



**ASHA MODERN JUNIOR HIGH SCHOOL**

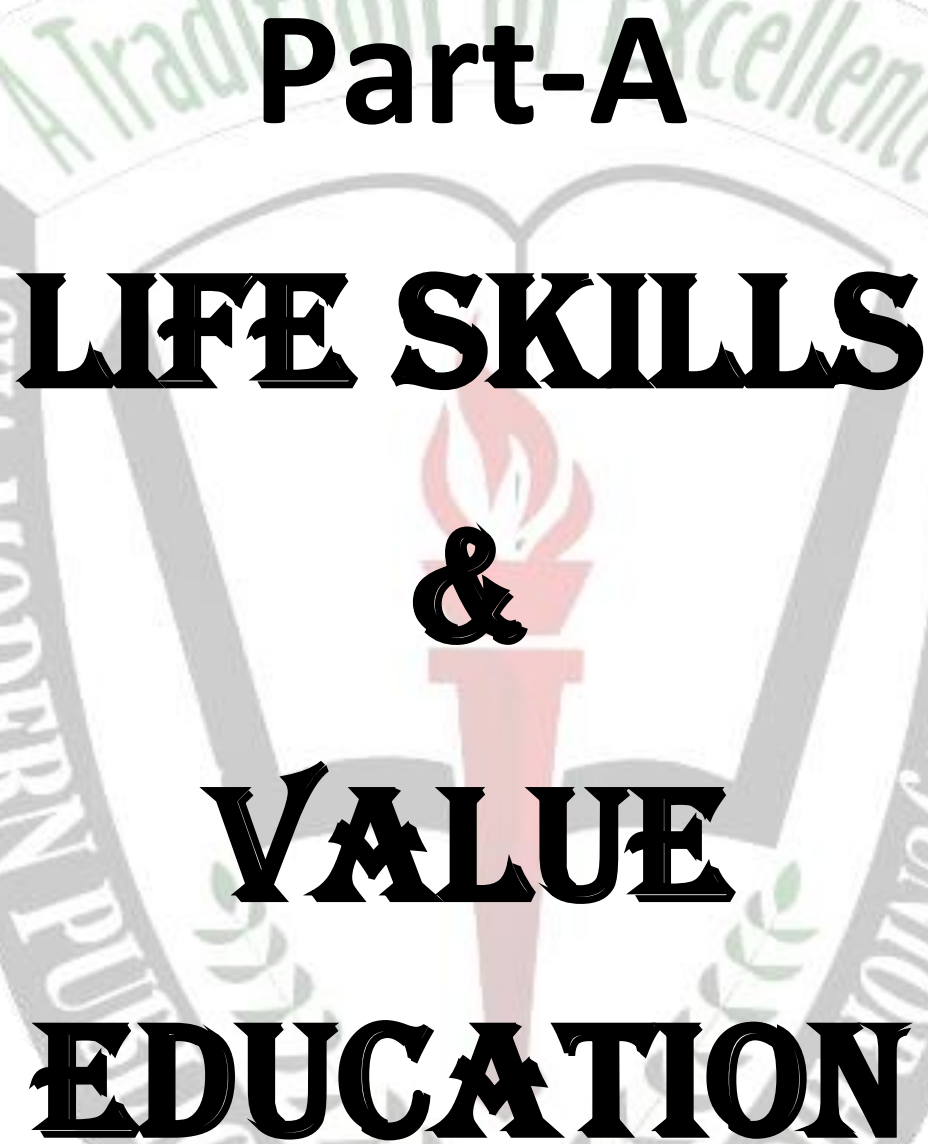
**A  
BETTER  
YOU**

**Part-A : Life Skills & Value Education**

**Part-B : Health & Physical Education**

**CLASS-IV**

**(SESSION 2025-2026)**



# **Part-A**

# **LIFE SKILLS**

# **&**

# **VALUE**

# **EDUCATION**

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## Unit-1

### How to be Confident

Confidence means to believe in and feel sure of yourself and your abilities. This is not in an arrogant way, but in a realistic way. Confidence is not about being better than others but believing you **can** do something.

Practicing, working hard, trying again, and never giving up-all these things help you get better and feel more confident. That's what will help you believe in yourself more.

**Let's read a story that will help us ponder over this topic deeply.**

#### Anita

Anita was a cheerful young girl who loved in Nepal's eastern Himalayan area, in the land of snow. She was from a shepherd family. It was that time of year when the stars in the darkness never appeared brighter the village. Anita discovered that many tourists travelled to her village during this time.

