



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-II

(SESSION 2023-2024)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

COMPILED BY: SHEETAL GULATI

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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.

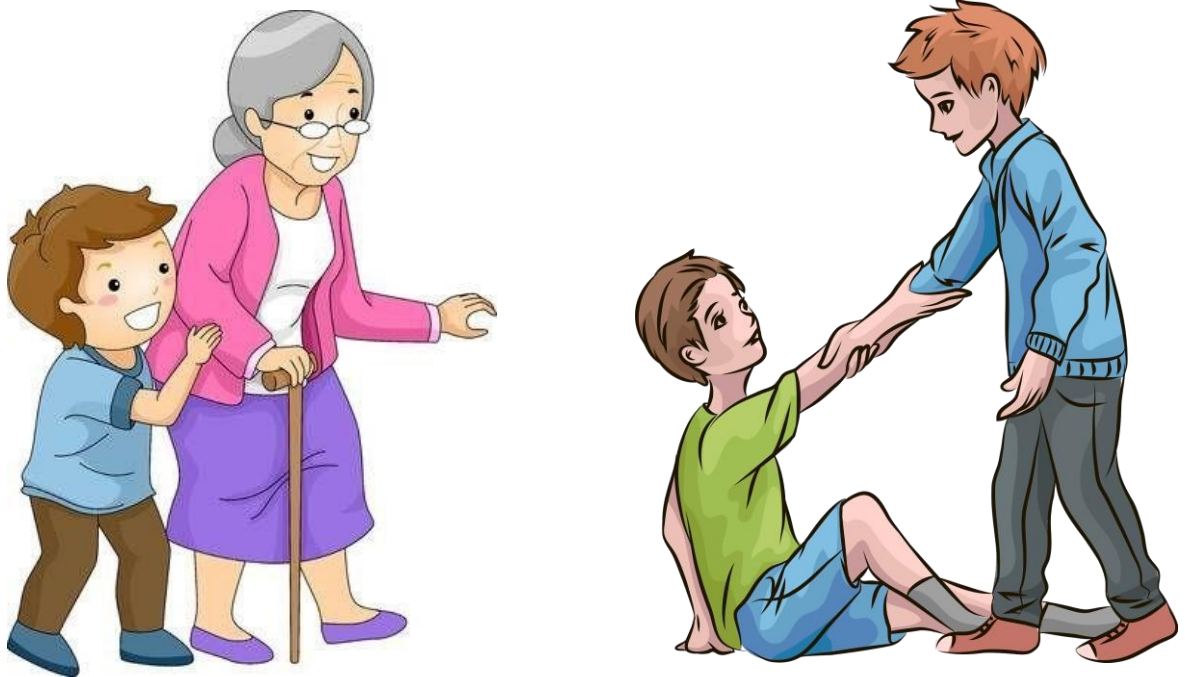
You will earn love and respect from people around you.

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

Health & Hygiene

One, who maintains cleanliness keeps away diseases. In our day-to-day life, we come in contact with millions of germs which can cause illness and various diseases, so to avoid this we should always take care of the body by cleansing which will wash away all the germs from our body.



What is personal hygiene?

Personal hygiene for kids comprises various day-to-day activities such as bathing, brushing teeth, and washing hands.

Importance of Personal Hygiene for kids

Day-to-day personal hygiene habits help to maintain a healthy and hygienic atmosphere. Some importance of teaching good personal hygiene habits to kids are:

1. Keeps healthy and free from bacteria causing germs, illness, and disease.
2. Maintains a positive and healthy body image, which will help boost social confidence.
3. Prevent different infections caused in the body due to avoiding self-care.
4. Gives a good odour to the body.

Bathing- Show them how to clean the different parts of the body- the hands, under arms, legs, feet, groin, joints, back, navel, elbows, and knees and let them practice it.

Coughing and Sneezing habits- Teach your child the habit of covering his mouth and nose with a tissue when he/she sneezes or coughs. If using hands to cover, tell them to wash their hands and if the water is too cold to use, use a hand sanitizer.

Dental Health- Get your child a good hygiene habit of brushing and flossing his tongue to avoid bad breath.

Poem

Clean up, clean down

Do your share.

Clean here, clean there

If you really care.

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

Feelings

When you eat your favourite ice cream, you feel happy. When your best friend does not talk to you, you feel sad. When someone breaks your toy, you feel angry. What are these? These are feelings that you can feel in your mind and body.

Understanding and talking about feelings is very important. It help us understand what others are thinking and why, and also helps others understand us.

