk softly while someone is sleeping, reading or working.

### **At Your Best In Class**

Some more manners,  
For you to learn.  
Raise your hand,  
And wait for your turn.  
Between the desks,  
Do not run.  
If you fall,  
It won't be fun.  
Do not litter,  
Do not scribble.  
Help your friends,  
And wish your teachers.

### **Bringing Manners To The Dining Table**

- Do not chew with your mouth open.
- Do not stuff your mouth with food.
- Take small bites and chew properly.
- Do not gobble food.
- Do not watch TV while eating.

- Always say 'thank you' when served something.
- Burping loudly is bad manners.
- Use a napkin while eating. It should be on your lap when not in use.
- Do not play with your food.
- Wait till everyone has finished eating before getting up from the table.
- If you need to leave the table, say 'excuse me'.

**BE A HYGIENE CHAMPION**

Hygiene means taking care of your body and keeping it neat and clean all the time. When we are neat and clean, germs cannot harm us and we do not fall sick or ill.

Germs are tiny creatures that we cannot see. They are present all around us. Dirt is their home.

Be careful! You must pay attention to your personal hygiene. Be a hygiene champion. Remember, when you touch your eyes, nose or mouth, the germs from your hands enter and spread into your body.

**Teeth smart!**

You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.

Maintaining good personal hygiene is very important to stay healthy and be strong.

A. How many teeth do you have? \_\_\_\_\_

**Nail Smart!**

Keep your nails clean. Ask your loved ones to pare your nails regularly. Germs love to live in dirty nails!

B. How many fingers do you have? \_\_\_\_\_

C. How many toes do you have? \_\_\_\_\_

D. How many nails do you have? \_\_\_\_\_

## Sneezing Smart!

Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.



## Let's Wash Our Hands!

Proper hand wash is the best way to keep germs away and not to fall sick. Use soap thoroughly and do not, forget to clean between the fingers, under your nails and the front and the back of your palms. Rinse with water and wipe with a clean and dry towel.

Remember, soaps and sanitizers are germs busters.

You should always wash your hands with soap:

- After going to the toilet.
- Before eating or serving food.
- When I come back from playing.
- After petting or touching an animal.

We wash our hands regularly to fight diseases.

**GOOD TOUCH, BAD TOUCH****GOOD TOUCH**

It feels good to be hugged and kissed by the people you love. For example:

- When Mommy gives you a hug and kisses after you wake up.
- When Daddy gives you a good-night hug and kiss.
- When Grandma and Grandpa come to visit and everyone gets hugs and kisses.




**What is good touch?**

When someone touches you and it makes you feel safe, secure, happy and cared for, is called a good touch!

- Hugs from your parents. 
- Kisses from your grandparents. 
- Giving high five to your friends. 
- A pat from your teacher. 
- Doctor touching to examine your body. 

## BAD TOUCH

Touches that make you feel uncomfortable are usually bad touches. You don't have to keep a secret when someone gives you bad touch. Don't feel that you are bad. Whoever gives you a bad touch is the one who is bad, not you. Your body belongs to you. Nobody should touch you if you don't want to be touched. Do you know what a bad touch is?

- It is a bad touch if it hurts you.
- It is a bad touch if someone touches you on your body where you don't want to be touched.
- It is a bad touch if a person touches you in a way that makes you feel uncomfortable.
- It is a bad touch if that touch makes you feel scared and nervous.
- It is a bad touch if a person forces you to touch him or her.
- It is a bad touch if a person asks you not to tell anyone.
- It is a bad touch if a person threatens to hurt you if you tell.



