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My Third Safety Workbook

10 life skills as per World Health Organisation (WHO)
Self-awareness & Empathy; Critical thinking & Creative thinking; Decision making & Problem Solving; Effective communication & Interpersonal relationship; Coping with stress & Emotions
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QR code-based resources for parents, teachers and non-teaching/support staff in English, Hindi and regional languages on the last detachable page. The children’s activities/questions have been classified as personal (in green colour) and general, depending upon whether they relate to a child’s personal behaviour, feelings, opinions, incidents, values, relationships and medical conditions or not.
Hello, my name is Pocso. Sana, Arpit and I are best friends. We go to the same school. We love to play hide and seek and celebrate festivals. Would you like to be my best friend too? I guess you would. We all like making friends, don't we?

Sana and Arpit are alike and they like being with each other. They have been drawing together since they were in kindergarten. They love sharing their things. But they don't share everything between them. For example, they don't share their clothes.

They are different too, like:

• Sana is left-handed while Arpit is right-handed.
• Arpit's favourite colour is green, but Sana likes red.
• Arpit loves dancing, but Sana likes football.
• On his birthday, Arpit got a flute. Now, it is his flute.
• On her birthday, Sana got a football. Now, it is her football.

Out of 45 children in their class, 4 students are like Sana.
They too are left-handed.

**Do you think Sana and Arpit share their football and flute between them?**

---

**Every child must go to school.**
A. We are twin zebras. Can you identify and mark the differences between us?

There are 6 differences.

It was the handwriting practice period. The new class teacher, Kala ma'am wrote the word "Left-Handers" on the board. As she wrote, everyone noticed that she too was a left-hander. "Children, today we will talk about left-handed people. But first, put your hands together and clap," she said with a big smile on her face. Everyone clapped and began to laugh, especially the left-handers of the class.

Kala ma'am said, "I want the left-handers to raise their hands." All the five children looked at each other and nodded. Children looked at the five, now the Famous Five. Everyone noticed that the famous five were sitting with the right-handers.

We are all different. It is okay to be different.
Ma'am said, "Left-handers prefer to do things using their left hands because their left hand is stronger. Right-handers prefer to do things using their right hands because their right hand is stronger. Do you know that August 13 is International Left-handers Day? Let us discuss some of the difficulties faced by them.

• While using scissors, they cannot see what they are cutting.
• They prefer to write and read from right to left just like it is done in Urdu language.
• Doors like the ones in your classroom and toilets are all hinged for right-handed people and so are their handles. For the Famous Five, this can result in hitting their own feet with the door and hurting themselves.
• They are knocked in their chest by the elbows of their right-handed friends when they sit next to them. You must have noticed that they sit on the left edge of a table."

B. Which one of your hands is stronger? ____________
C. Is there any left-hander in your family? ______
D. How many left-handers are there in your class? ______

August 13 is celebrated as Left-Handers day. Here is a request to teachers from the Famous Five. One needs a mirror to read it.

One must be mindful of and considerate towards other people's needs.
Today, Arpit did not want to play. David said, “I have a new ball. Let’s play!” Arpit agreed, but he kept kicking the ball into the bushes. Then he said, “I am going home”. David asked, “What happened?”

Arpit said, “David, we have to go to my favourite uncle’s house for dinner. My papa told me to finish my homework first, and only then I could go out to play. I did not listen to my papa and came to play. Now I'm playing badly because I don't feel good.”

David said, “Maybe you did not play well because you were thinking about your homework.” Arpit said, “Yes, maybe you are right. Though I always do my Maths homework on time as Harleen ma'am is my favourite teacher. But now, for the first time, my homework will not be complete.”

“It's okay, Arpit. You can go back now and finish your work quickly and nicely. Then you will feel good.”

Arpit said, “Bye!” He smiled and hurried home to finish his homework.

Do things that make you feel good and proud of yourself. Make it your habit.
Feeling good about ourselves is called **self-esteem**.

It is important to feel good about yourself because when you feel good about yourself:

1. You are **proud** of yourself.
2. It is easy to be happy because you are with someone whom you like - yourself!
3. You do not get confused, and it is easy to take decisions.
4. It is easy to succeed because you work hard to get what you want.
5. Others find it easier to like you because you are a happy person. So, you will have many friends.