Anita became excited as she observed visitors in her hamlet from all around the world. Anita questioned, "Why have these people come here, dad?" "Sweetheart, they have come to climb those mountains," Anita's father said. Anita exclaimed she was amazed at their bravery, "Really, dad? Can you make the journey to the top?" "Of course, sweetheart, a lot of people do it," her father answered. Anita declared with a loud streak of confidence, a fiery dream brewing in her eyes, "Someday, I will be able to climb the peak of these gorgeous mountains!" Life, however, had other plans for her. When Anita was thirteen, she had lost one of her legs in an accident. Her joyous world was soon surrounded with sorrow.

"I'll never be able to climb those mountains," Anita screamed. Her father cherished her. His young girl was hurt, and he couldn't bare to see it. He was also heartbroken. But he remained hopeful. After a lot of endless



nights, her father succeeded in making a wooden limb for her that she could wear and used to walk.

“Never is not a word in our dictionary. Go pursue your dream. Practice and begin scaling the mountains.” The steadfast father stated.

Anita was filled with happiness. She attempted to walk wearing the wooden limb, but fell down. She stood up and stumbled while attempting to run. The father and daughter’s efforts seemed stupid and were criticised by the entire village.

However, nothing dragged them down. The father and daughter were both keen on achieving Anita’s goals despite all challenges. They continued to train. After 5 long years of practice and training, Anita reached the peak of the highest mountain and fulfilled her dream. She also earned the respect of her father and her nation.

### **Speaking Clearly**

When you speak clearly and firmly people are more likely to believe what you say. This is because the way you speak shows that you are sure of what you are saying. For example, when Farhan says, “I don’t want you to lift me up,” nobody tries to lift him into their lap. People listen to him.

### **Looking at people’s face**

You show confidence when you look directly into the eyes of the people you are talking to. This shows your confidence because this shows that you are serious about what you are saying. For example, when Diana says, “I will not wear this pink T-shirt,” while looking the person in the eyes nobody tries to force her. People listen to her.

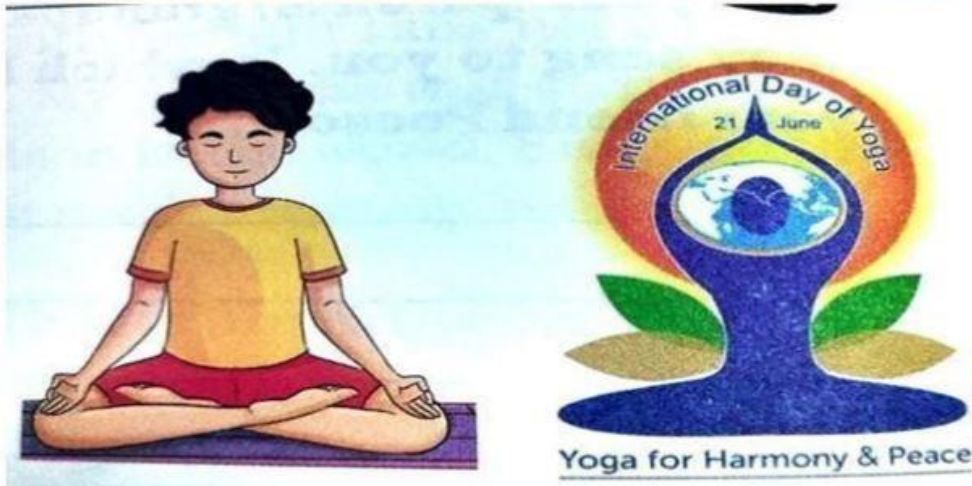
### **Good Posture**

You show confidence by the way you sit or stand. This is called posture. When your posture is always straight, it shows that you are not afraid to say what you really think. This will make everyone believe you. For example, when Raghu says, “I will not play with Vicky because he breaks the rules,” while standing straight nobody

tries to force him to play with Vicky. People believe Raghu.

Doing yoga improves your posture.

If we speak loudly and firmly, look directly at who we're talking to and sit/stand straight, there is a greater chance that people will listen to and believe us.



## Unit-2

### Taking Initiatives

Dear Learners

The ability to start something independently and to volunteer to take charge before others do is called initiative. People who are able to take initiatives can take an action on time without the guidance of others.

