

Mrs Angie Motshekga,
Minister of Basic
Education



Mr Enver Surty,
Deputy Minister
of Basic Education

These workbooks have been developed for the children of South Africa under the leadership of the Minister of Basic Education, Mrs Angie Motshekga, and the Deputy Minister of Basic Education, Mr Enver Surty.

The Rainbow Workbooks form part of the Department of Basic Education's range of interventions aimed at improving the performance of South African learners in the first six grades. As one of the priorities of the Government's Plan of Action, this project has been made possible by the generous funding of the National Treasury. This has enabled the Department to make these workbooks, in all the official languages, available at no cost.

We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

We sincerely hope that children will enjoy working through the book as they grow and learn, and that you, the teacher, will share their pleasure.

We wish you and your learners every success in using these workbooks.

Workbooks available in this series:

- Literacy / Home Language Grades 1-6
  (In all official languages)
- Mathematics Grades 1-3
  (In all official languages)
- Mathematics Grades 4-9
  (In English and Afrikaans)
- Lifeskills Grades 1-3
  (In all official languages)
- First Additional Language Grades 1-3
  (In English, Afrikaans, Sepedi and isiZulu)
- First Additional Language Grades 4-6
  (In English and Afrikaans)

Rainbow WORKBOOKS

LIFE SKILLS IN ENGLISH
GRADE 1 – TERMS 1&2
ISBN 978-1-4315-0230-1

THIS BOOK MAY NOT BE SOLD.

Grade 1



Life Skills in ENGLISH Book 1

Terms 1&2

Name:

Class:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa South Afrika – South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

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January
February
March
April
May
June
July
August
September
October
November
December

Grade 1



Life Skills in ENGLISH Book I



This book belongs to:

About me



Let's do

Paste a photo of yourself or draw yourself here.

My name is _____.

My surname is _____.

I am _____ years old.

There are _____ members in our family.

Our telephone number is: _____

Our address is:

_____

_____

_____



I know when my birthday is.

yes	i'm not sure	no

Let's draw

Joe is good at soccer.	Draw something you are good at.
	

Let's talk

Tell your friends what you can do well. Then, colour in the star in the correct box to show what you can do.

 I can read.	 I can dress myself.	 I can write.
 I can dance.	 I can make tea.	 I can brush my own teeth.

Teacher:

Sign:

Date:

2

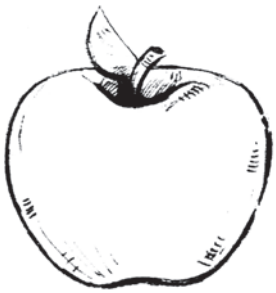
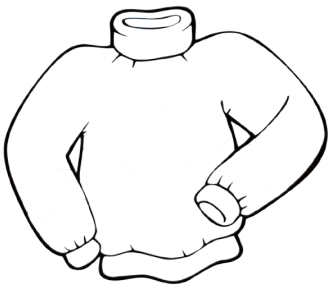
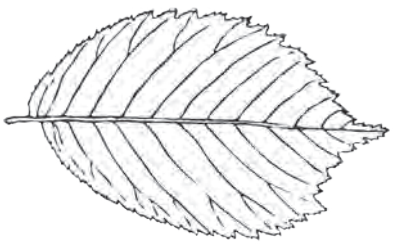
Colours and dance

Let's do

Do you know these colours? Tell your friend the name of the colours.



Now colour each picture in the right colour.

 A yellow banana	 A red apple	 A blue jersey
 A coloured umbrella	 An orange orange	 A green leaf

Let's move

Do what these children are doing.

Shake your whole body.

Pretend you are playing a piano.

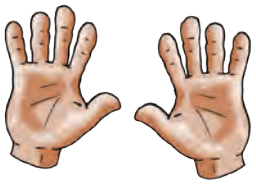
Pretend you are playing a guitar.





Fun

Clap your hands in these patterns.





Clap Clap Clap Clap

Clap Clap Clap

Clap Clap Clap Clap

Clap Clap Clap Clap Clap



Let's do

Can you do these things? Show your friends.

I can run in different directions without bumping into anyone.			
I can skip with a skipping rope.			
I can roll a big ball to my friend.			



We are all special

Let's talk

Look at the picture and tell your friend about the differences between these children.



Big and small

Some of us are big, some of us are small.

Some of us are tall, some of us are short.

Some of us can jump, some of us can sing.

We can all do something well.

What can you do well?



Let's talk

Tell your friends how you felt on the first day of school.

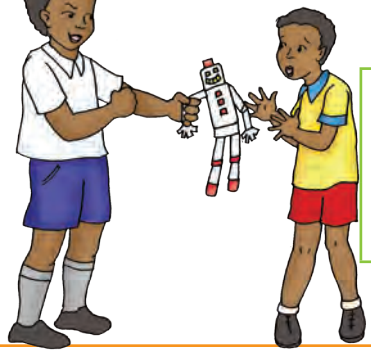
happy	sad	excited	cross	shy
				

Let's do

Draw a picture to show how you would feel if someone gave you a new toy. Write the word in the space below and make a drawing of how you would feel.

Let's talk

Tell your friend what is happening in each picture. Say how you would feel if these things happened to you. Tick the correct face.



A big boy takes your things.

		
happy	excited	sad

You and your friend play together.

		
cross	happy	scared





You open a gift.

		
scared	excited	shy

Your brother or sister breaks your favourite toy.

		
shy	glad	cross



Let's do

Make your fingerprint in the first box, and ask a classmate to make his or her fingerprint in the next box.

Did you know that no-one in the world has the same fingerprint as you? You are so special, that there is only one of you in the world. Not even twins have the same fingerprints.

Can you see that your fingerprints differ?

Teacher:

Sign:

Date:

4

We are all different

Let's talk

Look at these children.
How are they the same?
How are they different?





Let's do

Look at the picture and then think about whether these statements are true or untrue.
Colour the true sentences green.
Colour the untrue sentences red.



They all have 2 arms and 2 legs.



They are all girls.

They are all wearing shoes.



They are all wearing pants.

They are all children.



They all have long hair.



Let's draw

Draw a picture of yourself in the first space. Then draw a picture of your best friend. When you have done this, look at your drawing and say how you are different from your friend.



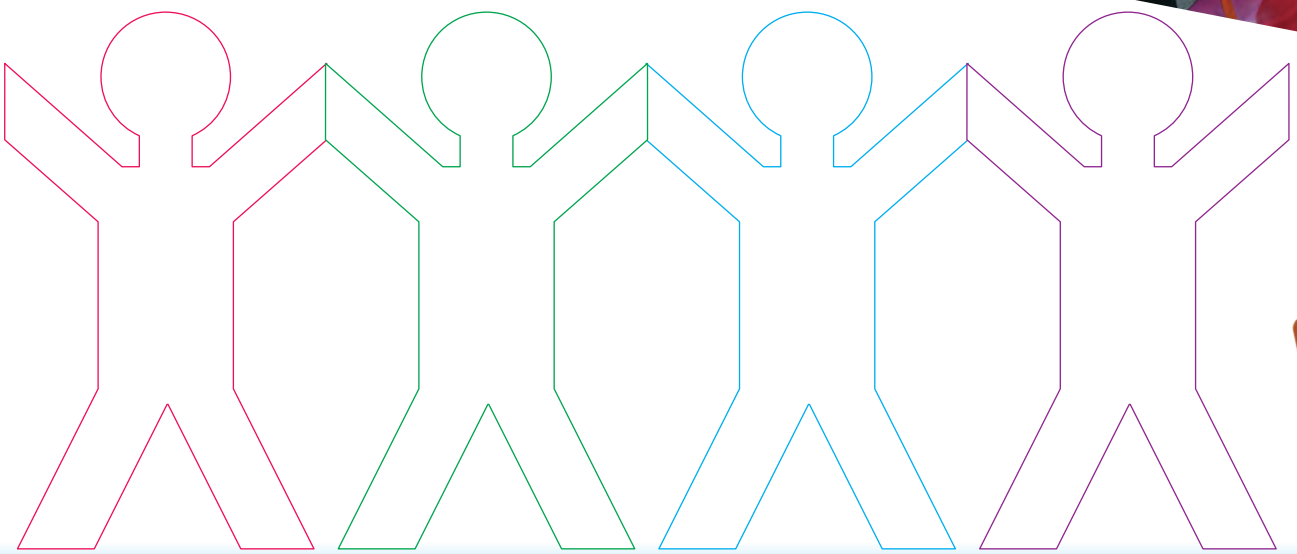
me	my best friend





Let's do

Look at your picture and say how you and your friend are the same and how you are different. Colour in this friendship chain to show that everyone is different.





Sing a song

Let's do

Before you sing, do these exercises.
Breathe in deeply and breathe out slowly.
Pretend you are blowing out the candles on your birthday cake.
Pretend that you're cold, and say "Brrrrrrrrrrrr".

Five little monkeys

Five little monkeys jumping on the bed.
One fell off and bumped his head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

Four little monkeys jumping on the bed.
One fell off and bumped his head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

Three little monkeys jumping on the bed.
One fell off and bumped her head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

Two little monkeys jumping on the bed.
One fell off and bumped her head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

One little monkey jumping on the bed.
She fell off and bumped her head.
Mama called the doctor and the doctor said,
"No more monkeys jumping on the bed!"

Let's draw

Draw your face.
Show your eyes, ears, nose, mouth and hair.
Tell your friends what you look like.



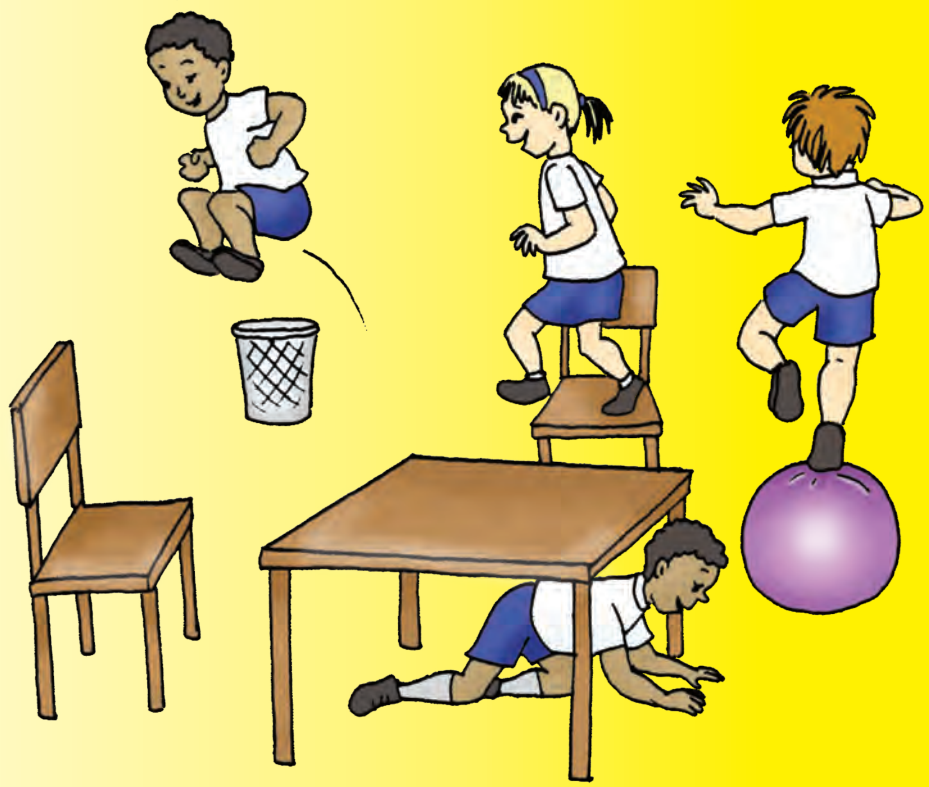


Let's move

Make an obstacle course in your class like this one.

