



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-IV

(SESSION 2023-2024)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

COMPILED BY: NEETA CHHABRA

CONTENTS

TERM - I

	Page No.
<i>Unit 1. How to be Confident.....</i>	3
<i>Unit 2. Taking Initiatives.....</i>	6
<i>Unit 3. The 7-Step Safety Rule</i>	8
<i>Unit 4. Body Ownership.....</i>	11

TERM II

<i>Unit 5. Strangers Around You</i>	13
<i>Unit 6. Decision Making</i>	15
<i>Unit 7. I Am Responsible</i>	17
<i>Unit 8. Eat Healthy and Eat Safe</i>	20

Unit - 1

How to be Confident

Confidence means to believe in and feel sure of yourself and your abilities. This is not in an arrogant way, but in a realistic way. Confidence is not about being better than others but believing you **can** do something.

Practicing, working hard, trying again, and never giving up-all these things help you get better and feel more confident. That's what will help you believe in yourself more.

Let's read a story that will help us ponder over this topic deeply.

Anita

Anita was a cheerful young girl who lived in Nepal's eastern Himalayan area, in the land of snow. She was from a shepherd family. It was that time of year when the stars in the darkness never appeared brighter than the village. Anita discovered that many tourists travelled to her village during this time.

Anita became excited as she observed visitors in her hamlet from all around the world. Anita questioned, "Why have these people come here, dad?" "Sweetheart, they have come to climb those mountains," Anita's father said. Anita exclaimed she was amazed at their bravery, "Really, dad? Can you make the journey to the top?" "Of course, sweetheart, a lot of people do it," her father answered. Anita declared with a loud streak of confidence, a fiery dream brewing in her eyes, "Someday, I will be able to climb the peak of these gorgeous mountains!" Life, however, had other plans for her. When Anita was thirteen, she had lost one of her legs in an accident. Her joyous world was soon surrounded with sorrow.

"I'll never be able to climb those mountains," Anita screamed. Her father cherished her. His young girl was hurt, and he couldn't bare to see it. He was also heartbroken. But he remained hopeful. After a lot of endless

nights, her father succeeded in making a wooden limb for her that she could wear and used to walk.

“Never is not a word in our dictionary. Go pursue your dream. Practice and begin scaling the mountains.” The steadfast father stated.

Anita was filled with happiness. She attempted to walk wearing the wooden limb, but fell down. She stood up and stumbled while attempting to run. The father and daughter’s efforts seemed stupid and were criticised by the entire village.

However, nothing dragged them down. The father and daughter were both keen on achieving Anita’s goals despite all challenges. They continued to train. After 5 long years of practice and training, Anita reached the peak of the highest mountain and fulfilled her dream. She also earned the respect of her father and her nation.

Speaking Clearly

When you speak clearly and firmly people are more likely to believe what you say. This is because the way you speak shows that you are sure of what you are saying. For example, when Farhan says, “I don’t want you to lift me up,” nobody tries to lift him into their lap. People listen to him.

Looking at people’s face

You show confidence when you look directly into the eyes of the people you are talking to. This shows your confidence because this shows that you are serious about what you are saying. For example, when Diana says, “I will not wear this pink T-shirt,” while looking the person in the eyes nobody tries to force her. People listen to her.