Taking initiative means noticing opportunities and taking actions.

#### The Little Red Hen

There once lived a little red hen in a farmhouse. Many other animals lived with her in that farmhouse. One day, the hen found some grains of wheat on the ground. She thought for a while and decided to sow them. She took the grains to the farmhouse and asked her friends for help.



‘Who will help me to sow the wheat grains?’ asked the hen.

‘Not me!’ replied all the farm animals together.

‘I will do it on my own then,’ said the hen.

So, she sowed the grains into the soil and watered them daily.

After some days, when the seeds grew into crops, she asked her friend to help her harvest them.



‘Who will help me harvest the crops?’ she asked.

‘Once again the other farm animals replied, ‘Not me!’

‘I will do it on my own then,’ said the red hen.

So, she harvested the crops all by herself and stacked them. Now the red hen had to take the wheat to the mill to grind it into flour. She wanted her farm friends to come along and help her carry the wheat. So, she asked them once again, ‘Who will help me take this wheat to the mill?’

And promptly came the same reply, ‘Not me!’

‘I will take it on my own then,’ said the hen.

So, she carried the heavy wheat stacks, all by herself, to the mill. The Miller ground all the wheat and gave the little red hen a big bin filled with flour. The hen was very happy. She could bake fresh breads with the flour.

After returning to the farmhouse, the hen asked her friends to help her make the bread, but, yet again, everyone refused.

So, she decided to bake the bread all by herself.

While she was baking, the smell of the bread filled the entire farmhouse. All the other farm animals went to red hen and told her what a great job she had done. They also asked her if they could eat some of the freshly-baked bread.

But now it was the hen's turn to refuse her friends' request. She replied, ‘I took the initiative to sow the seeds, harvest crops, grind the flour and bake the bread. I asked all of you to help, but



nobody came forward then. Now I'm going to enjoy the fruits of my labour all by myself.'

And so, the little red hen went back into the barn and finished the yummy bread in no time.



It will never rain roses: when we want to have more roses, we must plant more roses. – George Eliot

## Unit - 3

### *Kindness*

An act of kindness always brings happiness not only to others but back to you as well.

No act of kindness, no matter how small, is ever wasted-Aesop

### JESUS CHRIST

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Thou Shall Not Kill.

and

Do Unto Others What You Would Have Them Do unto You.

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### IN BIBLE

Animals also think and feel pains and pleasures just as we do. Let's take a look at the incident below.

The swallow's wife was severely injured. She was hit by a car as she was flying low across the road. Aware that his mate was dead and would never come back to him again, he cried.



We should not tease or trouble any living being as they, like us, feel pain, happiness, sadness and hunger.

## ANDROCLUS AND THE LION

In Rome, there once lived a poor slave whose name was Androclus. His master was a cruel man and so unkind to him that one dark night Androclus ran away. He hid himself in the forest for many days, but there was no food to be found, and he grew weak and sick. One day he walked into a cave and lay down and soon he was fast asleep.

After a while, a great noise woke him up. A lion had come into the cave and was roaring loudly. Androclus was very much afraid because he felt sure that the beast would kill him. Soon, however, he saw that the lion was not angry, but was holding up his forepaw and crying in pain.

Then Androclus grew so bold that he took hold of the lion's paw to see what was wrong. The lion stood quite still and rubbed his head against the man's shoulder. He seemed to say, "I know that you will help me."

Androclus lifted the paw from the ground and saw that it was a long, sharp thorn that was hurting the lion. He held the end of the thorn with his fingernails, gave a strong, quick pull, and out it came! The lion was full of joy. He jumped about like a dog and licked the hands and feet of his new friend. It seemed that the lion was thanking him for his kindness.

Androclus was not at all afraid after this, and when night came, he and the lion lay down and slept side by side. For a long time, the lion brought food to Androclus every day, and the two became such good friends that Androclus was very happy in his new life.

One day some soldiers who were passing through the forest found Androclus in the cave. They knew who he was and so took him back to Rome.

It was the law at that time that every slave who ran away from his master would be made to fight a hungry lion. So a fierce lion was shut up for a while without food, and a time was set for the fight. When the day came, thousands of people gathered to see the sport, just like people nowadays go to see a circus or a game of baseball.



