

Unit 3

Gifts of Nature

9. Staying Healthy and Happy

Clean and bright

- Did I brush my teeth today? Yes
- Did I take a shower? Yes
- Did I comb my hair? Yes
- Did I wash my hands with soap? Yes
- Are my nails trimmed and clean? Yes



Write

Write down the activities that you do every day, from the time you wake up, till you go to sleep. Your list should include the activities below. Remember that you do some of these things more than once in the day:

- Take a shower
- Wash your hands with soap
- Brush your teeth
- Drink 6 –8 glasses of water
- Eat food
- Sleep well for at least 8 hours total
- Play outside

Ans. **My Daily Routine**

| Morning: | Afternoon: | Evening: |
|--|---|--|
| <ul style="list-style-type: none"> • I wake up at 6:30 am. • I brush my teeth. • I use the toilet and wash my hands with soap. • I take a shower. • I eat my breakfast. • I drink a glass of water. • I get ready and go to school. | <ul style="list-style-type: none"> • I wash my hands before lunch. • I eat my lunch. • I drink 2–3 glasses of water. • I come back home and wash my hands. • I do my homework. • I play outside for 1 hour. | <ul style="list-style-type: none"> • I drink more water. • I help my parents at home. • I eat dinner and rinse my mouth. • I brush my teeth before going to bed. • I sleep at 9:00 pm and get 8 hours of sleep. |

Check your list for these activities

- Do you brush your teeth twice in the day — once after waking up and once before going to bed?

Ans. I brush my teeth twice a day — once in the morning and once at night.

- Do you rinse your mouth every time after eating food?

Ans. Yes, I rinse my mouth every time after eating food.

- Do you wash your hands with soap after using the toilet and after coming home from outdoors?

Ans. Yes, I wash my hands with soap after using the toilet and after coming from outside.

- If your answer to any of these questions is “No”, think and discuss how you can make it a habit. Is there anything that makes it difficult for you to follow these routines?

Ans. Sometimes, I forget to rinse my mouth after snacks. I will try to remind myself by keeping a note near my dining table.

What makes it difficult?:- When I'm in a hurry or feeling lazy, I forget. But now I know these habits are important to stay healthy, so I will try my best to do them every day.



Find out

Ask your grandparents or any elderly person in your neighbourhood — What did they use to wash their hair, body and clothes and clean their teeth when they were young? Can these things be found now?

Ans. I asked my grandmother what she used when she was young. She told me:

- To clean her teeth: She used a neem twig (datun). She would chew one end to make it soft like a brush.
- To wash her hair: She used shikakai and reetha. These are natural soaps from plants.
- To wash her body: She used multani mitti or homemade ubtan made from turmeric and gram flour.
- To wash clothes: She used soap nuts (reetha) and ash mixed with water.

Can These Things Be Found Now?:- Yes! Many of these things can still be found in markets or online. Some people still use them because they are natural and good for the skin and hair.



Activity - 1

We use many cleaning agents at home to remove dirt and germs from surfaces like kitchen slabs, furniture and bathrooms. Find out what home-cleaners are used in your home. You can also make your own eco-friendly cleaner! Here is what you need:

- Peels of 8 –12 oranges or lemons, enough to fill a half-litre transparent container.
- Ten whole cloves (laung) or 2–3 bay leaves (tejpatta) (optional)
- Two cups of white vinegar, enough to cover the peels or spices.

Now put all these ingredients in a half litre transparent container and close the lid. Keep the container in a sunny area for about two weeks, occasionally shaking the mixture.

Strain the liquid after two weeks and your all purpose cleaner is ready! You can mix a cup of the liquid in one bucket of water to clean floors and bathrooms.

Ans.

Home-Cleaners in My House :- At my home, we use cleaning liquids like phenyl, floor cleaner, and dish soap to clean the kitchen, bathroom, and furniture.

Making an Eco-Friendly Cleaner:- I learned how to make a natural cleaner using things we can find in the kitchen!

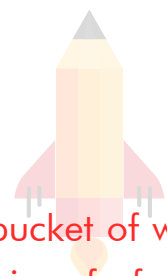
What we need:

- Peels of 8–12 oranges or lemons
- 10 whole cloves or 2–3 bay leaves (optional)
- 2 cups of white vinegar

Steps:

- Put all the things in a clean half-litre container.
- Close the lid tightly.
- Keep the container in sunlight for two weeks.
- Shake it sometimes.
- After two weeks, strain the liquid.

