

## Lesson-8: Safety Habits

Theme 6:  
What is Culture?

10 Periods (40 minutes each)



Learn Better (Main Coursebook), Stay Ahead (Workbook), Book of Holistic Teaching, Book of Project Ideas, CRM signs, Poster



Animation, Animated Activities, Concept Map, Diagram, Dictionary, eBook, Quiz, Slideshow, Test Generator

Attaining better

I look left and then right before crossing the road.

### Curricular Goals and Objectives (NCF)

#### To enable the students:

- to develop awareness of safety measures at home, school, playground and on the road.
- to understand the importance of first aid and apply basic first-aid skills in daily life.
- to understand and practise maintaining a clean, safe and well-organised home environment.
- to apply knowledge of safety rules and good habits in real-life situations.
- to engage in creative and hands-on activities to reinforce learning through practical application.

### Methodology

#### Period 1

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Great. Before we dive into our lesson, let us take a moment to relax and focus our minds with a short meditation. Ready?

**Teacher:** Sit comfortably in your chair, with your back straight and feet flat on the ground. Close your eyes gently and take a deep breath through your nose. Hold it for a moment, then slowly breathe out through your mouth.

Let us do these three more times. Breathe in, and breathe out. As you breathe, imagine your mind becoming clear and ready to learn.

Open your eyes and smile at your friends. Let us start our lesson with positive energy.

#### Confirming better

**Teacher:** Before we start the class, let us all say together something positive, 'I look left and then right before crossing the road.' Repeat after me: 'I look left and then right before crossing the road.'



Confirming better I look left and then right before crossing the road. 55

**Teacher:** Alright. Today, we are going to begin a new chapter 'Safety Habits.' We use a KWL chart to help us organize our thoughts and learning. I have made a KWL format on the blackboard. Please take out your notebooks and draw the same format.

SHOULD DO

10 MIN.



K	W	L

**Teacher:** Let us start by filling out the 'K' and 'W' columns. Take a few minutes to think and write. If you have any questions, feel free to ask.

**Teacher:** Before we start the chapter, we will do a quick Re-KAP, which involves revisiting our previous knowledge through creative activities using Kinaesthetic, Auditory and Pictorial methods to make our learning interactive and engaging.

#### Kinaesthetic

MUST DO

10 MIN.



**Teacher:** Today, we will learn about the important things in a first-aid kit. Talk with your partner and list some of the items you think should be inside a first-aid kit.

Kinaesthetic

Talk with your partner about the important things in a first-aid kit, like antiseptic lotion and cotton. List them down in your notebook. Draw a first-aid kit in your notebook.

Confirming better

55

(Give the students time to complete the activity.)

**Teacher:** Very well. Now, draw a first-aid kit in your notebook and label the items inside it.

**Teacher:** Fantastic. Everyone has done a great work. Now, let us move to the next part.

#### Auditory

MUST DO

10 MIN.



**Teacher:** Now, let us use our listening skills. Listen carefully, as I will ask

questions based on what I say. I want you to pay attention to every detail. Ready?

### Auditory\*

Listen to your teacher carefully. Answer the questions.

55

**Teacher:** Mohan reminded his family to lock the doors at night and never open the door to strangers. Mohan also kept the floors clean and free of toys to prevent anyone from falling down.

1. What did Mohan remind his family to do at night?
2. Why did Mohan keep the floors clean and free of toys? (Ask questions, allowing students to respond.)

**Teacher:** Brilliant responses. You were all listening very carefully. Now, let us move to our next activity.

### Pictorial

MUST DO

10 MIN.

**Teacher:** Look at the picture given on page 55 of your Main Course Book.

**Pictorial** PS

Match the first-aid kit with what belongs inside.

a pair of gloves	bandages	wooden block
medical tape		antiseptic
medical scissors		thermometer
cotton	marker	eraser

eright before crossing the road

K (What I Know) ICL (What I Want to

55

**Teacher:** Now, let us match the first-aid kit with the correct items inside it. Look at the items given – a pair of gloves, bandages, medical scissors, medical tape, antiseptic, thermometer, cotton and others.

**Teacher:** Identify which of these belong in a first-aid kit. (Give the students time to complete the activity.) (Discuss the correct answer.)

**Teacher:** Excellent work.

### Differentiated Activities

110 km/hr



What is the purpose of an antiseptic in a first-aid kit?

80 km/hr



What should be applied before covering a wound?

40 km/hr



What do we use to check body temperature?

### Home Task

Write down three important things found in a first-aid kit and explain their use in one sentence each.

### Period 2

#### Interacting better

MUST DO

10 MIN.

**Teacher:** Good morning, students. How are you all today?



#### Interacting better

Safety in school is very important for the students. Talk to your partner about the safety rules which should be followed at school.

ICL

56

**Teacher:** Safety in school is very important for everyone. Talk to your partner and discuss some important safety rules we should follow at school. Think about the classroom, playground, corridors and stairs.

