



Good Habits

We'll cover the following key points:

- Good Habits
- Good Manners



Hi, I'm EeeBee

Still curious?
Talk to me by
scanning
the QR code.



Learning Outcomes

By the end of this chapter, students will be able to:

- Understand the importance of brushing teeth twice a day.
- Learn to wash hands before eating and after using the toilet.
- Know the importance of eating healthy food like fruits and vegetables.
- Understand the need for regular exercise and playing outdoors.
- Learn to keep your surroundings clean and throw waste in bins.



Let's Start

In the classroom.

We shouldn't litter the classroom.
It's a bad habit.



We should throw wastes in the dustbin.
It's a good habit.



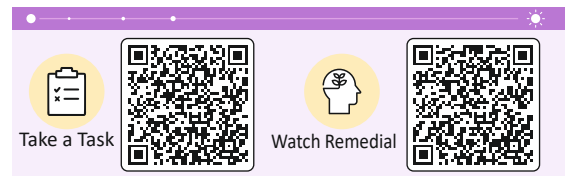


Everyone likes those people who have good habits. **Good habits** lead one to a way of successful life.

There are different activities or habits that make us good at different places:

IN THE SCHOOL

- Obey your teachers.
- Wish your teachers whenever you meet them.
- Always reach school on time.
- Wear neat and tidy school uniform.
- Keep neat and clean.
- Be regular and attentive in class.
- Study well.
- Be friendly with other children.
- Do not run around in the corridors.
- Do not litter. Throw waste papers in the dustbin only.
- Help other children. Never hit anyone.



In school uniform

AT HOME

- Keep your room neat and tidy.
- Respect and obey your elders.
- Do not quarrel with your brothers and sisters.
- Always put your things in order.
- Eat well and follow good eating habits.
- Be helpful to other family members.
- Watch less TV; play outdoor games.
- Help an ill or sick family member.
- Wake up early in the morning and go to bed early at night.



Respect your elders



Good Manners :

- Wish everyone '**Good Morning**' in the morning and '**Good Night**' at night.
- Say '**Please**' if you ask for something.
- Say '**Thank you**' if someone gives you something or does something for you.
- Say '**Sorry**' if you have committed a mistake.
- Use a hanky while sneezing and say '**Excuse me please**'.

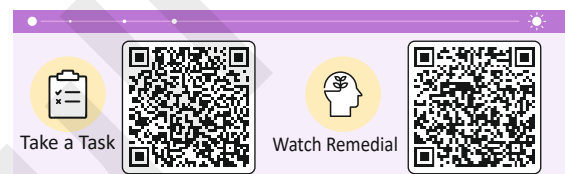


Excuse me



Word Treasure

- **Litter** : Throwing things around.
- **A. env e** : Paying attention.



Let's Revise

- Good habits lead one to a way of successful life.
- We should have good habits and manners. These make us a happy person.

Clean and Green Exercises

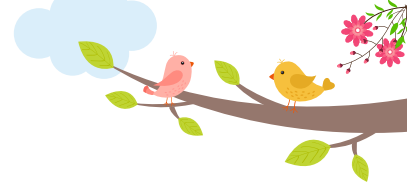


Gap Analyzer™
Take a Test

A. Tick (✓) the correct statement and put a cross (✗) against the wrong statement:

1. I say 'Good Morning' at night.
2. When I want something, I say sorry.
3. We should sleep late at night and get up late in the morning.
4. We should respect our elders.
5. We should finish our homework on me.

☐
☐
☐
☐
☐



B. Fill in the blanks. Take help from the box:

neat and dy quarrel dustbin thank you helpful

1. We should throw waste paper in the
2. I say when my friend gives me a toffee.
3. We should always be to other family members.
4. We should always wear school uniform.
5. We should not with our brothers and sisters.

C. Write any five good habits you follow:

1.
2.
3.
4.
5.



Nut Cracker

Here is a list of some bad habits. Write good habit for each in the given space. One is done for you. You can discuss with your friends also.

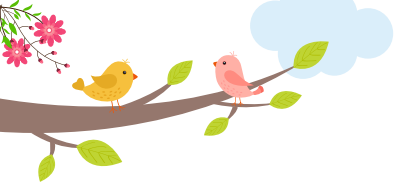
Bad habits	Good habits
Reaching school late	Reaching school on me
Not being kind to pet	
Plucking flowers from the garden	



Custom Learning Path



What will you do when you meet your grandparents after a long me? T ake help of your parents also to answer :



Wonder Explorers



Good Habits

STEM

Let's learn about the importance of good habits and how they help us in daily life.

Activity: Habit Chart

1. **Task:** Create a table with "Good Habit" and "How it helps."
2. **Steps:** Write habits like brushing teeth, keeping toys organized, and saying thank you.
3. **Activity:** Share your chart with the class.

Learning

Understand how good habits make life healthier and more organized. Learn why practising good habits daily is important for growth.

Skills Covered: Observation, Creativity, Communication

Little Techies

Artificial Intelligence

Ask an AI device like Alexa or Siri:

1. What are some good habits for students?
2. Why are good manners important in life?

Skills Covered: Logical thinking, Digital literacy, Curiosity

Colors and Creations

Art

Draw a picture of yourself practising good habits like brushing your teeth, keeping your room clean, or helping parents. Use bright colors and decorate your drawing. Share it in class and explain how it shows good manners or habits.

Skills Covered: Creativity, Expression, Collaboration

Language Links

Learn and write the names of habits and manners (e.g., greeng elders, saying thank you) in your mother tongue and one other language. Discuss how these habits may vary in different cultures.

Skills Covered: Language awareness, Social skills