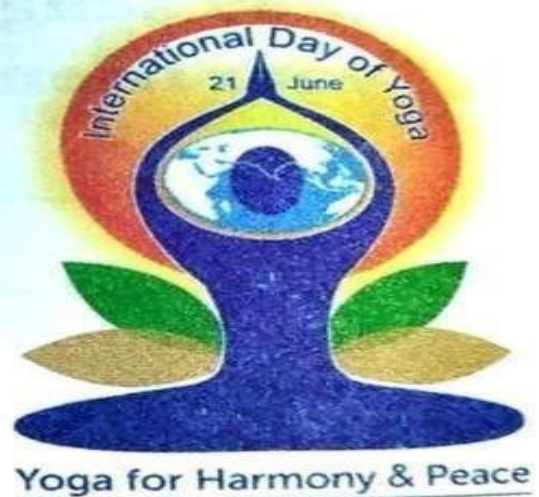
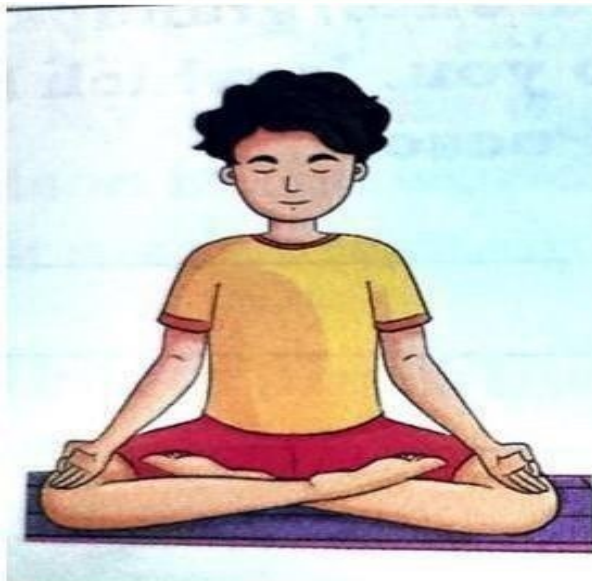
Good Posture

You show confidence by the way you sit or stand. This is called posture. When your posture is always straight, it shows that you are not afraid to say what you really think. This will make everyone believe you. For example, when Raghu says, “I will not play with Vicky because he breaks the rules,” while standing straight nobody

tries to force him to play with Vicky. People believe Raghu.

Doing yoga improves your posture.

If we speak loudly and firmly, look directly at who we're talking to and sit/stand straight, there is a greater chance that people will listen to and believe us.



Unit - 2

Taking Initiatives

Dear Learners

The ability to start something independently and to volunteer to take charge before others do is called initiative. People who are able to take initiatives can take an action on time without the guidance of others.

Taking initiative means noticing opportunities and taking actions.

The Little Red Hen

There once lived a little red hen in a farmhouse. Many other animals lived with her in that farmhouse. One day, the hen found some grains of wheat on the ground. She thought for a while and decided to sow them. She took the grains to the farmhouse and asked her friends for help.



‘Who will help me to sow the wheat grains?’ asked the hen.

‘Not me!’ replied all the farm animals together.

‘I will do it on my own then,’ said the hen.

So, she sowed the grains into the soil and watered them daily.

After some days, when the seeds grew into crops, she asked her friend to help her harvest them.

'Who will help me harvest the crops?' she asked.

'Once again the other farm animals replied, 'Not me!'

'I will do it on my own then,' said the red hen.

So, she harvested the crops all by herself and stacked them. Now the red hen had to take the wheat to the mill to grind it into flour. She wanted her farm friends to come along and help her carry the wheat. So, she asked them once again, 'Who will help me take this wheat to the mill?'

And promptly came the same reply, 'Not me!'

'I will take it on my own then,' said the hen.

So, she carried the heavy wheat stacks, all by herself, to the mill. The Miller ground all the wheat and gave the little red hen a big bin filled with flour. The hen was very happy. She could bake fresh breads with the flour.

After returning to the farmhouse, the hen asked her friends to help her make the bread, but, yet again, everyone refused.

So, she decided to bake the bread all by herself.

While she was baking, the smell of the bread filled the entire farmhouse. All the other farm animals went to red hen and told her what a great job she had done. They also asked her if they could eat some of the freshly-baked bread.

But now it was the hen's turn to refuse her friends' request. She replied, 'I took the initiative to sow the seeds, harvest crops, grind the flour and bake the bread. I asked all of you to help, but

nobody came forward then. Now I'm going to enjoy the fruits of my labour all by myself.'

And so, the little red hen went back into the barn and finished the yummy bread in no time.



It will never rain roses: when we want to have more roses, we must plant more roses. – George Eliot

Unit - 3

The 7-Step Safety Rule

Step 1

Play the game "ASK and DO." - Always ASK your parents and grandparents before doing anything, talking to anyone, going anywhere, or eating, drinking, or taking anything that others give you. ASK them, "Is this safe for me?" and DO these things only if your parents tell you they are safe for you.