(Let the students discuss with their partners.)

**Teacher:** Great discussion. You have all shared some wonderful ideas.

Oh, Ryan. You fell down. It must be hurting a lot.

Yes, it is.

We should get first aid as soon as possible in case of an injury.

I tripped on a small brick.

Let us go to the medical room.

Ryan, did you watch the cultural dance today? How was it?

Yes, the performance was good.

With that, your dressing is done.

56

**Teacher:** Today, we have a picture story to read. Open the page 56 of your Main Coursebook and observe the images carefully. Read the dialogues in the pictures on your own. Take your time and try to understand what is happening in each scene.

(Pause while students read the picture story)

**Teacher:** Great. Now, let us discuss the story. What happened to Ryan while playing?

**Teacher:** That is right. He fell down. Why do you think he got hurt?

**Teacher:** Yes, he tripped over a small brick. What did his friend suggest after the fall?

MUST DO

30 MIN.

**Teacher:** Yes. They decided to take him to the medical room. Why is it important to get first aid immediately?

**Teacher:** Absolutely. It helps prevent infections and heals wounds faster. Who helped Ryan in the medical room?


**Teacher:** Correct. The nurse provided first aid. What do you notice about Ryan's conversation with his friend while getting first aid?

**Teacher:** Yes, they were talking about the cultural dance performance. What does this tell us about Ryan's feelings at that moment?

**Teacher:** That is right. He was distracted from his pain and feeling better. What was the final step in his treatment?


**Teacher:** Exactly. The nurse completed the dressing and Ryan was ready to go. What do you learn from this story about safety and first aid?

**Teacher:** Well done, everyone. This story teaches us the importance of immediate first aid and being careful while playing. Fantastic discussion.


 You may show the **Dictionary** and **eBook** on the digital platform.

## Differentiated Activities


110 km/hr

 Why is it important to get first aid immediately after an injury?

80 km/hr

 Name one item that should be in a first-aid kit.

40 km/hr

 Who should you inform first when someone gets hurt at school?

## Home Task

Write two safety rules that should be followed at school and explain why they are important.

## Period 3

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What should we use to check body temperature? (Thermometer)

**Teacher:** Which item in a first-aid kit is used to cover wounds? (Bandage)

**Teacher:** What do we use to clean wounds before applying a bandage? (Antiseptic lotion)

**Teacher:** Which item in a first-aid kit is used to hold bandages in place? (Medical tape)

**Teacher:** What should we wear on our hands before giving

first aid? (Gloves)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

(The teacher will read the last paragraph of page 56 and the first paragraph of page 57 aloud and provide explanations to ensure that the students understand the content.)

**MUST DO**

05 MIN.

Accidents can happen anywhere and at any time. We can hurt ourselves or others. We can save ourselves and people around us from accidents by following safety rules.

56

**Teacher:** Accidents can happen anywhere and at any time. Why do you think accidents happen?

**Teacher:** That is right. We can get hurt if we are not careful. Now, can we prevent accidents?

**Teacher:** Excellent. We can keep ourselves and others safe by following safety rules. Let us now learn about some important safety measures.

**MUST DO**

20 MIN.

### BE SAFE

Follow all safety measures when you are in school, on the playground, at home or on the road.

- When in the classroom, do not climb on the desk and benches or throw things at anyone.
- When on the playground, do not stand in front of a swing or seesaw or push others while playing.
- When you are on the road, always walk on the pavement. Cross the road only at the zebra crossing or use the subway. Never go on the road without an adult. Remember to do all this with an adult.
- While at home, keep the main entrance of the house closed.

57

**Teacher:** Safety is very important, whether we are in school, on the playground, at home or on the road. Let us discuss how we can stay safe in these places.

**Teacher:** What should we remember when we are in the classroom?

**Teacher:** Good. We should not climb on desks and benches or throw things at anyone. What about when we are on the playground?

**Teacher:** Absolutely right. We should not stand in front of swings or seesaws and we should never push others while playing.

**Teacher:** Now, let us think about road safety. How should we cross the road safely?

**Teacher:** Well said. We should always walk on the pavement and cross at the zebra crossing or use the subway. Should we ever go on the road alone?

**Teacher:** Correct. We must always be with an adult when crossing the road.

**Teacher:** Finally, what should we do to stay safe at home?

**Teacher:** Yes, keeping the main entrance closed is important for safety. Well done, everyone. Now, let us do an activity to understand these rules better.

**Teacher:** I will give you different situations and you have to tell me the correct safety rule to follow. Ready?

**Teacher:** You are in the classroom and

**MUST DO**

10 MIN.

you feel like climbing on your desk. What should you do? (Sit properly and avoid climbing on desks)


**Teacher:** Your friend is standing in front of a swing while someone is using it. What advice will you give? (Move away and stand at a safe distance)

**Teacher:** You are about to cross the road. Where should you cross? (At a zebra crossing or use a subway)

**Teacher:** You are home alone. What should you do to stay safe? (Keep the main entrance closed)

**Teacher:** You see someone running down the stairs at school. What should they do instead? (Walk carefully to avoid accidents)

**Teacher:** Fantastic responses. Remember, following safety rules helps us stay protected.

 You may show the **Animation** and **Diagram** on the digital platform.