If you feel upset about something, but you are not able to show it to your mother, then she will never know how to help you. It is important for us to show our feelings. You can show your feelings to others with your actions, expressions and words.

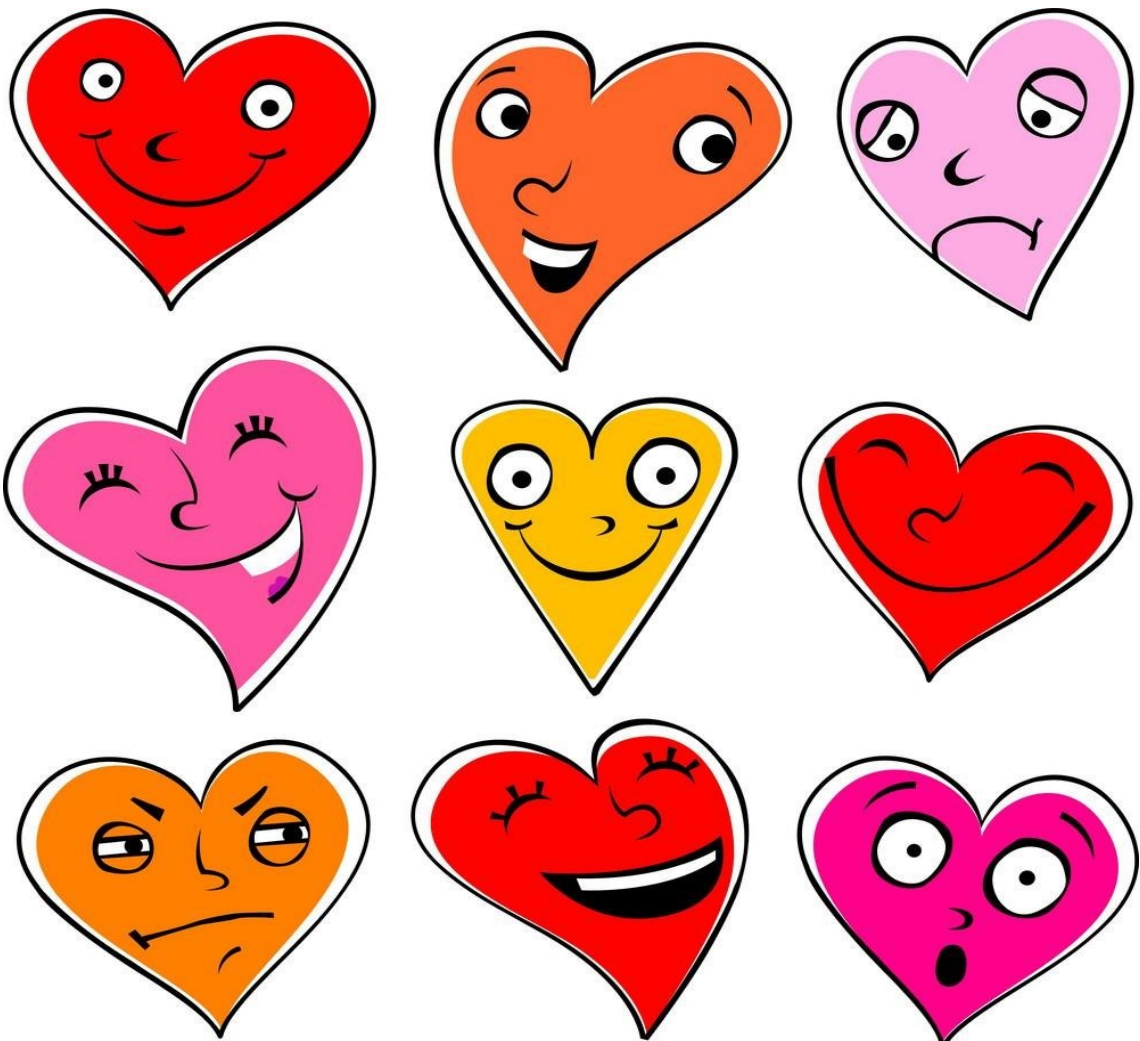
You should tell your loved ones how you feel through words. But remember, when you are using your words to show how you feel, make sure it is in a way that doesn't hurt anyone. If they are hurt by the way you are expressing your feelings, they may become sad because of you.

When you show your feelings, people can help you when you feel sad or hurt. They can also join you when you are happy.