Skip from one chair to the next.

Crawl underneath the tables.



Teacher:

Sign:

Date:

6 I am proud of my school

Let's do

Draw a picture of yourself in your school uniform. Then fill in the missing answers.



I go to _____ School.

My teacher's name is _____.

The school principal is _____.

Let's write

Look at the pictures and fill in the correct word for each picture.

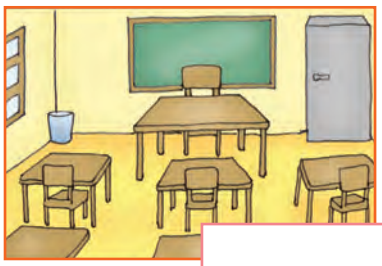
toilet

secretary

office

classroom

playground













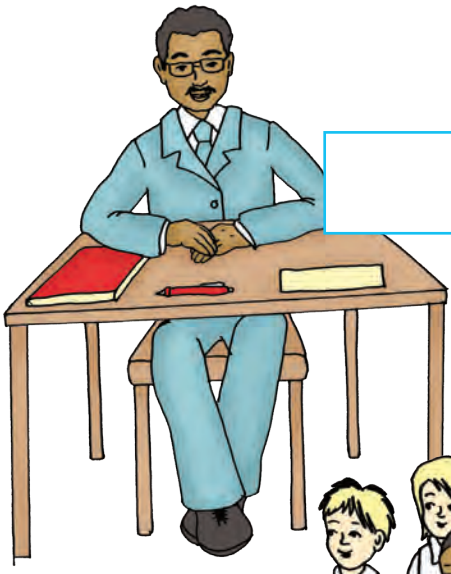
Let's write

There are lots of people at school. Talk about who they are. Then write the correct word next to each picture. Tell you friend what they do at school. Use these words to help you.

children	cleaner	teacher	principal





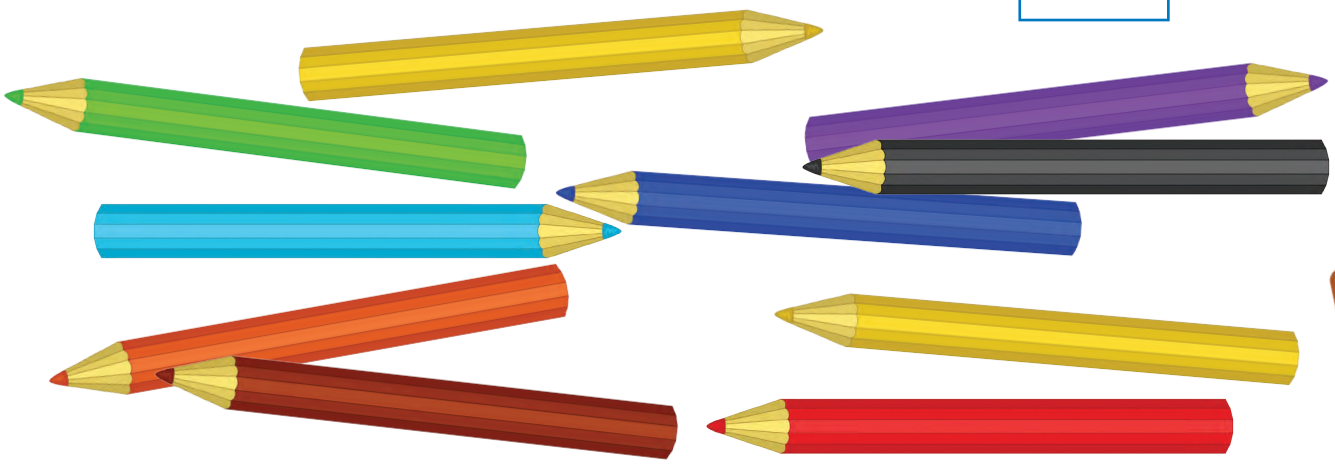






Fun

John's pencil box has fallen. Count how many pencil crayons he has, and write the number in the box.



Teacher:

Sign:

Date:

Different places

Let's do

Show your friend that you can:

Hide under something.



"I'm hiding under the table."



Hide behind something.



Stand on top of something.



Stand next to something.

Let's move

- Use a ball or a bean bag. Throw it up and catch it.
- Balance the beanbag on your head and walk around slowly.
- Now balance the beanbag on your head while walking along on top of a low balancing beam or a line on the ground.

I can throw.	☺	😐	☹
I can catch.	☺	😐	☹
I can balance a bean bag on my head.	☺	😐	☹

Let's move

Stamp your feet in these patterns.



L = Left

R = Right

L R L R L

R L R R L R L R

L L R L L R L R

Teacher:

Sign:

Date:

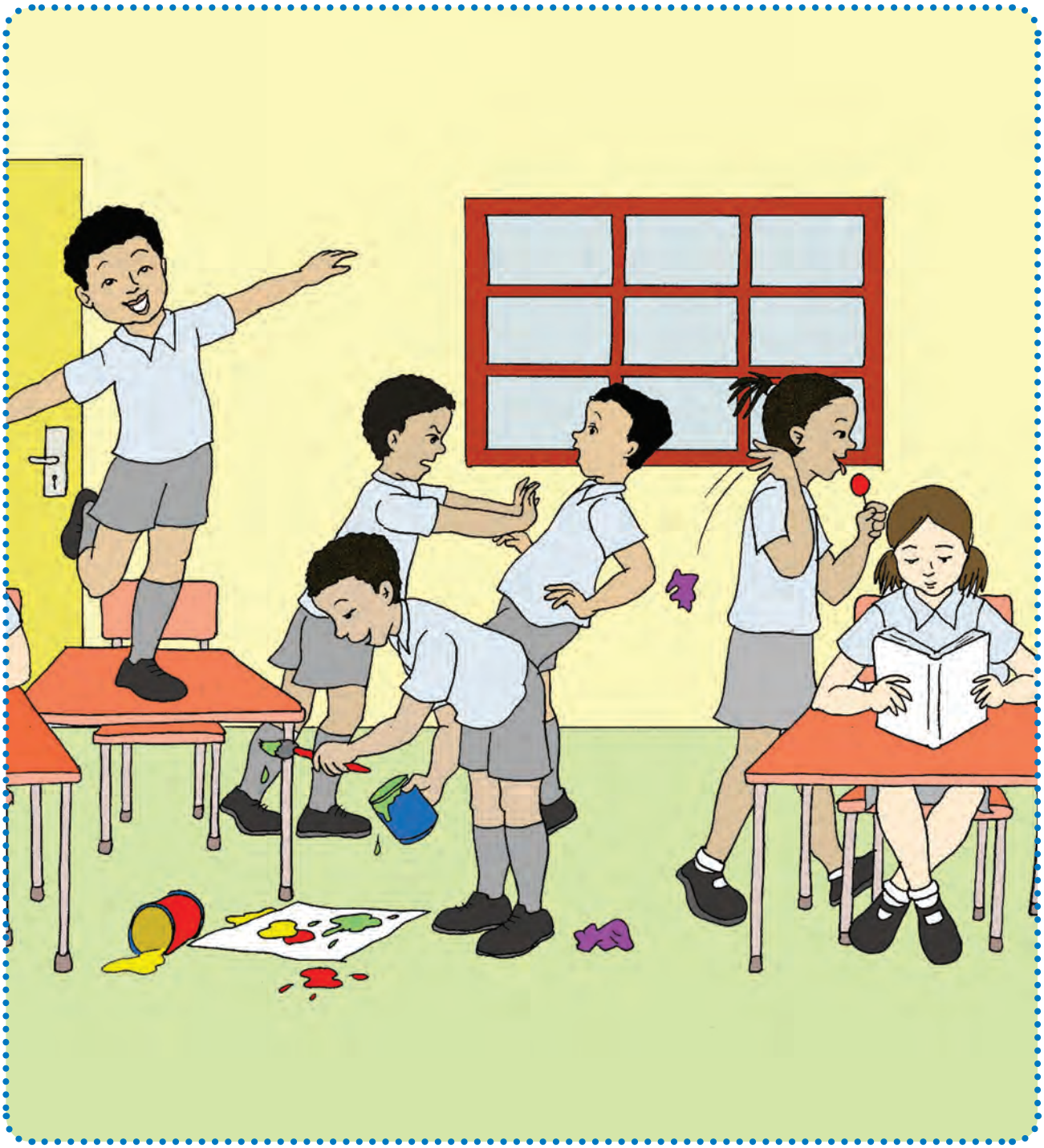
8

My classroom

Let's talk Look carefully at this picture and talk about what you see.

In this classroom, both good and bad things are happening.

What good things can you see? What bad things can you see?



Let's talk

Tell your friend what is happening in each picture. Draw a ✔ next to all the good things and an ✘ next to all the bad things that can happen at school.