### Differentiated Activities

110 km/hr



Why should we always cross the road at a zebra crossing or use a subway?

80 km/hr



What should we do before crossing a road?

40 km/hr



Where should we walk when we are on the road?

### Home Task

Write two safety rules for the playground and explain why they are important.

### Period 4

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What should we avoid doing in the classroom to stay safe? (Climbing desks or throwing things)

**Teacher:** Why should we not stand in front of a swing or seesaw? (It is dangerous and can cause injuries)

**Teacher:** Where should we walk when on the road? (On the pavement)

**Teacher:** How should we cross the road safely? (At a zebra crossing or using a subway)

**Teacher:** What should we always do when we are at home alone? (Keep the main entrance closed)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

(The teacher will read the second paragraph of page 57 aloud and provide explanations to ensure that the students understand the content.)

MUST DO

15 MIN.



#### FIRST AID

First aid is the first medical treatment that an injured person receives. When a person is injured and there is no adult around, follow the guidelines given below:

- Call a doctor, a family member or any other adult.
- The adult will first clean the blood with cotton.
- Then, they will apply an antiseptic\* and keep the wounded part open for some time.
- Next, they should tie a clean cloth or bandage over the wound.
- The injured person should sit or lie down comfortably.



first aid

57

**Teacher:** Today, we will learn about first aid. First aid is the first medical treatment that an injured person receives. Can anyone tell me why first aid is important?

**Teacher:** Good. It helps prevent infections and provides immediate care before a doctor arrives. Now, let us discuss the steps to give first aid when an adult is not around. What should we do first when someone is injured?

**Teacher:** That is right. We must call a doctor, a family member or any other adult. Once an adult arrives, what should they do first?

**Teacher:** Yes, they will clean the wound using cotton. After cleaning the wound, what should be applied next?

**Teacher:** Correct. An antiseptic should be applied to prevent infection. What should be done after applying the antiseptic?

**Teacher:** Very good. The injured part should be left open for some time before covering it. What should we use to cover the wound?

**Teacher:** Excellent. A clean cloth or a bandage should be tied over the wound. And finally, how should the injured person position themselves?

**Teacher:** Yes. They should sit or lie down comfortably. Well done, everyone.

### Understanding better

**Teacher:** Let us check our understanding. I will read a statement and you have to tell me if it is correct or not. Ready?

MUST DO

05 MIN.



#### Understanding better

Say yes or no.

1. Cross the road at the zebra crossing.
2. An injured person who receives first medical treatment is called first aid.

57

**Teacher:** Here is the first statement: Cross the road at the zebra crossing. Is this correct?



**Teacher:** That is right. We should always cross the road at the zebra crossing to stay safe. Now, let us move to the next one.

**Teacher:** An injured person who receives first medical treatment is called first aid. Is this correct?

**Teacher:** Good thinking. First aid is the medical help given to an injured person, not the person. Well done, everyone.

**Teacher:** Let us play a sequencing game. I will give you different steps of first aid and you have to arrange them in the correct order. Ready?



1. Apply antiseptic.
2. Tie a bandage over the wound.
3. Call a doctor or an adult.
4. Let the wound stay open for some time.
5. Clean the blood using cotton.

(Let the students arrange it in the correct order.)

**Teacher:** Well done. Now, let us discuss the correct order. The first step is to call a doctor or an adult. This is because immediate help is necessary when someone is injured. An adult can ensure that proper medical attention is given.

**Teacher:** The second step is to clean the blood using cotton. This helps remove dirt and germs from the wound, reducing the risk of infection.

**Teacher:** The third step is to apply antiseptic. This is important because antiseptic prevents infection and protects the wound from bacteria.

**Teacher:** The fourth step is to let the wound stay open for some time. This allows the antiseptic to work effectively before covering the wound.

**Teacher:** The final step is to tie a bandage over the wound. This keeps the wound protected from further injury or contamination, helping it heal properly.

**Teacher:** Well done, everyone. Following these steps in the right order ensures that proper first aid is given and helps in quick recovery.

### Poster

**Teacher:** Let us take a moment to look at the poster on the wall.



(Display and discuss the posters prominently in the classroom to reinforce the learning about First Aid Kit. Encourage students to observe the posters and discuss the different types of First Aid material.)

**Teacher:** Great observation everyone.

### Differentiated Activities

110 km/hr



Why is it important to apply an antiseptic to a wound before covering it?

80 km/hr



What should be used to stop the bleeding before applying a bandage?

40 km/hr



Who should be called first when someone is injured?

### Home Task

Write the five steps of giving first aid to an injured person in the correct order.

