

Mrs Angie Motshekga,
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.



Mr Enver Surty,
Deputy Minister
of Basic Education

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 2 – TERMS 1&2
ISBN 978-1-4315-0252-3

THIS BOOK MAY
NOT BE SOLD.

Grade 2



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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South Africa

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

Grade 2



Life Skills in ENGLISH Book 1



This book belongs to:

1

We need healthy food to live



Let's read

Our bodies need healthy food so that we can grow. We must eat some food from each of the food groups every day. We need to eat healthy food so that we will have enough energy to do everything we need to do. If we don't eat healthy food, we can become very ill.

The five food groups



Let's do

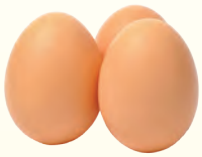
Talk to your friend about which of these foods are healthy. Circle them.



















Let's write

Pretend you are going to the supermarket with your mom to buy food for supper. Make a shopping list of foods that would be healthy for your family to eat.

SHOPPING LIST







Teacher:

Sign:

Date:

2

Water gives us life

Let's talk

Why do we need water? People, plants and animals need water to stay alive. It also helps our bodies to remove waste products.

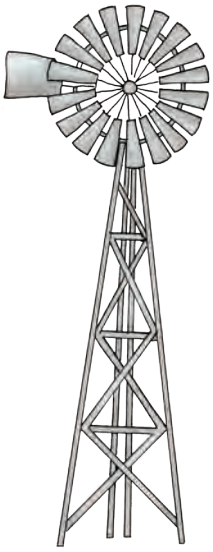


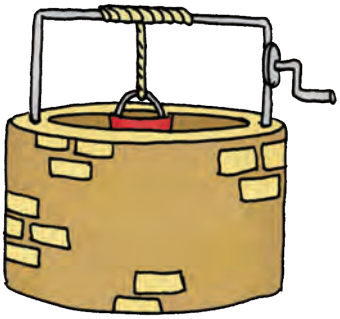
Let's do

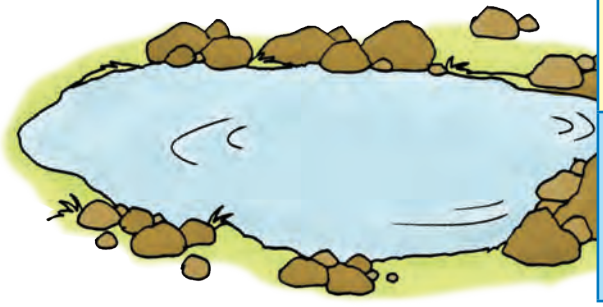
Everyday we use water in our homes. Tell your friend about all the things you can think of that we use water for. Then draw 4 pictures to show how we use water. Write a caption above each picture to explain what it is about.

Let's write

Where do we get water from? Draw a line to connect each word to the correct picture.







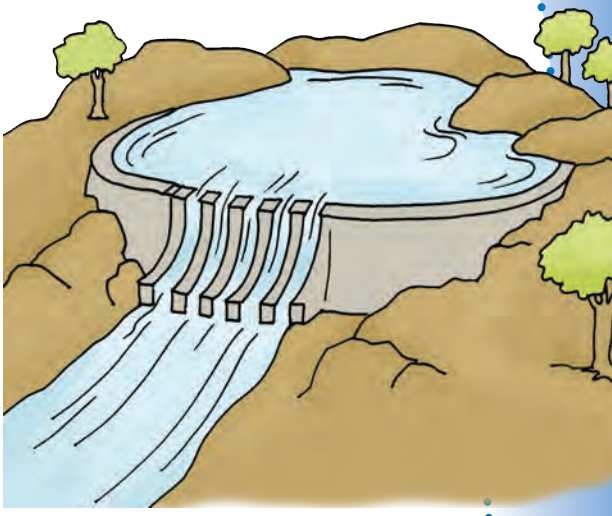
spring

windmill

river

dam

well





Let's move

- Jump like a frog. Make frog noises.
- Throw a ball or a bean bag to each other. Catch it.
- Balance a bean bag on your head and have a walking race with your friend. See how long you can keep the bag from falling.





Teacher:

Sign:

Date:

We save water



Let's talk

Water is very precious, so we should not waste it. Talk to your friends about different ways in which we can save water.

Let's write

Write two ideas for saving water in the spaces below.

1. _____

_____

2. _____

_____

Let's do

Use your crayons to make a colourful poster about saving water. Your poster should encourage others to save water. When you've made your poster, show it to your friends.



Let's play the game "What's the time, Mr Wolf?"



One of you must be the wolf.

Take turns to ask, "What's the time, Mr Wolf?"

Each time you ask, the wolf must say what the time is.

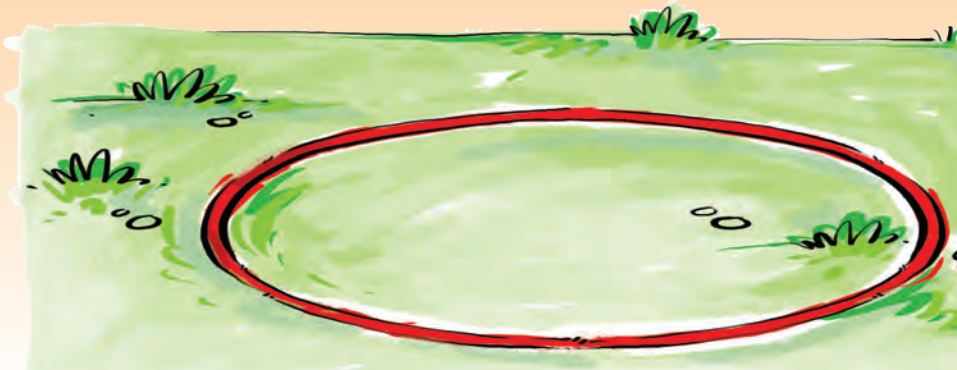
But, if the wolf says, "Lunch time!", he will begin to chase you. You will need to run before he catches you.

Now get a hoop to play with.

You and your friend must take turns to walk across the hoop, first on your feet and then on your hands. Follow your teacher's instructions to do this safely.

Then hold the hoop upright while your friend crawls through it. Take turns to do this.





Teacher:

Sign:

Date:

4

Best friends forever

Let's talk

We all like to have good friends. How do you know if someone is a good friend?



Let's write

In the space below, make a list of the things that make someone a good friend.

1. _____

2. _____

3. _____

4. _____

Let's write

Think about these questions and then write down your answers.

How many friends do you have?
What is your best friend's name?
For how long have you been friends?
What is special about your best friend?

Let's talk

Sit with your friend and talk about these statements. Add a tick (✔) in the box if they are true, and a cross (✘) if they are not true.

Friendship checklist

	Add a ✔ or a ✘
My friend cares about me.	
My friend helps me.	
My friend shares with me.	
My friend does not fight with me.	

Let's do

Think of something you could do to make your friend feel special. Then draw a picture about it in the frame.

Let's write

Write 2 sentences about your picture.

Teacher:

Sign:

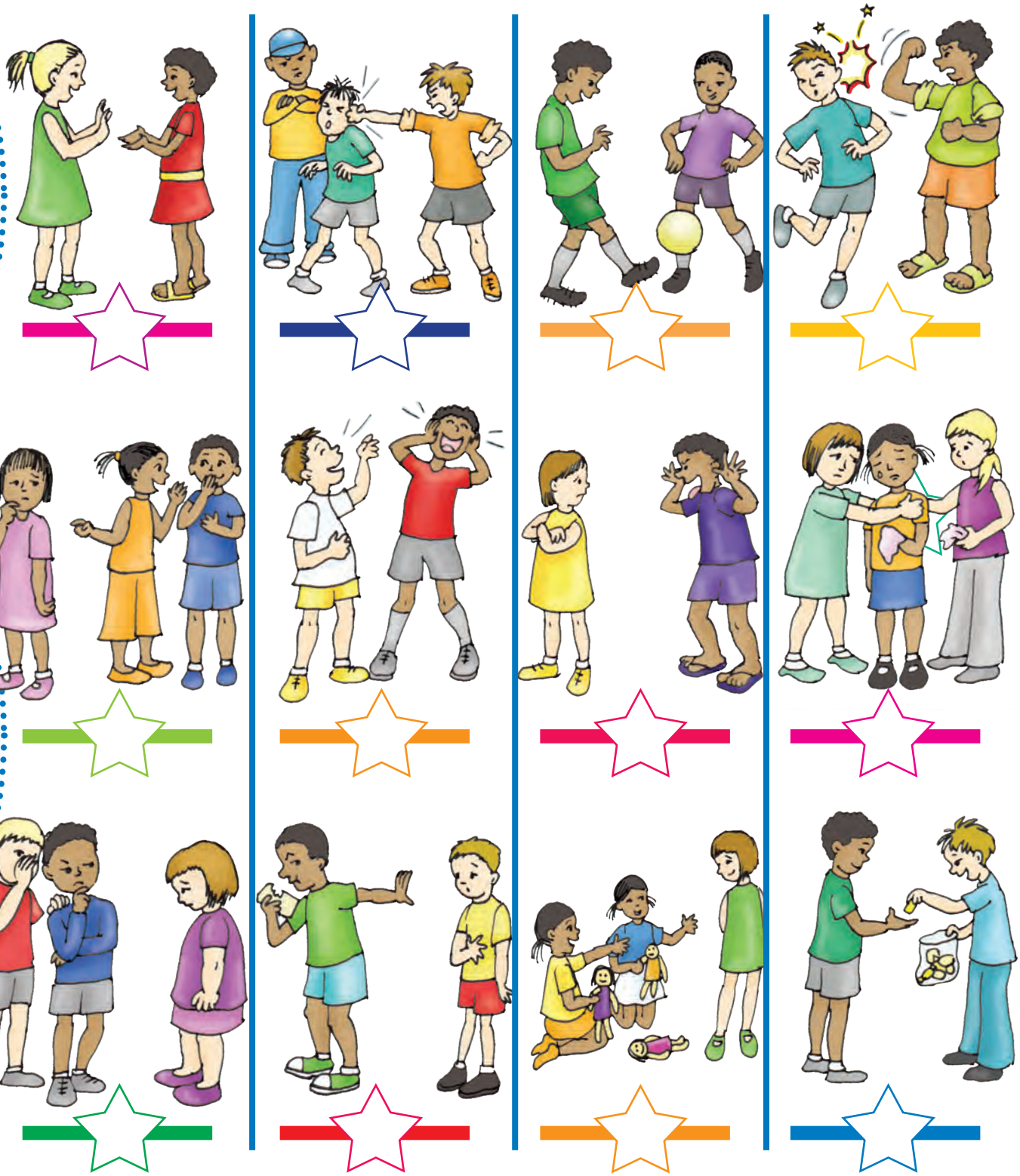
Date:

5

The people around us

Let's talk

Look at the pictures. Think about what good friends do, and talk about it in your group. Now think about what bad friends do. Add a tick (✔) in the star with each picture showing good friendship, and a cross (✘) to those showing bad friendship.



Let's read

Read each of the sentences and then colour in either the Yes face ☺ or the No face ☹.



I am a good friend.		
I care about my friends.		
I am nice to my classmates.		
My classmates are nice to me.		
I am polite to the people around me.		



Let's move

Let's play "Stand on my shadow".

You and your friends must try to step on each other's shadows. Take turns to see how many shadows you can step on. You can keep moving to prevent your friend from standing on your shadow.



Teacher:

Sign:

Date:

6

No more bullying

Let's write Look at each of the pictures.

What would you do if you were the child who was being bullied? Next to each picture, write one sentence about how we should treat other people.









Let's do

Make up a role play with your friend about a child who is bullying another child. Then say what we can do to prevent bullying.

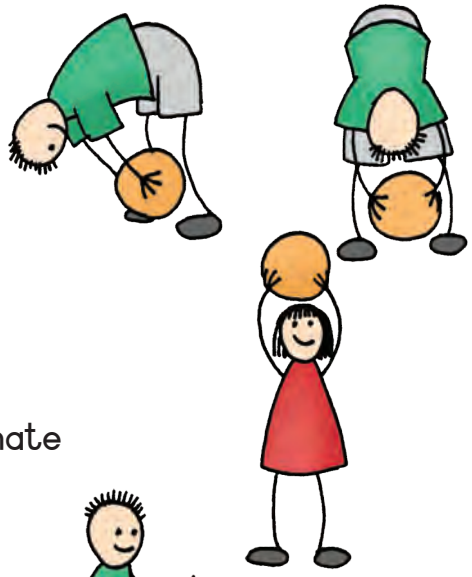




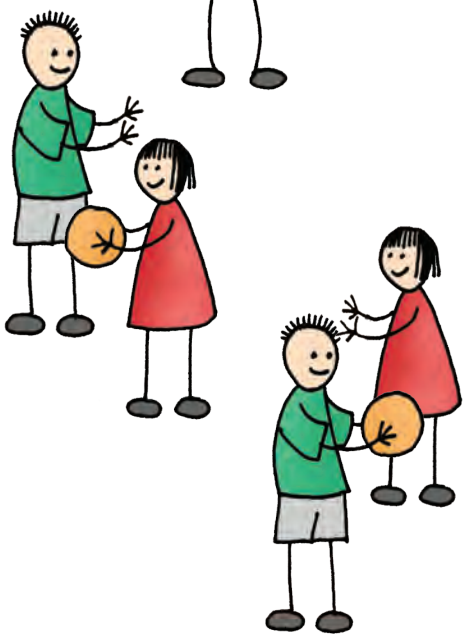
Let's move Arrange yourselves into teams of 5.



Then form a line and pass a ball to each other along the line. See which team can pass the ball to the end of the line in the shortest time. When you have done that, try passing the ball in different ways:



- Pass the ball between your legs to the classmate behind you.
- Pass the ball over your head to the classmate behind you.
- Pass the ball to your left to the classmate behind you.
- Pass the ball to your right to the classmate behind you.





We are all unique and special

Let's talk

Look at the pictures and say how these children are the same. Say how they are different.



















Let's read

Do this next activity in a group. Look at all the other children in your class. Then read each of the following statements. If a statement is true, add a tick (✔) in the box on the right, and if the statement is wrong, add a cross (✘).

	Add a ✔ or a ✘
Do the boys and girls look the same?	
Does everyone have the same hair colour?	
Does everyone have the same eye colour?	
Does everyone have the same size hands?	
Are all the classmates the same height?	



Let's talk

Can you see that we are all different? And can you see that we are also all the same? Talk about the ways in which we are the same.



Let's draw

Draw a picture of yourself. Then use some lipstick to make your unique fingerprint next to the picture frame.



Did you know that no one else in the world has your fingerprint? You are unique and special!



Teacher:

Sign:

Date:

8

About me

Let's write Fill in the spaces below.

My name _____

The meaning of my name _____

My birthday _____

Boy or girl _____

Have I had all my vaccinations? _____

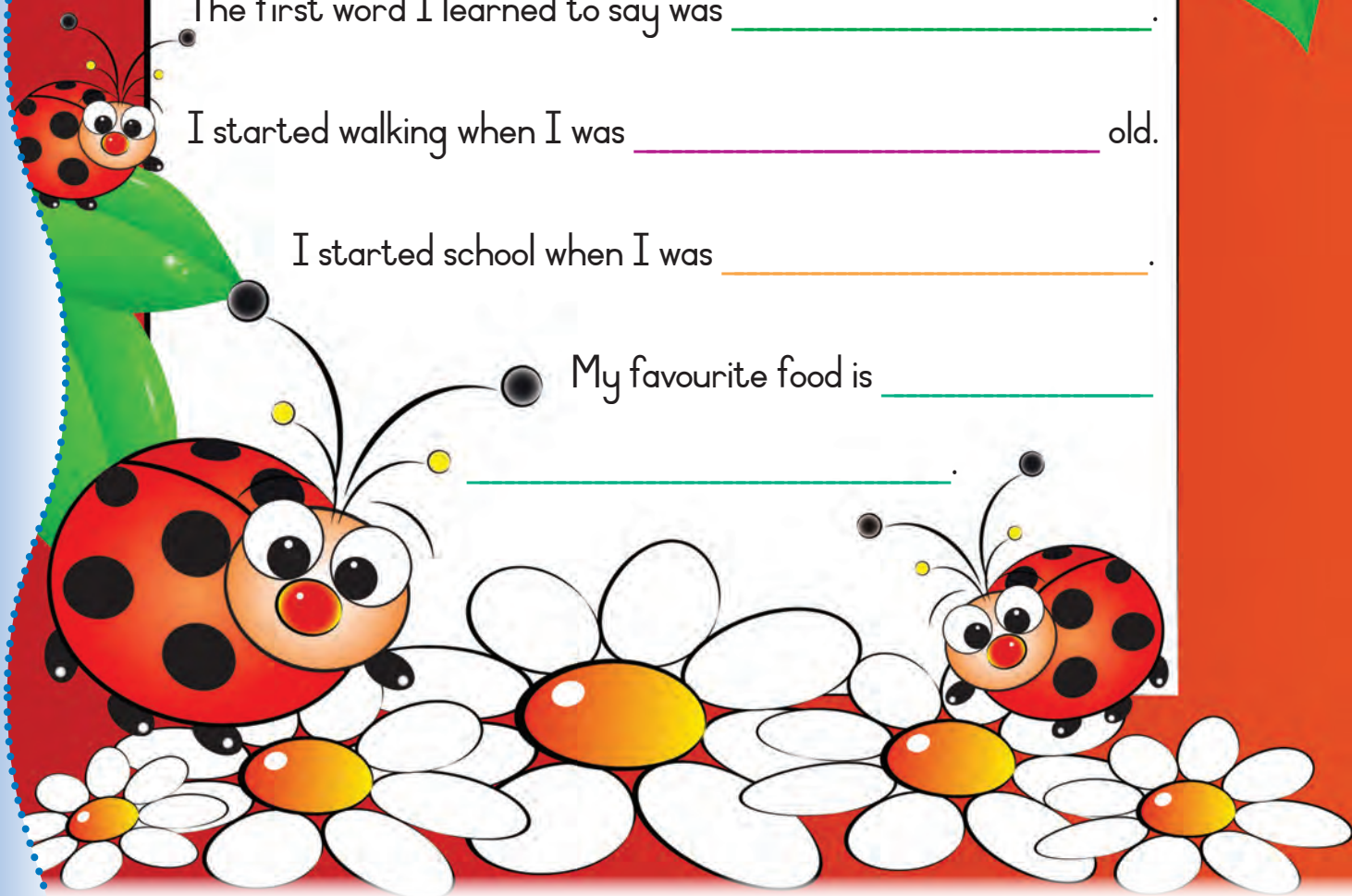
The first word I learned to say was _____.