## WHAT DO YOU DO WHEN SOMEONE TOUCHES YOU IN THE WRONG WAY?

- Say no! Tell the person that you don't like it and you don't want to be touched.
- Get away fast! Run away from the person whose touch you don't like. Never stay alone with that person ever again.
- Call for help. You can scream.
- Believe in yourself. You did nothing wrong.
- If someone touches you in the wrong way, tell someone you trust what has happened. Don't let threats scare you into running away or keeping quiet. When a person touches you and asks you to keep it a secret between the two of you, ask yourself, "Does the secret bother me?"
- Don't keep secrets that make you feel uncomfortable. Go to a person you trust—a parent, a relative, a teacher, or your doctor. If the person you go to doesn't believe you, go to someone else you trust until someone believes you and helps you.
- Do everything you can to stay away from the person who is touching you in the wrong way or making you feel uncomfortable. Don't stay alone with a person who touches you in a way that makes you uncomfortable or makes you feel unsafe.

Let's read a story about brave Betty.

### **STORY**

#### **Brave Betty**

One day, Betty looked sad. She had just come from school.

"What's wrong, Betty?" her father asked. Her mother also came to see her. "I saw something scary," Betty said.

"What was it?" her father asked.

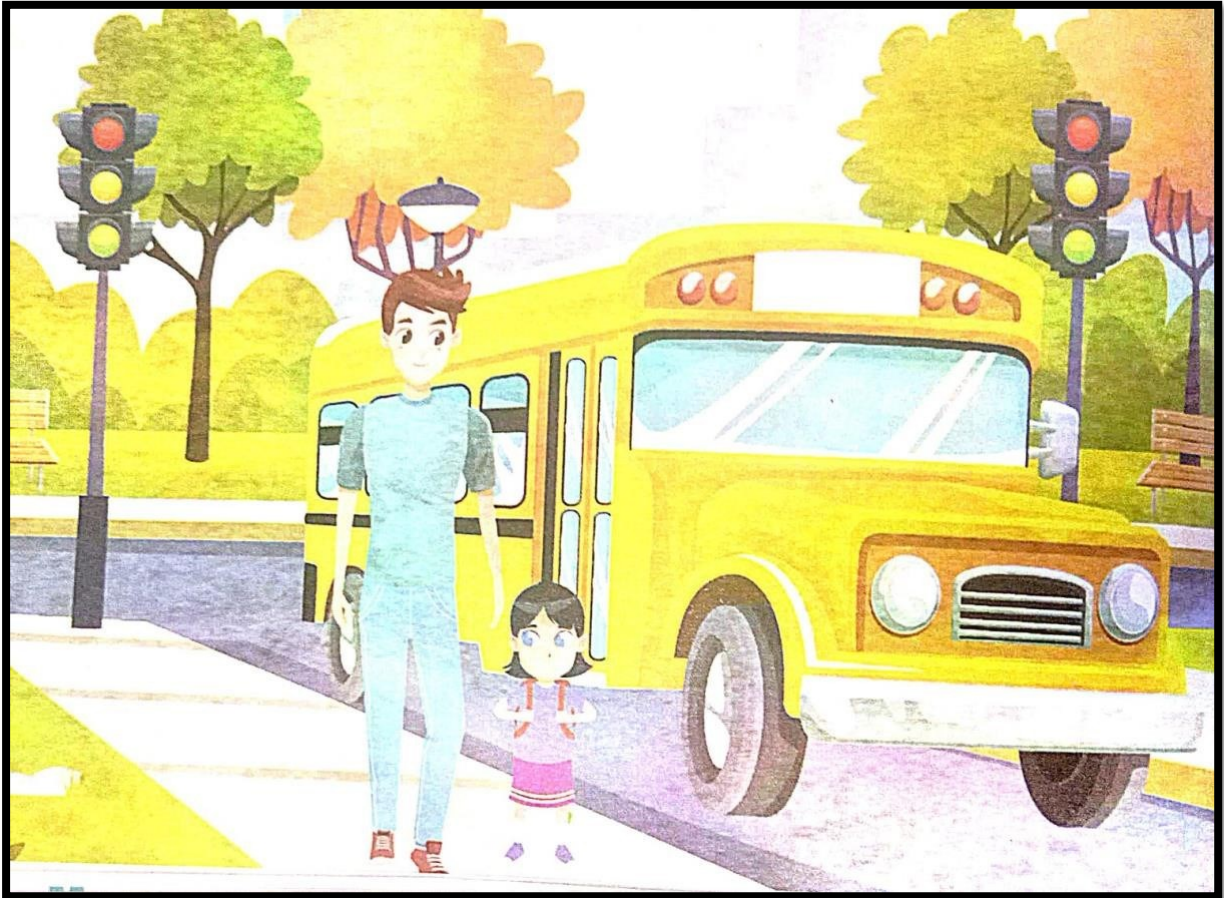


"I saw the cleaner uncle hold Riya tightly," Betty said.

"Hmm... Betty do you remember about good touch and bad touch? I had once told you about it," her mother asked.

"I know that it was a bad touch," Betty said.

"You are brave for telling us! We will go to the school tomorrow. We will talk to your friend and your teacher," her mother said.



We can learn so much from Betty. Like her, we should know what good and bad touches are. If someone gives you a bad touch, tell your parents and teachers.

***YOU ARE THE BOSS OF YOUR BODY!***

## BE KIND TO ANIMALS

Animals are also living beings like us. They can't speak like us but still can feel the love and emotions. Some animals like dog and horse are very faithful to human beings. We should be kind towards them. It is good to offer our leftover food to the street dogs because they guard our homes. Chapattis should be offered to homeless cows. In summer we should keep bowls of water for the birds. Injured animals like pigeons, cats and dogs should be taken to veterinary doctors by us.

### **Be kind to animals**

Animals are God's beautiful creation. We should take care of them. They will also be good to us.

