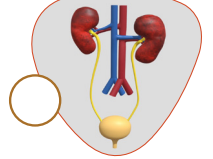
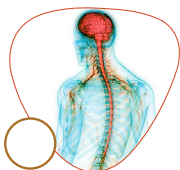
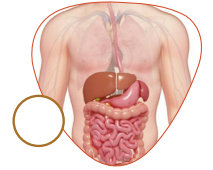
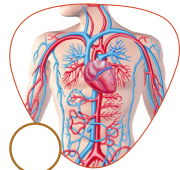
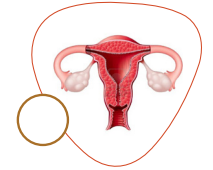
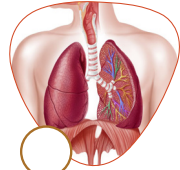

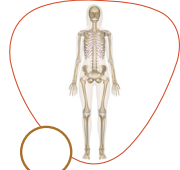


ROUND ABOUT

Worksheet - III

Name: Class: Roll No.:

A. Match the body system with its function by placing the correct letter on the line and its picture by writing the correct number in the circle.

<p>a. Breaks down food into smaller food nutrients.</p>	<p>1. Circulatory System</p>	
<p>b. Protects internal organs and gives the body its shape.</p>	<p>2. Digestive System</p>	
<p>c. Helps the body to move.</p>	<p>3. Excretory System</p>	
<p>d. Moves oxygen throughout the body.</p>	<p>4. Muscular System</p>	
<p>e. Removes waste materials (e.g., urine) from the body.</p>	<p>5. Nervous System</p>	
<p>f. Transports oxygen, food nutrients, etc. around the body.</p>	<p>6. Reproductive System</p>	
<p>g. Transports electrical messages (impulses) around the body.</p>	<p>7. Respiratory System</p>	
<p>h. Allows the body to make young ones (offspring).</p>	<p>8. Skeletal System</p>	

B. Answer the following questions to increase your self-awareness.

- 1. What are the things you would like to change about yourself?
.....
.....
- 2. What is your biggest strength?
.....
.....
- 3. Your dreams and aims in your life are-
.....
.....
- 4. If somebody asks you to give a brief introduction of yourself, you would say-
.....
.....
- 5. Things you love to do-
.....
.....
- 6. Things which you wish to learn-
.....
.....

C. Use this worksheet to come up with coping skills for the different feelings below! See the example.

- 1. When I'm feeling  I.....
Something that makes me feel tired is
- 2. When I'm feeling  I
- 3. When I'm feeling  I
- 4. When I'm feeling  I
- 5. When I'm feeling  I