Step 2

Listen to your feelings. Sometimes, some people may make you feel scared, ashamed, guilty, uncomfortable, or confused. Listen to your feelings. Try to stay away from these people. Sometimes, some places may NOT make you feel good. Again, listen to your feelings. Avoid being in such places. For example, if you are at a friend's house and something feels wrong, say that you are not feeling good, and that you need to go home immediately. Go home if you can or call your parents to take you home. Remember, our feelings tell us what is safe and unsafe for us. Trust and follow them.

Step 3

Scream! - If someone gives you an unsafe touch or look, you can scream at that person. Screaming is like blowing a whistle loudly and alerting everyone. Screaming scares, the person who is doing the unsafe thing to you. When you scream everyone comes to know that you are not feeling safe. You draw everyone's attention, and they can help you be safe. If the person tries to pick you up forcibly, lie down on the floor and start kicking your legs in the air. Kick as fast and as hard as you can and keep screaming at the person. When you do so, it becomes very difficult for the person to pick you up.

Step 4

Say, "NO!" - Say, "NO!" to the person who is doing the unsafe thing. Say, "NO!" to anyone and anything that makes you feel unsafe.

Step 5

Get away - Get away as soon as you can from the person doing the unsafe thing. If you must run, run! Do not hesitate. For example, if you are with the person in the drawing room, you can say that you need to go to the toilet immediately. Then, you can go to another trusted grown up in the house. If there is no one else in the house, you can go to another room or the toilet, lock the door and wait inside till someone else comes home.

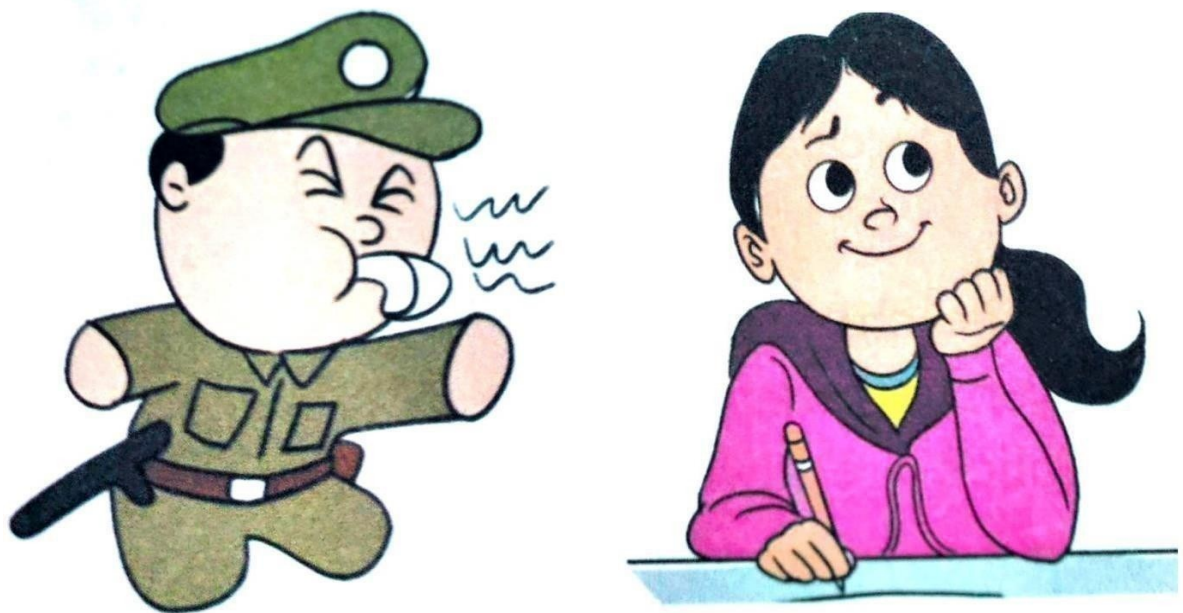
Step 6

Tell a grown up you trust - If someone has done something that makes you feel bad, dirty, guilty, ashamed, confused, or sad, you must immediately tell someone you love and trust. You must not hide it. You must not keep quiet. You should not think that keeping quiet will make it go away. Sometimes, we get so scared that we do not want to tell anyone. But not telling is also unsafe. The person behaving in an unsafe way should stop doing that. If you tell a trusted grown- up, they can help you. Tell as soon as possible!

