



Being Helpful

Me and Myself



Warm up



Look at these pictures. In each picture, who is helping whom?
How? Tell your teacher.

1.



2.



3.



4.





Read and understand

One day, Teacher tells everyone to draw a picture. She shows them an example.



Rahul is ready to draw a picture.



Farah is ready to draw too.



Sonya is sad. She forgot to bring her pencil box. How will she draw?



Rahul offers Sonya a pencil. Farah offers her a crayon.



Sonya takes the pencil and the crayon. Now, she too can draw. She is happy.



A Tell your teacher.

1. In which picture does Sonya look sad? Why?
2. Where does she look happy? Why?
3. How do Rahul and Farah help Sonya?
4. Do Rahul and Farah look happy when they help Sonya? Why do you think they feel happy?

B Complete this table.

For the teacher: Students can complete the table in a few words or even say their answers. One example has been given in each case.

Others	How do they help you?	How can you help them?
1. someone in your family	a. i. Mother helps me get ready for school. ii. _____ _____ _____	b. i. I can help Mother by keeping my things in their proper places. ii. _____ _____ _____
2. your friend	a. i. Aman shares his lunch with me. ii. _____ _____ _____	b. i. I can share my books with my friends. ii. _____ _____ _____
3. your teacher	a. i. Teacher helps me with lessons. ii. _____ _____ _____	b. i. I can listen to my teachers and do what they say. ii. _____ _____ _____

- How do you feel when someone helps you?
- What should you say to them when they help you?





Do it yourself

Make a small card for someone who has helped you.
On one side, draw a nice picture. On the other side,
write a small message, as shown.



Dear _____,

Thank you for _____

Love,

Me and My Wellness

Here are some things you can do to help yourself.
Match the correct lines.

1.



I eat fruits and vegetables
and play with friends. 🌟



a. I will feel
happy.

2.



I go to bed early and
sleep well. 🌟



b. I will be
clean.

3.



I brush my teeth and
bathe every day. 🌟



c. I will be
healthy.

4.



I read books, draw, sing
or dance. 🌟



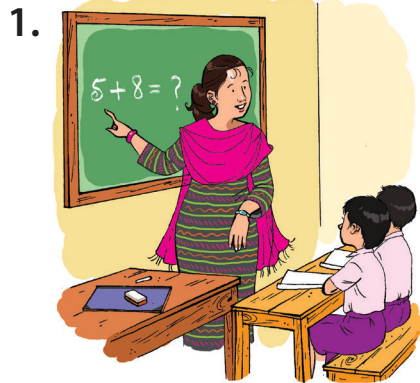
d. I will not
feel tired.

For the teacher: For question 4, discuss other hobbies they may have.

Me and My World

Look at these pictures. How do these people help us?

Tell your teacher.



For the teacher: The students need not name the occupations. It is enough if they can identify the work.



Now I know



Circle the correct smileys to show if you understand these.

I should help others as much as I can.



I can help myself by having healthy habits.



Different people help us in different ways.



21C Critical Thinking, Communication, Visual Literacy; **IL** Values—respect for all work