The door opened, and poor Androclus was brought in. He was very afraid because he could already hear the roars of the lion. He looked up and saw that there was no pity in the thousands of faces around him. Then the hungry lion rushed in. With a single bound he reached the poor slave. Androclus gave a great cry, not of fear, but of gladness. It was his old friend, the lion of the cave.

The people, who had expected to see the man killed by the lion, were filled with wonder. They saw Androclus put his arms around the lion's neck, the lion lie down at his feet and lick them lovingly and rub his head against the slave's face as though he wanted to be petted. They could not understand what it all meant.

When Androclus related the story of his encounter with the lion in the forest to the amazed king, he was so impressed that he ordered the slave to be set free and the lion sent back to the jungle.

#### LESSON FROM THE STORY

- We should always be kind and helpful to all living beings as they all are dear children of God.
- An act of kindness always brings rewards



## Unit-4

### Body Ownership

#### Permission to Touch

Your body belongs to you. Nobody should touch your body without your permission. Only your loved and trusted ones can touch your body. **Loved** and **trusted ones** are your parents, grandparents and teachers.

#### Private Parts

Everyone – young or old, parents, grandparents, uncles, aunties, cousins, friends, teachers, and doctors have their own private parts. **Private parts** are the parts of our body that are always covered by our undergarments like underwear and undershirt. The mouth is a special private part because it is not covered. Even though girls and boys have similar skeletons, they have different private parts. Just as we take care of all parts of our body, it is also important to take care of our private parts. We should wash and clean them thoroughly while taking a bath everyday.

#### Types of Touches

**Unsafe Touches:** Unsafe touches can make you feel as if something is wrong. If someone touches you in an unsafe way, you may feel sad, dirty, hurt, helpless, angry, or embarrassed. Hitting is an unsafe touch and it hurts. Sometimes unsafe touches do not hurt, but they are still wrong. If someone tries to touch your private parts (even on top of your clothes), it is an unsafe touch. There are some unsafe touches that you may like or feel happy about. For example, if your friend touches your private parts for fun. But they are not safe! You must stop it immediately and tell a trusted grown-up as soon as you can.

**Fix It” Touch:** “Fix It” touches are what doctors and nurses in the hospital and the medical room in our schools do. These touches may hurt but they are to help you.

**Accidental Touch:** An accidental touch is a touch that happens by mistake. Example: A push that you get from someone when your school bus is crowded. An accidental touch does not occur again and again with the same person.



## Unit - 5

### The Law Stands with Me



Strangers can exist in the real world as well as on the Internet.

Once upon a time, in our big country India, there was something very special for children called the "**POCSO Law**". It was like a superhero law that protected children from something very bad-it protected them from people who wanted to hurt them.

There was a young girl named Maya. She loved attending school, playing with friends, and drawing colourful pictures. Maya was a happy and cheerful child.

One day, Maya's teacher noticed that she was feeling very sad and scared. She did not want to talk about it, but her teacher realized that something was wrong. So, the teacher spoke to Maya gently and kindly, making her feel safe.

Maya finally told her teacher that someone she knew had done something that felt wrong to her, and it hurt her. Her teacher knew just



what to do. She told Maya's parents about it, and they all went to a nearby police station where they could get help.

At the police station, they met kind people who told them all about the POCSO Law. They explained that this law is like a shield to protect children like Maya from anyone who want to harm them. It says nobody can hurt children, and if they do, they will get into a lot of trouble.

The police made sure Maya was safe and happy again. They also helped the bad person understand that hurting children was very wrong and they needed to change their ways.

Maya learnt that there were good people and good laws like POCSO Law to keep her and other children safe. She went back to school, smiled again, and continued to draw colourful pictures with her friends.

And so, the POCSO Law in India became a guardian angel for children like Maya, protecting them and making sure that they could grow up in a safe and happy world. Remember, there always heroes and laws to protect you when you need help.

Sometimes, as much as we try, we all have some experiences which are bad. But we must remember that it is not our fault. It is important to share with a trusted adult, just like Maya did, and they will help us through it. We may feel hurt and scared to share with anyone, especially when we have been hurt by someone we know. But always remember, your parents will always have your back. They will take you to the right people who can help you. Remember, it is never your fault.

### **MY SUPERHERO TEAM - TRUSTED ADULTS**

Who are our trusted adults? These are the grown-ups you can rely on when you need help or guidance or when something does not feel right. Think of them like your superhero team.