### **Just Imagine**

You are going home. Suddenly you see a dog. You start running. You fell down and get hurt. A man sees you and picks you up. He takes you to the doctor. He is being kind to you. When we help someone we are being kind to them.

Do you take care of animals? Let's read a story to know why we should be kind to animals.

### **Angela and the Little Puppy**

Tommy, the little puppy, had no home. He used to move on road here and there. Children used to throw stones at him. No one ever thought about the poor animal. In all the seasons, summer, winter and rainy, poor Tommy hid himself under the corners of old houses.

Sometimes he had nothing to eat. No meat, no bread, nothing. This made him grumble. He never had fun or play. When children came back from school, he ran away. He was afraid and lean now. Life was becoming bad for him. All the time he kept barking. No one took pity on him.

One day pretty Angela was going home. She saw Tommy crying in pain. She lifted Tommy and saw him hurt. Someone had hit him. He was bleeding. She brought him home. She asked her mother to wash

his wound. She gave him some food and milk. She wrapped him in a blanket and took care of him.

No longer Tommy was scared. Tommy and Angela became good friends. Angela used to play with him. Now he always smiled and wagged his tail with joy.

***A little kindness can change things***

***What happiness and joy it brings***

***When someone is sad and blue***

***do something kind to help them through.***

We should be kind to all our friends, animals and birds and all creatures on the earth. Animals cannot speak, but they can feel like us. They too feel pain, when hurt. They also need love and care. They help us in many ways. So we should be kind to animals.

**‘Kindness is the language which even animals understand.’**

### **IN THE CLASSROOM**

Say some kind words. For example-

1. May I help you?
2. Are you not well?
3. Have something to eat.
4. Let us share our lunch.
5. Please pass me my notebook.

## SHARE TO SHOW YOU CARE

Sharing is caring. So, share your things with people to show that you care for them.

Share at home,  
Share at school,  
Share at play,  
Share here, share there,  
Share, share, everywhere.

A. What you will do if you get these:

### Tasty Tiffin

- Ignore your friends and keep eating.
- Share your tiffin with your friends.
- Take your tiffin and eat it alone.

### Story Books

- Not give it to others to read.
- Lend it to your friends.
- Hide it in the drawer.

### Chocolates

- Share with friends.
- Eat all by yourself.
- Hide them and eat later.