*Write one thing you did today that made you feel good about yourself.*

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

*When you know that something is not good for you, do not do it. Make a habit of doing good things.*
The Squirrel and the Fox

Once there lived a cute little squirrel. She was proud of herself because she followed rules. Her name was Nimki. She lived with her mummy on a wise banyan tree. They lived peacefully with other animals and birds on the edge of a jungle. Nimiki’s mother had made some **rules** for her.

The rules were:

- *Always stay near the banyan tree.*
- *Never pluck flowers.*
- *Never talk to strangers.*
- *Never steal anything.*

One day when Nimki was alone Funtoosh the fox, came. Everyone in the jungle knew him as the **boastful** fox. He was eating a yummy mango. Nimki asked him where he got the mango from.

Funtoosh said, “I have a friend who is a gardener. He gave me the mango. Would you like to come with me to the garden and eat a mango?” Nimki got tempted.

But her mother had made a rule for her **personal safety**. She was not supposed to leave the wise banyan tree. She was confused. She decided to break the rule and go with Funtoosh.
After reaching the garden, Funtoosh said, “Hushh... Be careful, the gardener should not see us.”

“But isn't he a friend of yours? Why does he have a gun?” Nimki asked. Funtoosh said, “He should not know that we are here for the mangoes.” “But that is stealing, and I will not steal. Stealing is wrong and shameful,” Nimki said. She was angry with Funtoosh and ran away to her home. Nimki had now realised her mistake. She did not want to tell her mummy what had happened.

She felt guilty. She felt guilty, but then remembered what her mummy had told her. She had said, “Never hide anything from your parents.” She told everything to her mummy.

Mummy said, “Though you broke a rule, you finally did the right thing by not stealing the mangoes and telling me all that had happened.”

Nimki did not feel guilty anymore. She was happy and and relieved that she had told everything to mummy.

Tell your loved ones what happened during the day. Do not hide anything from them because hiding is a bad habit.
**Toss a Coin!**

We all make many choices. Should we study, play, help our family or watch TV? Should we play with this friend or that one? Whatever you decide, your choices will have some results. Here are some questions you can ask yourself so that you make choices that are good and safe for you.

1. Do you want something very badly?
2. How does it make you feel?
3. Have your parents, teachers or other trusted grown ups made any rules for you to follow?
4. If you make a choice, what is likely to happen? Will it be good or safe for you?

Let us see how Arpit decides. Pocso, Arpit and Sana were playing in the park. An auntie came to them and said, "I have some candies in my purse. I gave these candies to lovely children like you. You can have them too." Arpit went towards the auntie but Pocso pulled him back. Sana said, "We don't know her. We should not take anything from her. It is not safe."

Growing up is about doing things by ourselves. It is also about making choices that make us happy and safe.
“Our parents, grandparents and teachers have told us not to take things from people we don't know.” Arpit said, “But I want to. I like toffees. Let us toss a coin.” Pocso had a one rupee coin.

Arpit said, “Tails,” but the coin showed heads. “Let us toss again,” he said. Pocso said, “Forget about the coin. You will keep making me toss it till you get the result you want.” Sana said, “Let us think of another way to decide. If the toffees are good and we do not take them, we will miss out on eating yummy candies.” Arpit made a face.

Pocso said, “But if something is wrong with the candy, we can get sick. Or it may make us unconscious and someone may take us somewhere. So which is better: to miss the yummy candy or maybe get sick or be taken away from our family?”

Arpit said, “I think I should not accept the candies from this stranger auntie. It is safe to say ‘no’.” Pocso said, “Also, remember what our sport’s ma'am had told us. Junk food is not good for us and our health. Toffees, burgers, pizzas and cold drinks are junk food. You have taken a very good decision by saying ‘no’. Give me a high five!”

Think before you choose.
Make good and safe decisions.
Once there lived a boy named Pinocchio. He would make everyone laugh, climb trees like a monkey and solve all puzzles quickly. Everyone liked him. His favourite place in the school was the canteen and his favourite person was Anganwadi, the canteen auntie. One day, Anganwadi auntie gave him a candy to eat. He had never eaten candy before. Like all kids he likes candy. He loved it so much that he became a candy addict. Yes, you read it correctly, a candy addict. All he could now think of was of candies, that were full of sugar. His parents, teachers and Anganwadi auntie repeatedly told him not to eat so many candies as that were harmful for his health and body. He would say, “How can something as sweet as candy be harmful?”, “My body belongs to me,”, “Sugar and I are made for each other just like frogs and the rain,” and “It is my choice.” In other words, he would simply not listen to their advice.