Teacher:

Sign:

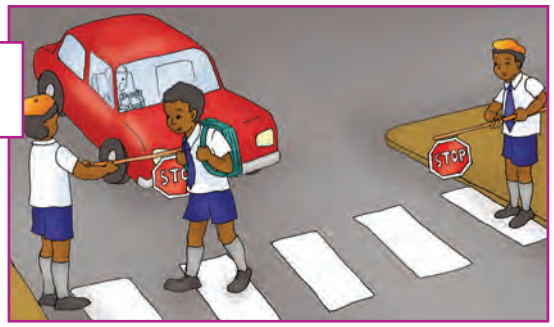
Date:

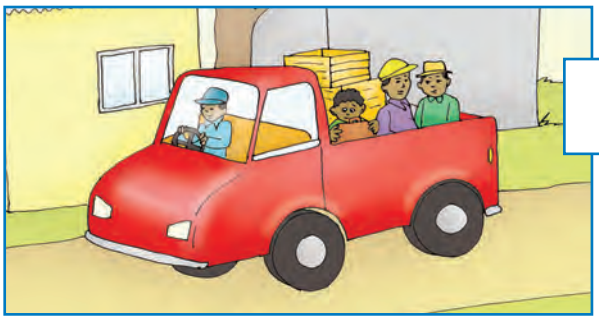
9 How we get to school

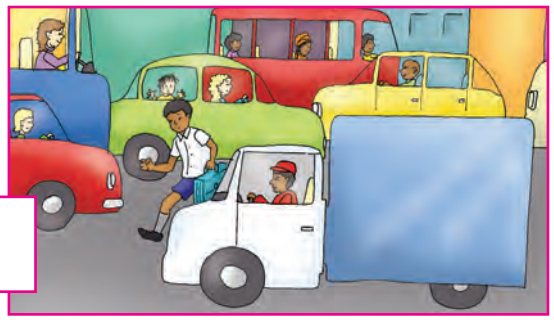
Let's talk

How do you get to school each day? Are you safe? Do you know of ways that are unsafe? Talk to your friend about how these children are going to school. Tick ✔ those that are safe ways of going to school. Cross ✘ those that are unsafe.









How do you get to school in the morning?

Let's do

Now ask 5 friends how they get to school each day. Tick them on this chart.



Name					
	1	2	3	4	5
on foot					
by bus					
by car/ bakkie					

Let's do

Use some clay to make these things.
Tell your friend what you use them for.



Let's move

Listen to the music your teacher will play for you.



Move your body to the beat of the music.

Bend your knees and then stretch your legs.

Hunch your shoulders up and down.

Rotate your wrists to the left and then to the right.

Let's move

You and your friend must throw and catch a ball.
Use your weaker arm to throw the ball back.

Was I able to throw the ball with my weaker hand?	☺	☹

Let's move

Do a wheelbarrow walk with a classmate.



Teacher:
Sign:
Date:

10

I keep myself clean

Let's talk

It is important to learn good habits from a young age.
Here are some things you should do to keep yourself clean and healthy.
Talk about each picture.

I must



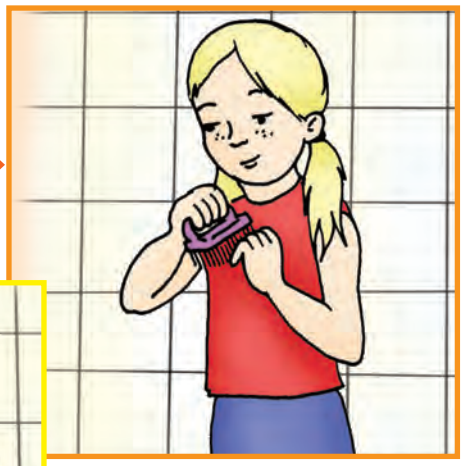
Brush my teeth.



Wash my hands after using the toilet.



Wash myself regularly.



Keep my nails clean.



Wash fruit before eating it.



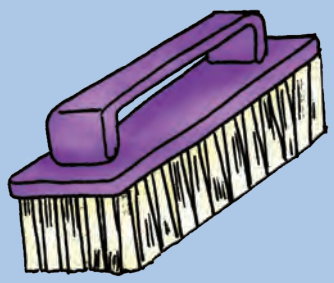
Use a toilet.



Use a tissue when sneezing or blowing my nose.

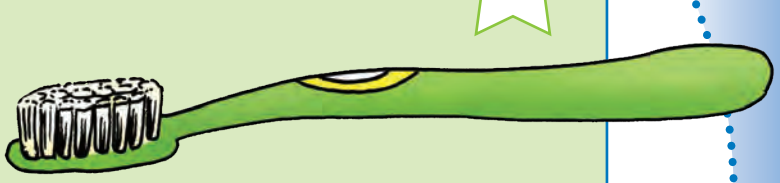
Let's write

Which of these items do you need to keep yourself clean?
Colour in the stars to show which items you use to keep clean.
Then tell your friend how you use each item to keep yourself clean.

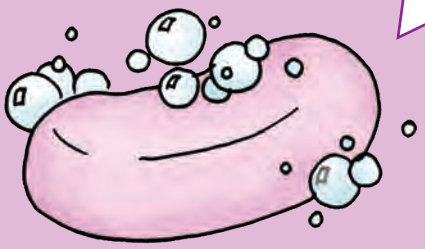


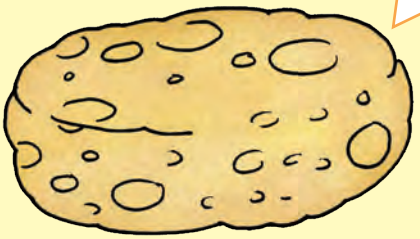


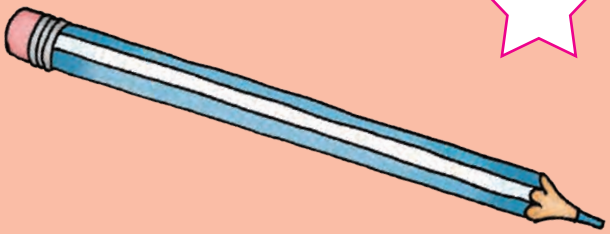












Teacher:

Sign:

Date:

11

I keep myself clean



Let's read

Some good habits for using the toilet correctly.

Remember



Always close the toilet door when you use the toilet.



If you mess in the toilet, remember to clean it up.



Don't use too much toilet paper.



Remember to flush the toilet.



Always wash your hands after using the toilet.

Let's write

Circle the correct words that tell us how often we need to do the following things.

Washing your hair.



everyday	in the morning and at night
twice a week	once a week

Brushing your teeth.



everyday	in the morning and at night
twice a week	once a week

Washing your body.



everyday	in the morning and at night
twice a week	once a week

Washing your face.



everyday	in the morning and at night
twice a week	once a week

Teacher:

Sign:

Date:

My body

Let's move

Play "Simon says" with your teacher.
Find your own space and move without bumping into each other.
Simon says, "Touch your head."

Let's show

Show your friend how you...



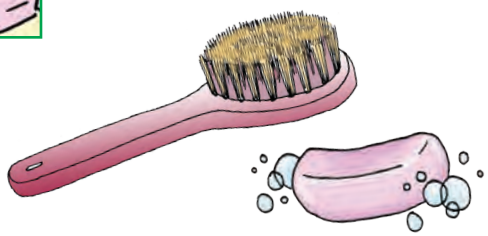
Wash your body.





Dry your hands.

Brush your hair.





Brush your teeth.

Wash your face.





Let's move Act out this rhyme.

I can clap my hands
and stamp my feet,
I can nod my head
and swing my arms,
I can wriggle my toes
and touch my nose.



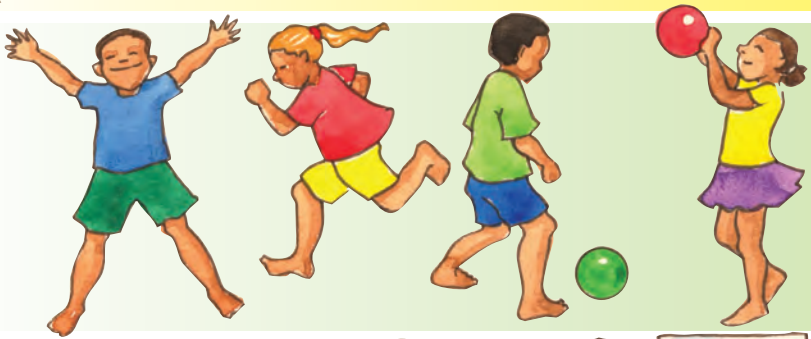
Teacher:
Sign:
Date:

Healthy Habits

Let's read What do we need to stay healthy?