### Rules For Sharing

1. Your friend is absent. Tell him what he has missed and help him to complete his work.
2. If you take something from any-one, use it carefully. Give it back in time without spoiling it.
3. Share your toys, games, story books, etc., with your friends.

4. Share swings and slides in the playground. Wait for your turn.
5. Share work at home. Help to keep the house clean. Put your toys, books, etc., back after using them.
6. Share the T.V. time. Give everyone a chance to watch their favourite programmes.
7. Share your feelings and ideas with your friends and family, Also, share time with the elderly.
8. Share your meals and the things you enjoy eating with your family and friends.



### **Share With The Needy**

What do you do with the toys and books you do not use and clothes that do not fit you any more?

Be “kind” and pass them on to the children who will use them.

You can give them to the children whose parents help you at your home.

There are children who do not have parents. They live in a special home called "orphanage". You can give your things to them.

Children lose their clothes and toys when there is a flood or an earthquake, etc. You can give your things to them and make them happy.

## ALL ABOUT BULLYING

Bullying is when one or more people keep doing something on purpose to make someone feel hurt or sad. Bullying can be anything like:

1. Making fun of someone.
2. Taking someone's things even when they don't want to give them.
3. Troubling them like slapping, kicking, pinching, pulling their clothes or hair.
4. Forcing them to do something they don't want to do.

Being bullied can make you feel sad, afraid and helpless. You should try to be away from the person who bullies you, and from the place where you are bullied.

You can protect yourself from bullies by being with another person. The bully may not want to bully you when you are with someone else. Try to avoid fighting with or shouting at the bully.

**If someone is bullying you, remember that it is not your fault.**



Do you feel you have been bullied? Practise telling. If you are scared, you can first tell a toy. Then you can tell a friend. When you have practised, you will feel brave enough to tell a grown-up you love and trust. That grown-up can help you.

Tell a trusted grown-up right away if someone is bullying you.

**AVOID WASTING**

Things such as food, water and electricity are our daily basic needs. These things are limited in supply. We must not waste them; we should use them wisely. If we waste them, we will finish them quickly. For example, if you waste paper of your notebooks by tearing them or scribbling on them, there will be fewer blank pages left for classwork. In the same way, due to a lot of food, water and electricity wastage, many people have to live without proper meals, clean water and the continuous supply of electricity. We can avoid wastage by taking the following steps.

- Always switch off fans and lights when not in use.
- Use both sides of a piece paper to write on.
- Bathe using a bucket instead of taking a shower.
- Give leftover food to someone in need.
- If there is a leaking tap, get a plumber to fix it.

**Story Time****Importance of Water**



In a village called Dholakpur, there once lived a little boy called Sonu. He never wasted water. He always told the villagers to save it. But the villagers looked at him and said, 'Oh! Who cares for water? There is so much water in the oceans, seas, lakes and rivers.'

One day, Sonu and his friends met the village head. Sonu told the village head that the villagers wasted it and when he asked them to save water they ignored him. So, Sonu and his friends wanted to explain the importance of water to the villagers.

They said, 'Can we stop the village's water supply for a day? This will help the villagers understand the importance of water.' The village head agreed.

The next day, all the taps of the village went dry. The villagers thought of going to the river to get some water. But, the nearest river was about 10 kilometres away from Dholakpur.

They thought of bringing water from the nearby village. But, the people in the nearby village were not ready to help them. They knew that the villagers of Dholakpur always wasted water.

The villagers became very sad. They said, 'Had we not wasted water and used it properly, today we would have plenty of water for ourselves. We should have listened to Sonu.'

They went to the village head to ask for his help. The village head saw that the villagers had realised their mistake and had learned their lesson. He restarted the water supply. The villagers of Dholakpur never wasted water again and started saving it.

