

ROUND ABOUT

Worksheet - III

Name: Class: Roll No:

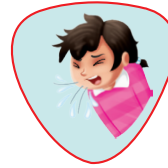
A. Colour the correct hand for each image.



He touches his eyes.



She sneezed without covering her mouth.



They decided to fist bump instead of shaking hands.



B. Put the 5 steps to wash your hands the right way in the correct order. Write the number from 1 to 5 inside each square.

Lather

Put soap on your hands and rub your hands together:

Wet

Wet your hands with clean water:

Dry

Dry your hands with a clean towel.

Rinse

Rinse the soap off of your hands.

Scrub

Scrub your hands for 20 seconds.

C. Look at the health triangle and match each image with its correct side.



- A. Physical
- B. Social
- C. Mental & Emotional



D. Colour the habits that help to protect our mental health. Follow the example:

<p style="text-align: center;">1</p> <div style="background-color: #e0f2f1; padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Exercise regularly</p> </div>	<p style="text-align: center;">2</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Focus on positive things</p> </div>	<p style="text-align: center;">3</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Sleep 3 or 4 hours a night</p> </div>	<p style="text-align: center;">4</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Play videogames all night</p> </div>
<p style="text-align: center;">5</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Worry all the time</p> </div>	<p style="text-align: center;">6</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Think too much about our problems</p> </div>	<p style="text-align: center;">7</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Eat healthy food</p> </div>	<p style="text-align: center;">8</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Connect with friends</p> </div>
<p style="text-align: center;">9</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Learn new things</p> </div>	<p style="text-align: center;">10</p> <div style="padding: 5px; border: 1px solid #ccc;"> <p style="text-align: center;">Have fun</p> </div>		