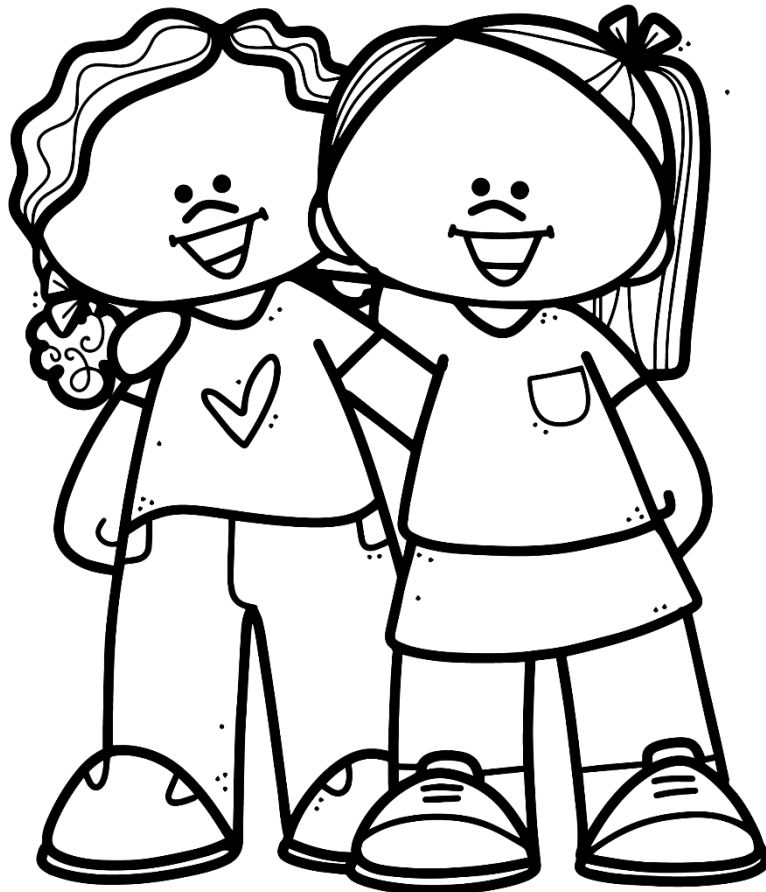


GRADE 1
Life Skills

Term 2



Name:

My family

Some families are big and others are small. Some have moms and dads and others don't. Some families live with grandparents or with uncles, aunts, nephews and nieces.

Write the words in the blocks at the correct picture.

grandfather

father

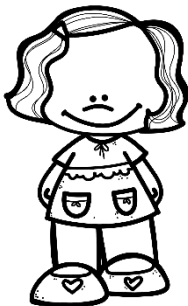
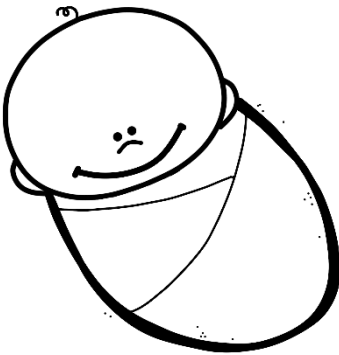
mother

grandmother

brother

sister

baby



Draw a picture of your family.

My family

a. Who lives in your house?

b. Who is the oldest in your house?

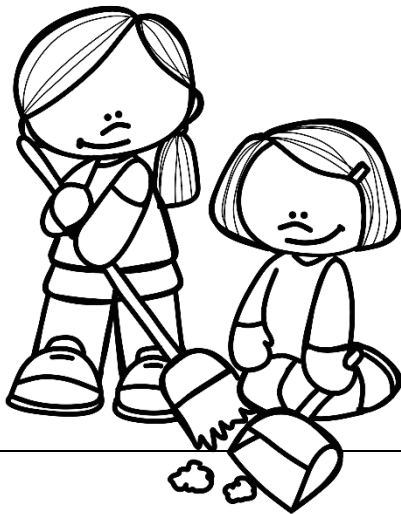
c. Who is the youngest in your house?

We care for each other

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

We need to:

Help one another.



Be polite to one another



Be responsible.



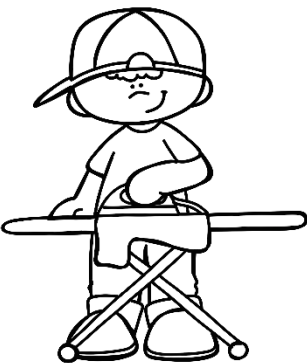
Do our tasks on time.



Tasks that we can help with.

All of us have tasks to do at home. Read the sentences and write the correct number at the correct picture.

1. The boy irons the clothes.
2. The girl is hanging the washing.
3. Ben is doing the laundry.
4. Clara sweeps the floor.
5. The girl lays the table.
6. Mia makes her bed.



Draw 2 pictures of tasks you do at home.

Task 1

Task 2

Safety in and around the house

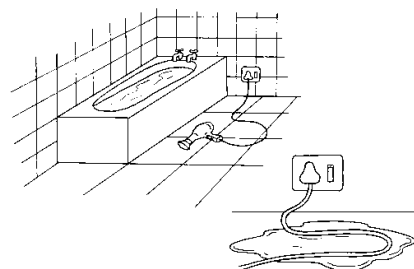
Safety in the kitchen

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



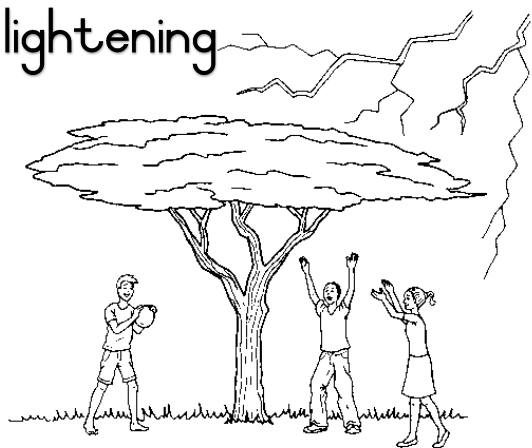
Safety in the bathroom.

- 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.
- Do not share your toothbrush with anyone.



Safety in thunderstorms and lightening

Never stand under a tree in a storm.



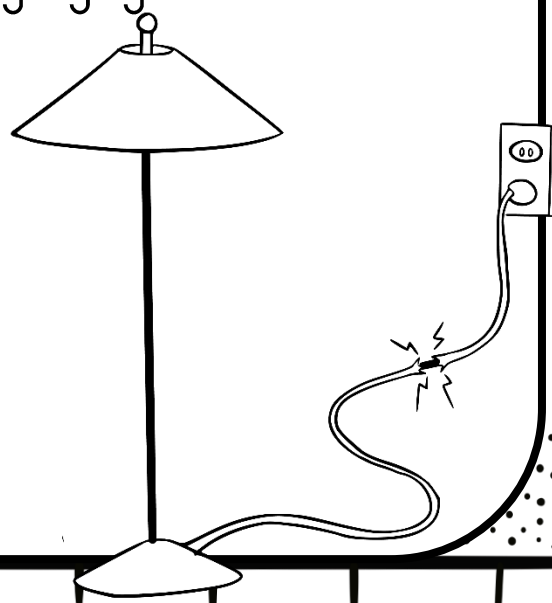
Safety outside your home.