**Moral of the Story:** *Do not waste things. Use them wisely.*

## Ways in which we can prevent the wastage of food:

**Tips To Reduce Food Waste At Home**

**Plan & Prep**  
Plan your meals  
Check your fridge before shopping  
Chop Fruit & Veggies ahead of time

**Love Your Leftovers**  
Date leftovers & take them to work for a simple lunch

**Keep Track**  
Post a list of perishables to be used on the fridge where you can see it

**Make It Work**  
Use 'Kitchen Sink' recipes to use up what's left in your fridge. Quiche, stirfrys and soups are all good options

- Buying food items in the required quantities only.
- Avoiding unnecessary cooking.
- Keeping leftover food in the refrigerator.
- Trying to reuse leftover by making new recipes.

**Part-B**

**HEALTH**

**&**

**PHYSICAL**

**EDUCATION**

**COMPILED BY: PRADEEP TYAGI**

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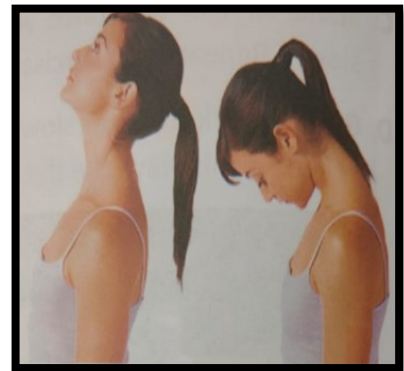
**TERM-I**  
**HEALTH AND PHYSICAL EDUCATION**  
**UNIT: 01**  
**SIMPLE PHYSICAL EXERCISES**

**Neck Exercises:**

Starting Position: Stand with suitable distance between the legs. Now keep your hands on the waist.

**Exercise 1: Bending Neck Up and Down**

**Steps:**



- First of all touch your chin to your chest slowly.
- Then slowly bring your neck upward.
- Then bring your neck backward.
- Again slowly bring your neck straight.
- Repeat this exercise five times.
- Take care not to jerk your neck.

**Exercise 2: Bending Neck Sideways**

**Starting Position:** Stand with suitable distance between the legs. Now keep your hands on your waist.

**Steps:**

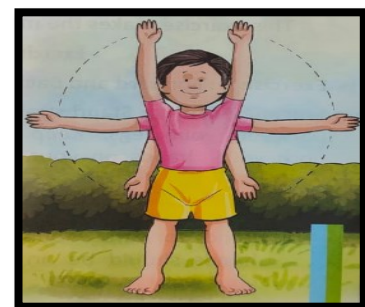


- Keep your neck straight.
- Slowly bend it to the left.
- Then bring your neck straight.
- Now bend your neck to the right.
- Again bring your neck straight. Keep on bending your neck left and right for five times.
- This exercise will increase the flexibility of neck muscles.
- Take care not to jerk your neck.

### **Arm Exercises:**

#### **Exercise 1: Raising the Arms**

##### **Steps:**



- Raise both the arms. Straight up the arms slowly. Your hands should touch your ears. The palms should be open and pointed up.
- Slowly bring your arms down in the parallel position.
- Bring your arms in the normal position.
- Avoid any jerky movement.
- This exercise will help to make muscles of arms strong.
- Repeat this exercise for five times.

#### **Exercise 2: Rotation of Arms**

**Starting Position:**

Stand with suitable distance between your legs. Arms should be kept close to the body.

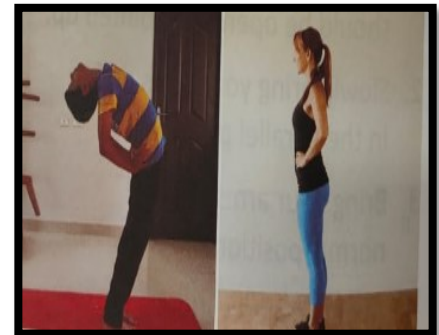
**Steps:**

- Both arms should be raised to the sides at the shoulder level. The palms should face the ground.
- Rotate both the arms first clockwise for five times and then anti-clockwise for five times.
- Avoid any jerky movement.
- This exercise makes the muscles of arms more flexible.

