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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.

Arpit likes to dance and has an interest in pendulums, perhaps, because they dance all the time. He loves a dance form called Kuchipudi. Every year, on the day of Krishna Janmashtami, he plays the role of Krishna. He is working hard to join the school’s junior dance troupe. It is the goal that he has set for himself for this year.

Sana loves playing football and has an interest in magnetic compasses, perhaps because the way a compass always points towards the North direction, Sana is always focused towards the goal in the playground.

All of us are born as a girl, a boy or another individual. It’s natural to be different from each other.
She, too, is practising hard to join the school's junior football team. It is the goal that she has set for herself for this year.

You see, Sana and Arpit are quite different. We all are different and it is okay to be different. Being different does not mean being unequal.

Last week we participated in an awareness campaign organised by our school. The show was about creating awareness in the community about noise and air pollution caused by burning crackers during Diwali, the festival of lights.

We are growing and learning new things together, like how to keep our body safe and healthy. We know that as we grow, our bodies change and we become bigger. We are learning about personal health, hygiene and safety. We are also learning how to make good choices.

A. What goal have you set for yourself this year?


B. Have you ever participated in any awareness campaign/road-show? If yes, what was it about?


C. Are you reading any storybook nowadays? If yes, what is its title?
I saw Sana and Arpit were happy and feeling proud. I saw Sana bring her favourite skipping rope. She has never brought it to the park before.

“I am so happy today that I wanted to share my skipping rope with both of you,” said Sana.

“What happened?” I asked her. She said, “Normally, when I come home from school, I wash my hands and change before having lunch. But today, I remembered to put my empty tiffin box in the kitchen sink, put my shoes in the shoe rack and my dirty clothes in the washing basket. Papa came home for some work, and he said that I was becoming responsible and growing up really well. It made me so happy that I wanted all of us to play outside with my skipping rope.”

Arpit said, “I feel proud. My grandma is always scolding me for not taking care of my little sister Swati. But today, when my sister was not feeling well, I sat with her and sang her a lullaby. I also fed her milk from her bottle. My grandma was so happy that she said that I am the best grandson in the world. She said that I am a wonderful big brother, and it made me really happy.”

We had lots of fun in the park today!

Growing up means taking help and helping others.
When we feel good about ourselves, many things happen:

1. We work hard so we become better at what we do.
2. We become happy, so we are kind to others which allows people to like us and be happy with us.
3. We do things and spend time with people who are good and safe for us.
4. We stay away from things and people who might not be good and safe for us.
5. We help others which makes us feel even better about ourselves, and the cycle goes on.

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


B. Write another thing you will do in the coming week that will make you feel even better about yourself.


C. Ask your parents/grandparents about the lullaby that they sang to you. In which language was it? Share it with your friend Pocso.


Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby. - Langston Hughes
It was a hot summer Monday morning. The sun had already climbed high in the blue sky. The first period was games. Nobody was interested in going out and playing because it was scorchingly hot outside. It was not safe to play in the sun. Our sports sir Vishnu had told everyone to:

- Avoid the sun;
- Drink plenty of water, but the water should not be too cold, and
- Eat juicy fruits.

A. Just like your height and weight, temperature can also be measured. It can be measured with a thermometer. What was the maximum and the minimum temperature that your city saw in the last three years?

[Thermometer image with temperatures]

When Vishnu sir came to their class, everyone greeted him with a smile. He said, “Today we will practise some yoga postures. But first, we will talk about how to talk to people so that they listen to you. You must have noticed that we all listen carefully to some people and believe what they say, even if they don’t shout or talk loudly. This could be someone in your family, a teacher in your school, or even your friend. We also know others who go on saying things, but we don’t pay much attention to them.”

21 June is celebrated as the International Day of Yoga.
Sir continued, “Have you ever wondered why we behave differently when different people talk to us? Here is why we believe some people but not others.” Everyone listened carefully to him.

1. They are confident because they speak clearly and firmly. The way they speak shows that they are sure of what they 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.

2. They show confidence because they look directly into the eyes of the person they are talking to. This shows that they are serious about what they are saying. When Diana says, “I will not wear this pink T-shirt,” nobody tries to force her to wear it. People listen to her.

3. They are confident because of the way they sit or stand. This is called posture. Their posture is always straight and shows that they are not afraid to say what they really think. This makes everyone believe them. For example, when Raghu says, “I will not play with Vicky because he breaks the rules,” nobody tries to force him to play with Vicky. People believe Raghu.

If we do these three things, then people will listen to us, and be more likely to believe us. This will help us to be happy and safe.

Sir also demonstrated some postures to us.

Posture is the position in which you hold your body while standing, sitting or lying down. Whenever you sit at computers, watch TV or read or write at school or home, you should sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.

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.
B. Here are some postures for you to explore. Tick mark the people who are confident.

