

# Lesson - 3

## Health and Happiness



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**Bharti Public School**  
*Unfolding the infinite potential*

# Are you making the Right Choice ?

## Good Habits



## Bad Habits



One, who maintains cleanliness,  
keeps away diseases.

- ▶ We must keep our body clean.
- ▶ Take a bath everyday.
- ▶ We must wear clean clothes.
- ▶ We should wash our hair with shampoo at least once a week.
- ▶ Combing our hair everyday is very important. It makes hair strong and clean.



# WHEN & HOW TO WASH YOUR HANDS ?



## Wash Your Hands!



after playing outside



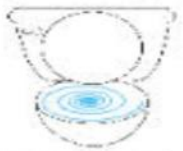
before touching babies



after touching animals



after sneezing/blowing



after using toilet



before eating food

## hand washing steps:



1. turn on water



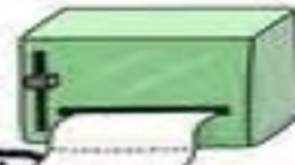
2. wet hands



3. scrub with soap



4. rinse clean



5. dry hands

# TAKING CARE OF YOURSELF

## 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 often. Keep it neat by styling and brushing.



## Exercise

Play outside as much as possible. Don't sit and play on the computer or watch TV too often.



## Hygiene

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



## Homework

Take care with homework and always do it before going out to play.



## Diet

Eat a healthy balanced diet. Choose healthy snacks such as fruit instead of crisps and sweets. Avoid sweet, fizzy drinks. Drink water, milk or fresh fruit juice.



# BEING HAPPY

Being happy is a part of being healthy.



Spend some time doing things that make you happy.

Play with friends, listen to music, reading, painting are some ways of having fun.



We feel happy and relaxed when things are in order.

# Making Others Happy

**BE A GOOD FRIEND**



**RAISE YOUR HAND**



**CLEAN UP**



**DO NOT INTERRUPT**



**DON'T YELL**  
SPEAK SOFTLY



**BE KIND**



**SAY PLEASE AND THANK YOU**



**TAKE TURNS**



**FOLLOW RULES**



**HELP OTHERS**



**GREET OTHERS**



**SHARE**



**BE A GOOD LISTENER**



**BE CAREFUL WITH TOOLS**



**STAND IN A QUEUE**



**COVER YOUR COUGH AND SNEEZE**





# USE MAGIC WORDS

- ▶ I am SORRY.
- ▶ PLEASE
- ▶ EXCUSE ME
- ▶ THANK YOU
- ▶ May I ?





thank  
you