Now, this natural cleaner is ready! We can mix 1 cup of it in a bucket of water and use it to clean the floor and bathroom. It smells fresh and is safe for the earth!



One Point Learning



Activity - 2

Hop, skip, jump!

Try the following moves:

- Walk like a duck.
- Jump like a frog.
- Run like a cat.

Which moves did you enjoy the most?

Ans. I enjoyed jumping like a frog the most because I love to jump and it made me feel strong and happy.

What other games do you play with a skipping rope?

Ans. I love playing with a skipping rope! Here are some games I play:

- Count and Jump: I jump and count how many times I can skip without stopping.
- Skipping Race: My friends and I race while skipping to see who is the fastest.
- Jump In, Jump Out: Two people turn the rope and one person jumps in and out quickly.
- Skipping Rhymes: We sing fun rhymes while skipping like:
"Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground!"

My favourite skipping game:

I like Skipping Rhymes the most because it is fun to sing and skip at the same time.



Find out

- Can you identify the games shown here?

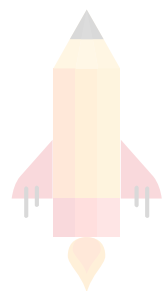
Ans. Yes, I can identify the games shown in the picture

- Spinning top
- Ludo
- Snakes & ladders
- Carrom

- Have you played them before?

Ans. Yes, I have played all these games.

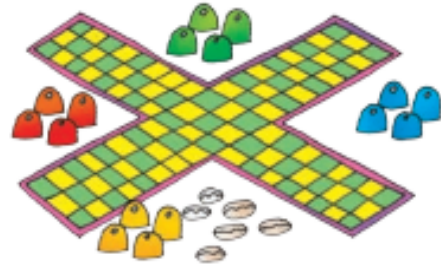
- I love playing Ludo and Carrom with my family.
- Snakes and Ladders is fun and easy to play.
- I also enjoy spinning the top and watching it twirl!



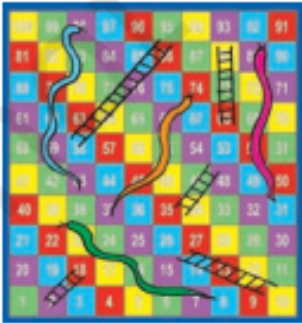
One Point Learning



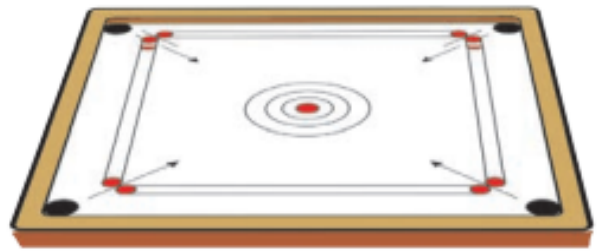
Spinning Top



Ludo



Snakes & Ladders



Carrom



Find out

Can you find the names of all the games hidden here?

Ans. I can find. The hidden games are:

1. Badminton
2. Basketball
3. Cricket
4. Football
5. Gymnastics
6. Hockey
7. Kabaddi
8. Kho-Kho
9. Tennis
10. Volleyball

Are any of these your favourites?

Ans. Yes, my favourite game is Cricket.

I love to bat and hit the ball far. I also enjoy playing Kho-Kho with my friends during games period.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| B | I | U | A | F | Y | L | S | T | B | S | L |
| J | A | T | U | E | R | G | X | E | A | C | L |
| K | A | D | X | E | G | N | M | N | S | I | A |
| V | H | C | M | Z | X | O | I | N | K | T | B |
| S | O | O | Y | I | C | I | C | I | E | S | Y |
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| W | R | N | Q | H | I | T | V | I | B | N | L |
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Playing Safely

It is important to be safe while having fun. Which of the following places is considered a safe area to play? Why or why not?

Ans. A park and a school ground are considered safe places to play because:

- They are open areas meant for children.
- There are no dangerous machines or vehicles.
- Adults or teachers are often nearby to watch and help if needed.

Places like a construction site, a roof without railings, and a busy road are unsafe because:

- There is a risk of falling or getting hurt.
- Vehicles and machines can be dangerous.
- There is no one to watch or protect children.