Examples of trusted adults can be your parents, grandparents, teachers, or school counsellors. They are the ones who care about you and want to make sure you are safe and happy.

Imagine you are at school, and someone is bothering you or making you feel uncomfortable. You can go to your teacher, who is a trusted adult, and say, "I do not feel okay with what is happening." They will listen and help you find a solution.

Or maybe you are at home, and you have a secret you need to share. If it is something that makes you worried or scared, you can talk to your parents or another trusted adult and say, "I need to tell you something". They will be there to support you and make things better.

Trusted adults are like your safety net. They will not judge or get upset with you for sharing your feelings. They will listen, offer advice, and take steps to keep you safe if necessary.

So, remember, when something does not feel right or when you want to share your feelings, find a trusted adult you can talk to. They are your allies, your helpers, and your biggest supporters on this exciting journey called life! Understanding body rights also means respecting other people's boundaries. Always ask for permission before touching someone else, and if they say 'no,' it is essential to respect their decision."

## Unit-6

### Decision Making

Making right decisions may seem like a tough job sometimes. A lot of our future depends on the decisions we make. If we know that the outcome of our decision is going to be positive, then that is a right decision. If the consequences of our decision are going to harm people, then we must think again before making such decisions.

Sometimes in life, we will have to make tough choices. Our heart will say one thing and our mind another. There will be times when a bad choice will appeal to us more. It is during such a time that we should go by our values and ethics.

#### **The Ant and The Grasshopper**

On that lovely spring day, a grasshopper was having fun in a field of lush grass. He observed a group of ants moving over the field while carrying some wheat grains. The grasshopper asked, “Where are you going with that big load?”

One of the ants stated, “We are carrying these grains to our nest.” “But it’s such a beautiful day, come and have fun with me” said the grasshopper.

“I disagree; I think you need to come and work with us. There will be a lot of snow and long winter. You better start storing your food now,” replied the ant.

“Why worry about the winter? Spring has just arrived and there is plenty of food available,” the grasshopper thought. The grasshopper did not listen to the ant. The grasshopper still did nothing except eat, sleep, and play during the entire spring. Then came summer. The grasshopper still didn’t do anything, but eat, sleep and play while the ants were busy gathering food for the coming winter.

Later came Autumn. The grasshopper yet again was told by the ant to gather food for winter but he ignored the advice. “Winter has not yet arrived, but I am confident that I will be able to locate food when it does.” Winter arrived a few weeks later, and the snow started to fall.

The snow was extremely deep as the ants had warned. The ants were all snug, warm, and comfortable in their nest with lots of good food to eat.

The grasshopper, however, had trouble finding food. He was very hungry and miserably cold all winter. By the time winter had ended, the grasshopper had learned a valuable lesson. Next spring onward, the grass hopper went out to gather food with the ants.



It is in your moments of decision that your destiny is shaped.



## Unit - 7

### Believing in Oneself

#### The Story of the Pencil

Raj had just gone from Grade III to Grade IV. The Principal of the school had asked for the shuffling of classes. It was the first day. He looked around once. There were all new faces.

Raj was an **introvert** and somehow he believed that he was not talented at all! Once he was asked to narrate a poem in the class. He became so nervous that he could not utter a word. His classmates encouraged him to overcome his nervousness. He began to participate in more activities. soon, he had made friends in the class. But now, there was a new set of people. Most of his friends had been sent to different sections. He was **anxious!**

The English teacher entered the class. She announced a revision test that would cover the syllabus of Grade III briefly. She handed out the sheets to everyone and asked them to begin the test. There were nouns, pronouns, adjectives and adverbs. There was nothing that Raj did not know. He began to write his name on the test sheet. Soon, he began to perspire so **profusely** that he was unable to write anything. He held the pencil tightly in his hand.

The bell rang. The teacher took away all the answer sheets. She checked and returned them by the end of the day. Raj held his answer sheet in his hand.

Raj looked at the test sheet for a while and then moved towards his bus. Back home, Raj was very disappointed in himself. He felt as though it was Grade III all over again when he could not do anything!

"Why did the Principal have to take away my friends?" he thought to himself.

Raj reached home and sat quietly in his room. He was sad. Just then his grandmother entered the room. She wanted to ask him all about his first



day in his new class, but looking at him, she sat quietly next to him on the couch.

"What is wrong my child!" she asked with his hand in her hand.