### Waist Exercises

**Exercise 1: Forward and Backward Bending of Waist****Starting Position:**

Stand straight. There should be proper distance between your legs. Keep both of your hands on your waist.

**Steps:**

- Bend forward. Your hands should be on your waist.
- Slowly return to the starting position.
- Now, bend backward.
- Again come to the starting position.
- Repeat this exercise five times.
- Avoid any jerky movement.

**This exercise improves the flexibility of back muscles as well as the waist muscles.**

### **Exercise 2: Sideways Bending of the Waist**

**Starting Position:** Stand straight with suitable distance between the legs.



#### **Steps:**

- Keep your hands on your waist and then slowly bend your waist to the right.
- Return to the standing position.
- Now slowly bend your waist to the left.
- Repeat this exercise five times.
- Avoid any jerky movement.

**This exercise makes the muscles of waist strong and flexible.**



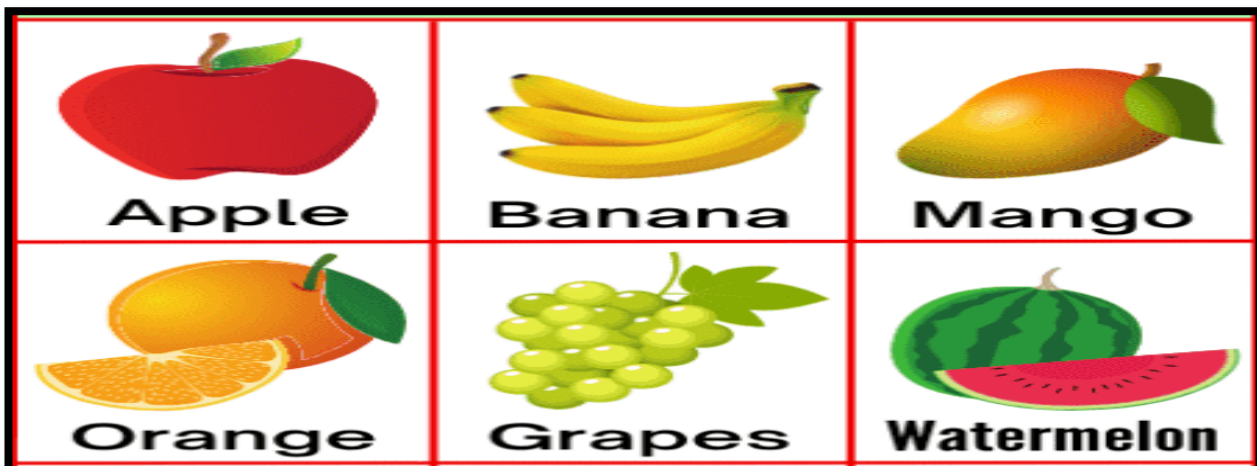
**UNIT: 02**  
**FOOD AND NUTRITION**  
**FRUITS**

**Some Important Points:**

- We eat food to live.
- Proper and healthy food is necessary for a healthy body.
- Poor eating habits have a bad effect on body and mind.
- Fruits and vegetables are source of many essential vitamins, proteins and carbohydrates.
- Junk foods are very harmful for our health.
- Proper and nutritious food is necessary for healthy body.
- We should eat homemade nutritious food like pulses, chapatti, rice, cooked vegetables, salad, etc.

**Fruits are sources of many essential vitamins, proteins and carbohydrates.**

**Some Important Fruits:**



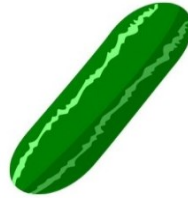
## VEGETABLES

Vegetables are sources of many essential Vitamins, Proteins and Carbohydrates.