One night when Pinocchio had a sweet dream about candy, a sudden toothache broke his sleep. The ache was so severe that he started screaming. His loved and trusted ones came rushing. It was an emergency. Luckily, a doctor lived next door. Pinocchio was immediately taken to her. The doctor first relieved him of the pain and then told everyone that candy was the cause of his toothache. She said to Pinocchio, "If you don't stop eating sugar, your milk teeth will develop cavaties and fall early. Eating candy will also make your stomach bloat and it may ache." She gave him medicine to take home.

**Eating too many candies or sweets is a bad food habit.**
But Pinocchio did not take Doctor auntie's advice seriously. He did not stop eating sugar. Each time he had a toothache, he secretly took medicine and lied that he didn't eat the candy. As his teeth began to fall, he stopped laughing to hide his fallen teeth. What a pity! Each time his stomach blew up, he wore his elder brother's clothes to hide it and lied about his addiction for sugar.

Very soon, he could no longer fit into his elder brother's clothes, ran out of his medicine, and his toothache became unbearable. He could neither hide it nor tell lies anymore. He screamed with his toothless mouth. Everyone came rushing and took him to the doctor next door. The doctor again gave him medicine and said, "Each day you have to take four pills. The medicine will work only for 120 days. You will have to stop eating sugar, no matter what."

Pinocchio was horrified. He realised his mistake. He tried to make everyone laugh, climb trees like a monkey and solve all puzzles quickly, but couldn't. He lost hope. Alas, nothing could be done or he thought so. Anganwadi auntie came to his rescue. She, along with Pinocchio, made a plan of what to do and what not to do for the next 120 days. They called their plan - Goal Setting.

After 120 days Pinocchio was his usual self, making everyone laugh, climbing trees like a monkey and solving all puzzles quickly. He had no toothache, he did not wear his elder brother's clothes and no longer lied. Once in a while Anganwadi auntie gave him a candy to enjoy and they laughed together heartily and waited for his permanent teeth to come.

Lying is a bad habit.
You must be wondering how Pinocchio did it! Well, here is the Goal Setting plan that they had worked on together for 120 days.

**Day 1:**

- Pinocchio ate as much candy as he could, but this time he counted and noted down how many candies he ate each time. He ate 100 candies. Now *that was too much even for an elephant!*
- He weighed himself - 40 Kg. That was too much for a kid! After all, *he was not a Sumo Wrestler.*
- He tried to climb the old banyan tree in his courtyard but could not.
- He took his bitter medicine 4 times a day without fail.
- He tried to solve the following puzzles but could not.

**A. Puzzle 1**

How many animals can you see in this image?

[Image of various animals]

**A. Puzzle 2**

Which of the two lines is longer, A or B?

[Image of two lines]

Day 2:

- Pinocchio ate 90 candies and carefully noted it down. *Now that was too much even for a Hippopotamus.*
- He still weighed 35 Kg.
- He took his bitter medicine 4 times a day without fail.

**Answers to puzzles 1 and 2:** 2 animals and Duck and Rabbit | Both the lines are of the same length.
For another 118 days, he stuck to the following plan as patiently as a spider weaves his web:
✓ Eat less candy each day.
✓ Exercise as much as possible and solve puzzles.
✓ Eat his bitter medicine 4 times a day.
✓ Moreover, carefully note down everything he did.

Let us see what happened on **120th day**
✓ Pinocchio ate 0 candies.
✓ He weighed 25 Kg.
✓ He no longer needed his elder brother’s clothes.
✓ He no longer had to take his bitter medicine.
✓ He could climb trees like a monkey just like he did before.
✓ He made everyone laugh and had nothing to lie about.
✓ He could even solve puzzles very quickly now.