A healthy Diet





Enough Exercise

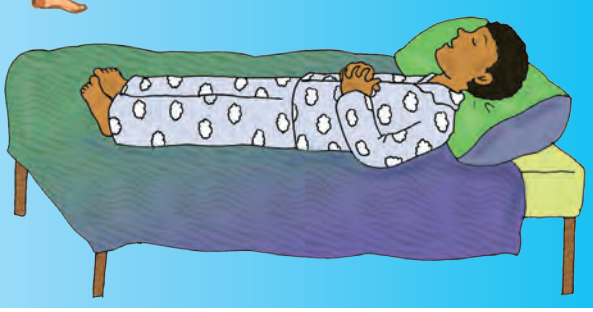
Keep Clean



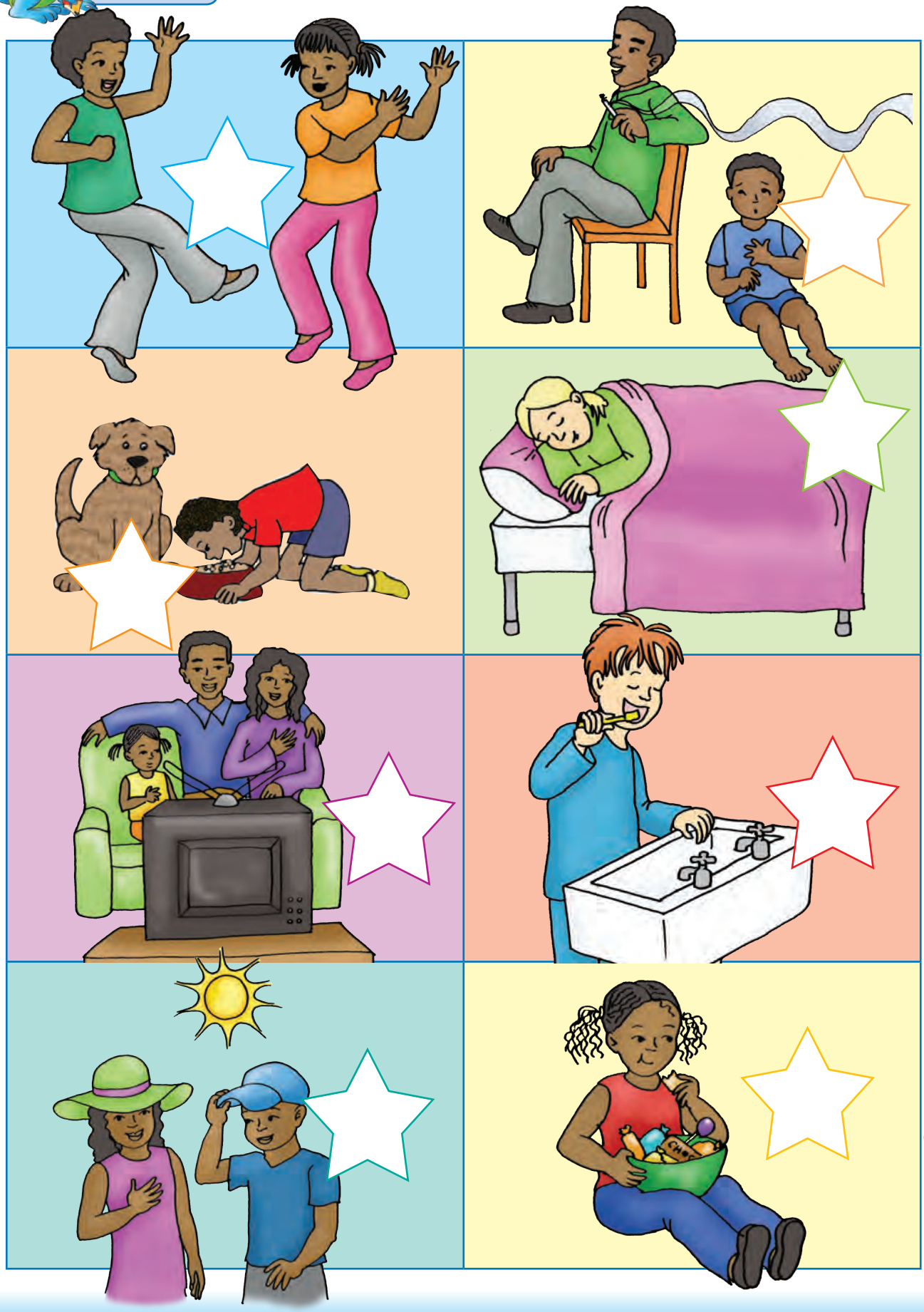


Sunlight

Enough sleep and not too much television!



Let's write Tick ✔ for healthy habits and cross ✘ for unhealthy habits.



Teacher:

Sign:

Date:

14

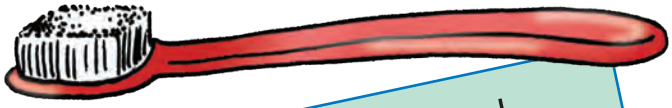
Clean and tidy

Let's do

Show how you use these items.

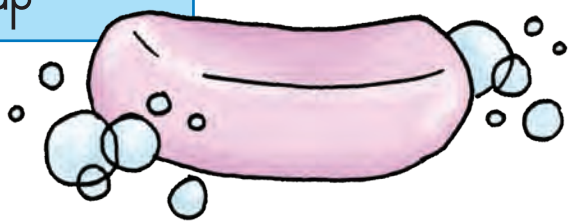


toothpaste



toothbrush

soap

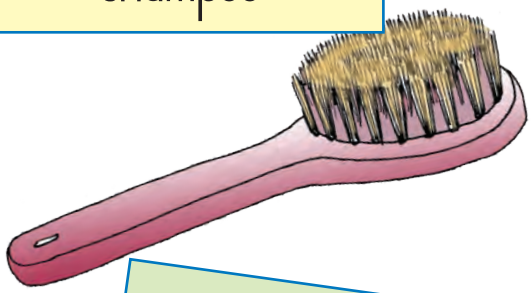




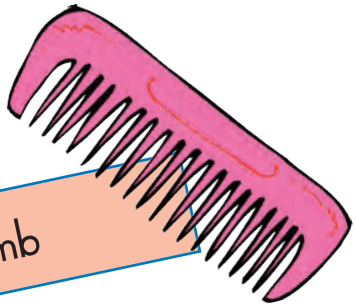
shampoo



hand cream



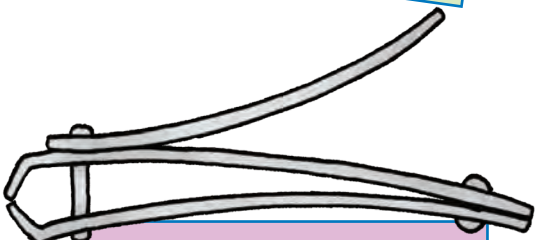
brush



comb



nail-brush



nail clippers

Let's move

Hold hands to form a large circle.

Now pass a ball to each other in the circle.

Then add another ball and pass it along.

Then add another ball and try to pass 3 balls along.



Let's talk

What is untidy in this room?

What must you do to tidy the room?

What are the children doing? What should they do?



Teacher:

Sign:

Date:

The weather

Let's talk

Look at the different types of weather and tell your friend what weather you like best.



windy



sunny



cloudy and cold

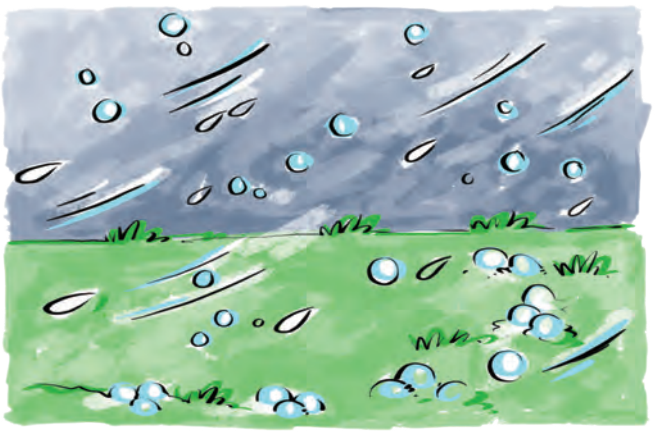


rainy

In some parts of our country
it sometimes becomes so cold that it snows.

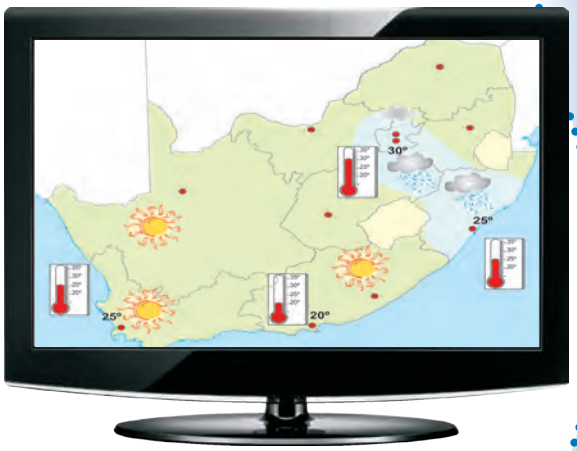
Sometimes the weather is stormy.

Winds that are very strong are called hurricanes.



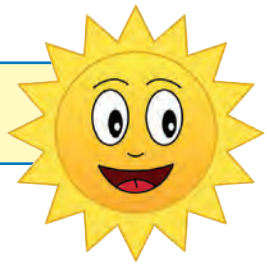


Let's read



We use a weather chart to show what the weather is like. We use symbols to show the different kinds of weather. Here are some of the symbols.

sunny

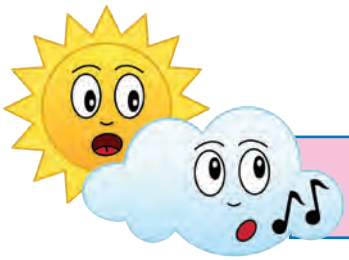


rainy





cloudy

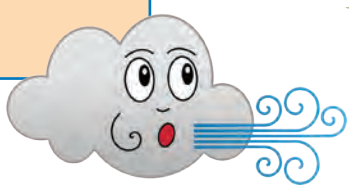


partly cloudy

snow



windy



Let's do

Draw weather symbols to complete your own weather-chart for the week.

Monday	Tuesday	Wednesday	Thursday	Friday

Let's write

What has the weather been like this week?
Fill in the missing words.

Today it is _____.

Yesterday it was _____.

I hope tomorrow will be _____.

Teacher:
Sign:
Date:

The weather

Let's do Mime the different weather conditions.



Spread your arms wide above your head and pretend to be a large cloud.



You have an umbrella to protect you from the sun.



Wave like a tree blowing in the wind.



Hold your umbrella tightly to stop it from being blown away by the strong wind.



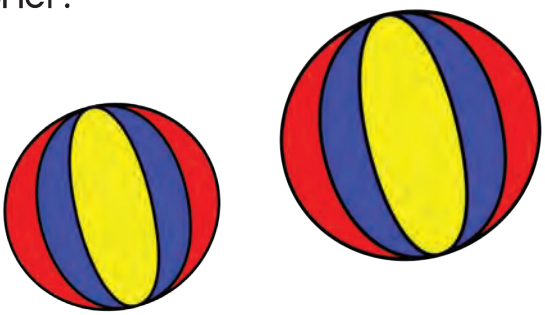
Pitter-patter like raindrops falling on the roof.



Let's move

Hold hands to form a large circle.

Throw and catch balls to each other.





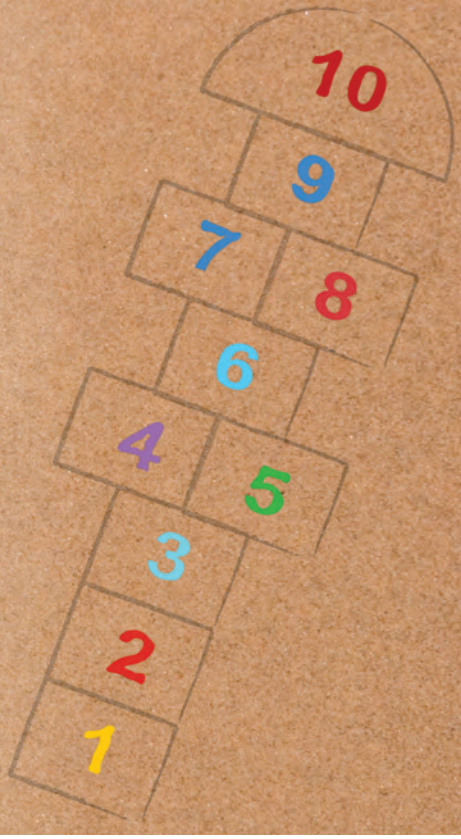
Think of different ways of moving on a balancing beam or on a line of string. See whether you can think of a way of moving differently to your classmates.

Fun

Play hop-scotch.

Draw some blocks and circles on the ground.





Teacher:

Sign:

Date:

My family

Let's talk Did you know that families are not all the same?

Some families are big and some are small. Some have moms and dads and some don't. Some families live with their grandmothers and grandfathers, uncles, aunts and cousins.

Look at these pictures and tell your friend how these families differ from each other.
Use words from this word box.

mother	father	sister
grandfather	brother	baby
grandmother	family	







Let's write

Who shares your home with you?



Whom do you share your home with?