A busy road

☐

Safe

☒

Unsafe



A park

☒

Safe

☐

Unsafe



A schoolground

☒

Safe

☐

Unsafe



A roof without railings

☐

Safe

☒

Unsafe



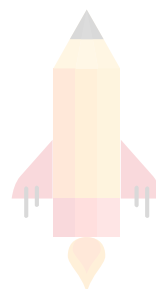
A construction site

☐

Safe

☒

Unsafe



One Point Learning

Let us reflect



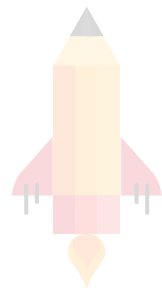
A. Write

Make your weekly health table.

What makes you feel sleepy, hungry or tired? Feelings are the body's way of telling us that something is amiss. We all have different needs. We should each know what is good for our body and mind. For this, track your activities for a week and observe how you feel.

Ans.

| Day | Did I brush my teeth twice? | Did I use the toilet in the morning? | Did I take a shower? | How much time did I sleep? | What did I have for breakfast? | How long did I watch TV or play on the phone? | How long did I play outdoors? | How did it make me feel? |
|-----------|-----------------------------|--------------------------------------|----------------------|----------------------------|--------------------------------|---|-------------------------------|--------------------------|
| Monday | Yes | Yes | Yes | 8 hrs | Milk & Bread | No | Yes | Happy |
| Tuesday | Yes | Yes | Yes | 7.5 hrs | Paratha & Pickle | Yes | Yes | Okay |
| Wednesday | Yes | Yes | Yes | 8 hrs | Cereal & Milk | No | Yes | Happy |
| Thursday | Yes | Yes | Yes | 7 hrs | Eggs & Toast | Yes | No | Tired |
| Friday | Yes | Yes | Yes | 8.5 hrs | Upma & Juice | No | Yes | Happy |
| Saturday | Yes | Yes | Yes | 9 hrs | Poha & Milk | Yes | Yes | Okay |
| Sunday | Yes | Yes | Yes | 8 hrs | Idli & Sambhar | No | Yes | Happy |



One Point Learning



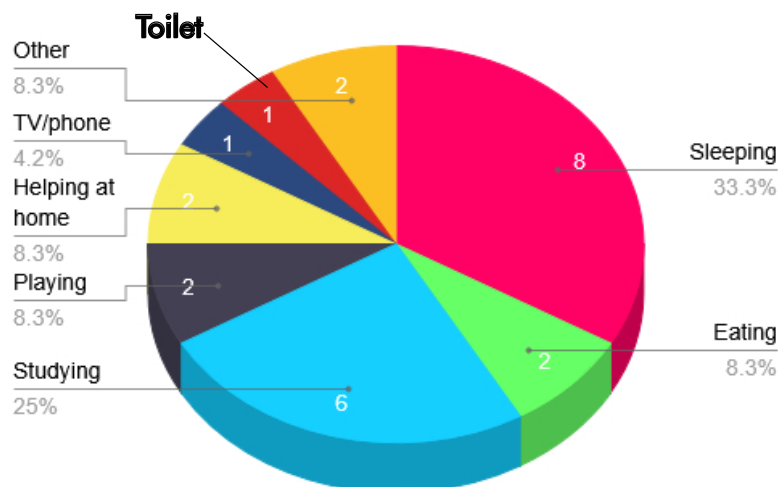
B. Draw

Draw a big circle in your notebook and divide it into 24 slices. Imagine that each slice is one hour of the day. Now colour these slices differently based on the number of hours you spend doing different activities in one entire day of 24 hours.

Ans. Make a pie chart with 24 slices. Example:

- Sleeping – 8 hours
- Eating – 2 hours
- Studying – 6 hours
- Playing – 2 hours
- Helping at home – 2 hours
- TV/phone – 1 hour
- Toilet – 1 hour
- Other – 2 hours

Activities in one entire day of 24 hours



C. Think

Think of one activity you would like to do at least twice a week to improve your stamina. It could be running, jumping, climbing stairs or anything else. Discuss it with your friends and try doing such activities together.

Ans. One activity I would like to do at least twice a week to improve my stamina is jumping rope (skipping).

It is fun and also a great way to exercise. I feel active and energetic after skipping. I can count how many times I jump and try to beat my score each time.