

Name :.....

Date of Issue:

Class : I

Date of submission :

Fill in the blanks.

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.

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  park.

Manju  wants to play slide but Anju  wants to play swing .

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

around in the  . Anju  falls down and get hurt.

Manju  runs and take Anju  to her 

Anju  and Mother  said thank you. Now both Anju  and Manju  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. _____.