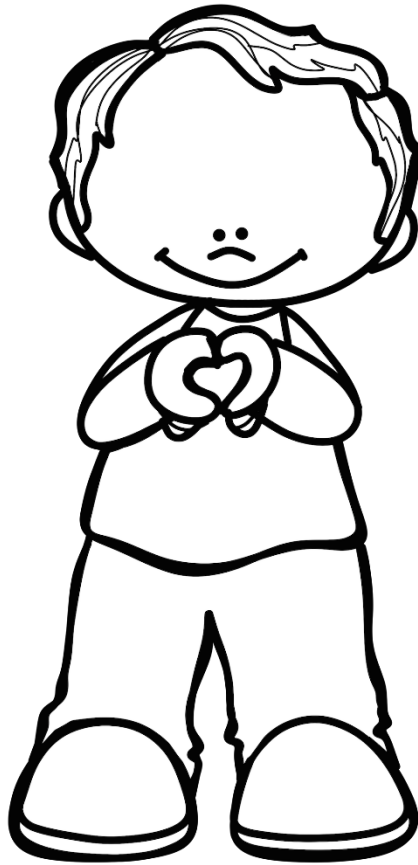


GRADE 3

Life Skills

Term /



Name:

My identity document

Complete the identity document about yourself.

Identity document

- Name: _____
- Age: _____

- Date of birth:

_____ day _____ month _____ year

- Place of birth:

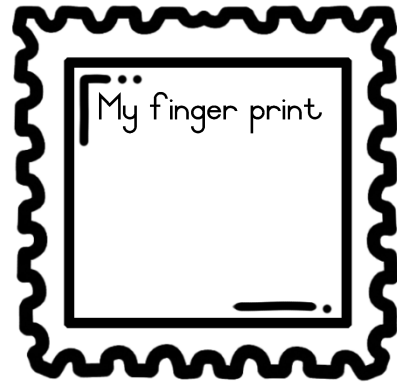
- Boy or girl:

- Home Language:

- Colour of hair:

- Colour of eyes:

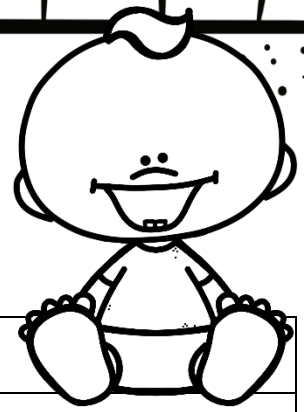
Signature



Draw a picture of yourself.

Timeline about my life

Fill in this timeline about your life.



Draw a picture of yourself

I was born in:



I began to talk in:



I started school in:



I came to Grade 3 in:

The older you get

Over time people get older. Their hair colour change their voices change, they gain more muscle and they gain more wisdom.

Use the words in the blocks and write it at the correct picture.

teenager

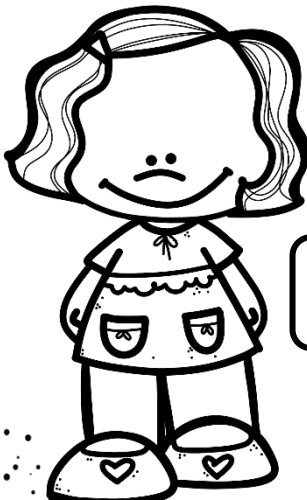
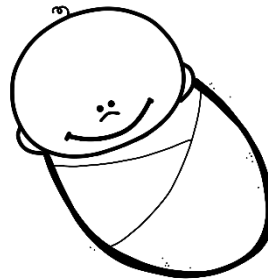
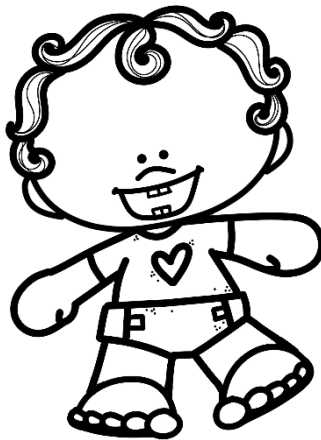
toddler

schoolchild

baby

elderly

adult



My school

Your teacher will help you to answer the following questions about your school.



What is your principal's name?

In what year did your school open?

Who is your teacher?

Draw a picture of your school.

Draw your school's badge.

