

Name: _____

Date: _____

Class: I Sec: _____

1. _____ makes our body healthy and strong.



2. Always sit, stand and walk _____.



3. Play outdoor games, it is good for your
_____.



4. We should not _____ our face when we sleep.



5. We should sleep for _____ hours every day.

How many different types of exercises can you think of?

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How does exercise affect our body?





Here is a picture story for you. Read it and have fun and then answer the questions given below.

Anju  and Manju  are friends .





They went to a  

Wants to play slide but  wants to play swing .

After sometime they get bored playing all by themselves. They decides to run

around in the  .  falls down and gets hurt.

 runs  and take her to 

  said thank you . Both   are happy.

1. What message do you get from the story?

Ans. _____.

2. How will you help your friend if he/she gets hurt?

Ans. _____.