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

Safety in your home.

- Never put anything into a wall socket. Ask someone to help you.
- Do not leave toys and other things lying around.
- Do not play with paraffin or poisonous cleaners.

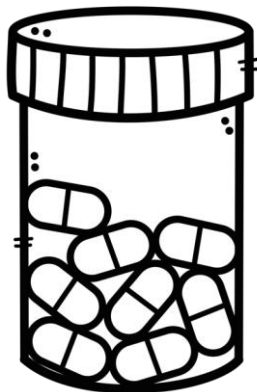
If you see that the cord to the iron or the kettle is frayed, ask your mom or dad to fix it.



Safety in and around the home.

Poisons, medicines and some cleaning liquids are very dangerous.

You should never drink anything if you are not sure what it is.

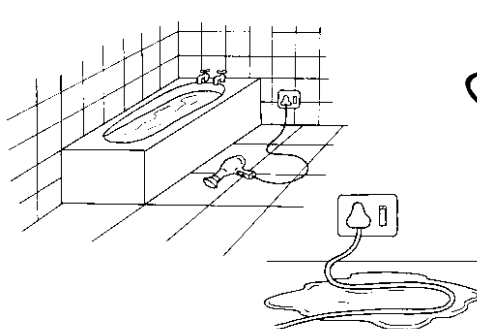
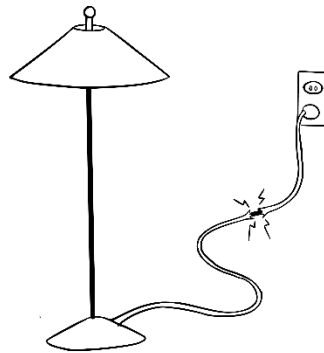
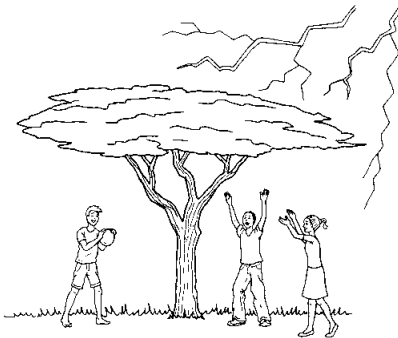
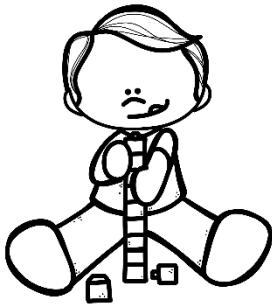


This sign means that there is something poisonous inside the bottle, box or tin.



Safety in and around the home.

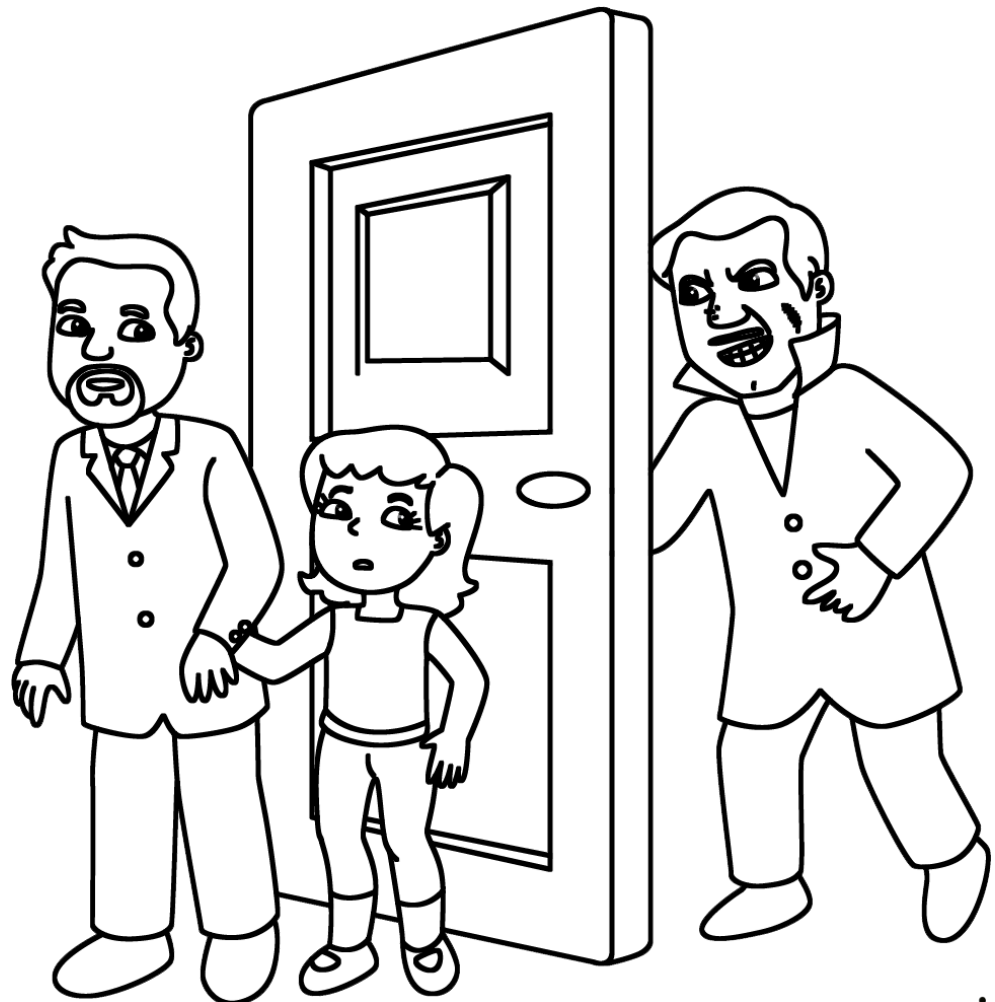
Look at the pictures and say which pictures show safe situations and which do not. Tick (✓) those that show a safe situation and cross (X) for those that show an unsafe situation.