Teacher resources: https://yoga.ayush.gov.in/yoga/

Being confident is an important skill in life.
As, Arpit and Pocso wait for their turn, a nurse comes. She gives a paper to Arpit’s father. He reads it carefully. Arpit wonders what this paper is all about but before he can ask, Papa says, “This is the list of injections that Joey will get from time to time.” Arpit sees that it is a long list but he cannot make out the names of the injections. The nurse says to his father, “Mr. Gagan, the last time you were here, you showed interest in blood donation. People from the Red Cross are here today. Today is the 14th of June and countries around the world are celebrating World Blood Donor Day. If you are ready to volunteer, you can donate blood now.” The Red Cross is a world wide humanitarian movement founded to protect human life and health.

Arpit remembers what he had seen in movies. When people get hurt, meet with accidents or fall sick, they are given blood by other people with the help of doctors. But he does not know much about it. So he asks the nurse about blood donation.
The nurse tells him that people can give or donate their blood to help others in need. It is for a good cause. But children, old people, and unhealthy people cannot donate their blood, as it is not safe for them and others. First, a doctor has to take permission from the people who want to donate their blood. Arpit asks, “If it is for a good cause, then why take permission?” The nurse says, “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. Your sister, Joey, is too young to give permission, so we have to take permission from your parents to give her the injection. They are the ones who do their best to keep you happy, healthy and safe.”

Mummy and Joey are busy with the injection and Papa is donating blood. Meanwhile, Arpit and Pocso decide to weigh themselves on a weighing scale and measure their heights. While they are measuring their heights, they see many posters hanging on a wall, just like sweet mangoes hang from trees.

A. Ask your family members if they have ever donated blood? If yes, how did they feel afterwards? Write here about it.

One of the posters has bones everywhere. It also has many labels for various bones. The labels do not make any sense to Arpit and Pocso, just like the drawing of the fire escape plan which hangs in their school’s corridor.

Fire Escape Plan

You are the boss of your body.
We all are born from the tummy of our mummy.
Pocso explains, “That is how everyone looks under their skin.” Arpit replies, “The poster is scary.” Pocso laughs and says, “Oh, come on. It only looks like a ghost costume to me.”

They both start to laugh because they know that dragons, ghosts, fairies, supermen, and superwomen exist only in stories, and not in the real world that they live in.

They both know that when they go to senior school they will learn about their body in detail. After all, growing up means learning, doing things on our own and helping others.

B. How much do you weigh? _______ C. What is your height? _______ D. What is your blood group? _______ E. Do you wear glasses? _______ F. What animal do you see in poster number 8 on the previous page? _____________________________

**Normal vision:**
20/20 eye vision is considered ‘normal’ vision, meaning that at 20 feet you can read a letter that most human beings should be able to read at 20 feet. (20 feet is a distance as tall as a giraffe).

**Braille** is a form of written language for people with vision impairment. They read by feeling letters and numbers with their fingers.

**Color blindness** occurs when you are unable to see colors in a normal way. It often happens when someone cannot distinguish between certain colors like greens and reds, and occasionally blues.

Knowing about how my body works helps me in taking better care of my body. After all, I am its first caretaker.
The other poster is about body parts. They have seen this poster earlier in their school. Their class teacher has shown it to all the students. Arpit and Pocso begin to read the poster, carefully.

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.

A. **Do you bathe on your own or do you need help? If someone helps you, who is it?**

B. **Who washes your clothes?**
Lots of Hugs and Kisses

Here are some hugs, kisses and other touches that you get or give every day to your loved and trusted ones. These kinds of touches are safe touches as they make you feel happy, healthy and safe.

A. Tick mark the ones that you have experienced.

Sometimes, our loved ones hug us and sometimes, we hug them. We hug them when we are happy, scared or sad.
The way there are safe touches, there are also 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, guilty, hurt, confused, angry, ashamed, helpless, 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 (remember, mouth is also a private part), it is an unsafe touch. Even if they touch your private parts on **top of your clothes**, it is unsafe. There are some unsafe touches that you may sometimes 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.

There are more types of touches. For example, Sana got hurt while playing football. The games teacher immediately took her to the medical room. The nurse over there put a tincture on her bruise. Sana cried in pain, but soon she felt much better. What do you call such a touch? You can call it a "**fix it**" touch.

**It is important that you understand the following for your personal safety.**

- Private means only for us.
- Private parts are only for us.
- Private parts, unlike other things like our toys or books, cannot be shared or touched by anyone else.
- Everyone, whether a child or a grown up, has their own private parts.
- No one, not even your loved ones or friends, should ever kiss your mouth or any other private part. You should also not do the same to others.
- No one should look at or touch your private parts. You should also not do the same to others.
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.

**Teacher resources:** YouTube search - “Komal, a cartoon film for children on safe and unsafe touches” - available in English, Hindi and various regional languages. Runtime 10min.

B. Most touches are safe, but not all. Write the names of people from whom you like hugs and kisses or whom you like to hug or kiss.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

C. Write about an accidental touch that you had.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

D. Write about a "fix it" touch that you had.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Most, but not all, touches are safe, so we should be careful.
Eyes Can Talk Too!