Step 7

Keep telling till someone believes you! - Sometimes, when you tell a grown up you trust, they may not believe you immediately. They may say: "Are you sure this happened?" "Maybe you made a mistake," "That person would never do that" or "But that person loves you. Why would they do that to you?" You know that grown-ups think differently from children. You also know that you do not always believe everything your parents and other trusted grown-ups tell you, like when your parents and the doctor tell you that the injection won't hurt. But you still love and trust them. Just like that,

the grown up you TELL may not believe you at first. They may even feel sad or angry when you tell but remember that they still love and trust you. They always do their best to keep you safe and happy. After all, they are your loved and trusted ones. Most grown-ups are like that. So you must KEEP TELLING them.



Unit - 4

Body Ownership

Permission to Touch

Your body belongs to you. Nobody should touch your body without your permission. Only your loved and trusted ones can touch your body. **Loved** and **trusted ones** are your parents, grandparents and teachers.

Private Parts

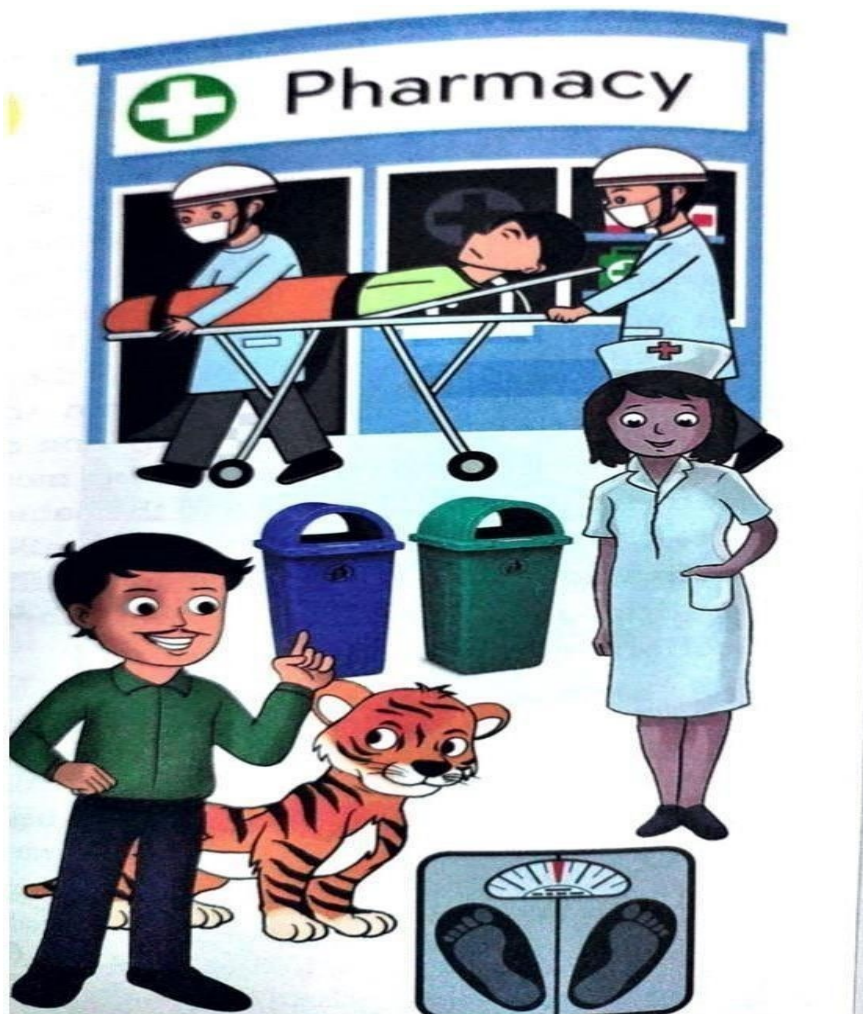
Everyone – young or old, parents, grandparents, uncles, aunties, cousins, friends, teachers, and doctors have their own private parts. **Private parts** are the parts of our body that are always covered by our undergarments like underwear and undershirt. The mouth is a special private part because it is not covered. Even though girls and boys have similar skeletons, they have different private parts. Just as we take care of all parts of our body, it is also important to take care of our private parts. We should wash and clean them thoroughly while taking a bath every day.