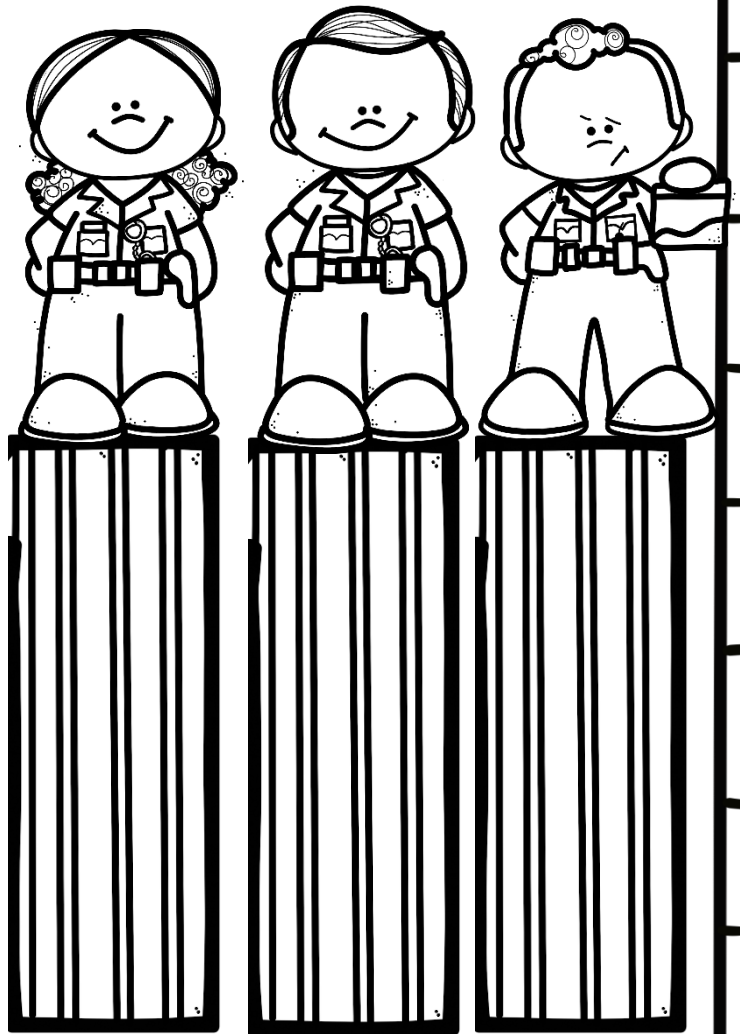
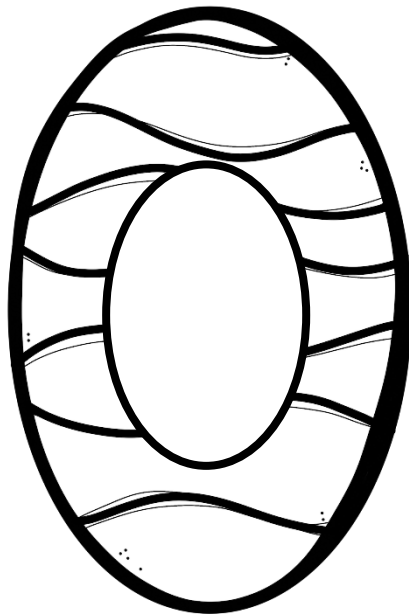
Safety when I am at home on my own.

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

1. Do not open the door to strangers.
2. Lock all the doors leading to the outside.
3. Make sure you know the telephone numbers of your parents and the people living next door to you.
4. Make a list of important numbers in case you need it.



The police's number



I small man,
I with a belly.

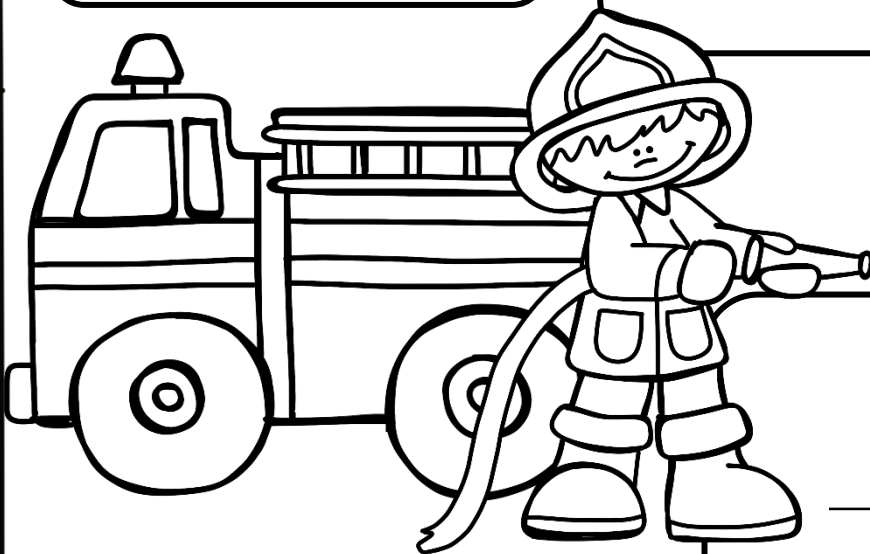
3 small men listen when I shout, "Help me!"

My important numbers

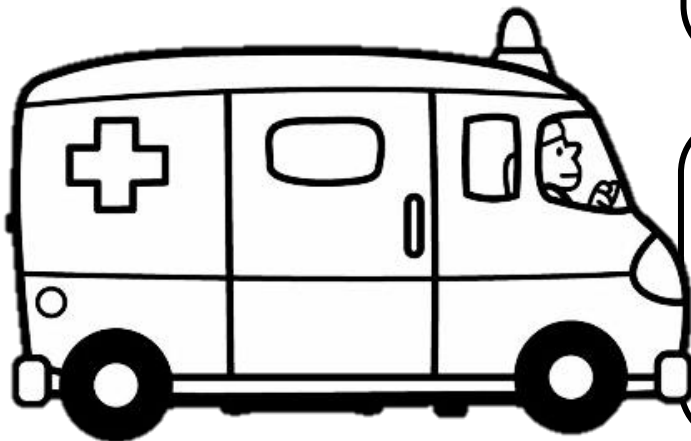
My mother's number:

My father's number:

Police:



Fire brigade:



Ambulance:

The telephone number you also could call if you need help.

My body

Write the words in the correct spaces.