_____.

In our home there are _____ people.

Who is the youngest in your home? _____.

Who is the oldest in your home? _____.

Let's talk

We all have our own tasks to do in our homes. Look at these pictures and name the person who does this task in your home.



How I help at home.

_____.

Teacher:

Sign:

Date:

My family

Fun

Draw a picture of something you and your family do together. Write each person's name next to your drawing of him or her. Say who the person is. Use these words to help you.

mother	father	sister
grandfather	brother	baby
grandmother	family	



My family

We care for each other



Let's read

Family members should love each other and care for each other. We show that we love each other by hugging each other and also by helping and respecting each other. We need to...



- help each other.
- be polite to each other.
- do our tasks on time.
- be responsible.



Let's talk

Look at these pictures and say how these children show their family that they care.





Let's do

Draw a picture of what you do to show your family that you care. Tell your friend what you have drawn.

Teacher:

Sign:

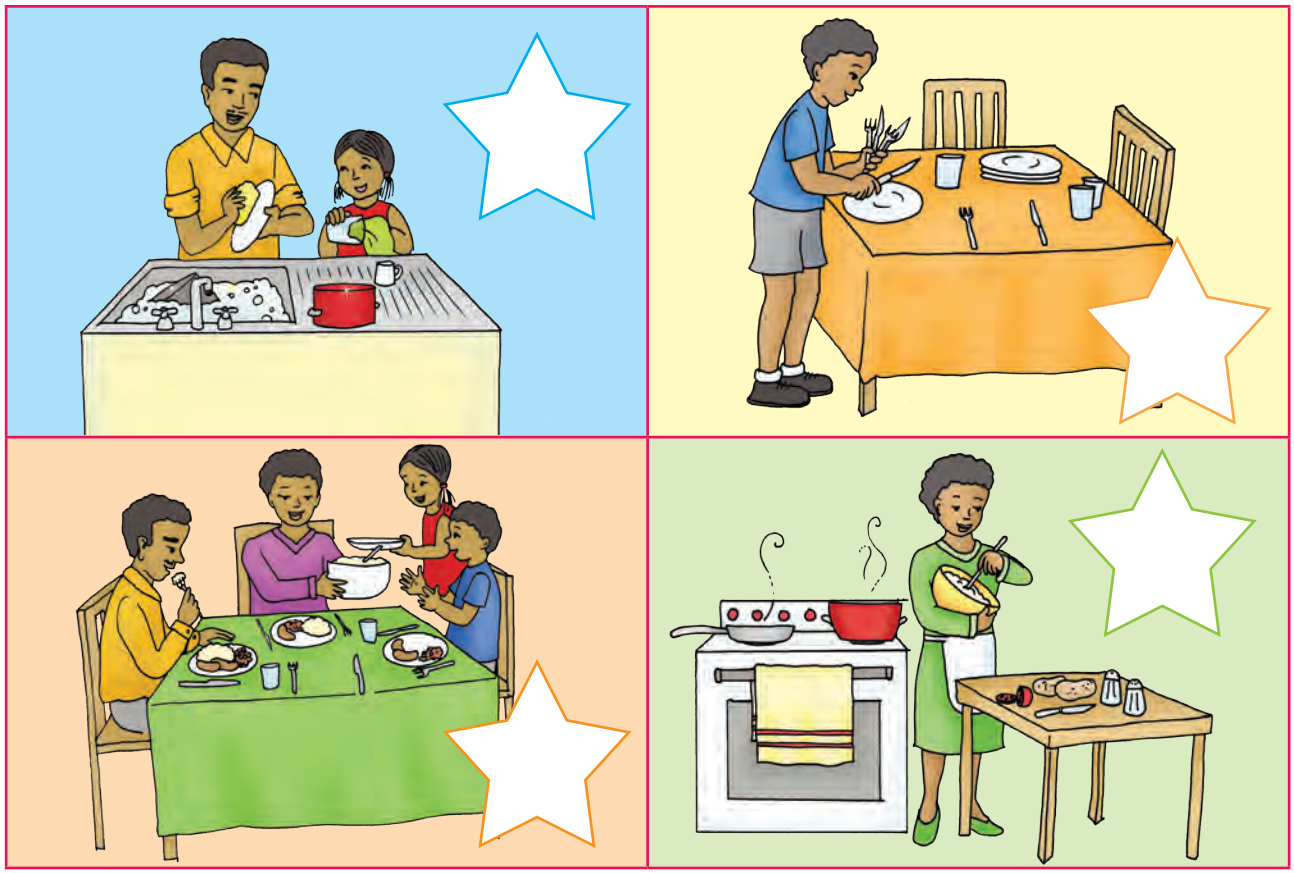
Date:

20

We care for each other

Let's talk

Talk about how these family members help each other. Number the pictures from 1 to 4 to show the right order.



Let's read

Our evening jobs

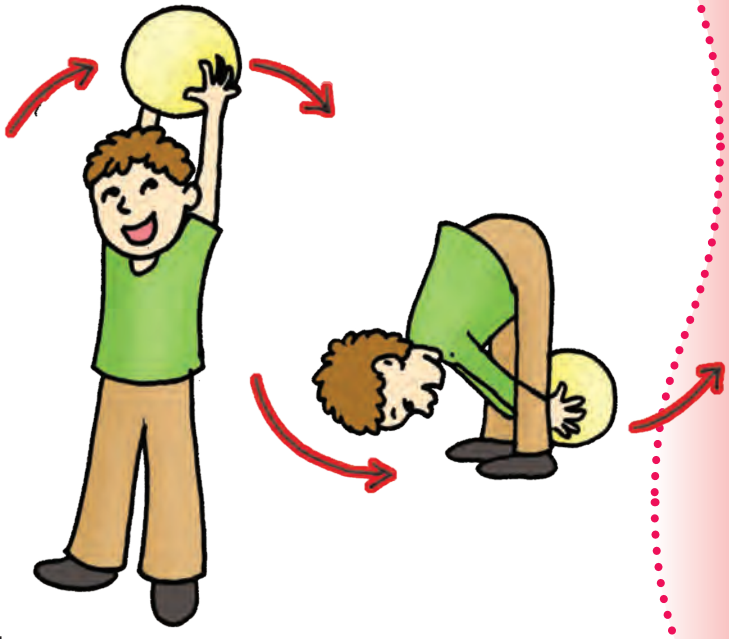
Mom cooks the food.
Dad washes the pots.
My brother and I help mom and dad.
We help a lot.
We put away the milk and bread.
Then we are ready to go to bed.
Please tell us a bedtime story!





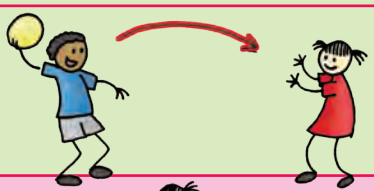
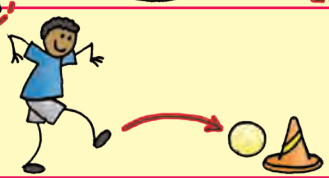
Let's move Hold hands to form a large circle. Stand in a row behind one another.

- The first child gets a ball and passes it over her or his head to the child behind.
- That child passes the ball between his or her legs to the next child.





Let's do Show your teacher that you...

	can pass the ball by bouncing it to your partner.	yes	no
	can pass the ball by throwing it overhand to your partner.	yes	no
	can bounce the ball off your knees.	yes	no
	can hit the ball towards the cone.	yes	no
	can dribble the ball between the markers.	yes	no
	can kick the ball towards something and hit it.	yes	no

Teacher:

Sign:

Date:

Safety in and around the home

Let's talk

We should always feel safe when we are at home. But there are many dangers in and around our homes. Look at the picture, and talk to your friend about some of the dangers.

In the kitchen

- Turn the handles of pots and pans towards the back of the stove.
- Do not leave sharp knives lying around.
- Lock paraffin and poisons up in a safe place.
- Don't leave toys lying around.





In the bathroom

- Do not use things that need electricity close to water.
- Do not leave them close to water.
- Put scissors and other sharp things away in a cupboard.

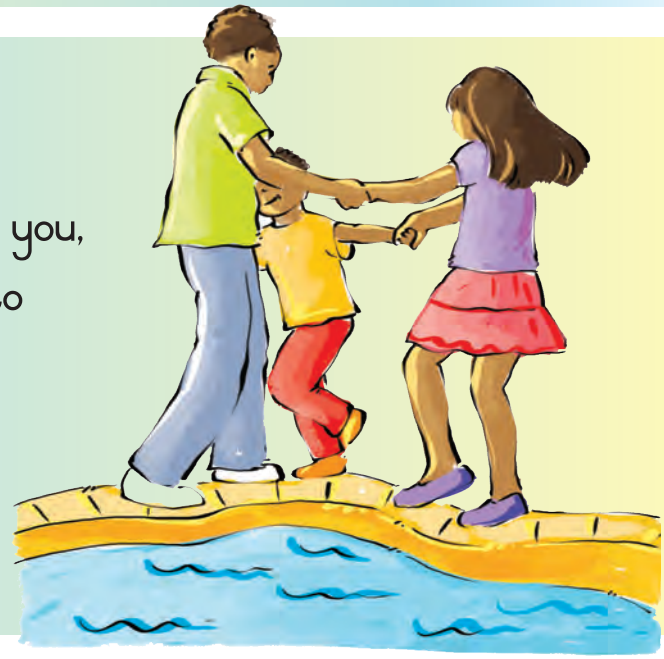


Thunderstorms and electricity

- Never stand under a tree in a storm.
- Don't ever put anything into a wall socket. Ask someone older to help you.
- If you see that the cord to the iron or the kettle is frayed, ask your mom or dad to fix it.

Outside the home

- Pick up things that could hurt you, like broken glass, and put it into the rubbish bin.
- Don't play near a pool unless there is a grown-up with you.





Inside the home

- Don't leave toys and other things lying around.
- Don't play with paraffin or poisonous cleaners.

Teacher:

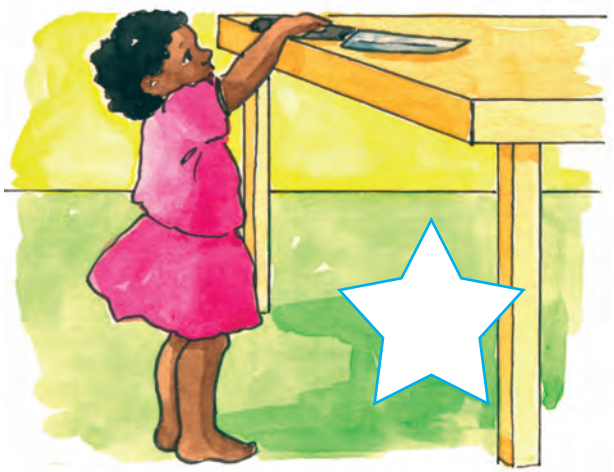
Sign:

Date:

Safety in and around the home

Let's talk

Look at the pictures and say which pictures show safe situations and which do not. Tick (✔) those that show a safe situation and cross (✘) those that show an unsafe situation.















