

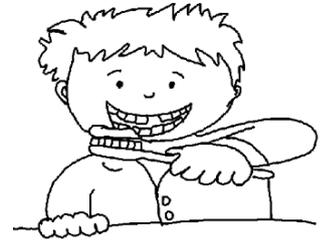
TAKING CARE OF YOURSELF INDEPENDENTLY - BEING Classes: III & IV

LIFE SKILLS MODULE – 3

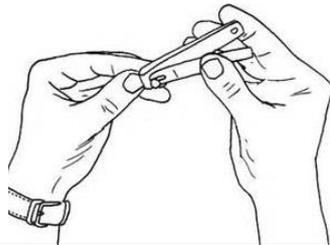
Sleep: Early to bed, early to rise. Plenty of sleep helps you concentrate.



Teeth: Brush teeth every morning and night to keep them shining and bright visit your dentist regularly.



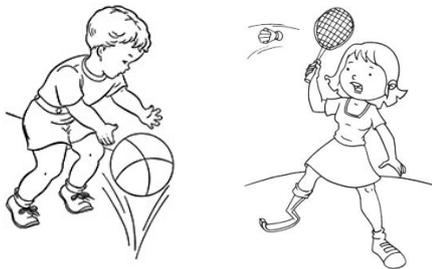
Nails: Trim nails weekly keep nails short and clean



Hair: Wash your hair at least twice a week Keep it neat by styling and brushing.



Exercise: Play outside as much as possible under your parent's supervision. Do not play away from home without parents. Don't sit and play on the computer or watch TV every day often.



Do not touch or use any Mobile phones or Tabs to play.

Hygiene: Bath or shower and change underwear daily. Wash hands after visiting the toilet and before eating.



Homework: Complete homework and study the day's lessons without fail every day.



Diet: Eat a healthy balanced diet. Choose healthy snacks such as fruits instead of chips, chocolates, candies and sweets. Avoid sweet, fuzzy drinks like Cokes, Pepsi etc. Drink water, milk or fresh fruit juice daily.



DAILY TO-DO-LIST

MORNING RESPONSIBILITIES

- Wake up before 6:30am without troubling parents
- Fold your bedsheet and wish family members 'Good Morning'.
- Drink a glass of water.
- Brush your teeth daily.
- Finish your bath and get ready.
- Fill your water bottle.
- Have milk / breakfast without fuss.
- Make sure you are on time to school.

EVENING RESPONSIBILITIES

- Keep your uniform, books etc., ready for the next day.
- Polish your shoes and keep your socks ready for the next day.
- Complete your homework and revise what was taught in school without fail
- No playing games or watching videos on the phones or tabs. Read a story book instead or do some colouring / craft work.
- Do not forget to brush your teeth before going to bed.
- Keep your toys and things back in their place after use.
- Make sure you set the alarm before going to bed. Wish parents 'Good Night'.
- Go to sleep before 9:30pm.

WEEKLY TO-DO LIST

- Ensure your nails are trimmed.
- Help your parents by settling your room.
- Wash your hair twice a week, at least.
- Check for any torn books and maintain properly.
- It would be a good idea to revise the entire week's lessons.
- Make sure you call / meet your grandparents and talk to them. They really look forward to talking to you.
- Help your parents in some house hold activities.

Note : Remember Smart kids do not forget to do the following too:

- ❖ Switching off lights and fans when not in use.
- ❖ Disposal of Trash only in Trash Bins.
- ❖ Wise use of Water. Keep a close watch on leaking taps.
- ❖ If you must eat while travelling, make sure you carry a paper bag or re-usable container to discard waste. Do not mess / dirty the vehicle.

Note to parent:

The above ground rules have been elaborately discussed and explained to the child. Please ensure the same is followed up at home by drawing a star () in the diary everyday starting from today. Parents must support and follow-up the 'Morning, Evening & Weekly To-Do-Responsibilities without fail.*

- *Children who follow all the above must get a letter from parents in the first week of September so as to get a chance to win Special Badge from the Principal in the School Assembly.*