leg

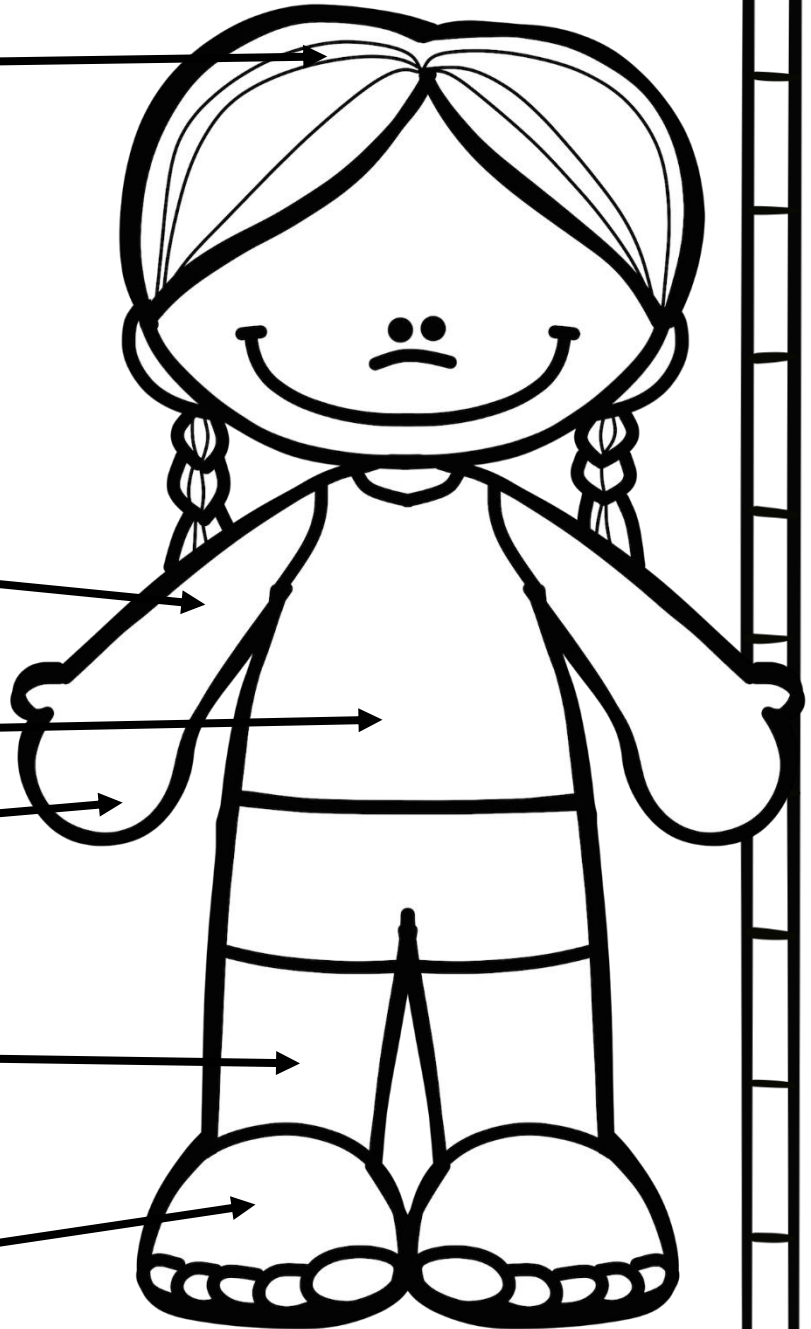
hand

foot

arm

head

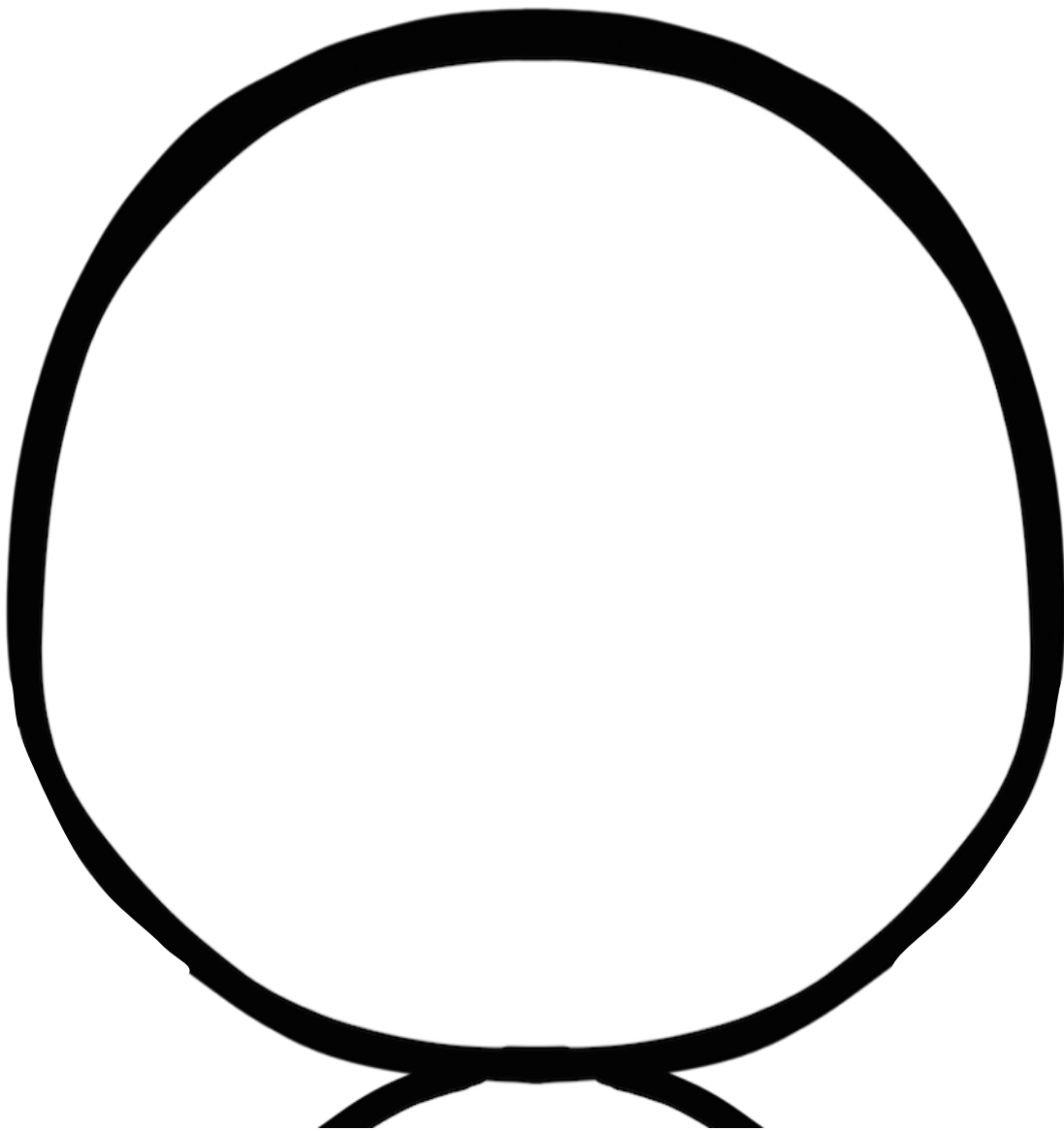
stomach



My face

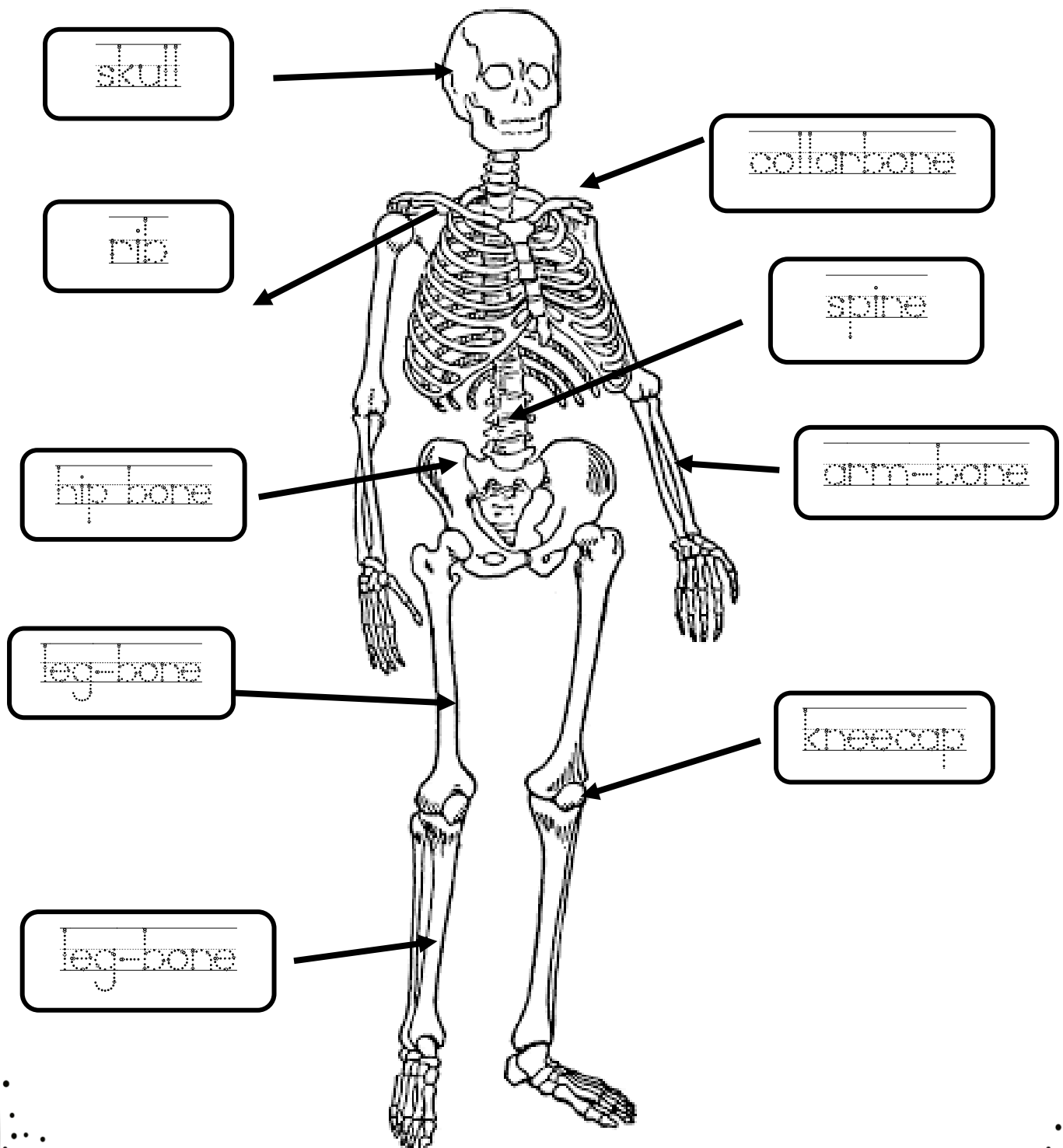
Draw your eyes, ears, nose and other parts.

Colour it nicely.

