

Lesson 4



Our Body



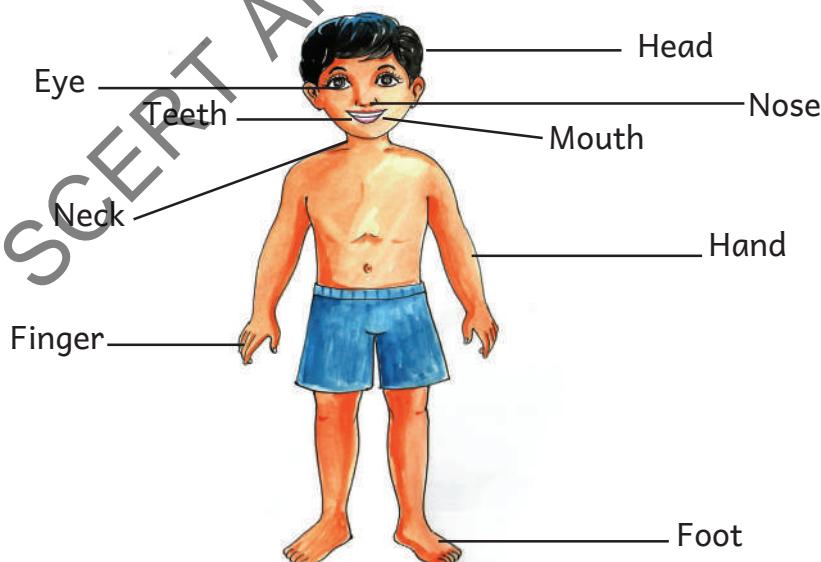
Learning Outcomes

Pupils will be able to:

- understand and speak about our body.
- ~~show~~ demonstrate healthy habits like brushing, handwash, drinking water etc.
- identify and tell the parts of the body.
- ~~care~~ show concern towards differently abled.
- know how to ~~care~~ avoid bad touch.
- tell about good and bad touch.

Raghu was getting ready to go to school. After dressing up, he looked at himself in the mirror to see how does he look in his dress and also to comb his hair.

My body are hands, ears, mouth, legs.
Can you name some parts of your body? Some parts of
Let us observe the picture.



Our body consists of different parts. These parts help us to do different things. Basically, our body is divided into three parts, they are head, trunk and limbs (hands and legs). The neck connects the head with the trunk. It helps us to move the head in different directions.

Ears help to hear, mouth helps to eat, and tongue helps to taste.

- What parts do you look at when you see your face in the mirror?



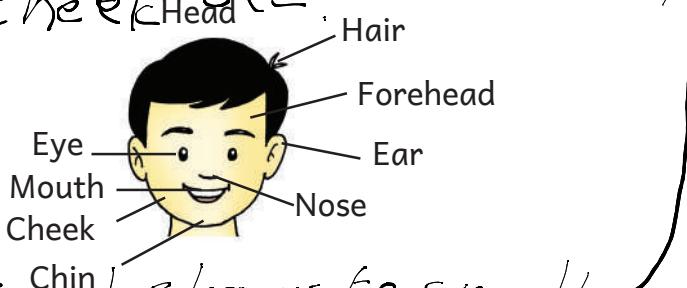
Think and Discuss

Observe the picture.

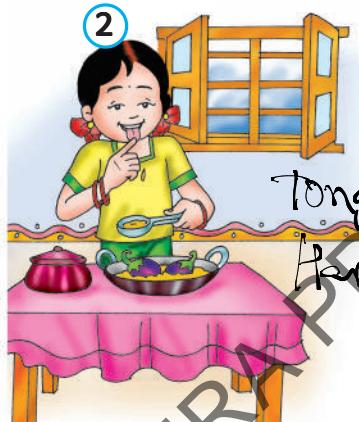
Can you tell the importance of these parts? *yes!*

Whole class Activity

Let children identify the body parts involved in each action and say it aloud



Eyes
Hands



Legs



legs



Hands
Legs

We have eyes, nose, mouth, and ears on our face. Our eyes help us to see the things around us. Our nose helps us to breathe and smell. We eat food with the mouth. It also helps us to talk. Our ears help us to hear.

- Look at these pictures.

- What are they doing? *They are reading a book, clapping, walking, running, playing volleyball.*
- What activities can we do with our hands? *We can hold things, write, clap.*
- What activities can we do with our legs? *We can play outdoor games, walk, run.*

Our hands help us to clean, write, eat, hold things and do work. Our legs help us to walk, run, climb and jump. We have ten fingers and ten toes. The skin covers the internal organs and enable us to sense the touch like cold, hot, soft or hard.

Activity 1

Name the parts that help us to

- Watch T.V eyes
- Listen to music ears
- Sing songs mouth
- Smell flowers nose
- Taste chocolates mouth
- Draw a picture hands
- Kick the ball legs



Activity 2

I can see

Place some flowers, bell, sweet, book, pencil, cotton, wool on a table. Blindfold your friends one by one and ask them to identify the things on the table. Instruct them that they can identify the things with touch, sound, taste or smell.