Arpit’s dance teacher is training him in Kuchipudi. Kuchipudi is a dance form, like Break-Dance, Bharatanatyam, Kathakali, Ballet, among others. Arpit has an upcoming performance on Ugadi, a new year festival. Everyday after the morning assembly, Arpit goes to the dance room for practice. He is working on his body movements like his hand, feet and hip action. He is also practising his eyes and eyebrows gestures. In his dance, he has to tell stories not by talking but by his hands, feet, body and eye movements.

We all have eyes. Our eyes can be big or small and of any colour like blue, brown, black or green. Nature has made our bodies differently. Our eyes help us see, but they can also talk. Yes, they can tell us about how we or anyone else feels. They can look happy, angry, sad, guilty or dirty. Above are some talking eyes that Arpit’s dance teacher has shown him.

Cross the most scary eyes and tick mark the most pleasant eyes in the above images.

Just like an unsafe touch, a look can also be unsafe. If anyone gives us an unsafe look, we should tell our loved ones.
Sana and Aprit meet strangers.

I am new here. I am looking for an address. Help me, take me there.

Sorry, take the help of a grown up.

Your papa had an accident. He is badly hurt. Your mummy is with him. They have sent me to take you to them.

If my parents have sent you then they must have told you my great grandma’s name. Can you tell me her name?

No, I can’t.

Sorry, I can’t go with you.

I have lost my little cat. Come, help me find her.

Sorry, take the help of a grown up.

You like my puppy. Come to my home and I will teach you how to train a puppy.

Thank you. But I will ask mummy first.

A stranger can be a boy or a girl, a man or a woman, young or old. A stranger can be in any dress or uniform.
All About Bullying

Bullying is when one or more people keep doing something to hurt someone or make them feel sad. The person who does this is called a bully. Bullying can include:

1. making fun of someone who stammers, has hearing difficulties, visual impairment, different skin colour or a different body size.
2. taking someone's things even when they refuse to give them.
3. troubling someone by slapping, kicking, or pinching them, or by pulling their clothes or hair.
4. forcing someone to do something they do not want to do.

Being bullied can make you feel sad, afraid and helpless.

You should try to stay away from the person who bullies you and from the place where you are bullied. You can protect yourself from bullies by being with another person. The bully may not want to bully you when you are with someone else and you must never feel you are alone.

Nobody likes bullying behaviour.
Avoid fighting with or shouting at the bully. If someone is bullying you, it is not your fault. Practise telling. If you are scared, you can first tell a toy. Then, you can tell a friend. When you have practised as much as you can, you will feel brave enough to tell a grown up you love and trust and that grown up can help you. If you fell shy or scared to talk, you can draw and tell.

**Take this pledge on a paper. Sign and display it in your classroom.**

I, ____________________________, promise to...

*Speak up when I see bullying.*
*Reach out to those who are bullied.*
*Not join in when others are bullying.*
*Be a friend to who is being bullied.*

Pranks and mischiefs are not bullying, but we should be careful that we don't hurt anyone.

**A. Ask your parents and grandparents what mischiefs and pranks they played when they were children.**

**B. Have you ever played a prank on someone? If yes, what was it?**

**C. Answer in yes or no -**

a. Do you feel that you have been bullied? _______

b. Have you ever bullied someone else? _______

**D. Name a bully you know.**

Tell a trusted grown up right away if someone is bullying you.
When Mother Earth Shakes

The namaz from a nearby masjid just got over. It is Friday afternoon. Every Friday, the last period is sports. But today, sports sir Faizal said, “We won’t be playing but learning about what to do if an earthquake strikes.” Nancy asked, “What is an earthquake?” Faizal sir said, “Sometimes mother earth suddenly shakes. It is called an earthquake.”

Earthquakes, just like floods, bring havoc to places, people and their property. Earthquakes are rare but they can strike suddenly without any warning. There are safety rules made by the fire department on how to be safe when an earthquake strikes.

Rule 1. If you are inside a building, Drop, Cover, and Hold On - drop to the ground and take cover under something sturdy, like a desk or table and hold on to it.

Rule 2. If outside, find an open spot. Find a clear spot away from buildings, trees, streetlights, power lines and towers. Drop to the ground and stay there until the shaking stops.

Rule 3. If in a car or a bus, the driver should stop and pull over the vehicle to a clear place.

And then the school bell rang. Sir said, “Next Friday, we will practise, Drop, Cover, Hold On and evacuation as an earthquake safety drill.” “Sir, can I paste the evacuation plan on the classroom board?” asked Arpit. "Of course!”, said sir. Everyone went home and waited eagerly for the next Friday.
Here is a map of India. It divides India into various earthquake zones II, III, IV and V. All places falling in zone II are prone to least severe earthquakes and Zone V to most severe.

The National Disaster Response Force (NDRF) Toll-Free Helpline 9711077372 is for natural calamities like earthquakes, floods, cyclones, tsunamis, etc.

NIMHANS Toll-Free Helpline 080–46110007 is for psychosocial support and mental health services to survivors during disasters.

Disclaimer: The international boundaries depicted are indicative.

A. Mark your city on the map.

B. Which type of earthquake zone does it fall in? ____________

C. Pin-up the marked map on your classroom display board.

D. Take your teacher’s help to find more danger zones for floods and cyclones. You can display those maps too.