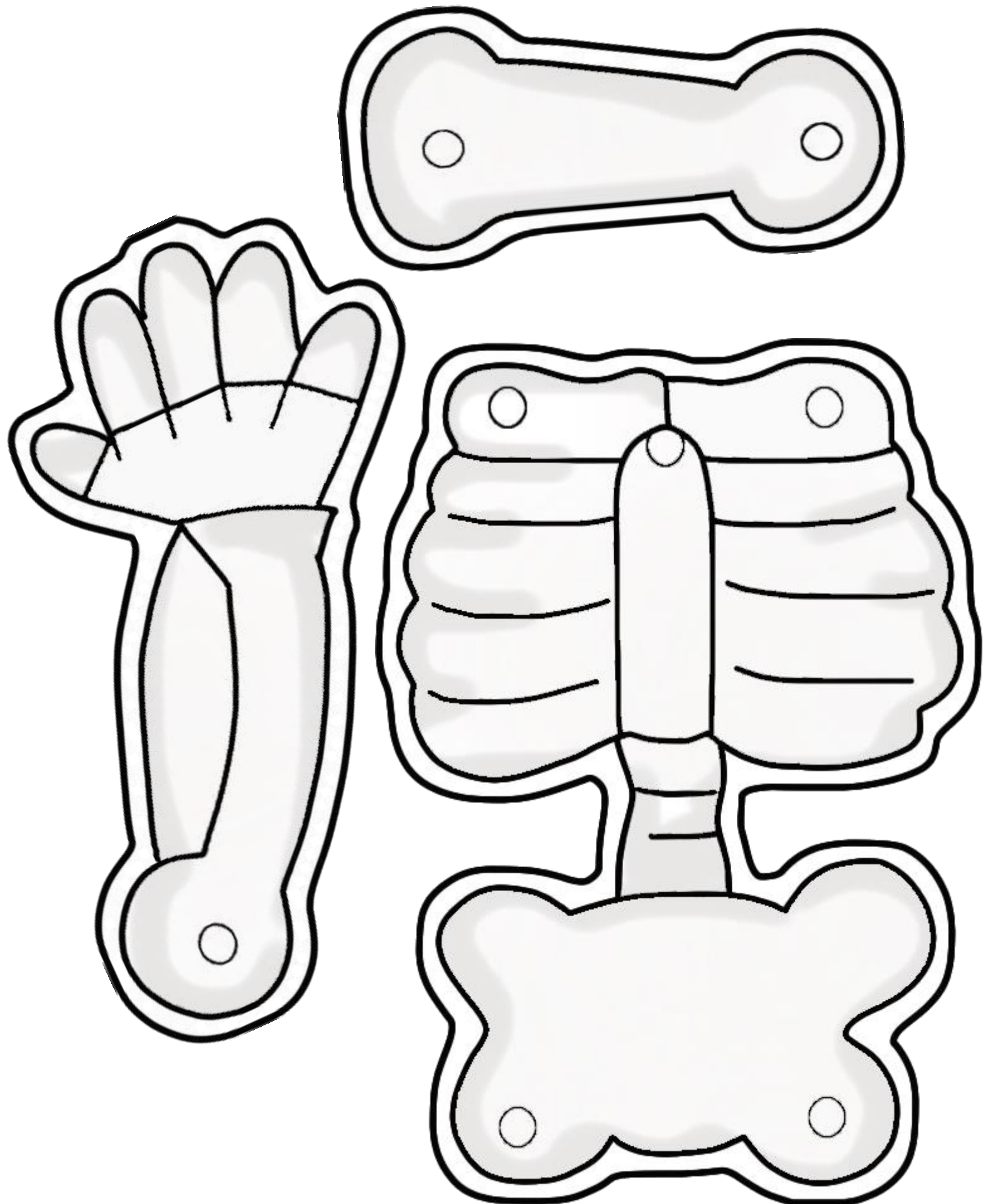


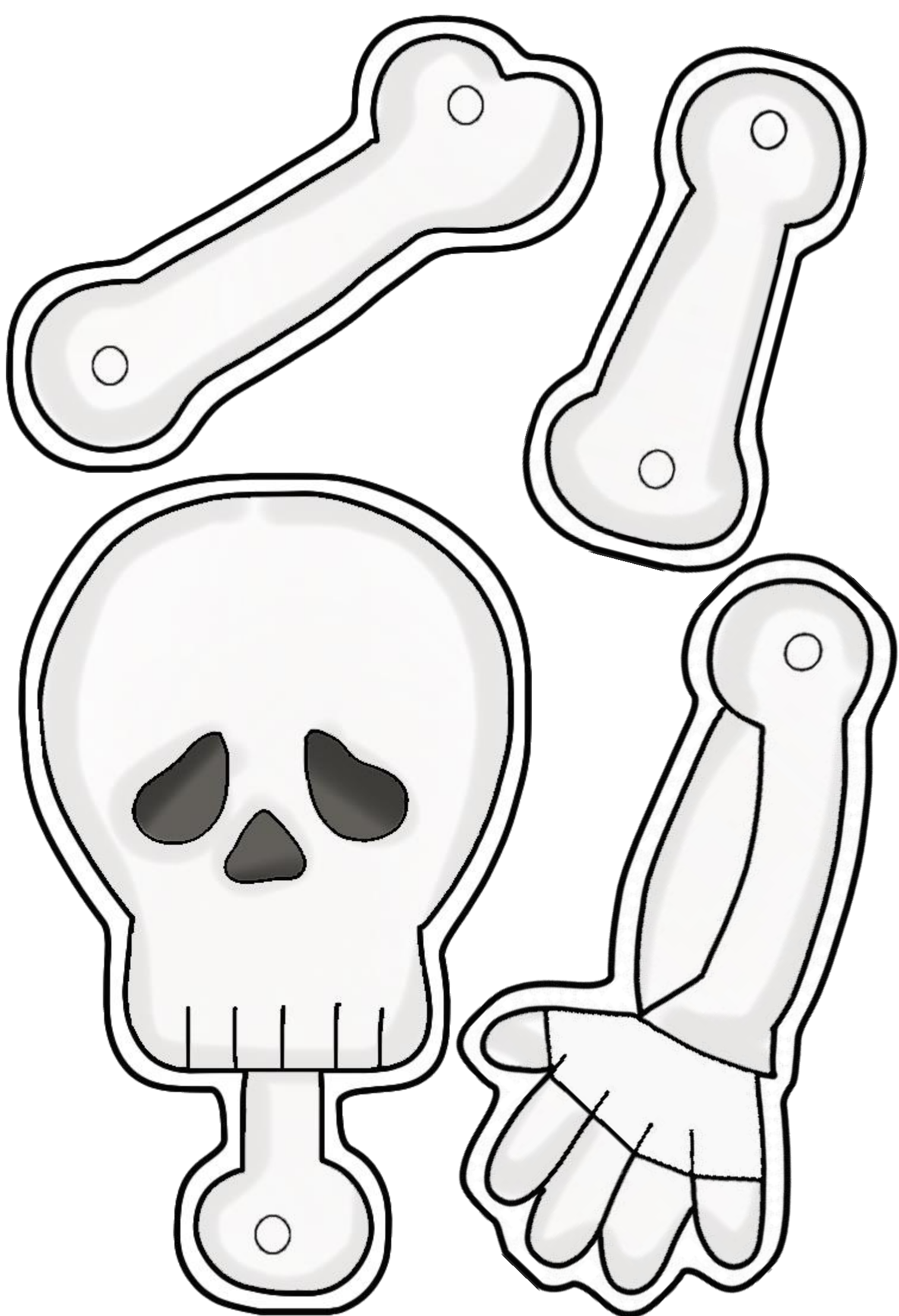
Your bones