I started walking when I was _____ old.

I started school when I was _____.

My favourite food is _____

_____.



Let's talk

Now tell your friend all about yourself.
Complete the sentences we've started for you.

I like to play with _____

What I like most, is my _____

I am very good at _____

I am worried about _____

I am afraid when _____

Let's move

Play musical chairs.

Make sure there are enough chairs for all but one of you. Each time the music stops, you must sit down on a chair as quickly as you can. If you don't find a chair, you fall out of the game, and your teacher will remove another chair. The child who finds the last chair is the winner.



Teacher:

Sign:

Date:

9

How we feel

Let's talk

Talk to each other about how you feel when something good happens to you. Now talk about how you feel when something bad happens to you. We call these feelings emotions. Fill in how they feel.









Let's write

Write answers to the questions below.

What makes you glad?
What makes you sad?
What makes you afraid?
What makes you happy?

Let's do

Draw and colour in this friendship chain.
Try to make each doll look different, to show that we are all different and unique.



Let's move

Make your body as big as you can.

Then try to make your body as small as you can.

Now try to make it as long as you can.

Lastly try to make it as short as possible.





Teacher:

Sign:

Date:

10 People with disabilities

Let's talk Look at the pictures.



- What different kinds of disabilities do you see?
- What does each of these children use to help themselves?
- What kinds of problems do you think these children have in their everyday lives?
- Talk about how we can help them.

Let's write Look at the pictures below. Complete the sentences.



wheelchair

Rosemary can't walk.
She uses a _____
to move around.



Thabo is blind and uses a
_____
to find his way.



guide dog

hearing aid

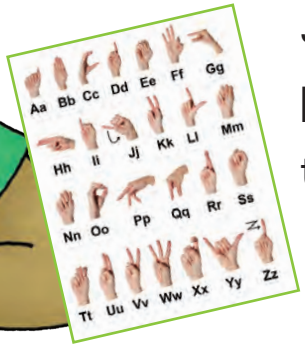




Peter is deaf.

He uses a _____
to help him hear.

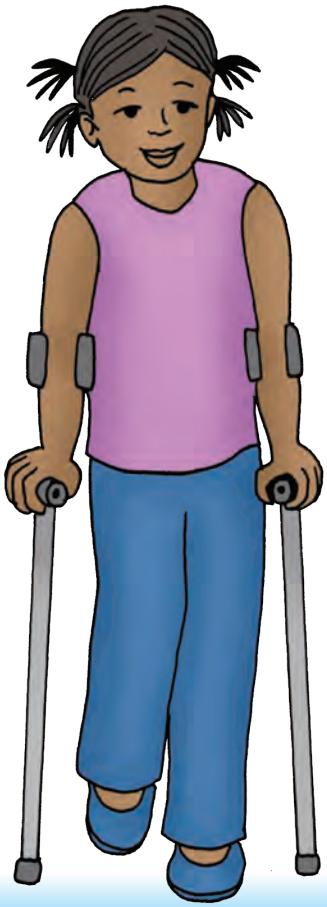




sign language

Jabu can't speak.

He uses _____
to communicate.



Nomsa uses _____
to help her walk.

crutches



Teacher:

Sign:

Date:

My hero



Let's talk

Talk about whether there are children with disabilities in your school.

What could the school do to help them while they are at school?

Can disabled people become champions?



Let's read

Some heroes have disabilities. They are role models for us to follow. In South Africa, there are two sporting champions who are disabled. Can you think who they are?

Oscar does not have legs below his knees. He runs on blades that are fastened to his thighs.

Natalie lost the bottom part of her left leg in a motor cycle accident. She walks with an artificial leg but swims using just one leg.







Let's talk

Talk about people with disabilities who do wonderful things. Think about:

- Blind people playing musical instruments. Do you know of anyone?
- Deaf people writing songs. Can you think of an example?



Let's write

In the spaces below, give details about your hero or role model.

My hero or role model is:

Draw a picture of your hero or role model.

How can you best describe your hero or role model?

Examples: friendly, helpful, courageous, loving, attractive

What does your hero or role model do?

Why is this person special to you?

Teacher:

Sign:

Date:

Water purification

Let's read Look at a glass of water.



Can you see anything in it?

No, you can't. But did you know that there are sometimes germs in water? These germs are tiny and cannot be seen with the naked eye. If you should drink the water without first getting rid of the germs, you could get very sick. We always need to make very sure that the water we drink is clean and pure.

Let's talk Talk about what can happen if we drink dirty water. Now look at the pictures below. Talk to your friend about the different ways we can purify water.



Add chlorine tablets to water.



Boil water for 5 minutes.



Add chemicals.





Filter water.

Let's talk

Which water do you think is safe to drink?
Colour the water droplet blue if you think it is safe to drink.

River water

Borehole water

Tap water

Water that has been bought in a bottle

Sea water

Water that has been boiled in a kettle

Let's do

Work in groups and make a water filter to purify water. Listen carefully when your teacher explains what you need to do.



You will need the following:

A 2 litre plastic bottle

Fine sand

Coarse sand

Small stones/gravel

A sharp knife

Cotton wool



Let's write

Number the steps for making a water filter in the right sequence.

	Add fine sand at the top.
	Turn the bottle upside down.
	Add course sand.
	Cut the bottom off a plastic bottle.
	Pour the muddy water in.
	Drop small stones or gravel into the bottle.



Teacher:
Sign:
Date:

13

A healthy lifestyle



Let's read

Read about each of these good and bad habits. If you think it is a good habit, add a tick (✔), and if you think it is a bad habit, add a cross (✘).

Habits The teacher helps the learners to read.	Good ✔	Bad ✘
I eat healthy food.		
I throw rubbish out of the car or taxi window.		
I wash my hair regularly.		
I eat a lot of sweets.		
I keep my nails and ears clean.		
I brush my teeth once a month.		
I pick rubbish up and throw it in a rubbish bin.		
I wash my hands after going to the toilet.		
When I cough or sneeze, I hold my hand in front of my mouth.		
I exercise regularly.		
I wash my hands before eating.		
I lie around in front of the TV for hours.		
I sit with adults who smoke.		

Let's do Make a poster about either a good or a bad habit.

Let's write Assess your own poster. Read each statement, and then add a smiley face if the statement is true, and a sad face if the statement is not true.



	Yes	No
My poster is colourful and neat.		
I enjoyed making my poster.		
I found it difficult to make my poster.		

Teacher:

Sign:

Date:

Perishable and non-perishable products



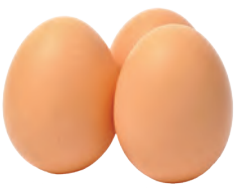
Let's talk

Talk about foods that need to be kept cool to prevent them from going bad. Decide which foods don't need to be kept cool, but can be stored in a cupboard. Cut out the pictures on the cut-out page and paste them either in the fridge or in the cupboard.



































Talk about ways in which we can protect food against insects such as flies and ants.









Religious and other special days

Let's read

People all over the world celebrate special holidays.



At Christmas time we get presents. We also give presents to our friends and to our family.
We have a Christmas tree in our house. We put the presents under the tree. We decorate the tree and put a star at the top.
At Christmas time we spend time with our loved ones.





We can't wait for Diwali. This is the time when we get lots of sweets and lots of presents. We pack delicious sweets and cakes in boxes and give these to people who visit us. We light small lamps and put them around the house. We decorate our house and have fireworks.



We can't wait for Hanukkah.
We will have lots of good food to eat.
We like to eat pancakes and doughnuts. We also like to get presents. Our cousins come to visit us. We all help to make the food and we light candles in our house.

Soon it will be Eid. I hope we will get nice presents. We will give our friends presents too. We will have lots of cakes and sweets to eat. We know that it is Eid from the shape of the moon. It is on a different date each year.



Teacher:
Sign:
Date:

16 All children are special

Let's talk

How are these children different from you?

How are they the same?



Let's read

People all over the world celebrate special holidays.



Let's write

Ask 3 friends these questions. Fill in their answers in the spaces below.



Fill in your friend's names.			
What is your religion?			
What special celebrations do you have?			
What do you eat?			
What do you wear?			
Who do you celebrate with?			

Let's do

Look at the picture. It is a map of our world. You can see that our world has land and sea. Colour the sea blue. Colour the land brown. Draw a few fish in the sea.









Teacher:

Sign:

Date:

The seasons

Let's talk

Look at the pictures of the four seasons. Tell your friend what you see in each picture. Say how the four seasons differ.



Which season do you like best? _____

_____

Why do you like this season? _____

_____

In which season is your birthday? _____

_____

Let's sing

Good morning, Mr Sun!

Good morning, Mr Sun!
Your day has just begun.
I like to see your shiny face.
Good morning, Mr Sun.