### Period 5



**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What should be used to clean blood from a wound? (Cotton)

**Teacher:** What is applied to a wound to prevent infection? (Antiseptic)

**Teacher:** What should be used to cover the wound after applying antiseptic? (Bandage)

**Teacher:** How should the injured person be positioned after receiving first aid? (Sit or lie down comfortably)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

(The teacher will read the last three paragraphs of page 57 and the first paragraph of page 58 aloud and provide explanations to ensure that the students understand the content.)



#### A GOOD HOUSE AND ITS CARE

The house we live in protects us from heat, light, rain, storm, cold, wild animals and many other things. So, it is our duty to keep our house clean and tidy.

57

**Teacher:** Today, we will talk about why a good house is important. Can anyone tell me what a house protects us from?

**Teacher:** Well done. A house protects us from heat, light, rain, storms, cold, wild animals and many other things. That is why we must keep our house clean and tidy.



**Teacher:** Now, let us discuss what makes a house a good house.

#### Characteristics of a good house

A house should be spacious, ventilated and well-lit. It should have a proper drainage system. A good house should have separate rooms for cooking, bathing and sleeping.

57

**Teacher:** A good house should be spacious, ventilated and well-lit. What do you think ventilation means?

**Teacher:** That is right. Ventilation means allowing fresh air to move freely in a room. Why do you think a house should be ventilated?

**Teacher:** Yes. Proper ventilation keeps the air fresh and makes the house comfortable to live in. What else does a good house need?

**Teacher:** Correct. A good house should have a proper drainage system. Why do you think drainage is important?

**Teacher:** Excellent. Drainage helps remove liquid waste and keeps our house clean and hygienic. What kind of rooms should a good house have?

**Teacher:** Absolutely. A good house should have separate rooms for cooking, bathing and sleeping. Well done, everyone.

### Discovering Better

(Explain the term given in the 'Discovering Better' activity and discuss it with the class.)

**MUST DO**

05 MIN.



**Discovering better**

**ventilated:** allowed the movement of fresh air in a room

**drainage:** process of throwing out liquid waste from an area

**LAD**

57

**Teacher:** Now, let us talk about how to take care of our house. Who is responsible for keeping a house clean?

**MUST DO**

15 MIN.



Care of the house

A family makes a house a home. A house should always be clean. Toilets, washrooms and drains should be regularly cleaned.

\*Check the 'Grasping better' section to learn the meaning of the word.

The kitchen and washroom drains should be covered and regularly checked for any leakages. One should use covered dustbins in the kitchen and washrooms. Garbage should be disposed off properly.

57

58

**Teacher:** That is right. A family makes a house a home and everyone must keep it clean. What areas of the house should be cleaned regularly?

**Teacher:** Very good. Toilets, washrooms and drains should be cleaned regularly. What should we do to the kitchen and washroom drains?

**Teacher:** Correct. They should be covered and regularly checked for any leakages. Why should we use covered dustbins?

**Teacher:** Excellent. Covered dustbins help keep flies and germs away. And how should garbage be disposed of?

**Teacher:** Yes. Garbage should be disposed of properly to keep our surroundings clean. Well done, everyone.

You may show the **Concept Map** and **Slideshow** on the digital platform.

### Differentiated Activities

110 km/hr



Why is it important for a house to have a proper drainage system?

80 km/hr



Name one feature of a good house.

40 km/hr



What protects us from rain and storms?

### Home Task

Write two ways to keep a house clean and explain why they are important.

### Period 6

**SHOULD DO**

05 MIN.



**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What protects us from wild animals and harsh weather? (A house)

**Teacher:** What does ventilation allow into a house? (Fresh air)

**Teacher:** Why should drains be covered? (To prevent leaks and keep them clean)

**Teacher:** Name one place in the house that should be cleaned regularly. (Washroom/Kitchen)

**Teacher:** What should we do with garbage to maintain cleanliness? (Dispose of it properly)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

### Connecting better

**MUST DO**

10 MIN.



**Teacher:** Today, we will discuss road safety rules and why they are important. After a science lecture, Sam talked to his teacher about road safety. Can anyone tell me what Sam learned? (Let the students read and reply.)

**Connecting better**

After the science lecture, Sam talked to his teacher about road safety. "I learned that wearing seat belts can save lives," Sam said. "That's right," the teacher replied. "The government makes rules to keep us safe on the roads." Sam agreed, understanding how important these rules are for everyone's safety.

**HoLL**

58

**Teacher:** That is right. He learned that wearing seat belts can save lives. Why do you think seat belts are important?

**Teacher:** Very good. Seat belts protect us from getting injured in case of an accident. Now, what did the teacher say about road safety rules?

**Teacher:** Correct. The government makes rules to keep us safe on the roads. Why do you think these rules are important?