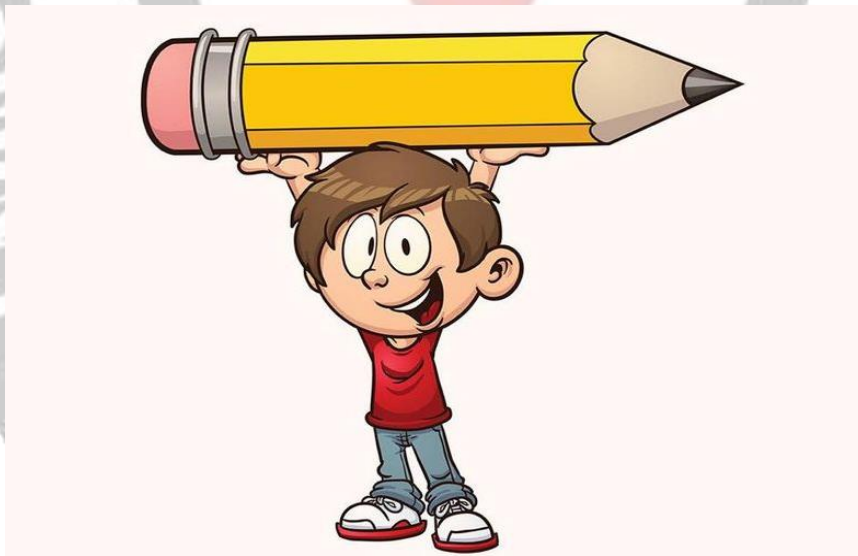
Raj burst out crying. "I am no good!" He uttered in between sobs and continued to narrate the incidents of the day.

"My friends encouraged me, and now I have no one..." he said in a **dejected** tone.

His grandmother held him tightly and then handed him a pencil.

"What is this grandma!" Raj asked surprisingly.

"My dear, this is a little pencil," began grandmother, "It is here to tell you its beautiful story.



"As we use the pencil," she continued, "We continue to sharpen it. It experiences a lot of pain. Just like you felt the pain of losing your friends, and then not doing well at the test. However, whatever the case may be, the pencil never fails to make a mark on the paper it touches."

Raj listened more intently now.

"Just as the pencil brings all the good from within itself, you too should **believe in yourself**. You too should know that you are complete in yourself and that you do not need anyone else. Also, just like the pencil, you too should make a mark in your life, wherever you are."

Raj looked up at his grandmother. There were tears of hope in his eyes. He was immediately comforted. He promised that he would do better.

### Nurture the Seeds

Neha was given a new assignment by her teacher. On reaching home, she said to her mother, 'mom please give me some dry peas. The teacher had asked us to sow them in a pot, keep it in sunlight and water it daily. We have to show the saplings to her after a week.'



Her mom gave her some dry peas and told her, 'Neha, since it is your assignment, it is your responsibility to sow and nurture the peas. But, I will guide you if you need any help.' Neha agreed and sowed the dry peas in a pot and poured them water in it. The next day, however, Neha forgot about the peas.

After a week, the teacher reminded the class to get their little pea plants to school the next day. Neha panicked for a moment, but then she remembered sowing the peas. She was sure that they had grown into little plants by then. On reaching home, Neha went to check her young plants. But she was shocked to see that there was no plant in the pot. She screamed, 'Oh Mom, see this! the peas that I had planted have not grown. I must tell the teacher that peas don't grow this way!' Her mom asked her, 'Neha, why don't you check with your

classmates and find out if their seeds have grown or not?’

So, Neha visited her friend, Poonam, whose house was in her neighbourhood, to check her seeds. She was surprised to see that Poonam's seed had grown into beautiful little plants. Poonam explained to Neha that she had followed the teacher's advice and watered the seeds every day and kept them in the sunlight. Now they had grown into beautiful saplings! Neha realized that she had forgotten the teacher's instructions about watering the seeds daily. She returned home and told her mom, 'Mom, we forgot to water the seeds.' Her mother smiled and said, 'Neha I did remember. But I wanted you to learn to take responsibility for your assignment.'

Neha could not submit her assignment the next day but she learned a valuable lesson about taking responsibility for her assignments. She re-planted some peas and watered them daily, and this time they grew into beautiful plants.

**Moral of the story: We should be responsible for the duties that we are assigned.**



## Unit - 8

### RESPECT FOR OUR PARENTS



Honour your father and mother - 4th Commandment in the Bible.