**B. What goal would you like to set for yourself?**
**Discuss it with your loved ones and take their help to achieve it. Share your plan with your friend Pocso.**

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**Suggested reading:** Alamelu’s Appetite, ISBN 978-81-237-2980-0

**Teacher resources:** https://fssai.gov.in/eatrightschool/
Ma'am said, “Boys and girls have **different private parts**. You should not let anyone look at or touch your private parts. Not even if they love you or you love them. Not even when you are playing games or having fun. You should also not look at or touch anyone else’s private parts. This is because they are someone else’s, not yours. At times we do share our things like our books, toys, T-shirts with our brothers, sisters and friends. But there is no sharing or touching of private parts. That is a **rule**.”

Rules, like good habits, are to be followed as they are made for our health, hygiene and safety.
B. Birsa Munda, a classmate of Pocso, has a cow named Gauri and a calf. He often helps his mummy in milking the cow. **Do you think Gauri the cow and her calf are pet animals?**

C. In the following images match the babies with their mummies.

- a. Calf
- b. Kitten
- c. Joey
- d. Piglet
- e. Puppy

1. Cat
2. Kangaroo
3. Dog
4. Cow
5. Sow

D. Sana has a pet dog. If you have any of the above animals as a pet at home, tick mark the image.

We all are born from the tummy of our mummy.
B. Read these situations. Help Pocso know the different types of touches by writing S for safe, U for unsafe, A for accidental and C for confusing touches.

a. When my team wins, my friends and I hug one another. ____

b. I am afraid at night, so I ask Mummy to sleep with me. I put my arm around her and she pats me. ____

c. I fall down while playing and get a cut. The doctor holds my arm firmly to give me a tetanus injection. ____

d. My teacher gave me a hug when I won a medal for the school. ____

e. I am at a wedding and I have to go to the toilet but the ladies' toilet is occupied. An uncle comes, holds my hand and tells me to come with him to the gents' toilet. ____

f. I have spilt milk on my clothes; my elder cousin needs to clean me up. __

g. My grandpa's friend holds my face and kisses me on my forehead, nose, cheeks, and chin. ____

h. While skating, Govinda loses balance and touches me for support. ____

i. I am at a wedding. An auntie comes and picks me up to take a selfie with her. ____

Germs, as you know, are tiny creatures that we cannot see. They cause harm to us when they enter into our body. Tetanus is a serious infection caused by a germ. Germs or spores of tetanus are everywhere around us. They may be present in soil, dust, manure, etc. They enter into our body through cuts and wounds. Children are given a special vaccine for tetanus to prevent them from harm. This medicine or vaccine is given through an injection.

C. Check with your loved ones if you get your tetanus injections. _____

Any touch that is forced on you and does not make you feel good is an unsafe touch. Tell a grown-up you trust right away!
What Am I Feeling?

I feel a **funny** feeling,
I don't know what to call it.
As if I have done something wrong,
And I’m so **angry** that I can't rest a bit.

A little **sad**, and also bad,
A tiny bit **guilty**,
I want someone to tell me
It's okay to still be me.

I am not sure just what I feel
I'm **confused** and I'm sad.
My mother saw me and she asked,
“Child, are you feeling **bad**?”

She asked me the reason
I was **afraid** to tell her.
But I knew that if I told her,
She'd help me feel **much better**.

And so I told her everything,
That had happened to me.
She hugged and appreciated me,
I was relieved of the stress, you see.

Write down all the feelings/emotions the child goes through in the poem. Draw any two feelings on a paper and pin it up on the class display board.
ABC of Computers

A computer is a machine that runs on electricity, the same electricity that rotates the fan. It is an electronic device like a television. It has two main parts-hardware and software. Hardware is a thing like your head or brain and software is like your thoughts and feelings which are not things. When your teacher asks you to stand in a line like a train, it is an example of a command, instruction or information. Software is the command that hardware follows to work. There are many types of hardware and software. They are defined in terms of the tasks they perform and the commands they carry respectively.

All information stored on computers is called data. The data is stored in the form of files. There are many types of files depending upon the type of data it contains like files for images, videos, messages, games, etc. The Internet connects many computers so that data or files can be viewed, shared and downloaded, the way a library has hundreds of thousands of books. Anyone with a library card can read, share and even take home. Here are some examples of computers:

Desktop Computer       Laptop Computer
Tablet                Smartphone

Tick mark the computer(s) that you have access to. Does it/ they have an internet connection(s)?