**Teacher:** Yes. These rules ensure everyone's safety while travelling. Well done.

### Healing better

**Teacher:** Now, let us talk about how we can boost our immunity. Does anyone know what immunity means?

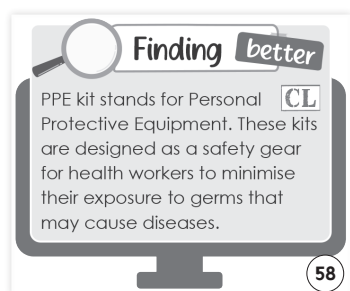
**Teacher:** Great. Immunity is our body's ability to fight diseases. What is one natural way to improve immunity?

**Teacher:** That is right. Drinking lukewarm milk with a pinch of turmeric powder helps improve immunity. Why do you think turmeric is used?

**Teacher:** Good answer. Turmeric has medicinal properties that help protect us from illnesses. Excellent work.

### Finding better

**Teacher:** Have you heard of PPE kits? What do you think PPE stands for?



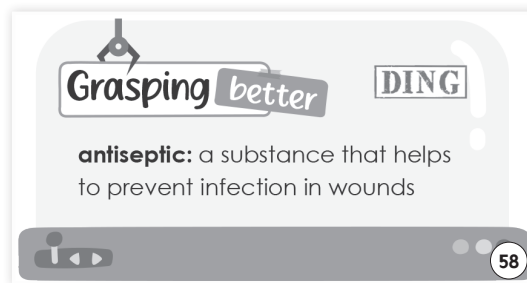
**Teacher:** Well done. PPE stands for Personal Protective Equipment. Can anyone tell me who uses PPE kits?

**Teacher:** Correct. Health workers wear PPE kits to minimise their exposure to germs. Why do they need protection from germs?

**Teacher:** Yes. PPE kits help prevent the spread of diseases and keep health workers safe. Great job.

### Grasping better

**Teacher:** Now, let us revise the word—antiseptic. Can anyone tell me what an antiseptic does?



**Teacher:** Excellent. An antiseptic is a substance that helps prevent infection in wounds. When do we use antiseptics?

**Teacher:** That is right. We use antiseptics while giving first aid to stop germs from infecting the wound. Well done, everyone.

You may show the **Animated Activities** on the digital platform.

### Differentiated Activities

110 km/hr

Why do health workers wear PPE kits?

80 km/hr

What is added to lukewarm milk to improve immunity?

40 km/hr

What does PPE stand for?

### Home Task

The 'Trying better' activity (Making an antiseptic cream) given on page 58 of the Main Course Book.

### Period 7

SHOULD DO

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** Why should we wear seat belts in a vehicle? (To stay safe in case of an accident)

**Teacher:** What natural ingredient is added to milk to improve immunity? (Turmeric powder)

**Teacher:** Who wears PPE kits to protect themselves from germs? (Health workers)

**Teacher:** What is the purpose of an antiseptic? (To prevent infection in wounds)

**Teacher:** What does PPE stand for? (Personal Protective Equipment)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

## Recalling better

MUST DO

25 MIN.

**Teacher:** Today, we will recall some important concepts that we have learned so far. Let us begin with safety. What should we do to avoid accidents?

Recalling better

- To avoid accidents, we should follow safety rules.
- First aid is the medical treatment which a person receives after getting injured.
- A good house should be ventilated and well-lit.
- A good house should have a proper drainage system.
- Washrooms and toilets should be cleaned regularly.

58

**Teacher:** That is correct. We should follow safety rules at all times. Now, what is first aid?

**Teacher:** Yes. First aid is the medical treatment that a person receives after getting injured. Why do you think first aid is important?

**Teacher:** Well done. First aid helps prevent infections and gives immediate care before medical help arrives. Now, let us talk about houses. What should a good house be like?

**Teacher:** That is right. A good house should be ventilated and well-lit. Can anyone tell me why ventilation is necessary?

**Teacher:** Very good. Ventilation allows fresh air to flow, keeping the house cool and preventing germs from growing. What else should a good house have?

**Teacher:** Yes. A proper drainage system is needed. Why do you think drainage is important?

**Teacher:** Correct. It helps remove liquid waste and keeps the house clean. Lastly, what areas of a house should be cleaned regularly?

**Teacher:** Absolutely. Washrooms and toilets should be cleaned regularly to maintain hygiene. Well done, everyone. You have recalled everything perfectly.

## Learning better

COULD DO

10 MIN.

**Teacher:** Everyone, please open page 58 of your Main Course Book. In Exercise 'A' of 'Learning better' you have to tick the correct answer. Are you ready to get started?

Learning better

A Tick (✓) the correct answer.

1. What should you do to be safe in the classroom?

a. not climb on desks ☐ b. climb on benches ☐

c. throw things at others ☐

58

2. What should you do to be safe on the playground?

a. not push others ☐ b. stand in front of the swing ☐

c. stand in front of the see-saw ☐

3. What should you do when you are on the road?

a. not walk on the pavement ☐ b. not cross at the subway ☐

c. cross at the zebra crossing ☐

4. What should you do when someone is injured?

a. ignore them ☐ b. make fun of them ☐

c. get help for first aid ☐

5. Which of the following quality does a good house have?

a. less windows ☐ b. well-lit and airy rooms ☐

c. uncovered drains ☐

59

**Teacher:** Great. Let us begin with the first question. What should you do to be safe in the classroom?

**Teacher:** The correct answer is not to climb on desks. Well done.

(Similarly complete all five questions. And discuss the correct answers.)