Children, obey your parents in everything, for this pleases the Lord.

-Bible

‘God has given us wonderful parents to teach us how to love and worship Him.’



## The story of a great son

Once upon a time, there lived a boy named Shravan Kumar. His parents were poor, old, and blind, but they raised him well. Shravan Kumar was strong, healthy, honest, and well mannered. He respected his parents. He did everything for his mother and father with a lot of sincerity and love, fulfilled all their wishes, and kept them happy.

One day, Shravan's parents expressed their desire to go on a pilgrimage. The dutiful Shravan decided to fulfill their wish. He wanted his parents to have a comfortable trip. So, he made a big weighing balance by tying two big baskets to the ends of a pole with ropes. He carried this pole on his shoulders and started on the journey with his mother and father sitting in the baskets. The parents were very proud of their son's efforts.

On their way, they came to the forest of Ayodhya and rested for a while. Shravan's parents were thirsty. They requested him to get water to quench their thirst. Shravan immediately set his parents down under the shade of the tree and took a vessel to fetch water from the river Saryu.

In the meantime, Dashrath, the king of Ayodhya, was hunting in the same forest. He had come all alone. He had a very special talent. He could shoot any animal that made the slightest sound with his bow and arrow, without even seeing the animal. Dashrath heard Shravan filling water in his vessel. He thought it was a deer drinking water and shot the arrow in the direction of the sound. The arrow pierced Shravan's heart who fell to the ground with a cry.

On hearing the scream, King Dashrath ran to the bank of the river to see who it was. He saw Shravan Kumar crying in pain. King Dashrath became very sad. He was angry with himself for making such a big mistake.

When Shravan saw the king, he called out to him and said, "I came to get water for my parents. They are very thirsty. I will be very grateful to you if you can take some water to my parents and tell them the sad news." He died soon after.

When King Dashrath brought water to drink for Shravan Kumar's parents, they

refused to accept it. Though blind, they knew that he was not their son. The king sadly told them what had happened to their son. Shravan's old and blind parents were shocked. They became very sad. They cursed the king that he too would meet his death in the sorrow of separation from his son, just like them. They cried out loud and asked the king to take them to their son.

That became the reason for King Dashrath's death in separation of his beloved son Lord Ram, when He left for 14 years of exile in the forests.

King Dashrath carried Shravan Kumar's parents on his shoulders to the place where he had shot Shravan. As they sat crying near his body, they heard Shravan speak, "Through my services to you, I have attained a place in heaven. Do not worry about me. I will wait for you both and serve you when you come here."

Even today, we remember Shravan Kumar as the ideal son who respected, loved, and took care of his parents till the end.

#### LESSON FROM THE STORY

- We should also love, respect and take care of our parents with a grateful heart.

**Part-B**



# **HEALTH & PHYSICAL EDUCATION**

**COMPILED BY: PRADEEP TYAGI**



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**TERM-I**  
**HEALTH AND PHYSICAL EDUCATION**

**UNIT-1**  
**EXPLORING LOCAL AND TRADITIONAL GAMES**

**Learning Objectives**

- Learn about fun and historical games that have been played in India for generations.
- Understand and Play traditional games with rules.
- Adapting our local games with modern elements to make them safer and more inclusive.

**Learning and Playing Local Games**

India's rich heritage includes traditional games passed down through generations. These games are more than just entertainment; they teach teamwork, strategy, coordination, and the joy of community play.

**Traditional to Modern Elements in Games**

Traditional Indian games have evolved with time, incorporating modern adaptations for safety and accessibility. Softer, child-friendly materials and updated rules ensure these games remain fun, inclusive, and suitable for everyone.

Explore these timeless games in PE class and enjoy while fostering inclusivity and teamwork. Ensure all genders participate in a safe, supportive environment, with everyone getting a turn to play.

## GAME: GILLI-DANDA



### Objective:

In Gilli-Danda, the goal is to hit the gilli as far as possible and run to a spot before the opponent catches it.

### Warm-up:

Start with light jogging around the play area for 2-3 minutes, followed by wrist and arm rotations to prepare for swinging the danda.

### Safety Considerations

- Choose a clear, open space away from vehicles, windows, or crowded areas to avoid accidents.
- Ensure the Danda and Gilli are smooth, free of splinters, and not too heavy.
- Maintain distance from the hitter to avoid getting hit by the Gilli.
- Use sturdy shoes to prevent slipping or injuries while running.
- Avoid playing in wet or slippery conditions for better grip and safety.
- Ensure adult supervision if younger children are playing.
- Establish boundaries and rules to ensure fair and safe play for everyone.