Rain, rain go away!
Little children want to play.
Come again another day.
Stay away for just one day.



Teacher:
Sign:
Date:

The four seasons

Let's do

Cut pictures of the seasons from the cut-out page at the back of the book. Paste each picture next to the name of the correct season.



June

July

August

winter

September

October

November

spring





summer

December

January

February

autumn

March

April

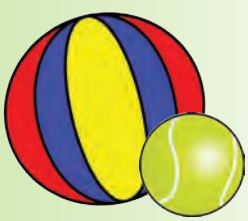
May





Let's move

Practise your ball skills.
Bounce a ball against the wall.
Now run and bounce the ball around the beacons.





19

About the seasons

Let's read



Summer

The weather is sunny and warm.

The days are long and the nights are short.

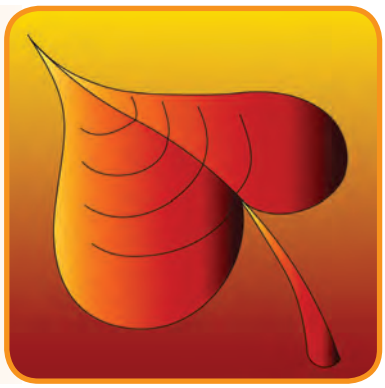
We can stay cool by swimming or sitting in the shade.

Autumn

The weather cools down.

The leaves begin to turn golden and fall off the trees.

The birds fly to warmer places.





Winter

The weather is cold.

In some places there is snow or frost.

The days are short and the nights are long.

Some animals sleep through the winter (they hibernate).

Spring

The weather is warm.

The plants start to grow and there are blossoms on the trees.

Birds begin building nests and laying eggs.



Let's talk

Tell your friend what kind of clothes we wear during each season. What clothes do you prefer wearing?

Let's write

Draw a line from the description of the clothes we wear to the picture with these clothes.

Dressing for the weather

If it is sunny we must wear hats to protect ourselves from the sun.

When it is warm we must wear cool clothes.

If it is cold outside we need to wear warm woollen clothes.

On rainy days we need a rain coat and an umbrella.









Teacher:

Sign:

Date:

20

The seasons

Let's draw

Draw a boy and a girl. The boy must wear warm winter clothes and the girl must wear cool summer clothes.



Boy	Girl

Let's move

- Put some hoops on the ground or draw circles in the sand.
- When your teacher tells you to jump, jump into the circle with both feet.
- When your teacher tells you to jump, jump out of the circle on one foot.
- Play hopscotch.
- Use a piece of chalk to draw the circles and squares on the ground.



Let's talk

Each season has its own fresh fruit and vegetables that grow at that time of the year. Let's look at the healthy foods that are available in each season.



Teacher:

Sign:

Date:

The effects of the seasons

Let's read



Spring

In the spring the trees begin to bud.

We see more birds and bees and flowers and new leaves.

The birds make nests and lay eggs.

The farmers shear the sheep.

Summer

In the summer farmers pick their fruit. The baby animals are more active.

In many places it rains heavily and there are thunderstorms and lightning.

Grass, bushes and flowers grow more thickly, and trees grow taller.





Autumn

Some animals store their food as they prepare for the winter.

The leaves of the trees start turning yellow, brown, red and orange.

The grass begins to turn brown.



Winter

Some animals sleep through the winter. We say they hibernate. They keep warm because their coats get thicker.





Let's write

What do some animals do through the winter? _____

_____

How do some animals protect themselves against the cold? _____

_____

When do birds return to warmer countries and begin nesting? _____

_____

Teacher:

Sign:

Date:

22 Growing a bean plant

Let's do

You need

- 5 beans
- cotton wool
- a saucer
- water



What to do

Place the beans in cotton wool in a saucer.
Keep it wet. Place the saucer on a windowsill in the sunlight.
Watch the bean for the next two weeks. See how it grows.

Look at the pictures of this bean plant.
When your plant looks like this fill in the date.

_____ Date	_____ Date	_____ Date	_____ Date
			

Let's do

Make up a play about an animal.
Show a bear or a squirrel hoarding food for the winter.



Let's move

Fly like a swallow going to a warmer place.

Slither on the ground like a snake looking for a good place to hibernate.

Teacher:

Sign:

Date:

23

Farm animals

Let's talk

Look at the picture and talk about the different farm animals you see.
Which animal is your favourite?
What do we get from each of these animals?



Let's write

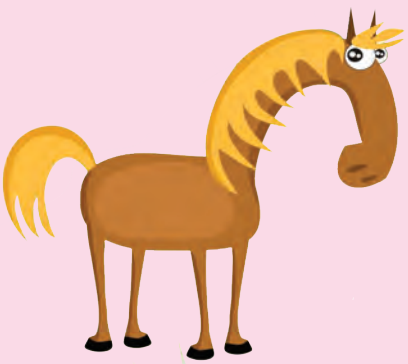
Fill in the correct answers into these tables.
We have done the first one for you.



Male	ram
Female	ewe
Baby	lamb
Sound	baa
Shelter	kraal



Male	
Female	
Baby	
Sound	
Shelter	



Male	
Female	
Baby	
Sound	
Shelter	



Male	
Female	
Baby	
Sound	
Shelter	

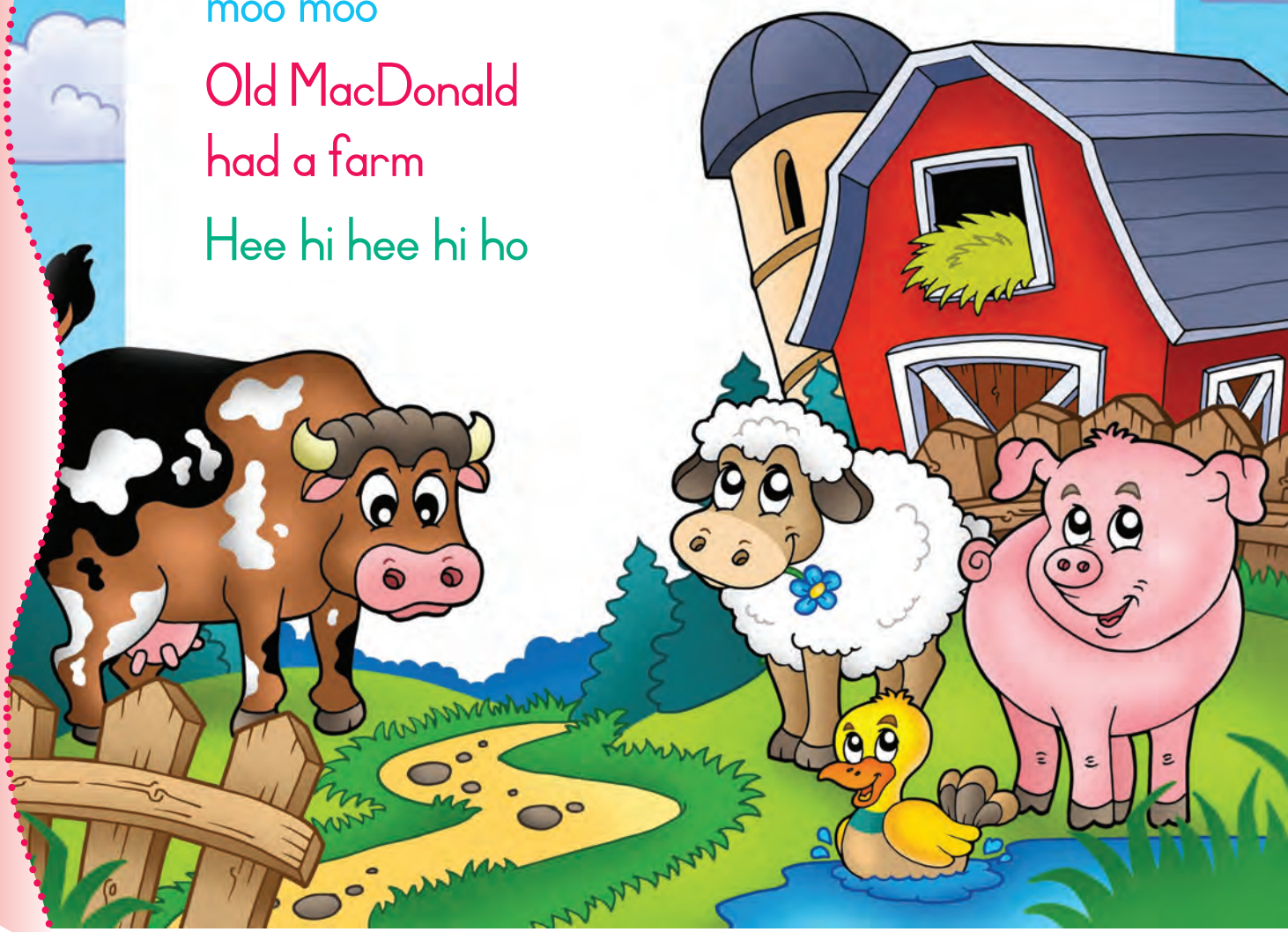
Teacher:
Sign:
Date:

Farm animals



Let's sing

Old MacDonald had a farm
Hee hi hee hi ho
And on the farm he had some cows
With a moo moo here and a moo moo there
Here a moo, there a moo, everywhere a moo moo
Old MacDonald had a farm
Hee hi hee hi ho



Let's sing

Carry on singing the song. Replace the lines about the cow with these animals.