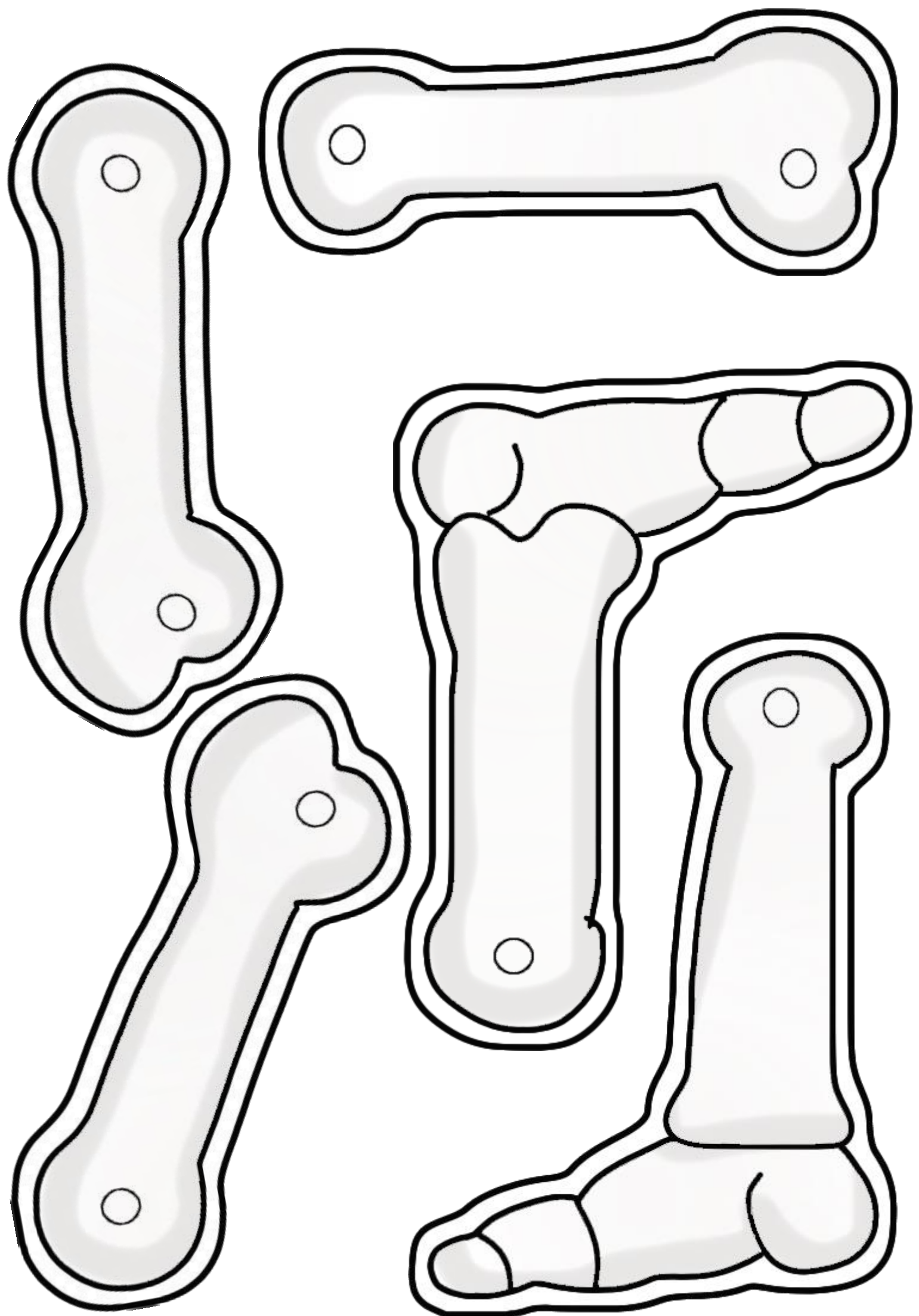
There are parts of your body that you cannot see.
They all work together to keep you alive.