Types of Touches

Unsafe Touches: Unsafe touches can make you feel as if something is wrong. If someone touches you in an unsafe way, you may feel sad, dirty, hurt, helpless, angry, or embarrassed. Hitting is an unsafe touch and it hurts. Sometimes unsafe touches do not hurt, but they are still wrong. If someone tries to touch your private parts (even on top of your clothes), it is an unsafe touch. There are some unsafe touches that you may like or feel happy about. For example, if your friend touches your private parts for fun. But they are not safe! You must stop it immediately and tell a trusted grown-up as soon as you can.

“Fix It” Touch: “Fix It” touches are what doctors and nurses in the hospital and the medical room in our schools do. These touches may hurt but they are to help you.

Accidental Touch: An accidental touch is a touch that happens by mistake. Example: A push that you get from someone when your school bus is crowded. An accidental touch does not occur again and again with the same person.



Unit - 5

Strangers Around You

Not all strangers are bad but we have to be careful while dealing with strangers.

Most strangers can be trusted but not all. They also know that children have to follow safety rules when it comes to them. They know that before talking to them children have to follow these five safety rules:

Rule 1

ASK and DO! You must first ASK a trusted grown-up about the stranger, and then you must DO what they tell you.

Rule 2

Do not talk to or take anything from a stranger.

Rule 3

Do not go anywhere alone with strangers. Even if they tell you that your parents or loved and trusted grown-ups have sent them, do not go with a stranger unless your parents have said that it is okay for you to go with them.

Rule 4

If any stranger clicks your picture, always tell your loved ones.

Rule 5

Do not share any personal information like your address, school's name and class, parents' names, and any phone numbers, email-ID with any stranger.

A person with whom you are talking on the phone can also be a stranger. You can also come across a stranger on the Internet. So

whenever you are on the Internet, your loved ones should be around. Ask your parents, grandparents and teachers who is a stranger for you. When we spend a lot of time with someone, doing things together, we start to know the person. This way, a stranger stops being a stranger and becomes someone we know. This is how you make friends in school, isn't it? But first, we need to ASK a grown-up we trust, if it is safe to spend time with a particular stranger.

Strangers can exist in the real world as well as on the Internet.



Unit - 6

Decision Making

Making right decisions may seem like a tough job sometimes. A lot of our future depends on the decisions we make. If we know that the outcome of our decision is going to be positive, then that is a right decision. If the consequences of our decision are going to harm people, then we must think again before making such decisions.

Sometimes in life, we will have to make tough choices. Our heart will say one thing and our mind another. There will be times when a bad choice will appeal to us more. It is during such a time that we should go by our values and ethics.

The Ant and The Grasshopper

On that lovely spring day, a grasshopper was having fun in a field of lush grass. He observed a group of ants moving over the field while carrying some wheat grains. The grasshopper asked, "Where are you going with that big load?"

One of the ants stated, "We are carrying these grains to our nest." "But it's such a beautiful day, come and have fun with me" said the grasshopper.

"I disagree; I think you need to come and work with us. There will be a lot of snow and long winter. You better start storing your food now," replied the ant.

"Why worry about the winter? Spring has just arrived and there is plenty of food available," the grasshopper thought. The grasshopper did not listen to the ant. The grasshopper still did nothing except eat, sleep, and play during the entire spring. Then came summer. The grasshopper still didn't do anything, but eat, sleep and play while the ants were busy gathering food for the coming winter.

Later came Autumn. The grasshopper yet again was told by the ant to gather food for winter but he ignored the advice. "Winter has not yet arrived, but I am confident that I will be able to locate food when it does." Winter arrived a few weeks later, and the snow started to fall.

The snow was extremely deep as the ants had warned. The ants were all snug, warm, and comfortable in their nest with lots of good food to eat.