 You may start the **Quiz** on the digital platform.

## Differentiated Activities

110 km/hr



Why is a proper drainage system important in a house?

80 km/hr



Name one characteristic of a good house.

40 km/hr



What should we follow to avoid accidents?

## Home Task

Write two reasons why a house should be ventilated and well-lit.

## Period 8

SHOULD DO

05 MIN.

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What should we do to avoid accidents? (Follow safety rules)

**Teacher:** What is the first medical treatment given after an injury? (First aid)

**Teacher:** Name one important feature of a good house. (Ventilation/Well-lit/Drainage system)

**Teacher:** Why should washrooms and toilets be cleaned regularly? (To maintain hygiene)



**Teacher:** What helps remove liquid waste from a house? (Drainage system)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

### Learning better

**Teacher:** Everyone please open page 59 of your Main Course Book. Let us start Exercise 'B' of the 'Learning better' section, you have to write either safe or unsafe in the space provided. Are you ready to get started?

**B Write whether safe or unsafe.**

1. Climbing on your classroom bench \_\_\_\_\_
2. Pushing your friend while playing \_\_\_\_\_
3. Applying an antiseptic over the wound \_\_\_\_\_
4. Keeping the main entrance of the house open \_\_\_\_\_
5. Tying a clean cloth or bandage over the wound \_\_\_\_\_

59

**Teacher:** Great. Let us begin with the first question. Climbing on your classroom bench. Think carefully and fill in the blanks whether it is safe or unsafe.

**Teacher:** Yes. Climbing on your classroom bench is unsafe. (Similarly complete all five questions)

**C Write short answers in your notebook.**

1. How can we avoid accidents?
2. Define first aid.
3. Write two ways to be safe at home.

59

**Teacher:** Now, let us explore some short-answer questions. In Exercise 'C' of the 'Learning better' section, you have to write a short answer. Are you ready to get started?

**Teacher:** Great. Let us begin with the first question. How can we avoid accidents?

(Students have to write the answers for the given questions in about 40 to 50 words in their notebook. Wait for the students to write the answers.)

**D Write long answers in your notebook.**

1. Write down the steps to be followed when a person gets injured.
2. Write down the safety measures to be followed when you are at school.

59

**Teacher:** Let us explore some long-answer questions. In Exercise 'D' of the 'Learning better', you have to write a long answer. Let us begin with the first question. Write down the steps to be followed when a person gets injured. (Students have to write the answers for the given questions in about 100 to 150 words in their notebook. Wait for the students to write the answers.)

(Similarly, complete the second question and discuss the correct answer with the class.)

(Instruct the students to bring their workbook in their next class.)

### Differentiated Activities

110 km/hr



Why should washrooms and toilets be cleaned regularly?

80 km/hr



Name one way to improve air circulation in a house.

40 km/hr



What should we follow to stay safe on the road?

### Home Task

Complete the 'Creating better' activity, Let us make a pencil holder, from page 60 of the Main Course Book.

### Period 9

SHOULD DO

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What should a good house have to remove liquid waste? (Drainage system)

**Teacher:** Name one way to prevent infections from wounds. (Use an antiseptic)

**Teacher:** What should you do before crossing the road? (Look left and right)

**Teacher:** What is the purpose of wearing a seat belt? (To stay safe in case of an accident)

**Teacher:** What should you do if someone gets injured? (Call an adult or doctor)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

### Thinking better

MUST DO

**Teacher:** Today, we will observe two houses and decide which one is a good house. Look at the two images carefully given on page 60 of your Main Course Book. What differences do you notice?

**Thinking better**

Think and write the answer in your notebook.

Which of the two houses is a good house? Why?

1.

2.

60

**Teacher:** Good observations. Now, which house do you think is a good house?

**Teacher:** That is correct. A good house should be well-maintained, clean and have proper ventilation. Why is it important for a house to be clean?

**Teacher:** Yes. A clean house keeps us healthy and prevents diseases. What else makes a house good?

**Teacher:** Excellent. A house should have proper drainage, be well-lit and have a strong structure. Now, write your answer in your notebook, explaining why one house is better than the other.

### Choosing better

**MUST DO**

05 MIN.

**Teacher:** Let us read a short situation about Meena. Diwali is a festival of lights. Meena has bought sweets from the market. On her way home, she sees some sad children crying due to hunger. What do you think she should do?

Choosing better

LSV

Diwali is known as the festival of lights. Meena just bought sweets from the market. While she is walking home, she sees some sad kids crying due to hunger. What should Meena do? Tick (✓) the correct answer.