Are there unsafe things in your home? What can you do about it? Poisons and some cleaning liquids are very dangerous, and can make you very ill or even kill you. You should never drink anything if you're not sure what it is.





These signs means that there is something poisonous inside the bottle, box or tin. Have you seen these signs before?



Your teacher is going to play you some music.

- Move to the beat of the music.
- Choose a leader. The leader must move to the beat of the music. Everyone else must copy the leader and move in the same way.
- Balance on one leg.
- Now balance on the other leg.
- Which leg is stronger?



- Place a long piece of string along the floor or draw a line. Walk along the string or the line, and keep your balance.
- Now change the shape of the string or the line and walk along it keeping your balance.



Teacher:
Sign:
Date:

Safety when I'm by myself

Let's talk

You have learned about things that can hurt you in and around your home. How can you keep yourself safe when you are at home by yourself?



When you are home alone, you can do these things to stay safe.



Lock all the doors.



Don't open the door to strangers.

- Make sure you know the telephone numbers of your parents and the people who live next door to you.
- Make a list of important numbers, in case someone gets hurt.





Let's write Make your own list of important numbers.



Police: _____



Ambulance: _____



Fire brigade: _____

Mom's cell phone: _____

Dad's cell phone: _____

Whom else could you call when you need help?

_____

Teacher:

Sign:

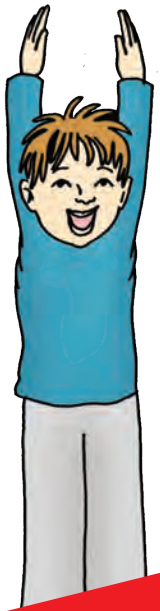
Date:

Safety when I'm by myself



Let's talk

Here is an easy way of remembering the phone number for the police. Look at the pictures and tell your friend how the pictures help you to remember the numbers. 10111 is the number for the police. Say it a few times until you know it by heart.



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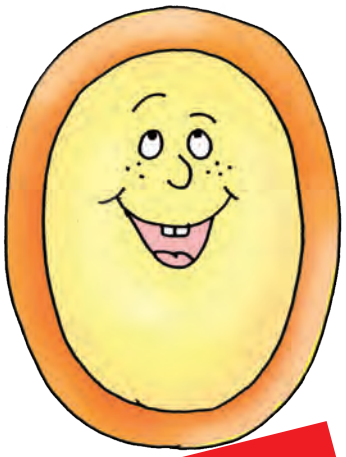

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111



Let's move

Show how you would move if you were the child in each of these pictures.



How would you move if a stranger were chasing you?



How would you move if you were helping your mom to mix a cake?

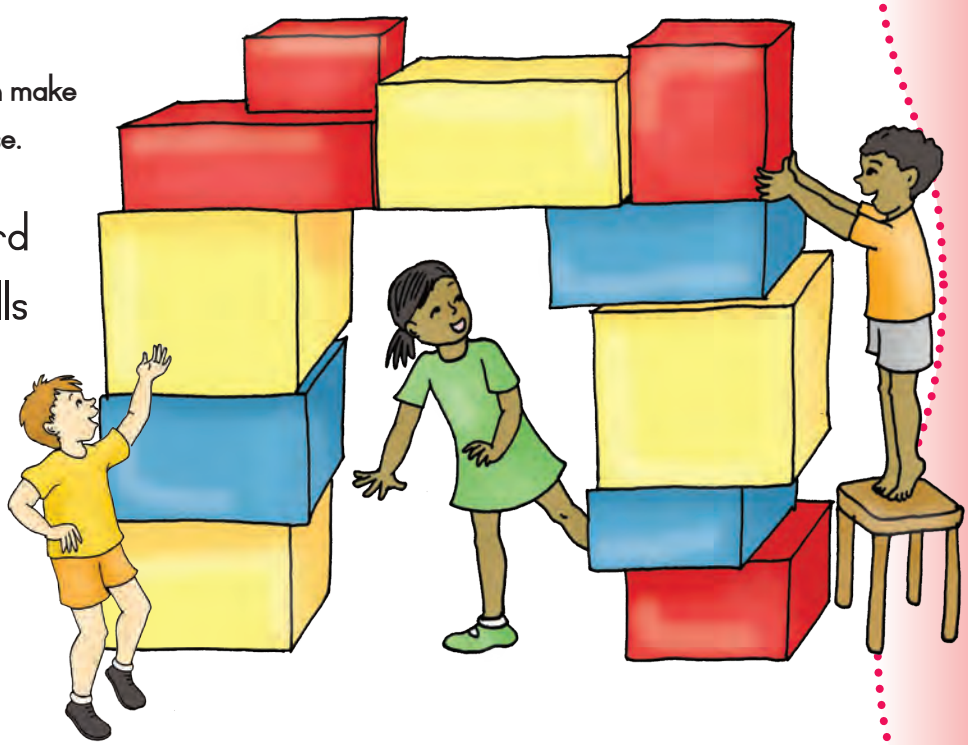


How would you move if you stood on broken glass?



Let's do

See if you can make your own house.



- Find some old cardboard boxes and build the walls and a roof.
- You can glue them together. When the house is finished, you can paint it.
- If you can't find cardboard, use something else, but don't use glass or tin or anything that can hurt you.



Let's move

Throw a beanbag or a ball in the air and catch it with your weaker hand.

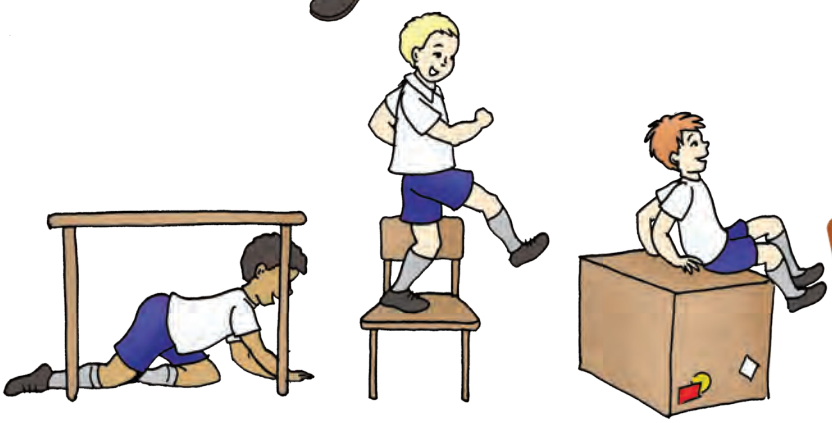




Let's do

Help your teacher move the chairs, tables and boxes.

Climb over the chairs, tables and boxes, crawl underneath them and jump down from them.



Teacher:

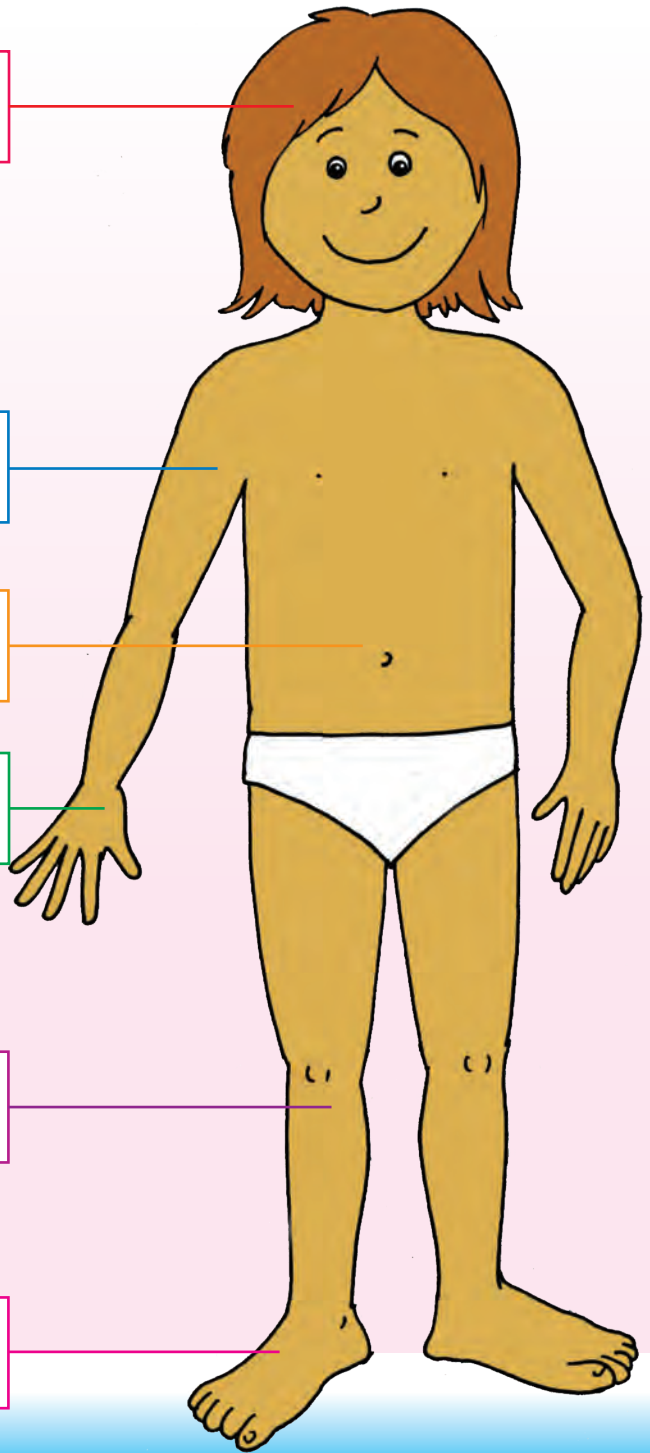
Sign:

Date:

My body

Let's write Write the words in the correct spaces.

leg	hand	head
tummy	foot	arm

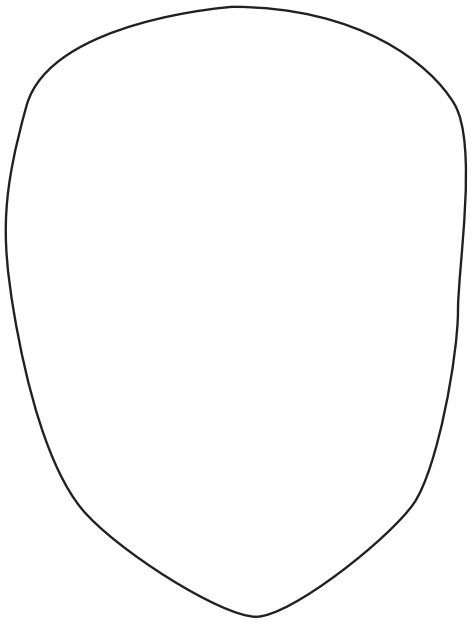


Let's draw

Finish this drawing of a face.