The grasshopper, however, had trouble finding food. He was very hungry and miserably cold all winter. By the time winter had ended, the grasshopper had learned a valuable lesson. Next spring onward, the grass hopper went out to gather food with the ants.



It is in your moments of decision that your destiny is shaped.

Unit - 7

I am Responsible

Responsibility is all about doing the task which has to be done by you willingly and with complete concentration.

We cannot get rid of the responsibility of things we have to do tomorrow by avoiding them today. There are times when each one of us gets stuck in a situation in which something unwanted happens.

If you do not perform it responsibly the task gets done shabbily. However, sometimes, even after doing the task with responsibility you may not get the desired results. In that case, it is important to accept responsibility and find out how you could do better. Making excuses and blaming others does not help us to improve.

Responsibility towards Things

As we are responsible for human beings and people around us, we need to be equally responsible towards the things around us which we own. For example, taking care of your clothes, your books, your toys etc.

Responsibility towards Work

We must be equally responsible for the work assigned to us, we should complete the work within the given time, and we should value the time assigned to us. We should be responsible to the task we take and should complete it responsibly.

Being responsible with Money

Your Parents must put in a lot of hard work to earn money and it should be spent wisely. You should plan your pocket money, so that you have enough money to last till you get your next allowance and you don't have to borrow all the time. Being responsible with your money will help you buy things you can't afford later for yourself.

Responsibility towards Smaller Children

You should learn to take care of all those who are younger to you, just as you have been taken care of by people elder to you. This would mean that you should feel good whenever you get an opportunity to look after a younger child who may be your brother/sister or another child in a class junior to you at school

Responsibility towards the Less Fortunate

You must have seen street urchins, beggars and other such less fortunate people who do not have things that we take for granted. It is our responsibility to help them in every way possible - With our time (by teaching somebody poor) or with money (donating for a humanitarian cause). You should keep aside some money regularly to give to the needy.



Nurture the Seeds

Neha was given a new assignment by her teacher. On reaching home, she said to her mother, 'mom please give me some dry peas. The teacher had asked us to sow them in a pot, keep it in sunlight and water it daily. We have to show the saplings to her after a week.'



Her mom gave her some dry peas and told her, 'Neha, since it is your assignment, it is your responsibility to sow and nurture the peas. But, I will guide you if you need any help.' Neha agreed and sowed the dry peas in a pot and poured them water in it. The next day, however, Neha forgot about the peas.

After a week, the teacher reminded the class to get their little pea plants to school the next day. Neha panicked for a moment, but then she remembered sowing the peas. She was sure that they had grown into little plants by then. On reaching home, Neha went to check her young plants. But she was shocked to see that there was no plant in the pot. She screamed, 'Oh Mom, see this! the peas that I had planted have not grown. I must tell the teacher that peas don't grow this way!' Her mom asked her, 'Neha, why don't you check with your classmates and find out if their seeds have grown or not?'

So, Neha visited her friend, Poonam, whose house was in her neighbourhood, to check her seeds. She was surprised to see that Poonam's seed had grown into beautiful little plants. Poonam explained to Neha that she had followed the teacher's advice and watered the seeds every day and kept them in the sunlight. Now they had grown into beautiful saplings! Neha realized that she had forgotten the teacher's instructions about watering the seeds daily. She returned home and told her mom, 'Mom, we forgot to water the seeds.' Her mother smiled and said, 'Neha I did remember. But I wanted you to learn to take responsibility for your assignment.'

Neha could not submit her assignment the next day but she learned a valuable lesson about taking responsibility for her assignments. She re-planted some peas and watered them daily, and this time they grew into beautiful plants.

Moral of the story: We should be responsible for the duties that we are assigned.

Unit - 8

EAT HEALTHY AND EAT SAFE

Our body is made up of different types of cells. These cells have their own life. They are so tiny that you need a microscope to see them. These cells join to form smaller and bigger body parts including tissues and organs like bones, stomach, and others.

Cells in our body need raw material to maintain themselves, perform their functions and grow. We also need energy to work and play. Our diet is the food that we eat and the liquid we drink. It is our raw material. It provides us with energy. This energy is called calories. Water does not provide any energy, so it has 0 calories.