If you are blind-folded you can not see things. You can use other body parts like nose, ears and hands to know the things.



Can we ride a bicycle only with our legs? What other body parts are involved in cycling? We use body parts in coordination to perform different works.

→ we need hands, eyes, legs to ride a bicycle.
Have you seen anybody who does not have eyes or legs?

I haven't seen anyone without eyes or legs.
But I watched a blind person and another person without legs in movies.



Hi, my name is Raji, I lost my leg in an accident. So I use a wheelchair to move. My friends help me move from one place to another, and to school.



Hi, my name is Somu. I was born blind. Since I cannot see, I use my hands to touch and feel things.

Like Somu and Raji, there are lots of people who are physically challenged. It may be due to an accident or birth defects. When we see them, we should be kind to them and help them.

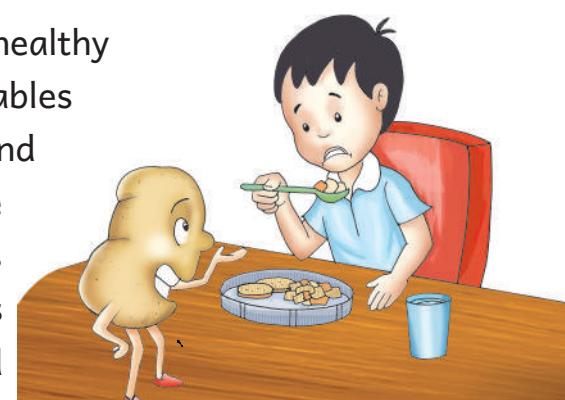


Do not call them with nick names.

Be friendly and play together with them.

Healthy Body

We should keep our body always clean and eat healthy food to stay strong. We should eat a lot of vegetables and fruits. A healthy body is needed to grow and become a strong person. Raju is in third class. One day, Raju was unable to go to school. His friends were waiting for him. Raju's sister came to his teacher and informed that Raju was not well and so he could not come to school.



Can you guess, why Raju was not well? maybe because he did not eat healthy food.

Good habits to stay healthy



Brush your teeth twice a day.



Take bath daily



Trim nails once in a week



Drink plenty of water



Wash your hands with soap after using toilet.



Wash your hands before and after eating.



Exercise daily



Eat fruits and vegetables

Let us Do

Do you know how to wash your hands? Yes!

Take some soap and wash your hands as shown in the picture. Make it regular practice.



If you don't wash your hands before and after food, you may fall sick like Raju.



Palm to Palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Finger nails



Wrists



Rinse and wipe dry

Let us check



Check how good you are.

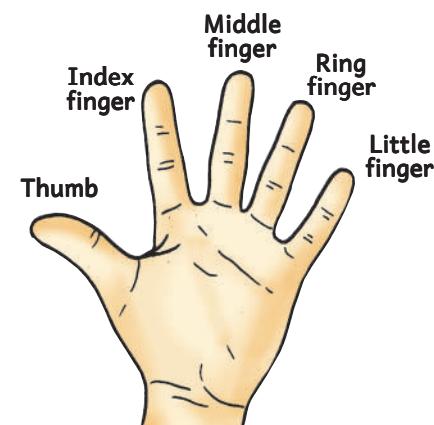
Write tick mark (✓) or wrong (✗) mark against each.

1. Eat good food (✓)
2. Play video games (✗ Yes)
3. Drink plenty of water daily (✓)
4. Wash hands after using toilet (✓)
5. Wash hands before taking food (✓)
6. Take bath monthly (✗)
7. Do not brush teeth daily (✗)
8. Trim nails once in a month (✓)
9. Stand before mirror to see how neat and fresh I am after bath and dressing. (✗ Yes)



Do You Know

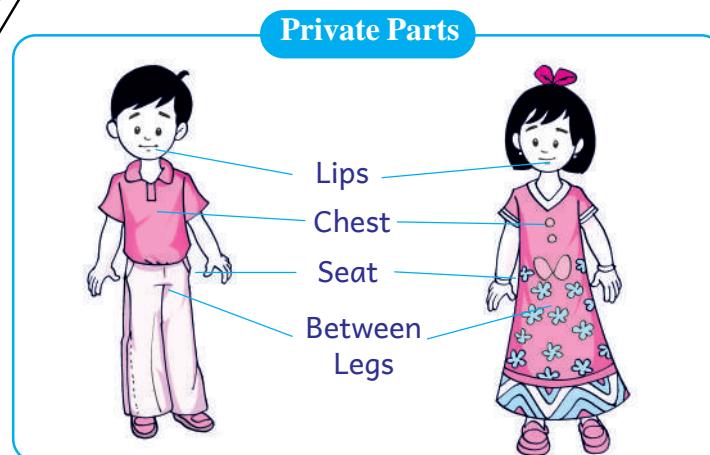
Fingers have names. We have five fingers.
But some people have six fingers.