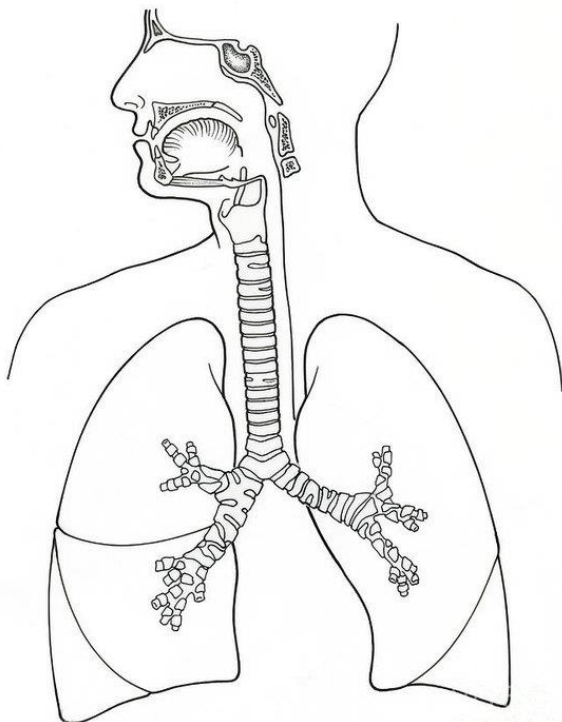
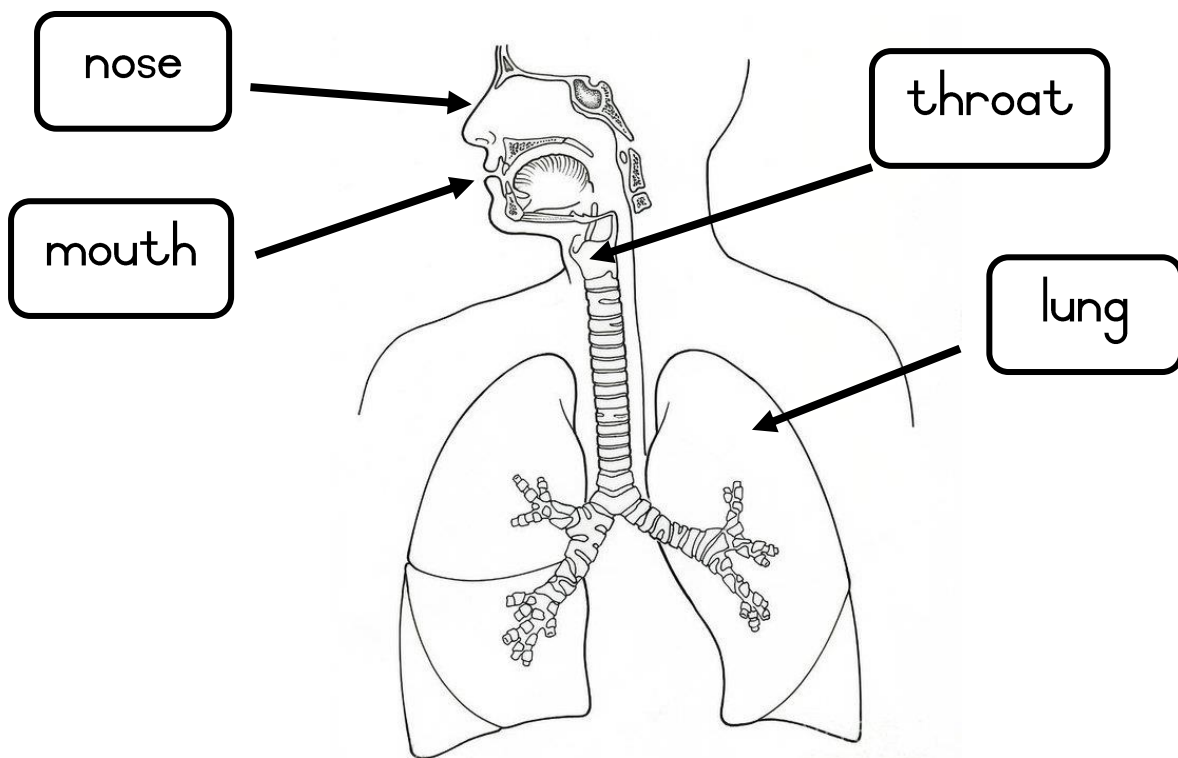
Cut out the parts to make your own skeleton.







Body parts that help you breathe



Colour the parts that help you breathe by following the colours

- nose - orange
- mouth - red
- throat - yellow
- lung - blue

My senses

Look at the 5 pictures and write the different senses of the body down by using the words in the blocks.

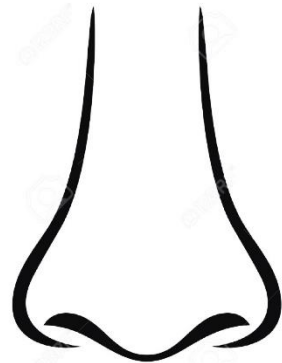
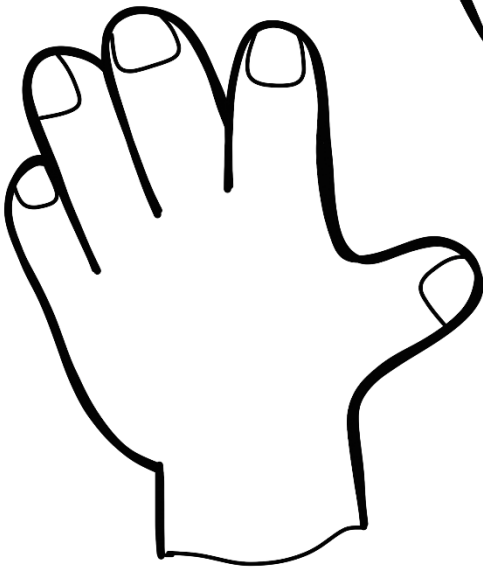
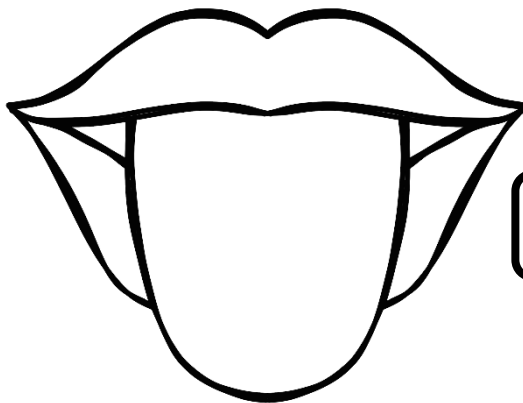
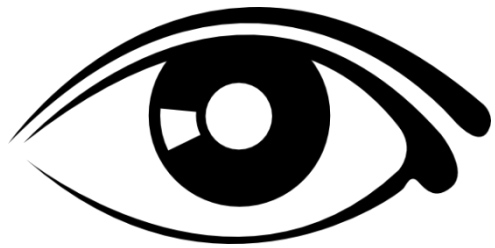
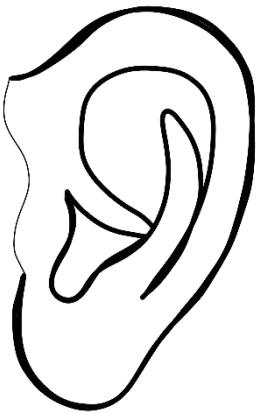
sight