The beat that never stops

We need air to breathe. Air, as you know, is a mixture of many gasses like Oxygen (O₂) and Carbon Dioxide (CO₂) among others. Our body continuously takes in (inhales) air, draws O₂ out of it and then throws back(exhales) CO₂ through lungs. Its passage is through the windpipe.

The smaller, the better

The food that we eat lands in our stomach through our food pipe. The food is broken down into smaller pieces first by our teeth by chewing and then in various steps called digestion by organs of our digestive system like stomach and small intestine among others. Unlike breathing, digestion is a slow and long process in which food travels in zig-zag fashion tunneling through various digestive system organs.

You can measure what you eat

Food has different components called carbs or carbohydrates, fat or lipids, proteins, vitamins, and minerals. These components are called nutrients. They perform specific tasks in our body. We need carbs, protein, and fat in large quantities whereas vitamins and minerals only sparingly. 1 unit (1gram) of fat has 9 calories and 1 gram of carbs and 1 gram of protein has 4 calories each.

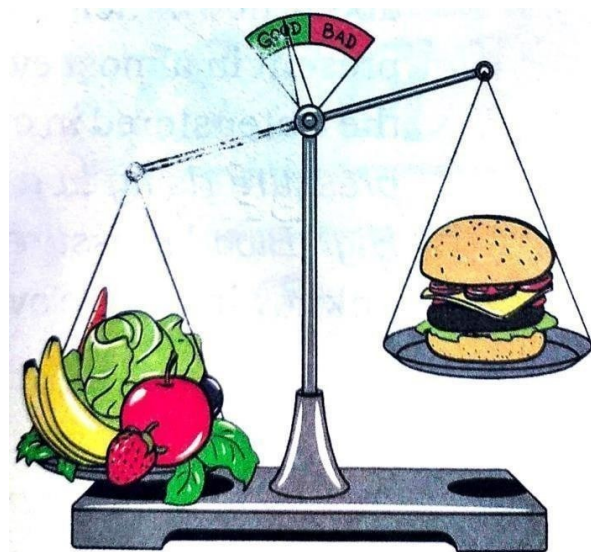
A Pinch of salt and sugar, that's all

Beware of sugar, it is a carb present in almost everything in your diet. Excess sugar in your body may lead to a disease called diabetes. You should also be careful about how much salt you take. Just like sugar, it too is present in almost everything in your diet.

Be careful of what you eat

Food adulteration means removing the right nutrients from the body by mixing various things or making it impure. Food adulteration is harmful and against the law. Nowadays, we consume a lot of packaged food /beverages like potato chips, cola, and a whole lot more.

Minimize the use of processed foods rich in fats, sugar, and salt.



Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: PRADEEP TYAGI

CONTENTS:

TERM-I

UNIT-1 MOVEMENT

UNIT-2 FOOD AND NUTRITION

TERM-II

UNIT-3 MOVEMENT

UNIT-4 USE OF FIRST AID

TERM-I
HEALTH AND PHYSICAL EDUCATION
UNIT-1
MOVEMENT
Muscle Strength and Endurance

Exercise 1

Lung Power/Stamina

20 meters running in medium speed

Steps:

1. Stand straight on the start line.
2. Start running when the whistle blows. Run at a medium speed.
3. Stop running when the whistle blows after 20 minutes. You may repeat this exercise two or three times. But do take a break in-between.



Exercise 2

Hopping on one leg

Steps:

1. Stand straight on the start line.
2. Tie a ribbon on the right leg.
3. Start hopping on the left leg when the whistle blows.
4. After hopping for about 10 meters; change the direction.
5. After that repeat this exercise with the right leg. This exercise makes the heart strong. It increases leg power and balancing skill.



Flexibility

Exercise 1

Touching the chest and the stomach to the ground with sitting position:

Steps:

1. Sit and your legs should be straight in the front.
2. The arms should be at the sides of your body.
3. Spread the legs to the sideways. There should be the maximum distance between them.
4. Place the palms on the floor in the middle of the legs.
5. Then bend the body forward.
6. Move the arms forward on the ground and try to touch the chest and stomach to the ground.
7. Try to remain in this position for at least 30 seconds.
8. Take the arms close to the sides of your body.
9. Bring the legs closer and then come back to the original position.
10. Do this exercise for five times.