### What is Gilli-Danda?



Gilli-Danda is a traditional game similar to cricket but played with two wooden sticks-a larger one called the Danda and a smaller one called the Gilli.

### Rules and Instructions

- **Prepare:** Find a flat ground and get your Danda (big stick) and Gilli (small stick).
- **Start:** Place the Gilli on the ground and use the Danda to hit one end, making it fly into the air.
- **Hit:** While the Gilli is in the air, hit it as far as possible with the Danda.
- **Score:** Run to a marked spot and back before your opponent retrieves the Gilli. The farther you hit, the more points you score!

### Why is Gilli-Danda Fun?

Gilli-Danda is exciting because it combines skill, timing, and speed. It is a great way to play outdoors, improve focus, and have fun with friends!

**UNIT-02**  
**FOOD AND NUTRITION**  
**Various Sources of food**  
**FOODS FROM PLANTS AND ANIMALS**

We get food from two sources: Plants and Animals

**Foods we get from plants**

The major sources of food are plants. We eat all parts of plants

**Root:** Carrot, Radish, Turnip, etc.



**Leaves:** Spinach, Mint, Coriander, etc.



**Stems:** Potato, Ginger, etc.



**Fruits:** Mango, Orange, Apple, etc.



**Flowers:** Cauliflower, Broccoli, etc.



**Bark:** Cinnamon, etc.



**TERM-II**  
**UNIT-3**  
**MOVEMENT**  
**SAFETY AT VARIOUS PLACES**

Accidents can occur at any time and at any place. To avoid them, we should be careful and follow safety rules everywhere.

**SAFETY RULES AT HOME**

Accidents can occur at home. We must follow the following rules to avoid accidents at home:

- \*Do not play with sharp objects.
- \*Do not scatter your toys, books, etc. on the floor. You may trip and fall while walking.
- \*Do not touch electric appliances with wet hands; you may get electric shock.
- \*Do not play with matchsticks.
- \*Do not leave shampoo on the bathroom floor, you may slip over it.



**Safety Rules at School**

Accidents can occur at school also. We must follow the following rules to avoid accidents at school:

- \* Do not lean on the railings.
- \*Do not jump on the benches.



\*Do not fight with your classmates.



### **Safety Rules on the Road**

We must follow the traffic rules to protect ourselves from accidents or injury on the road:



- \*We must always cross the road at the zebra crossing.
- \*We should walk on the footpath. We must not run while crossing the road.
- \*We must follow the traffic signals.
- \* We use a subway to cross the road if it is nearby.
- \*We must not put our hand or head out of a moving bus.
- \*We should never play on the road.
- \*While following the safety rules we can save ourselves from unnecessary injuries

## UNIT-4

### USE OF FIRST AID

#### FIRST AID TO BE GIVEN IN DIFFERENT SITUATIONS

The first and timely help the person gets while he is injured or has an accident is called first aid. A timely help can save even the life of the person.

**Following are some of the ways of first aid:**

**Artificial Respiration:** If someone gets hurt and becomes breathless, make that person lie down on the stomach. Then press his back with your hands. Move your hands like a see-saw. This way artificial respiration can be given before the proper medical treatment.



**Bleeding:** If a person is bleeding, tie a clean handkerchief or a bandage over the wound. This would help stop the blood. Also make the person lie down by keeping the wounded part at a higher level. Wash the wound with some antiseptic lotion and then apply an antiseptic cream or a band-aid over the wound.



**Burn:** In case of a burn, cool it by keeping the affected area under the cold running water. Then apply some suitable cream. In case the burn is a serious, take the person to the doctor.



**Drowning:** If a person happens to drown, take him out as soon as possible. Keep him lying on the stomach. Turn his head on one side and apply pressure

on the back. In this way the extra water from his tummy will come out through the mouth.



**High Fever:** In case of high fever try to bring down the temperature by putting down wet cloth on the person. Then the person should be taken to the doctor.



**Snake Bite:** Keep the person calm. Remove the jewellery and tight clothing. Move the person in such a way so that the bite is at or below the level of heart. Clean the wound but don't flush it with water. Cover it with a clean bandage.