Good touch and Bad touch

Till now, we have studied the parts of body. Do you know some parts of the body are called private parts? Look at the picture:

Yes! I know



Some of our body parts like chest, between legs, bottoms are called private parts, because no one should see or touch. And it is not right to touch, see or talk about those parts by someone older. When we were children, mother and father might have touched us to help us ^{to} take bath or clean ourselves. That is not a secret and it is okay for a small baby or kid to get help with bathing. Some touches are good, and some are bad.

What is good touch?

Good touch is a touch that cares for us or makes us feel safe like your mother hugging you or your father holding your hand while walking. Good touch – hug, kissing on head and cheeks, shaking hands, putting hands on shoulder by friends.



What is bad touch?

Bad touch is a touch which makes us feel sad, angry, scared or confused. If anyone touches the private parts it is called bad touch. Because it makes us uncomfortable. Don't let anyone touch those private parts.

What to do if someone touches it? *If someone touches my private parts, I will tell my parents or teacher.*

There are three steps:

If someone touches our private parts and makes us uncomfortable,

1. Scream 'STOP'
2. Run away from that place.
3. Inform one adult whom you trust.



Tell elders (like parents or teacher) till you get help



Leave the spot quickly



Say "Don't touch" in a loud voice

Anyone can make us uncomfortable or scary by their bad touch. It can be by a known person or an unknown person. So if anyone touches your private parts or asks to touch their private parts, we should do the three steps mentioned above and get help from parents or adults whom we trust.

We don't have to feel bad for informing about bad touch. It is not our fault. So immediately inform your parents.

Say 'NO' to bad touch.

Do You Know

- CHILD LINE is a national, 24x7, free, phone emergency outreach service for children in need of care and protection.



Key words

body parts, head, trunk, hands and legs, neck, breathe, internal parts, sense organs, health, hand wash, exercise, physically challenged, good touch, bad touch



What we have learnt

- The parts of the body help us to do different activities.
- Our body is divided into head, trunk and limbs (hands and legs).
- We have five ~~sense organs~~ → ~~parts~~ → ~~parts~~
- We have to take care of our body to be healthy.
- We must be friendly with the physically-challenged people.
- Good touch is a touch that cares for us or makes us feel safe.
- Bad touch is a touch which makes us feel sad, angry, scared or confused.
- We should know which touch is good and which is bad.

Eyes help to see, ears help to hear,
nose helps to smell, mouth helps to talk,
tongue helps to taste different food.



Change
Improve Your Learning



Basic

I. Conceptual Understanding (Tell and write).

Answer the following questions.

1. Tell and write the uses of your body parts.
2. Name the parts of the body that you use to speak over the phone.
3. Write three good habits you have.
① to take bath daily
② trimming nails
③ drinking plenty of water daily.

II. Questioning

4. What will happen if you are silent when someone gives you a bad touch?

They will think that bad touch is good.

III. Experiment and field investigations.

5. Ravi observed his dress in the mirror and wrote his feelings/appreciation.

I look good, my dress is clean and healthy.

Observe your dress in the mirror and write your observations as Ravi.

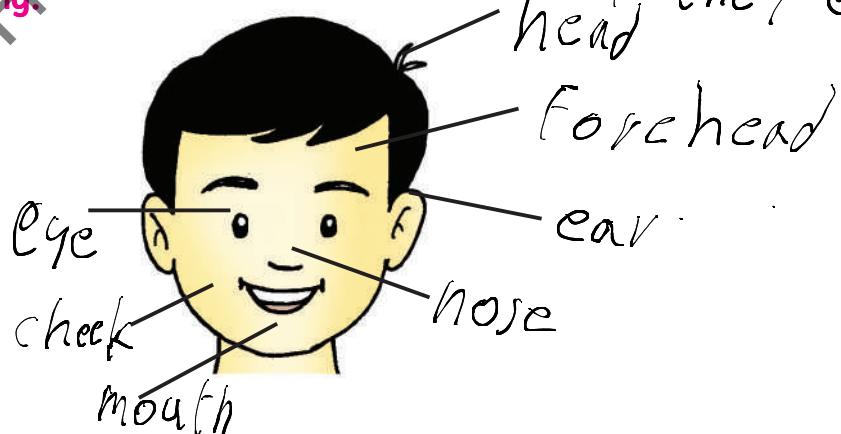
IV. Information skills - Project work.

6. Observe your friends and write some good habits practised by them.

They wash their hands after using toilet, they play with everyone nicely, they eat quickly.

V. Drawing pictures and model making.

7. Label the parts.



VI. Appreciation, values and creating awareness towards biodiversity.

8. What will you do if a stranger or a neighbour gives you bad touch?

From that spot and tell parents or teacher. I will run away.

Arrange a mirror in the classroom and let children observe themselves, when they come to school, before prayer. They can share their feelings with their teacher. Children should learn to appreciate cleanliness with good dressing habits.