1. Offer food and sweets to the kids. ☐ 2. Ignore the kids. ☐

60

**Teacher:** There are two options—should she offer food and sweets to the children or should she ignore them?

**Teacher:** Good thinking. Why do you think sharing food is the right choice?

**Teacher:** That is right. Kindness and sharing bring happiness to others. Festivals are about celebrating together. Now, tick the correct answer in your book.

**Teacher:** Well done, everyone. Always remember to be kind and helpful whenever possible.

### Worksheet 1

**Teacher:** Let us do some activities from the workbook. Everybody, please open page 27 of your workbook and answer the questions given in worksheet - 1.

**MUST DO**

15 MIN.

Theme 6: What Is Culture?

8. Safety Habits

Worksheet 1

A. Tick (✓) the correct answers from the given options.

- We should follow safety rules at (home/everywhere).
- Accidents can put our life in (danger/at peace).
- Cross the road at (zebra crossing/busy road).
- Always walk on the (middle/pavement) of the road.
- (Always/Never) push others in the classroom.

B. Choose the correct answers and write in the given spaces.

- Keep the door of the house \_\_\_\_\_ (open/closed) when you are alone at home.
- Do not throw \_\_\_\_\_ (stones/flowers) at others.
- Clean the blood of a wounded person with a \_\_\_\_\_ (cotton/dirty) cloth.
- Touch electrical gadgets with \_\_\_\_\_ (wet/dry) hands.
- Take the injured person to a \_\_\_\_\_ (teacher/doctor).

C. Read the following sentences. Write whether the action is 'safe' or 'unsafe'.

- playing with knife \_\_\_\_\_
- climbing on the bench \_\_\_\_\_
- crossing at the subway \_\_\_\_\_
- walking on the pavement \_\_\_\_\_
- touching an iron with dry hands \_\_\_\_\_

27

(Let the students answer the questions on their own. Then discuss the answer by writing the correct answer on the blackboard.)

### Book of Holistic Teaching

**COULD DO**

10 MIN.

Refer to the Book of Holistic Teaching, page number 26 under the title 'Safety Habits.' Complete the activities mentioned in this section and ensure that the students complete them. These activities are designed to enhance their holistic understanding and engagement with the topic. Provide any necessary support and materials to help the students successfully finish the activities.

Chapter 8: Safety Habits

Theme 6: What Is Culture?

FLN

HoLL

MDA

**(A) English**

**Read the sentence. Circle the words that have th at the end.**

Prasanth is celebrating his fourth birthday.

**(B) Maths**

Diya had 12 bandages in her first aid box. She has used 6 bandages. What fraction of the bandages is she left with? Write the answer in your notebook.

**(C) Social Studies**

Who looks after the needs and requirements of the people of the state?

26

### Differentiated Activities

110 km/hr



Why is it important to help those in need?

80 km/hr



Name one characteristic of a good house.

40 km/hr



What should we do to keep a house clean?

### Home Task

The Project Idea, given in the book of Project Ideas, page 14 under the title 'Safety Habits.' This project should be assigned to the students as a home task to work on. Ensure that the students understand the project requirements and provide any necessary guidance or materials they might need.

### Period 10

**SHOULD DO**

05 MIN.

**Teacher:** Good morning, students. How are you all today?

**Teacher:** Wonderful. Before we begin today's lesson, let us have a quick warm-up game. I will ask some questions and you need to answer. Ready?

**Teacher:** What is one characteristic of a good house? (Ventilated, clean or well-lit)

**Teacher:** Why should we keep our surroundings clean? (To prevent diseases)

**Teacher:** What should we do if we see someone in need of food? (Help them by sharing)

**Teacher:** Why is proper drainage important in a house? (To remove liquid waste)

**Teacher:** What festival is known as the festival of lights? (Diwali)

**Teacher:** Well done, everyone. Now, let us begin today's lesson.

### Revising better

**MUST DO**

05 MIN.

**Teacher:** Today, we will revise what we have learned about a good house and how to keep it clean. Can you tell me one characteristic of a good house?

#### Revising better

Revise and write the characteristics of a good house and steps to keep it clean in your Little Book.

DBL

60

**Teacher:** That is right. A good house should be ventilated, well-lit and have a proper drainage system. Why do you think ventilation is important?

**Teacher:** Excellent. Ventilation allows fresh air to enter and keeps the house comfortable. Now, what should we do to keep our house clean?

**Teacher:** Very good. We should clean washrooms and toilets regularly, cover drains and dispose of garbage properly. Now, take your Little Book and write down the characteristics of a good house and the steps to keep it clean.

**Teacher:** Well done, everyone. Keep these points in mind as they help us maintain a healthy and safe home.

### Pledging better

**MUST DO**

05 MIN.

**Teacher:** Today, we will take a pledge to contribute towards a cleaner and safer environment. This aligns with Sustainable Development Goal 11, which focuses on sustainable cities and communities. Let us read the pledge together.