taste

hearing

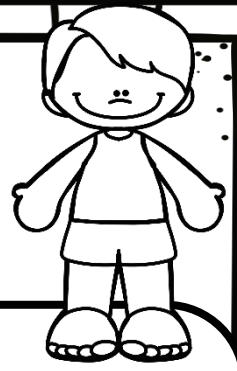
smell

touch



My senses

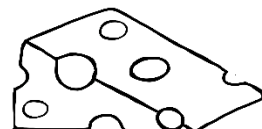
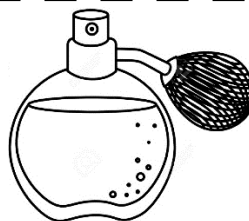
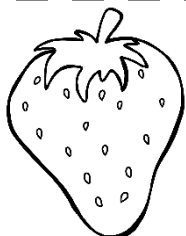
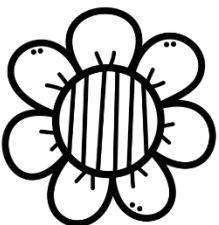
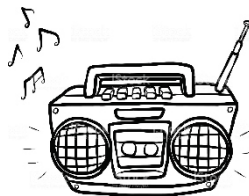
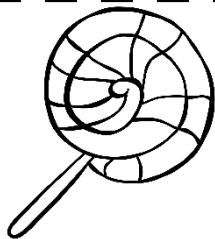
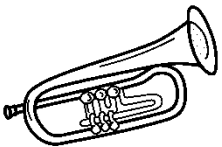
Cut out the pictures and paste them in the correct block.



Things I
can smell

Things I can
taste

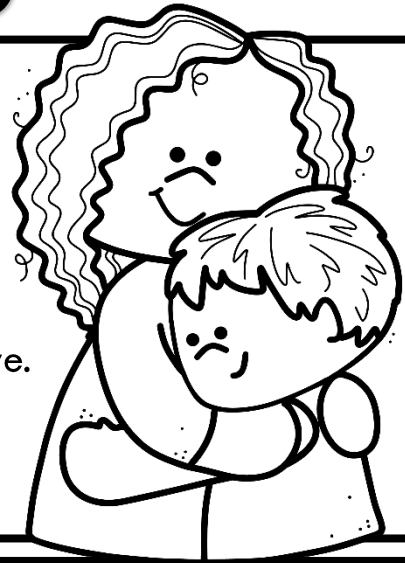
Things I can
hear



My body

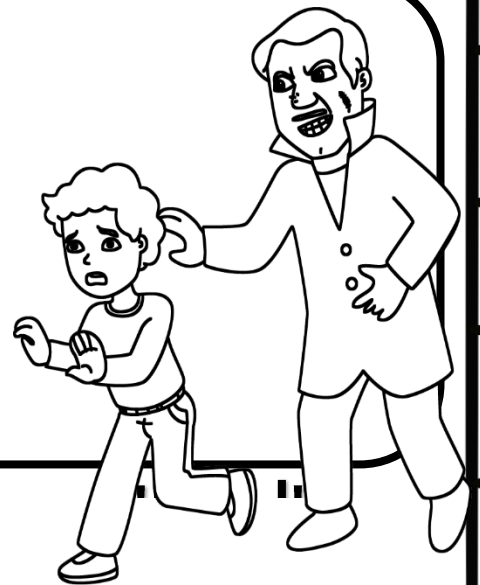
We have a "yes" feeling when someone gives us a hug.

It feels good to get a hug in a friendly and caring way by someone you love.



When someone touches you in a way that makes you feel scared or upset, you have a "no" feeling.

When we feel upset or unsafe we have NO feelings.



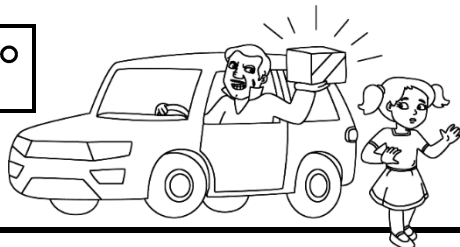
Your body is special and it belongs to you. You can say "yes" if it is OK for someone to touch you, and you can say "no" if it is not OK.

We stay safe

Look at the pictures below and colour the "yes" block for a "yes" feeling and the "no" block for a "no" feeling.

I will give you a present if you get into the car with me.

yes no



Daddy loves you.

yes no



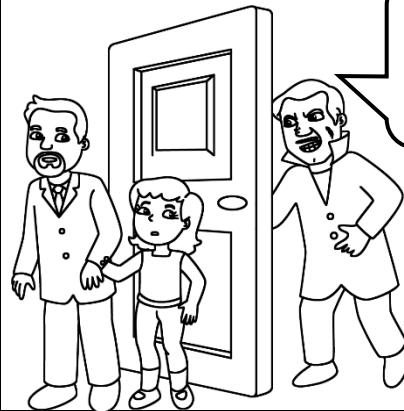
Stop crying, you are too old for that.

yes no



Please, open the door for me.

yes no



Don't tell your mom or dad.

yes no



You look pretty, Mia.

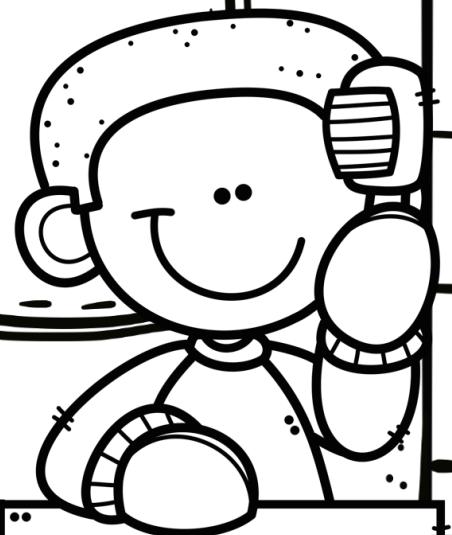
yes no



Safety Rules



- Brush your teeth after each meal and before you go to bed.
- I must brush my hair before school.
- I must keep my nails short and clean.
- I must brush my nails after playing in the sand.
- Wash your hands after using the toilet.
- If you mess in the toilet, clean the mess and then wash your hands.
- Wash your hands before you eat.
- Throw used tissues into the toilet or bin.
- Bath and wash your hair.
- Cover your mouth if you cough or sneeze.



I keep my body healthy

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 can come into our bodies and make us ill.

Write a short sentence under each picture to tell how they keep their bodies clean.