KEY VALUES:

Sharing your feelings is a healthy thing to do. It makes your heart feel light and good. Not sharing feelings, on the other hand makes your heart feel heavy. It distracts your mind from everything else and tends to make feel lost.

You may have a friend whom you trust or maybe a loved one, like your mother. Always share your feelings with them and make sure you know about theirs too.



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

Being Fit

Dear Learners

We all love to eat pizzas, cakes, chocolates and chips. Eating such food items daily makes us unhealthy. So, we should eat healthy food, play and exercise every day to stay healthy, strong and fit.

Story: Tim and Jim

There was a little boy named Jim. He was fat and lazy. Everyone called him 'Fatty'. Jim was a good boy, but he did not have any friends as he never went out to play. Jim had a bad habit of eating junk food.

Jim ate chips and cakes for breakfast; pizzas, noodles and ice-cream for lunch; and burgers and doughnuts for dinner! All these food items made him fat and dull. Jim could not run or walk fast.

One day, Jim got a new neighbour, Tim. He was a healthy and happy boy. Tim had many friends. He always had healthy food such as fruits, vegetables, milk, rice, dal and chapati. One day, Tim visited Jim. Tim looked at Jim and felt very sad for him. Tim decided to help Jim become healthy like him.

Tim called Jim to his house for lunch. Tim's mother had prepared a healthy meal. Jim told Tim that he had never eaten such a tasty meal before. While eating food, Tim told Jim to stop eating junk food and start eating healthy food. Tim also told Jim that eating healthy food would make him active and strong. Jim promised his new friend that he would eat healthy food.

After that day, Jim stopped eating junk food and started eating only healthy food. Jim and Tim became best friends. They played and exercised together. Soon, Jim became healthy and strong. He was very happy as everyone started calling him Jim.



Moral of the Story:

To stay fit and healthy, you must eat nutritious food and avoid junk food.

UNIT- 8

Family

We all are born in a family. That family can be a big family with many uncles, aunts, brothers and sisters. Some families are small. There may just be a very few people like only you, your mother, your father, a brother or a sister. Having a family helps us feel loved and cared for. We feel safe with them. They act like a support system for us when we need it.

A small family that has only a mother, a father and a sibling is called a nuclear family. One that is big enough to have grandparents, parents, uncles, aunts and cousin is called a joint family.

Story: Only What Matters

Mia's family decided to go on a picnic. Mia could not decide what to pack. She went to her mother to ask. "Take only what matters Mia," she said. Now, Mia wanted to take many clothes, toys and even her pet hamster on the picnic.

Mia's mother came into the room and saw her packing many things. "Mia, do you think you need all this for the picnic?" she asked. "But ma, I may need all these things to be happy on the picnic," Mia said. "Mia, who do you think you are going to be with at this picnic?" her mother asked. Mia thought for a while. Then she said, "My family!" "Exactly. It is your family who you can play with. Spending time with your family will help you feel happy. You feel safe with and cared for by them.

This is what a family does. So let's have a good time with those who matter.

And that is...?" "My family!" Mia said with a smile.



The bond of a family is said to be unbreakable. This means we can always turn to them for help. They are those people who will always be with you. A family helps us become the kind of person we are. We learn values like love and kindness from them. The way our family treats us helps us treat others in the same way. For example, we learn to share because our family taught us that value. Or we learn how to respect others because our family has taught us that value. So if any of our actions or words hurt others, that can make our family sad too.

Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: PRADEEP TYAGI

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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.



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.



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.



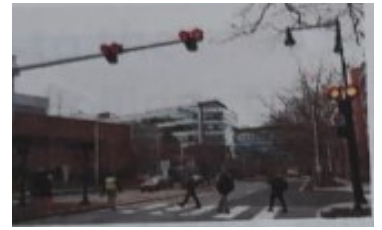
Safety while Playing

- 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:

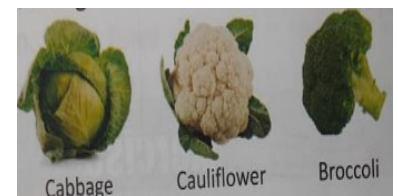
Leafy green vegetables: lettuce, spinach, etc.



Benefits of leafy green vegetables:

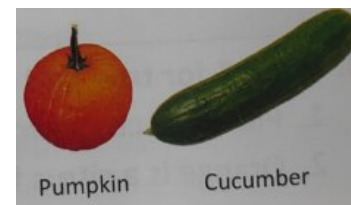
They are good source of iron and calcium. They make the immune system strong. They help in controlling diabetes.

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.