**Some Important Vegetables:**



**Tomato**



**Cucumber**



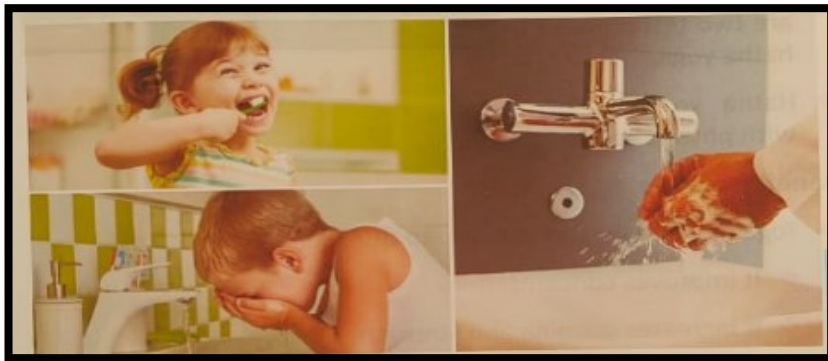
**Carrot**



**Cabbage**

**TERM-II**  
**HEALTH AND PHYSICAL EDUCATION**  
**UNIT: 03**  
**HEALTHY HABITS**

- We should keep our body clean.
- We should brush our teeth.
- We should wear clean clothes.
- We should wash our hands before and after eating food.
- We should brush our teeth at least twice a day.
- We should comb our hair. We should pare our nails regularly.
- We should take part in outdoor sports to keep ourselves strong and healthy.



## UNIT: 04

### YOGA

Yoga is derived from a Sanskrit word which means 'to unite'. It is union of body, mind and soul.

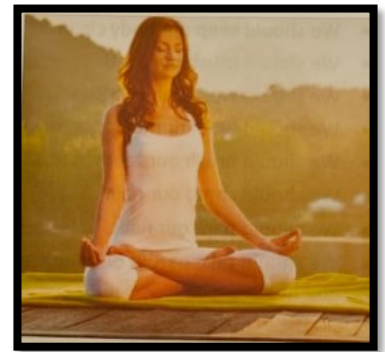
#### Concepts of Yoga:

Yoga is the practice of asanas.

Asana and Pranayama are two techniques of Hatha yoga.

Hatha yoga begins with physical body.

#### Benefits of Yoga:



- Yoga makes a person immune to diseases.
- It improves concentration.
- It increases stamina and strength.

#### Different Asanas:

##### Padmasana

#### How to Perform:



- Sit with both legs crossed.
- Place the ankles on the opposite thighs.

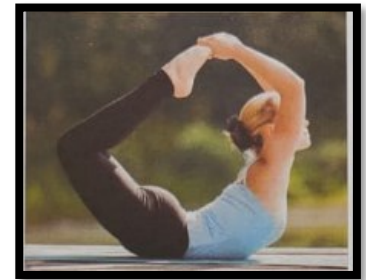
- Keep your back straight. Your hands should be stretched out in front of both of your knees.
- You should not bend your wrists.

**Benefits:**

- It calms the brain.
- It increases concentration. It reduces muscular tension.

**Dhanurasana**

**How to Perform:**



- Lie flat on your tummy.
- Your arms should be alongside of your body.
- Your arms should be up.
- Bend your knees, and hold ankles with your hands and exhale.
- Then inhale and raise the thighs, head and chest as high as possible.
- Try to maintain the weight of the body on lower abdomen. Look upwards and breathe normally.
- While exhaling, bring down the head and legs up to knee joint. Maintain this position as long as you can.
- Then slowly come back to the original position.

**Benefits:**

- It strengthens the back and leg muscles.
- It helps to digest food.

## Bhujangasana

### How to Perform:



- Lie on your stomach.
- Rest your head on your arms. Look forward. Try to raise arms while keeping the body straight on your chest.
- Keep your hands on your sides. Your palms should rest on the ground.
- Raise your body by pushing your hands against the ground.
- Try to go up till you feel a stretch in your belly. Wait for a couple of seconds. Hold the position and come down gently.

### Benefits:

- It increases flexibility and strength.
- It improves digestion.