And on the farm
he had some dogs.

And on the farm
he had some ducks.

And on the farm he
had some horses.

Let's move

- Walk along a beam without falling off.
- Throw a ball in the air and catch it without falling off.
- Then gallop like a horse.
- Waddle like a duck.
- Walk like a robot.



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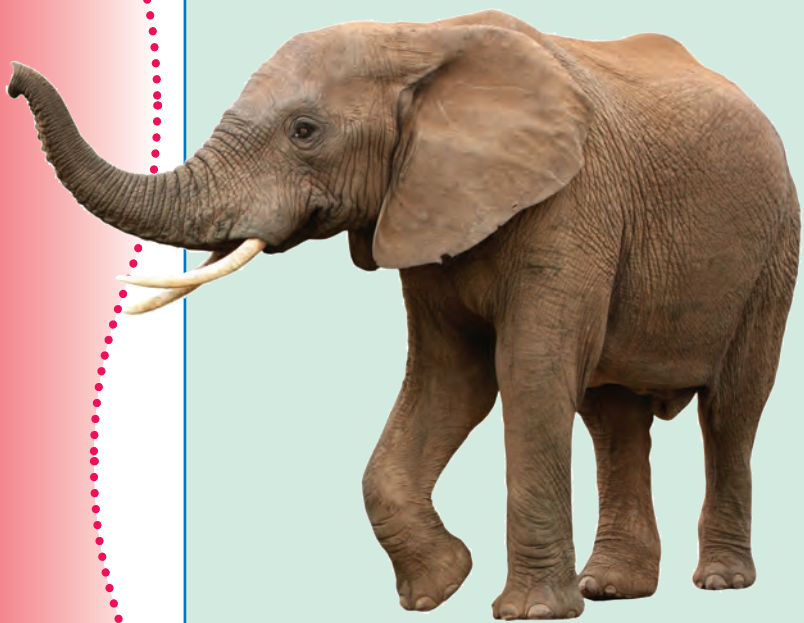
Wild animals

Let's read





Lions belong to the cat family. The lion is seen as the king of the animal kingdom. They hunt and kill animals such as buck and zebras. The females do most of the hunting. They often hunt in groups. Lions prefer living on open grass fields. Lions can roar very loudly.



Elephants are the largest mammals on land. They are in danger because poachers hunt them for their ivory tusks. Elephants keep growing all their life. Elephants use their trunks to bring roots, fruit and water to its mouth. They eat up to 200 kg food a day and drink 190 litres of water.



There are two kinds of rhinoceros (mostly called rhino) – the black and the white rhino. Rhinos can't see very well, but they have a very good sense of smell. Rhinos are very large and can weigh up to 2 500 kg. Rhinos are regularly hunted for their horns by hunters and poachers. We need to protect rhinos from hunters who kill them for their horns.



The mature leopard can grow to a length of 2 m. Its coat is light brown with black spots in the form of circles. The leopard can climb well and has no trouble hunting in trees.



Buffalo live in herds. When there is danger, the cows and calves gather in the centre of the herd and are encircled by the bulls for protection. Some buffalo can grow to a height of 1,7 m.

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How animals hide

Let's read

Zebra stripes make it very difficult to see a zebra in the bush. Some animals protect themselves by changing the way they look to blend in with their surroundings.

Chameleons can change their colour to match the trees they climb. The coats or feathers of some animals are adapted in such a way that it makes them difficult to spot.

We call this camouflage.

Think of more animals that use camouflage.

Let's do

Draw a wild animal.
Then tell your friend how the animal camouflages itself.



Water animals

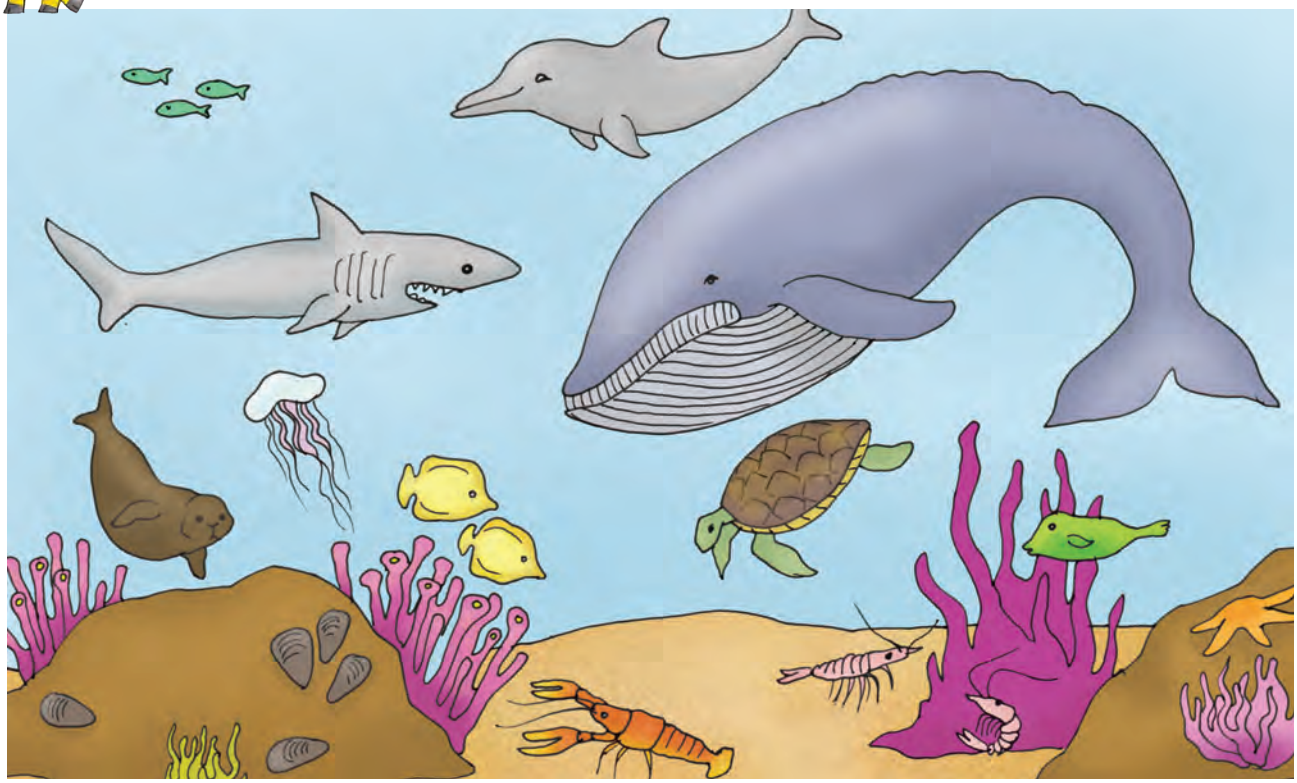
Let's do

Complete the picture by adding drawings or pictures of animals that live in a river.

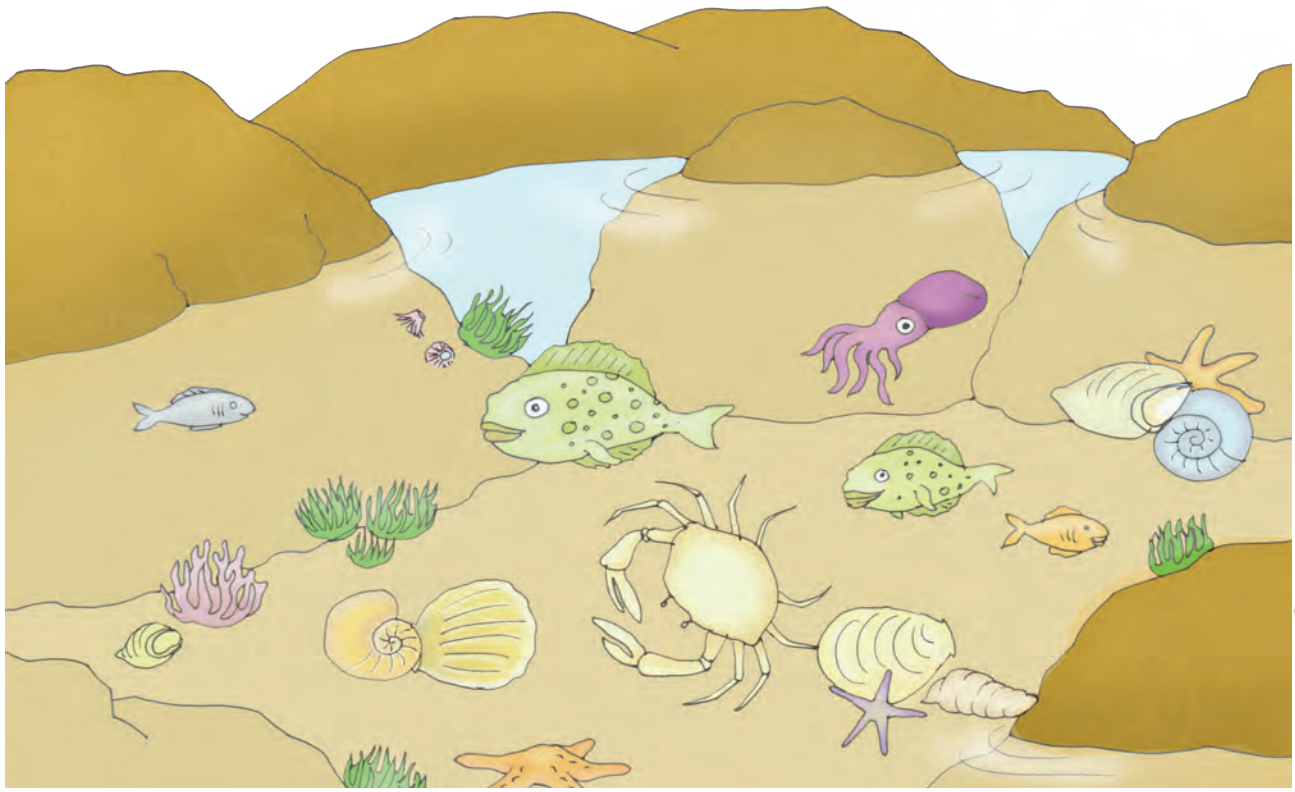


Creatures of the deep

Let's talk Let's look at all the different animals living in salt water.