This exercise increases flexibility of the waist.



Exercise 2

Touching the opposite shoulders by raising the arms

Steps:

1. Stand straight. The distance between the legs should be of shoulder line.
2. Raise one arm straight upwards. Stretch and bend on the opposite side of the raised arm.

3. Move the raised arm behind the head and touch it to the opposite shoulder.

4. Now repeat the same action with the other arm.

5. Do this exercise 4 to 6 times on each time.

This exercise improves flexibility of the waist and the shoulders.



UNIT-02
FOOD AND NUTRITION
Various Sources of food
FOODS FROM PLANTS AND ANIMALS

We get food from two sources: Plants and Animals

Foods we get from plants

The major sources of food are plants. We eat all parts of plants

Root: Carrot, Radish, Turnip, etc.



Leaves: Spanish, Mint, Coriander, etc.



Stems: Potato, Ginger, etc.



Fruits: Mango, Orange, Apple, etc.



Flowers: Cauliflower, Broccoli, etc.



Bark: Cinnamon, etc.



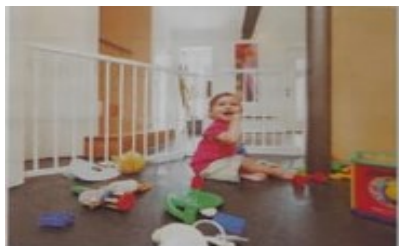
TERM-II
UNIT-3
MOVEMENT
SAFETY AT VARIOUS PLACES

Accidents can occur at any time and at any place. To avoid them, we should be careful and follow safety rules everywhere.

SAFETY RULES AT HOME

Accidents can occur at home. We must follow the following rules to avoid accidents at home:

- *Do not play with sharp objects.
- *Do not scatter your toys, books, etc. on the floor. You may trip and fall while walking.
- *Do not touch electric appliances with wet hands; you may get electric shock.
- *Do not play with matchsticks.
- *Do not leave shampoo on the bathroom floor, you may slip over it.



Safety Rules at School

Accidents can occur at school also. We must follow the following rules to avoid accidents at school:

- * Do not lean on the railings.
- *Do not jump on the benches.

*Do not fight with your classmates.



Safety Rules on the Road

We must follow the traffic rules to protect ourselves from accidents or injury on the road:



- *We must always cross the road at the zebra crossing.
- *We should walk on the footpath. We must not run while crossing the road.
- *We must follow the traffic signals.
- * We use a subway to cross the road if it is nearby.
- *We must not put our hand or head out of a moving bus.
- *We should never play on the road.
- *While following the safety rules we can save ourselves from unnecessary injuries

UNIT-4 USE OF FIRST AID

FIRST AID TO BE GIVEN IN DIFFERENT SITUATIONS

The first and timely help the person gets while he is injured or has an accident is called first aid. A timely help can save even the life of the person.

Following are some of the ways of first aid:

Artificial Respiration: If someone gets hurt and becomes breathless, make that person lie down on the stomach. Then press his back with your hands. Move your hands like a see-saw. This way artificial respiration can be given before the proper medical treatment.



Bleeding: If a person is bleeding, tie a clean handkerchief or a bandage over the wound. This would help stop the blood. Also make the person lie down by keeping the wounded part at a higher level. Wash the wound with some antiseptic lotion and then apply an antiseptic cream or a band-aid over the wound.



Burn: In case of a burn, cool it by keeping the affected area under the cold running water. Then apply some suitable cream. In case the burn is a serious, take the person to the doctor.



Drowning: If a person happens to drown, take him out as soon as possible. Keep him lying on the stomach. Turn his head on one side and apply pressure

on the back. In this way the extra water from his tummy will come out through the mouth.



High Fever: In case of high fever try to bring down the temperature by putting down wet cloth on the person. Then the person should be taken to the doctor.



Snake Bite: Keep the person calm. Remove the jewellery and tight clothing. Move the person in such a way so that the bite is at or below the level of heart. Clean the wound but don't flush it with water. Cover it with a clean bandage.

