



I love myself

I am special. No one is like me.



About me

My name is _____

My birthday is on _____

I write with my _____ hand. (left/right)

I have _____ hair. (long/short)

I have _____ eyes. (black/brown/green/blue)



MY THUMBPRINT





1

Our wonderful body

GET SET, GO!

Write two things that are

1. green.
2. nice to smell.
3. cold to touch.
4. sweet to taste.
5. good to hear.

_____	_____
_____	_____
_____	_____
_____	_____



Our body works like a machine. It has many parts that do different things. We can see some parts of our body such as the head, eyes, ears, tongue, hands and legs.

There are many parts or **organs** that are inside our body. We cannot see them. The brain, heart, lungs and stomach are inside our body. Let us read about them.

BRAIN

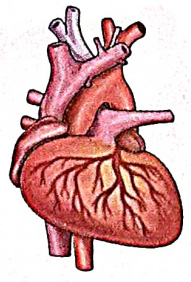
The brain helps us to **think**.
 The brain also helps us to do our work.
 The **head** protects the brain.



The brain

HEART

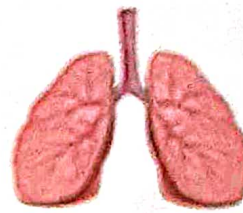
The heart is one of the most important organs of our body. It pumps **blood** to all parts of the body.
 The heart beats with a sound like this – lub-dub, lub-dub.
 A doctor uses a **stethoscope** to listen to our heartbeat.



The heart

LUNGS

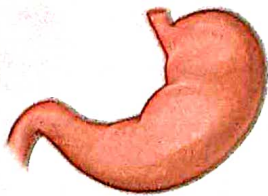
We breathe through our lungs.
They fill up with air when we breathe in.
The lungs and the heart lie in the chest.



The lungs

STOMACH

The stomach is below the chest.
It looks like a bag.
The food we eat goes into the stomach.
The stomach helps us to digest that food.



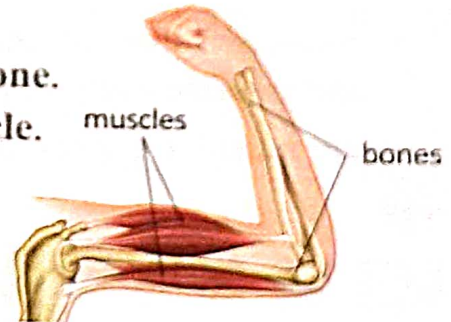
The stomach

BONES AND MUSCLES

Feel your right arm with your left hand.
Do you feel something hard? This hard thing is a bone.
Do you feel something soft? The soft part is a muscle.

Our body is made up of bones and muscles.
We have 206 bones and more than 600 muscles.

Bones and muscles together give shape and support to the body. Skin covers the bones and the muscles in our body.



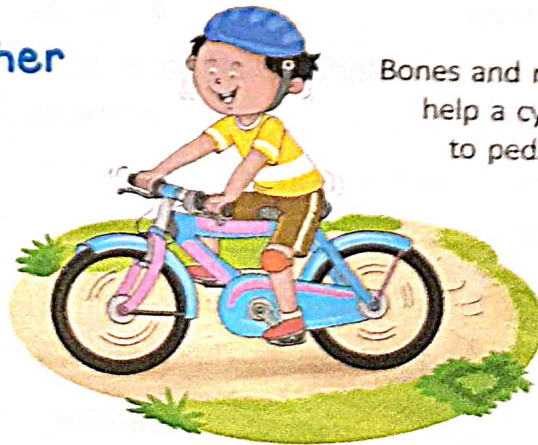
Muscles and bones work together

The muscles are fixed to the bones.
Muscles make the bones move.

Muscles and bones help you to

- * lift your bag.
- * throw a ball.
- * swim, run, hop, skip and jump.
- * pedal your bicycle.

We can do all these things only if we have strong bones and muscles.
Eating healthy food and exercising regularly will make our bones and muscles strong.



Bones and muscles help a cyclist to pedal.



POSTURE

Posture is the position in which we sit, stand and walk. We must sit and stand straight. We must walk upright. A correct posture makes you look smart.

IN A NUTSHELL

- * The brain, heart, lungs and stomach are inside our body.
- * Our body is made up of bones and muscles. Bones are hard and muscles are soft.
- * Muscles help our bones to move.
- * Bones and muscles become strong when we eat healthy food and exercise every day.
- * We must have a correct posture.

LET US ANSWER

A. Tick (✓) the correct answers.

1. We can see the

a. head. <input checked="" type="checkbox"/>	b. lungs. <input type="checkbox"/>	c. brain. <input type="checkbox"/>
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2. This pumps blood to all parts of our body.

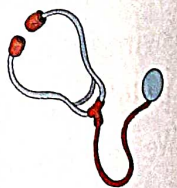
a. eyes <input type="checkbox"/>	b. heart <input checked="" type="checkbox"/>	c. lungs <input type="checkbox"/>
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3. These help the bones to move.

a. skin <input type="checkbox"/>	b. stomach <input type="checkbox"/>	c. muscles <input checked="" type="checkbox"/>
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B. Write T for True or F for False.

1. The brain helps us to think.
2. The stomach helps us to breathe.
3. There are more than 600 bones in our body.
4. Muscles and bones help us to swim.
5. We should sit straight and walk upright.

 T
 F
 F
 T
 T



A stethoscope

C. Fill in the blanks. Choose words from the box.

straight bones Skin muscles head

1. The head protects the brain.
2. Bones and muscles give shape to our body.
3. Skin covers the bones and the muscles.
4. Muscles are fixed to the bones
5. We must sit and stand straight

D. Answer these questions.

1. Write the names of some body parts that we cannot see.
2. What do the lungs do?
3. How can we make our bones and muscles strong?
4. What is posture?

E. Think and answer.

What helps a weight-lifter to lift weights?

There are no bones in our tongue.



HOTS



LET US DO

Activity

F. Rearrange the letters to get names of some bony parts of our body.

- | | | | |
|----------|--------------|-----------|---------------|
| 1. TWRIS | <u>wrist</u> | 4. GERFIN | <u>FINGER</u> |
| 2. HINC | <u>CHIN</u> | 5. WELOB | <u>ELBOW</u> |
| 3. NEKE | <u>KNEE</u> | 6. ETOS | <u>TOES</u> |

Project

G. Sportspersons exercise regularly. This makes their muscles strong.

On a sheet of chart paper, write the

- * name of the sportsperson you like the most.
- * name of the sport she/he plays.
- * name of another sportsperson who plays that sport.



FUN to do

H. Which part of your body do you use to

- * throw a cricket ball?
- * smell a flower?
- * run in a park?
- * read a book?
- * paint a picture?
- * listen to music?

HAND

NOSE

LEGS

EYES

HAND

EAR



LIFE SKILLS

THINKING AND EMOTIONAL SKILLS

Stay fit. Do this simple stretching exercise.

- * Stand erect. Do not bend your knees.
- * Raise your arms up. Slowly bring them down and touch your toes.
- * Slowly get back to the original position. Do this three times.

A VALUE FOR ME

Look at these children.



They have special needs, yet they are like us. They feel happy, hungry or sad like we do. They enjoy playing as much as we do.

- * Would you like to be friends with them? _____
- * What games would you like to play with them? _____