There are also smaller animals, living in rock pools in shallow water.



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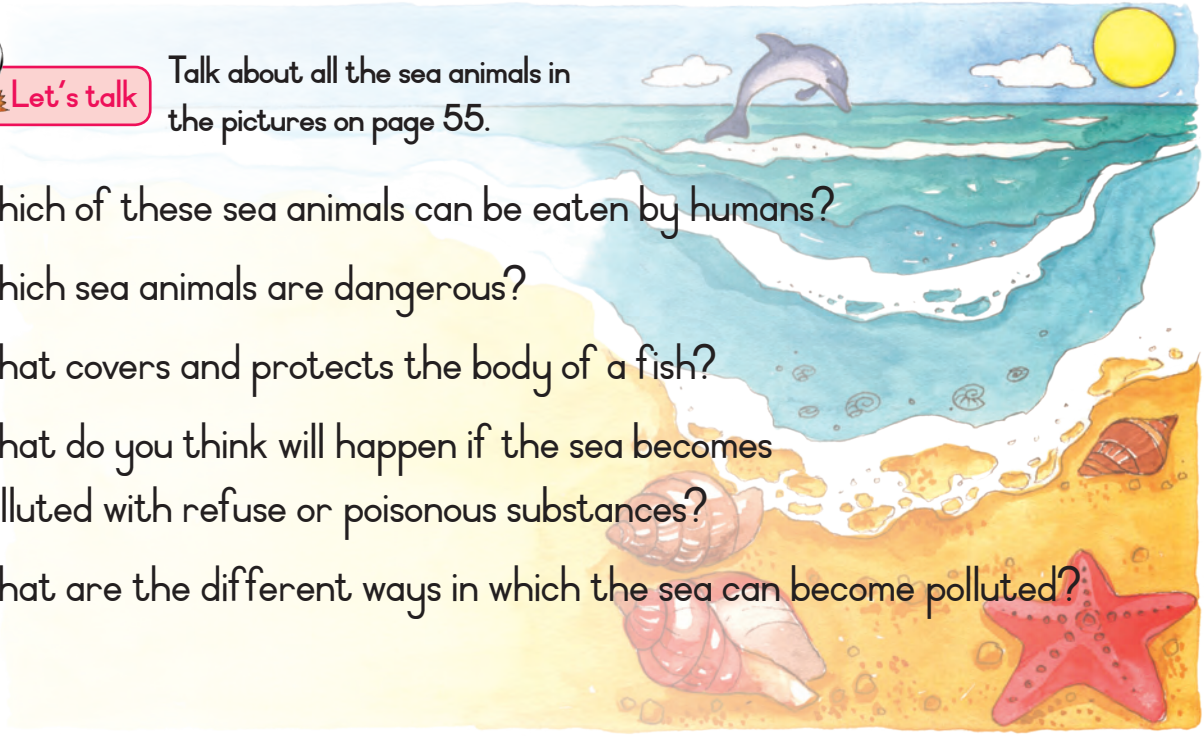
Date:

Animal craft



Let's talk Talk about all the sea animals in the pictures on page 55.

- Which of these sea animals can be eaten by humans?
- Which sea animals are dangerous?
- What covers and protects the body of a fish?
- What do you think will happen if the sea becomes polluted with refuse or poisonous substances?
- What are the different ways in which the sea can become polluted?

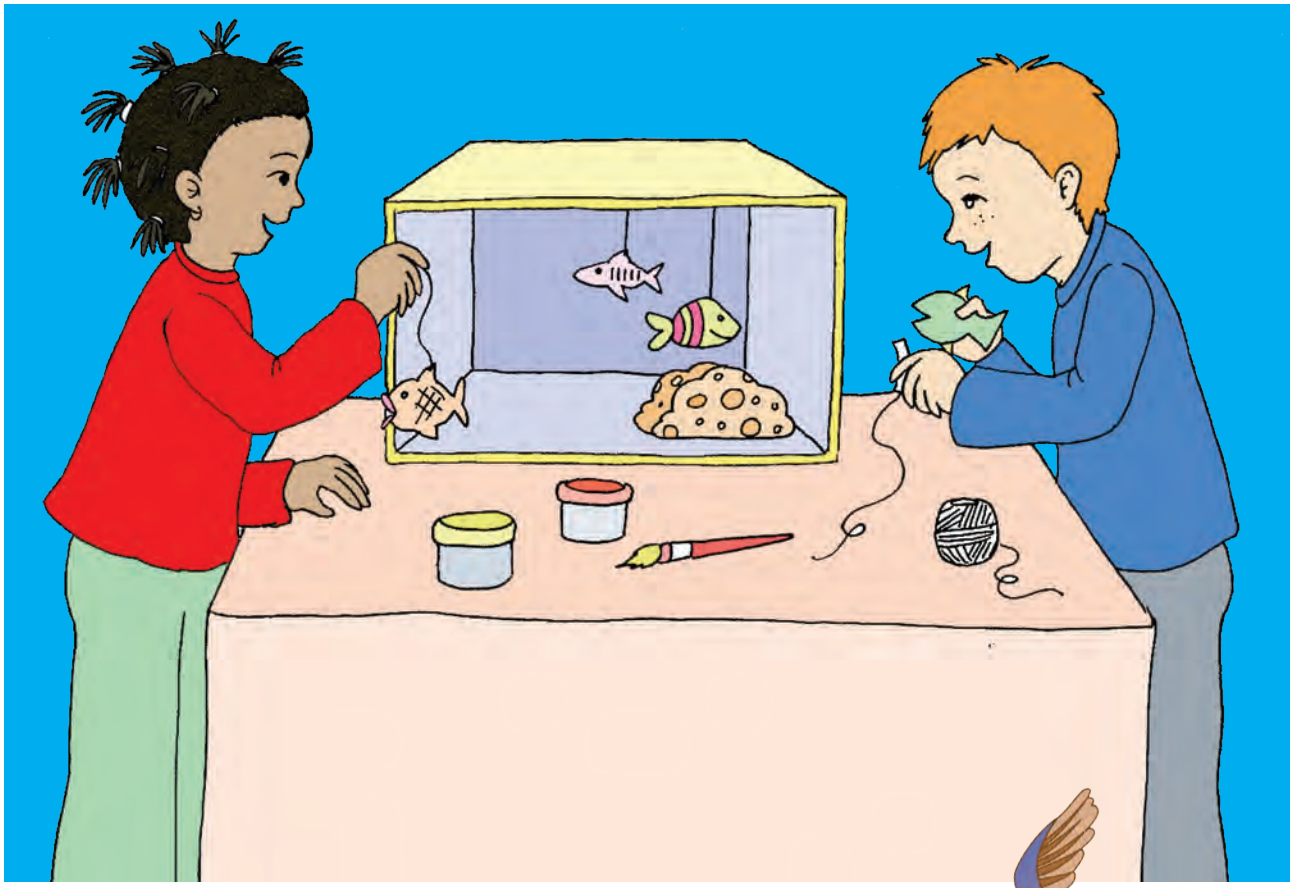
Let's write Write the names of animals you can think of that live in rivers, dams or in the sea in the three columns of the table.