Draw the hair. Try to copy your own face. If you have brown eyes, draw brown eyes. If you have black hair, draw black hair.

Draw your eyebrows, your nose and your mouth.





Your face is an important part of your body.

We each have 2 eyes. 

We each have 2 ears. 

We each have a nose. 

We each have a mouth. 

Let's sing

Sing this song. Touch the part of the body as you sing its name.



Head and shoulders

Head and shoulders, knees and toes, knees and toes x2

Head and shoulders, knees and toes

Head and shoulders, knees and toes, knees and toes

Teacher:

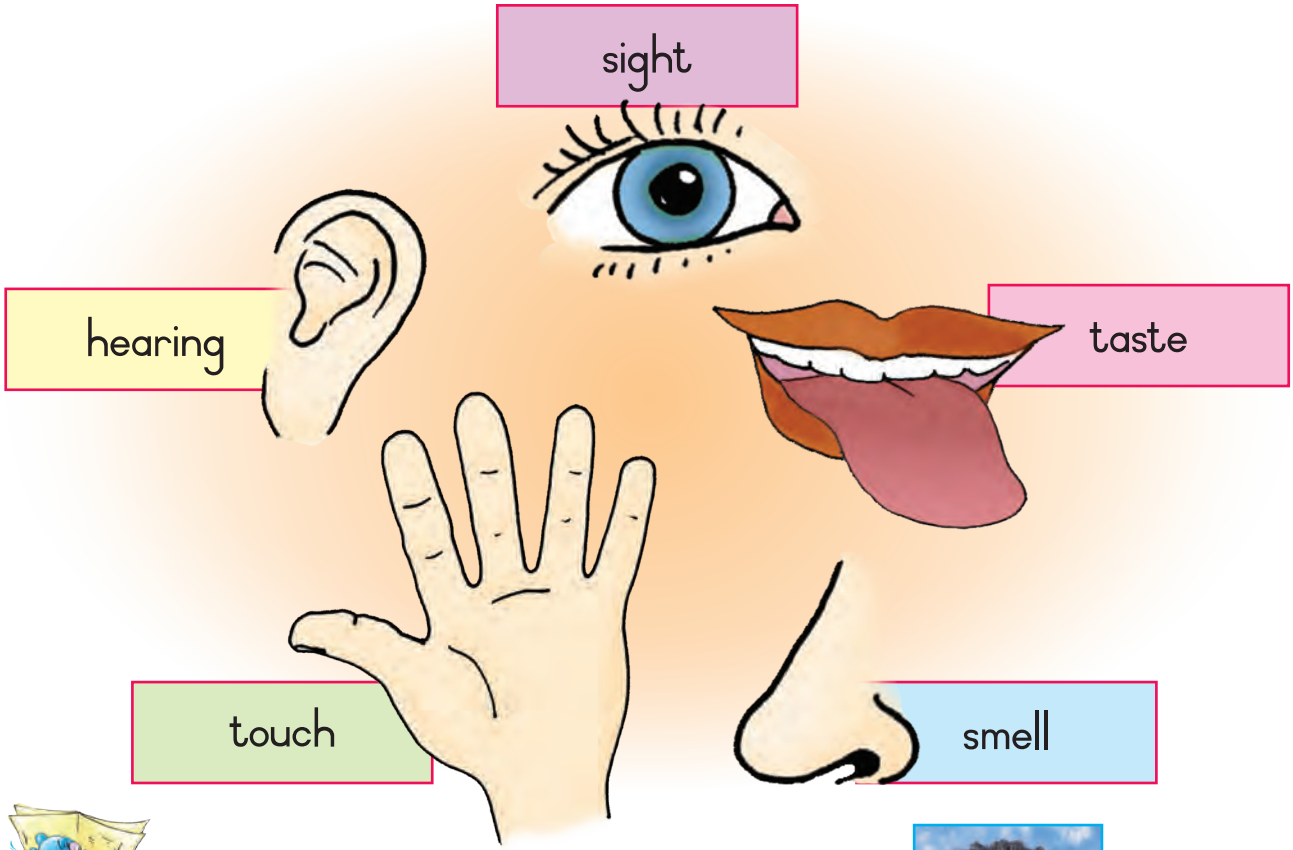
Sign:

Date:

My senses



Let's talk Look at the different senses and say what we use them for.





Let's read

We use our senses every day.
We smell and taste our food. We can feel how soft a feather is. We see how blue the sky is in summer. We hear music.

Our senses also keep us safe. We can smell if there is a fire. We can feel when the sun is too hot. We can see when it is unsafe to cross a road. We can hear the sound of an alarm.



Let's do

Caring for our eyes and ears.

We need to look after our senses.

We need to look after our eyes and ears.



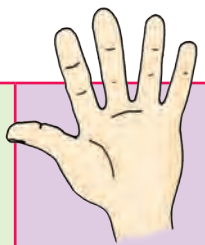
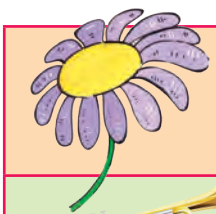
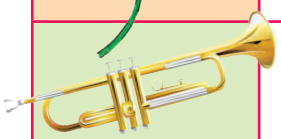
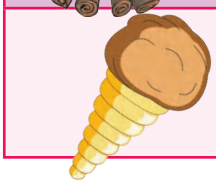
Look after your ears by not listening to loud music.

Look after your eyes by wearing a cap or sunglasses. Don't look at the sun.



Let's write

Look at the table below, and on each line tick ✔ the sense or senses you would use. You can mark more than one.

	 smell	 taste	 sight	 hearing	 touch
					
					
					
					
					

Teacher:

Sign:

Date:

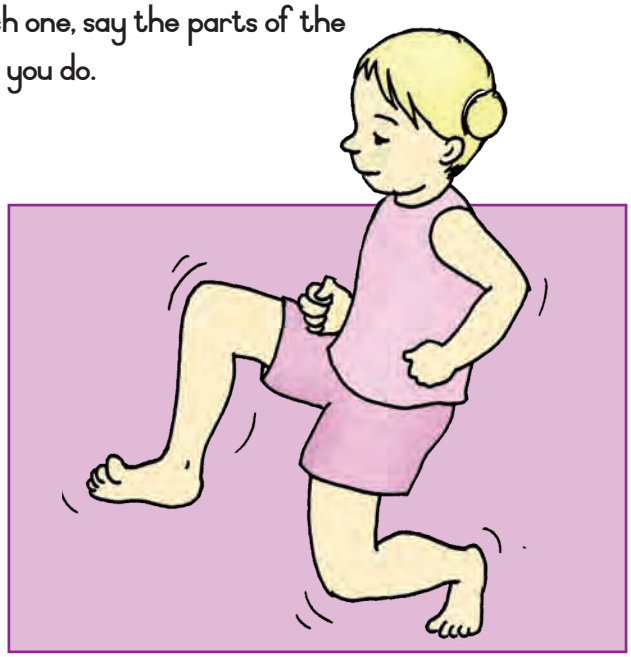
Moving my body

Let's talk

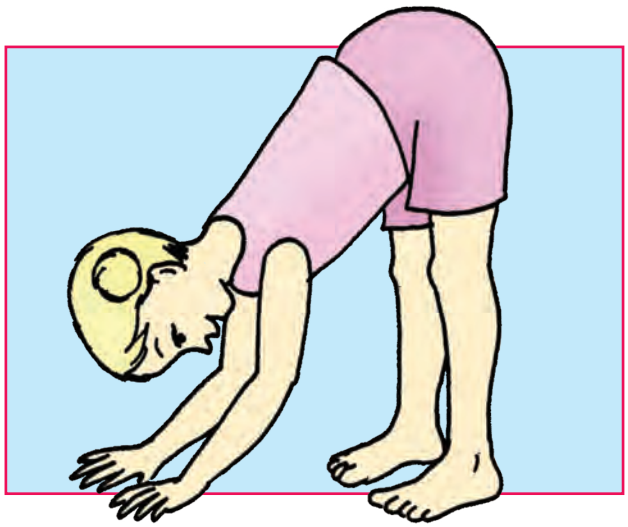
Look at the pictures. For each one, say the parts of the body and say what they help you do.

We use our bodies to move.









Let's write

Answer these questions with your friend. Then write the answers in your book, under the questions.



Which parts of your body do you use to walk?

_____

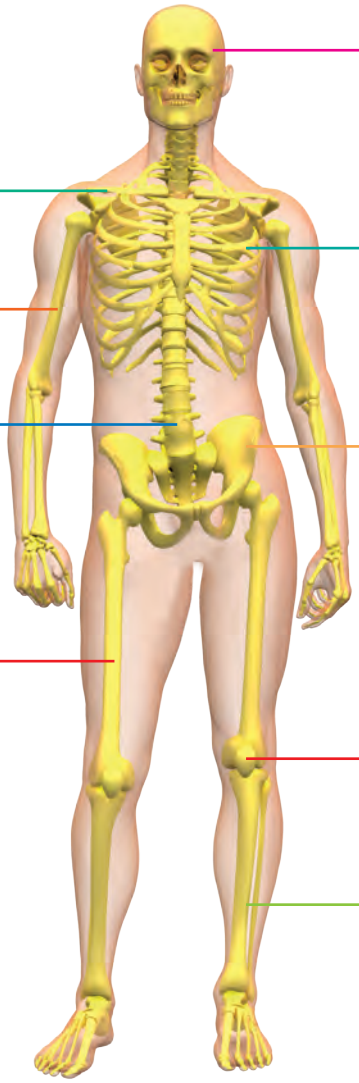
Which two parts of your body do you use to pick something up?

_____ and _____.



There are also parts of your body that you can't see.
They all work together to keep you alive.