#### Pledging better

In my own little way, I pledge to plant trees, play safely and keep my surroundings clean.

SDG 11: SUSTAINABLE CITIES AND COMMUNITIES

60

**Teacher:** In my own little way, I pledge to plant trees, play safely and keep my surroundings clean.

**Teacher:** Well done. Why do you think planting trees is important for sustainable cities?

**Teacher:** That is correct. Trees provide oxygen, reduce pollution and make our surroundings greener. How does playing safely help our community?

**Teacher:** Absolutely. Playing safely prevents accidents and ensures everyone enjoys a safe environment. Finally, why is keeping our surroundings clean important?

**Teacher:** Yes. A clean environment promotes good health and makes our community a better place to live. Always remember, that small actions like these contribute to a sustainable future. Well done, everyone.

### Worksheet 2

**Teacher:** Let us do some activities from the workbook. Everybody, please open page 37 of your workbook and answer the questions given in worksheet - 2.

**MUST DO**

15 MIN.

#### Worksheet 2

A. Correct the underlined words and rewrite the sentences in the given space.

- Do not throw dusters at others in the playground.
- In the playground, always push others.
- Always walk in the middle of the busy road.
- Take an injured person to the police station.
- Tie a dirty cloth over the wound.

B. Write true or false.

- We should save only ourselves from accidents.
- One should light matches away from their body.
- After cleaning the wounded part, apply ointment.
- Before crossing the road, wait for the traffic to stop.
- First aid should not be given to patients with minor injury.

C. Write 'C' for correct statements and 'I' for incorrect statements.

- Use an over bridge to cross the road.
- Jump from a moving bus.
- While travelling on a bus, keep your hands out of the window.
- Take the injured person to a nearby clinic.
- Do not panic when you meet with an accident.

28

(Let the students answer the questions on their own. Then discuss the answer by writing the correct answer on the blackboard.)



You may generate additional practice worksheets using the **Test Generator** given on the digital platform.

### Book of Project Ideas

**COULD DO**

05 MIN.

Discuss the project assigned as the home task in the ninth period, focusing on helping students understand the objectives and addressing any challenges they face.

## Chapter 8: Safety Habits

**Make a booklet featuring various home safety measures using the Internet\*.**

ICT PRO 2L CS

**Materials required:** marker, tape, paper sheets

- Look online for important home safety rules, like not playing with matches or touching hot stoves.

**Teacher's Note:** \*Guide the students to refer only to .edu or .org websites to gather information.

14

- Draw pictures of each safety rule, like a picture of a smoke alarm or a person using oven mitts.
- Write short sentences explaining each picture, like 'Never touch a hot stove. Always ask an adult for help.'
- Use crayons or markers to colour your pictures to make them bright and fun.
- Put each picture and explanation on its own page, like a little book.
- Staple or tape your pages together to make a little booklet.
- Look over your booklet to make sure everything is neat and easy to understand.

15

**Teacher:** Now, let us complete the 'KWL' activity.

SHOULD DO

05 MIN.

☐

**Teacher:** Take out your notebook and fill in the 'L' column. Write what have you learned in this chapter.

(Wait for students to fill in the chart.)

**Teacher:** Let us all give a huge round of applause to everyone for their hard work and creativity. Great work, everyone. See you in the next class. Have a wonderful day ahead.

## Differentiated Activities

110 km/hr



Why is a proper drainage system important in a house?

80 km/hr



Name one way to keep our surroundings clean.

40 km/hr



What should we do to avoid accidents while playing?

## Home Task

Write two ways you can contribute to keeping your surroundings clean and explain why they are important.

## Learning Outcomes

The students will:

Domain	Learning Outcomes
<b>Physical Development</b>	<ul style="list-style-type: none"><li>• identify and follow safety measures at home, school, playground, and on the road by demonstrating appropriate actions to prevent accidents.</li></ul>
<b>Socio-Emotional and Ethical Development</b>	<ul style="list-style-type: none"><li>• explain the importance of kindness and responsibility by describing ways to help an injured person and share resources with others.</li></ul>
<b>Cognitive Development</b>	<ul style="list-style-type: none"><li>• apply knowledge of first aid, characteristics of a good house, and hygiene practices by demonstrating safe and clean living habits.</li></ul>
<b>Language and Literacy Development</b>	<ul style="list-style-type: none"><li>• use relevant vocabulary and key concepts related to safety, first aid, and hygiene in discussions, written reflections, and presentations.</li></ul>
<b>Aesthetic and Cultural Development</b>	<ul style="list-style-type: none"><li>• participate in activities that promote sustainable living by maintaining cleanliness and engaging in practices that support environmental well-being.</li></ul>
<b>Positive Learning Habits</b>	<ul style="list-style-type: none"><li>• follow safety rules, apply first-aid knowledge, and maintain cleanliness in daily life by making responsible choices and setting personal goals.</li></ul>

### Starry Knights

What are the three core accomplishments that you have made this year? List them here.

Give yourself a STAR.