River	Sea	Dam

Let's do

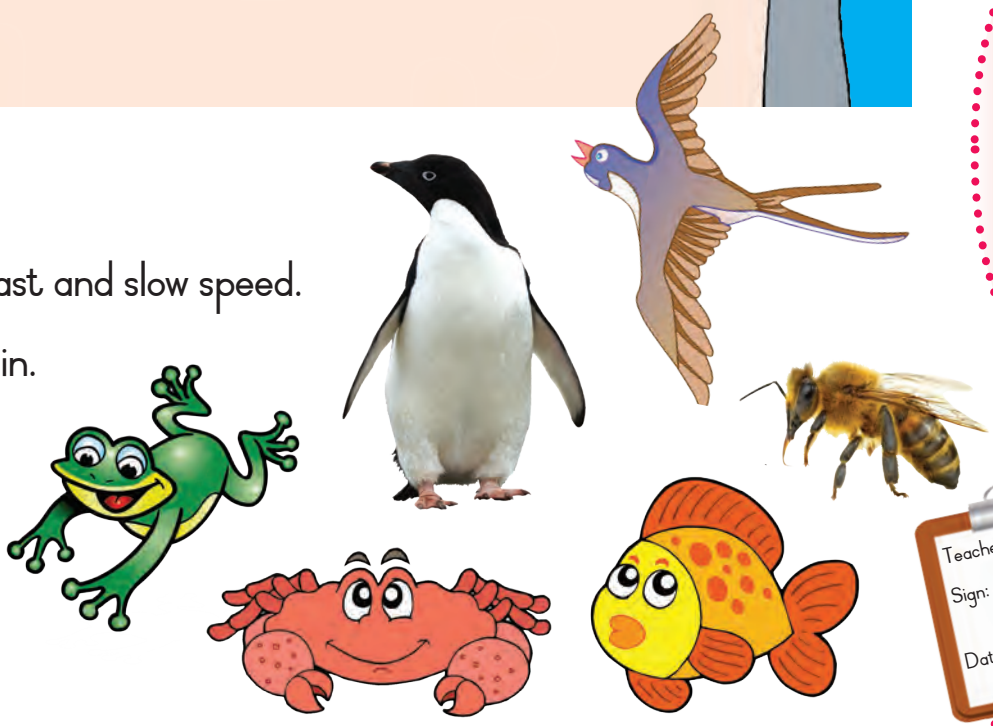
Make your own fish tank.

- Paint the inside of a box bluey-green and turn it on its side.
- Then cut out the fish at the back of the book.
- Attach the fish to the top of the box with sticky tape and string.



Let's move

- Fly like a bird at a fast and slow speed.
- Waddle like a penguin.
- Fly like a bee.
- Walk like a crab.
- Swim like a fish.
- Jump like a frog.



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30 Animals that carry their homes with them

Let's read



Did you know? I fit neatly into my shell, and it never becomes too small for me.

The tortoise

The tortoise is a reptile with four scaly legs and a wrinkly neck and head. It moves around slowly with its shell house on its back.

There are three types of tortoise.

		
I live in the sea.	I live in fresh water in the wetlands.	I live on land.

Let's write Answer these questions about the tortoise that lives on land.

Is the tortoise's shell hard or soft? _____

What does the tortoise's shell protect it against? _____

_____

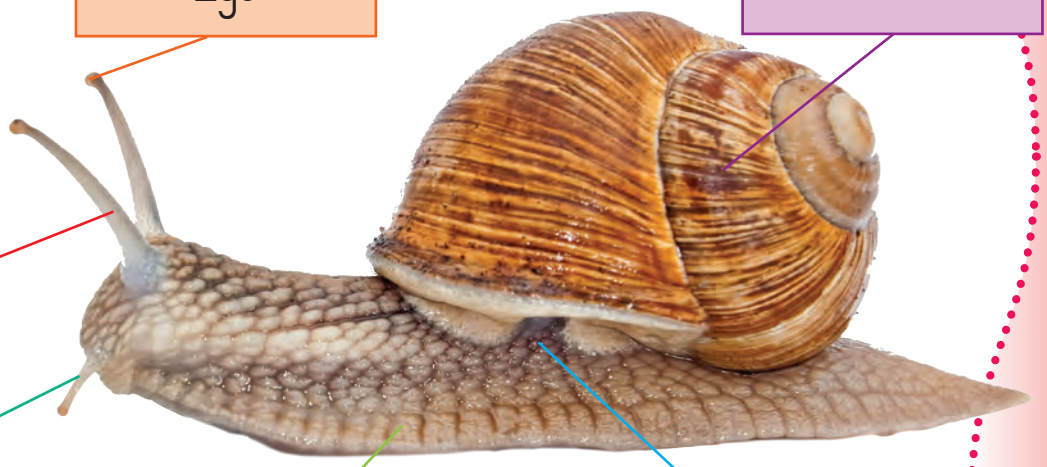
What does a tortoise do when it is scared? _____

What food do tortoises eat? _____

_____

The snail

Look at the shell of the snail.



How does a snail move along? _____

Have you ever found an empty snail shell? What do you think happened to the snail? _____

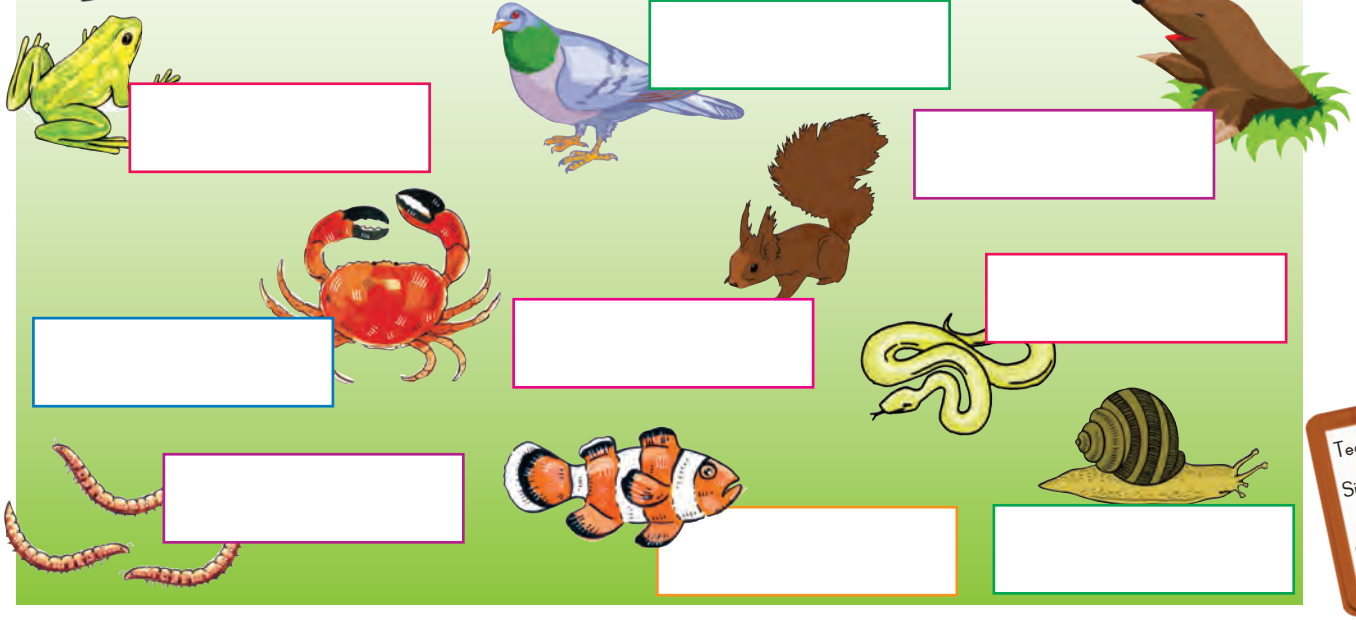
What colour are snail's shells? _____

Why do you think snails have shells? _____



Let's do

Where do you think I live? Next to my picture, write whether I would make my home in a tree, in the ground or in water.



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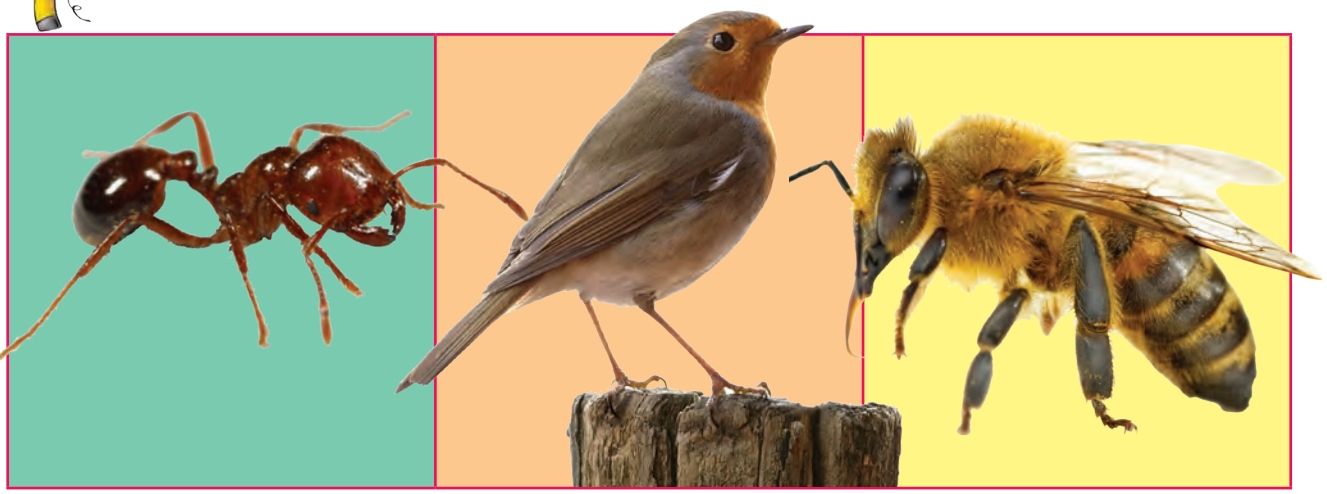
Animals that build themselves shelters