Your bones



skull

collar-bone

rib

arm bone

spine

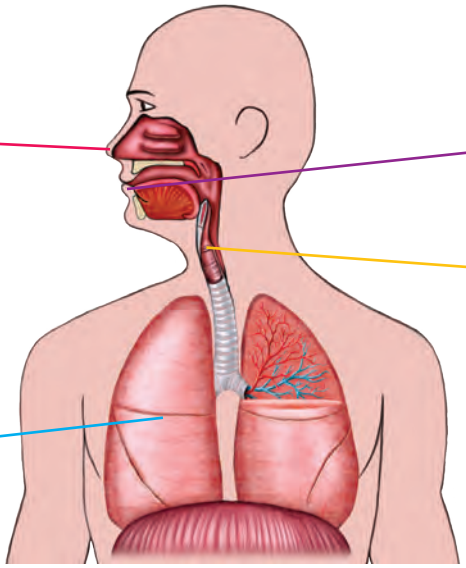
hip bone

leg bone

kneecap

leg bone

Parts of your body that help you breathe



nose

mouth

throat

lung

Teacher:
Sign:
Date:

28 Keeping my body safe

Let's read

Look at the pictures below, and talk to your friend about what you see. For each picture, say how you can stay safe.



You see your friend across the street.



You are waiting alone at a bus stop.



A stranger asks you to go somewhere with him or her.



You are at a shopping centre by yourself.

We have "yes" feelings when someone gives us a hug that feels right. It feels good to be touched in a friendly and caring way by someone you love.





We have "no" feelings when someone touches us in a way that makes us feel scared or upset. When we feel upset or unsafe we have "no" feelings.

Your body is special and it belongs to you. You can say "yes" if it's OK for someone to touch you, and you can say "no" if it is not OK.



Teacher:
Sign:
Date:

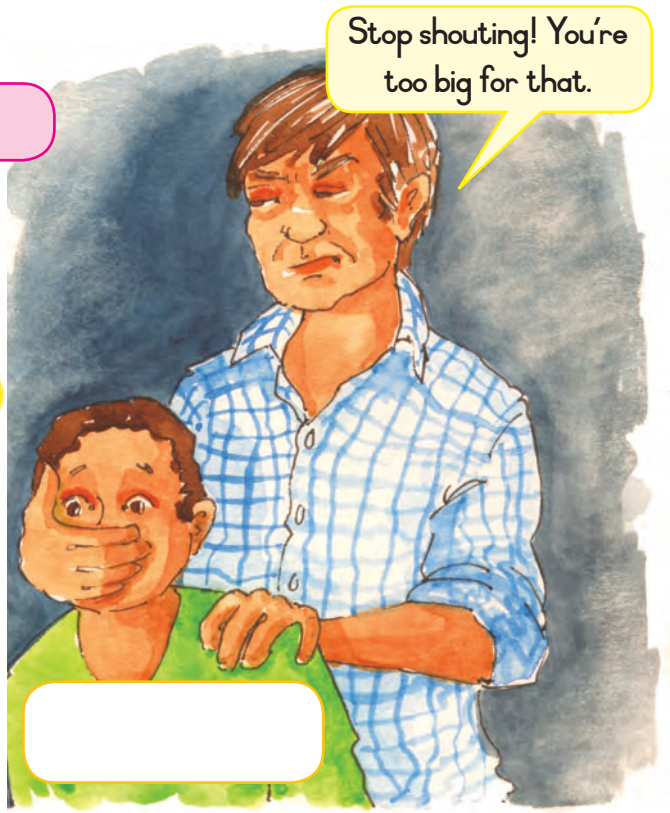
29

Keeping myself safe

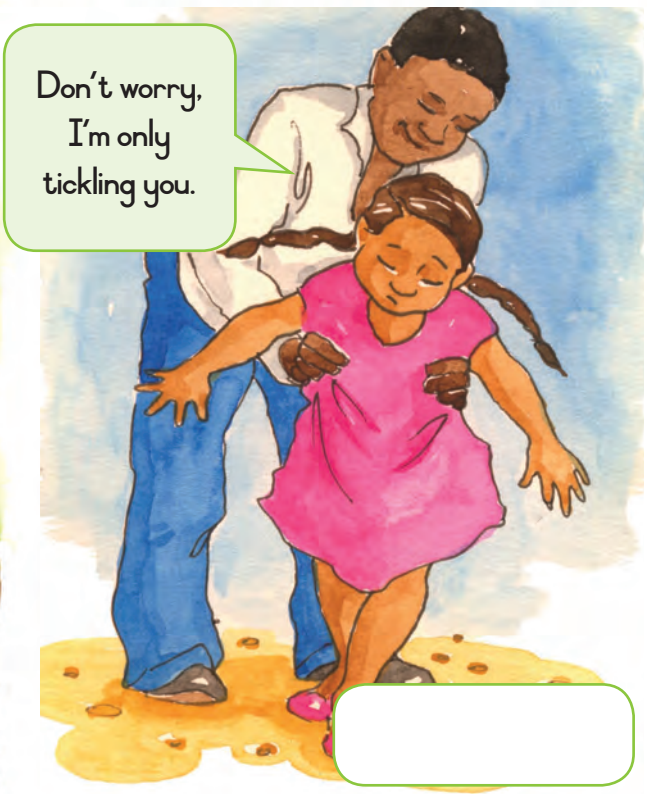
Let's write

Look at the pictures below and write Yes for a "yes" feeling and No for a "no" feeling in the blocks.









Let's do

Practise saying "no".

Make up a play where a stranger wants to take the child in his car or wants to touch the child. The child answers "no".

Let's talk

Some children live in homes where they are not looked after. Look at the pictures. Talk about how you would feel if you were the child in the pictures. Say what you would do.



Let's move

Play the "freeze" game.

Move in any way you like, and when your teacher blows the whistle, freeze in that position. You must not move at all until the teacher says you may. How well can you balance? Walk on a low balancing beam or a long piece of string placed on the ground.



Teacher:
Sign:
Date:

Keeping my body healthy



Let's read



There are many ways in which we can get sick. Most of the time, we get ill because of germs and bacteria. They are so small we can't see them. They come into our bodies and make us ill.



Let's talk

What are the children in the pictures doing to keep themselves healthy? What could happen if they didn't do these things?









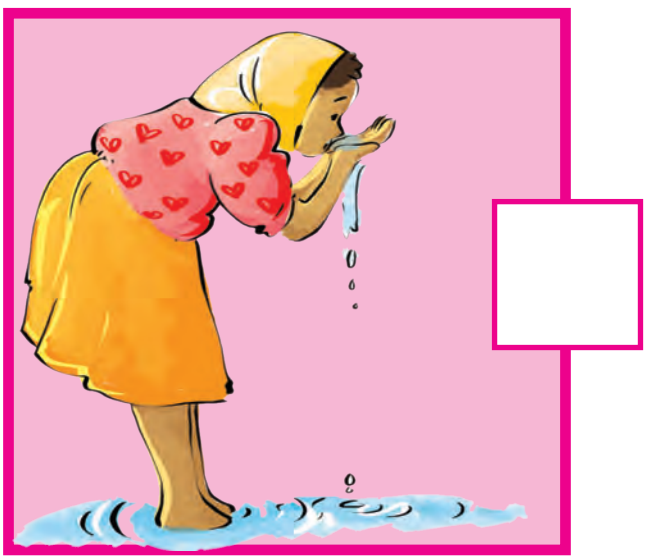
Let's talk

Now talk about these pictures. Make a ✔ to show how you can stay healthy.
Put a ✘ into the box with the pictures of things that can make you ill.













Teacher:

Sign:

Date:

Keeping my body healthy



Let's talk Did you know there are different ways in which to purify water?

Did you know that some water is clean and some is dirty? How can you make sure water is clean and good to drink?



You can boil the dirty water in a kettle to kill all the germs.



You can filter the dirty water to get all the dirt out. Your teacher can show you how.



You can add 1 teaspoon of bleach (such as Jik) to a 20 litre bucket of river water. Close the bucket to keep flies out. Leave the water for 28 hours before you drink it.

Let's talk

Look at these pictures and talk about what these children are doing to stay healthy.

Throw used tissues into the toilet or a bin.

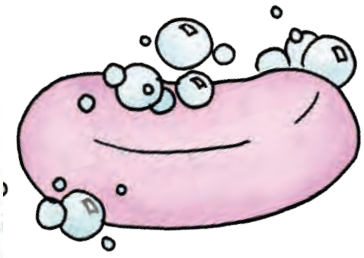




Wash your hands before you eat.







Wash your hands after using the toilet.

If you mess in the toilet, clean your mess and then wash your hands.



Cover your mouth if you cough or sneeze.



Teacher:

Sign:

Date:

Just checking





	✔	✘
I can talk about my family.		
I can walk on a thin line.		
I know the phone number for the police.		
I know about "yes" and "no" feelings.		
I can catch a ball.		
I can stay safe in my home.		
I can look after myself if I am at home alone.		
I help my family.		
I know my way around my school.		
I know how to keep myself healthy.		
I know what to do with all the things in my school bag.		
I know about different kinds of families.		
I have learned a lot in Life Skills.		

A a

G g

B b

H h

C c

I i

D d

J j

E e

K k

F f

L l

M m

S s

N n

T t

O o

U u

P p

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Q q

W w

R r

X - Z

x - z

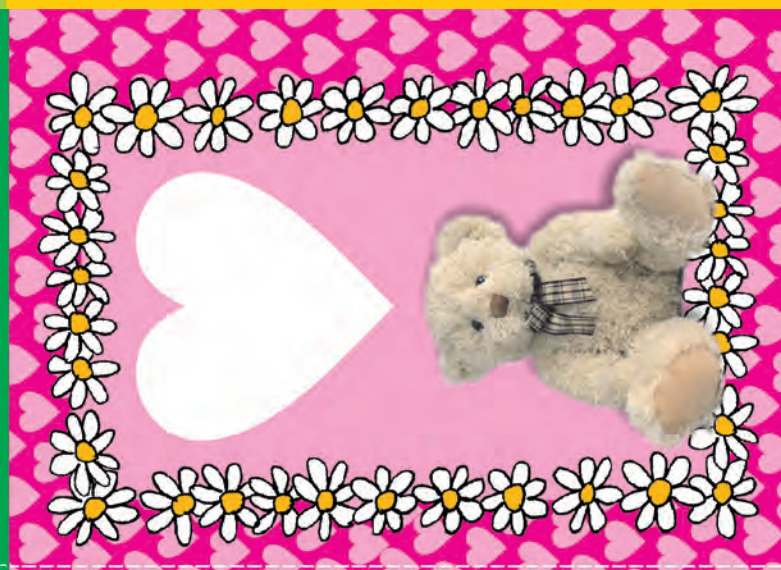



get well soon





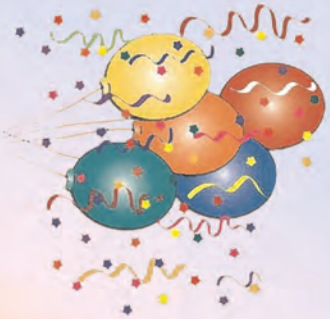
















Masks

Cut out on the outside black line. Tie a string into the holes to make a face mask.