Let's do

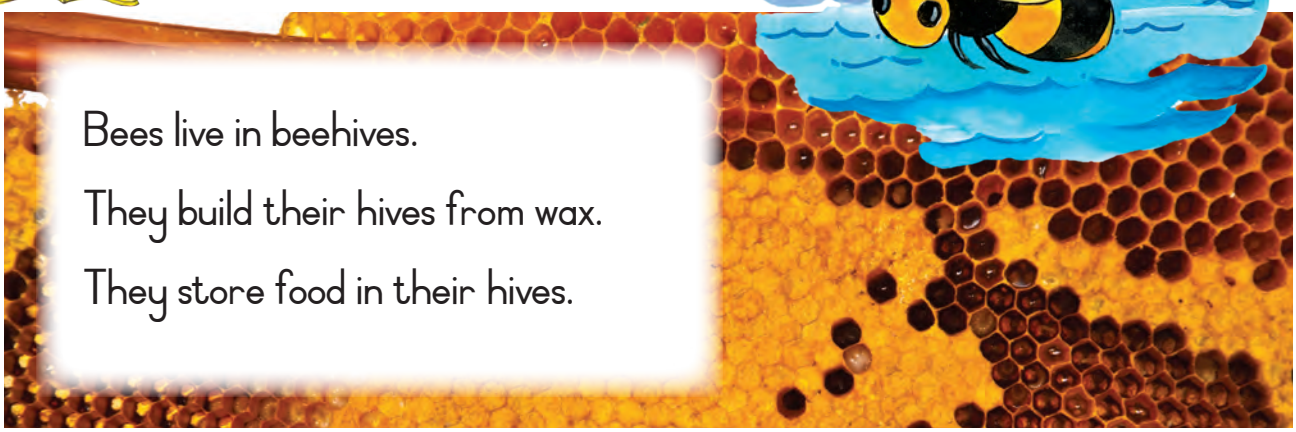
Join the pictures of these animals to the pictures of their homes.





Let's read

Bees

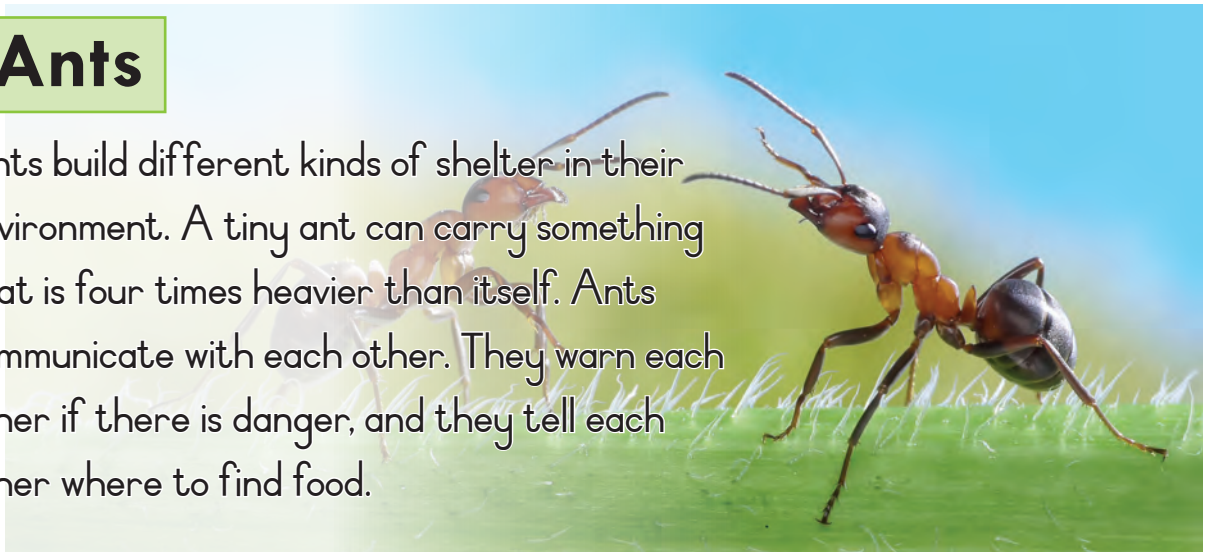


Bees live in beehives.

They build their hives from wax.

They store food in their hives.

Ants



Ants build different kinds of shelter in their environment. A tiny ant can carry something that is four times heavier than itself. Ants communicate with each other. They warn each other if there is danger, and they tell each other where to find food.



Let's write

Why do you think ants build themselves shelters? _____

_____

Who is an enemy of the ant? _____

_____

What materials do ants use to build their shelters? _____

_____



Let's read

Birds

Birds build nests as shelters and to have a place where they can lay their eggs. The size of a nest depends on the size of the bird.

What do birds use to build their nests?

_____

Which animal is a bird's enemy?

_____



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CERTIFICATE

for completing the Grade 2

Life Skills Book 1

awarded to

_____

Fill in your name.

Date _____

Teacher _____

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

V v

Q q

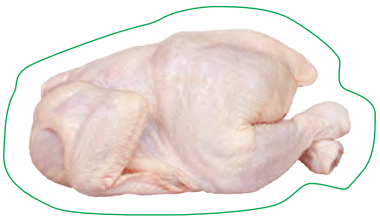
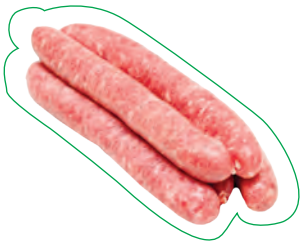
W w

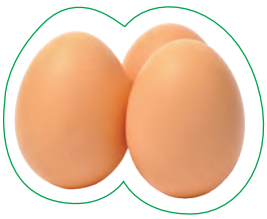
R r

X - Z

x - z

P. 29





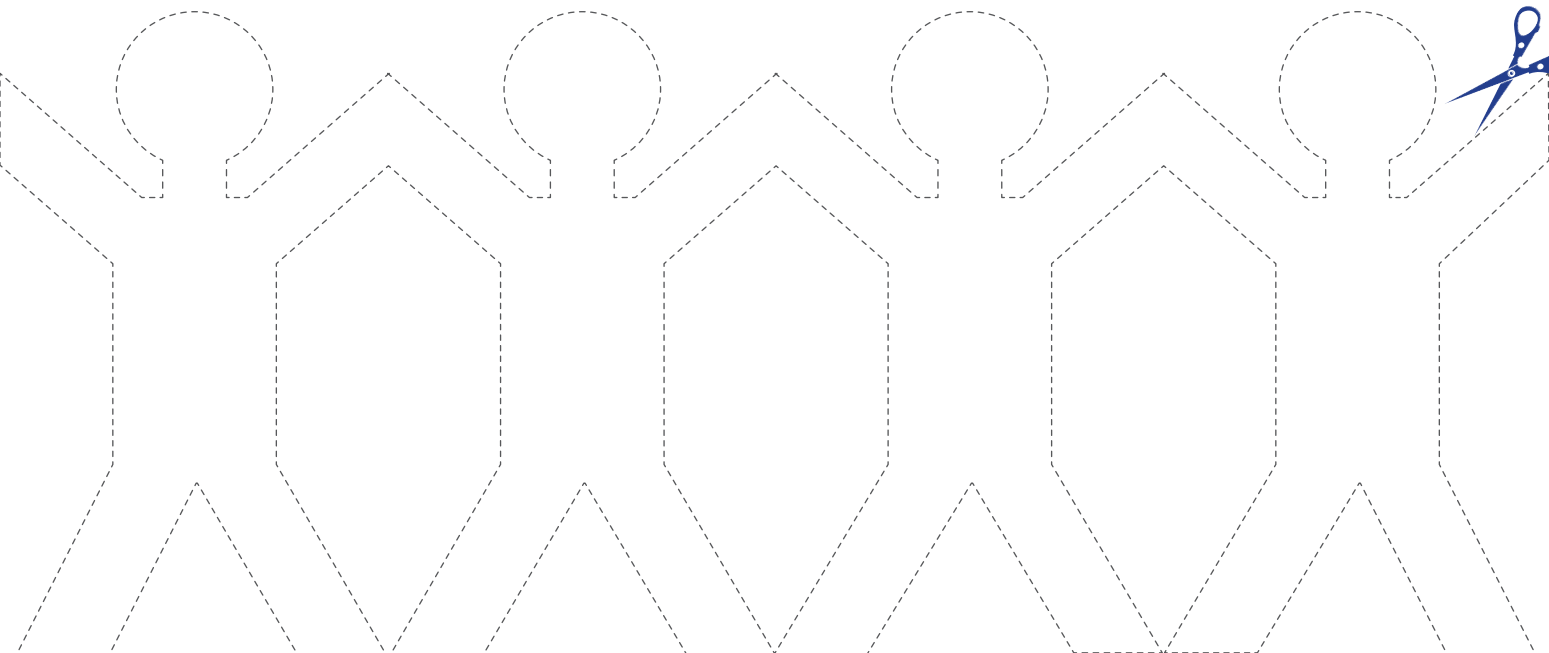












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