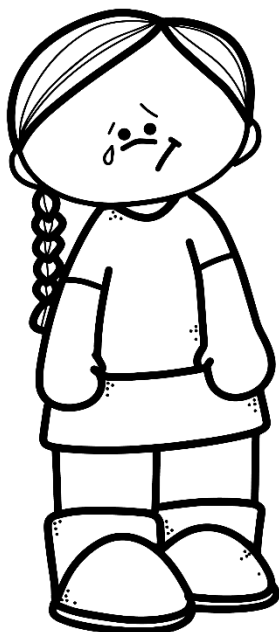
What is the motto of the school?

Feelings

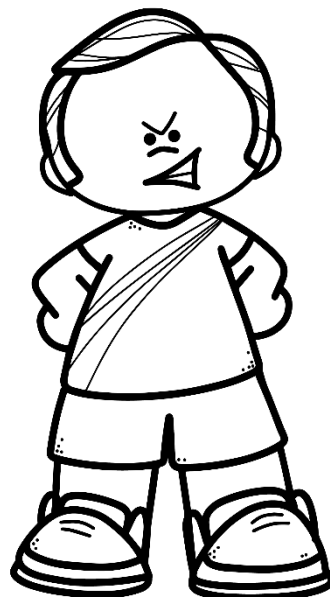
Every face shows a different emotion. Look at the different emotions.



happy



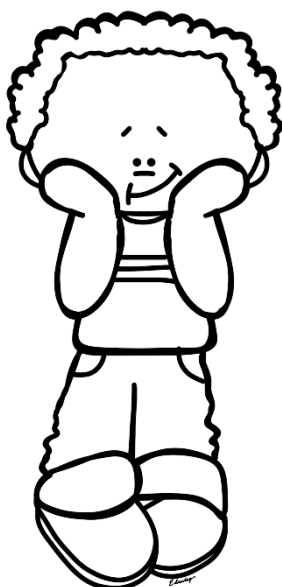
sad



angry



excited

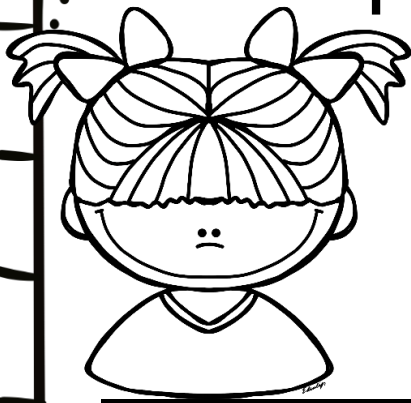


shy

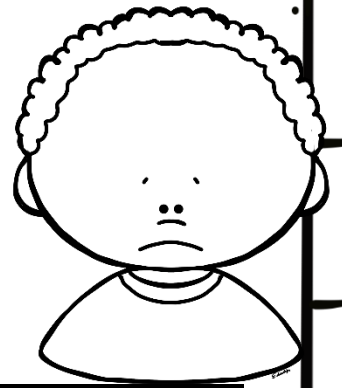


afraid

How do you feel?



Draw a picture and answer
the questions



What makes you happy?

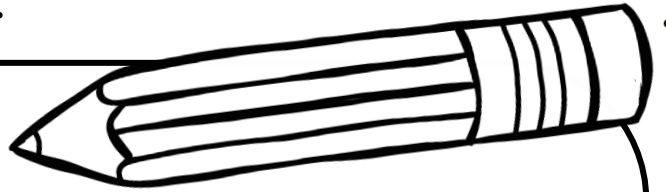
What makes you afraid?

What makes you angry?

What makes you sad?

- Write a diary entry for the day that you felt happy.
- Describe what happened to you.

Dear diary



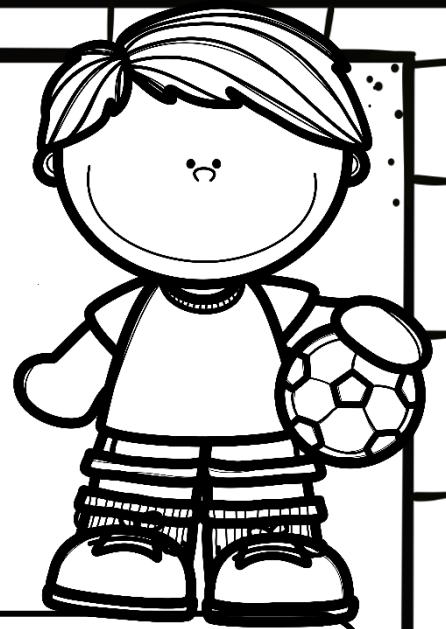
Write a diary entry for the day that you felt sad. Say what happened that made you sad.

Dear diary



What I enjoy most

Write down the activities you like to do most.



Empty speech bubble for writing.

Empty speech bubble for writing.

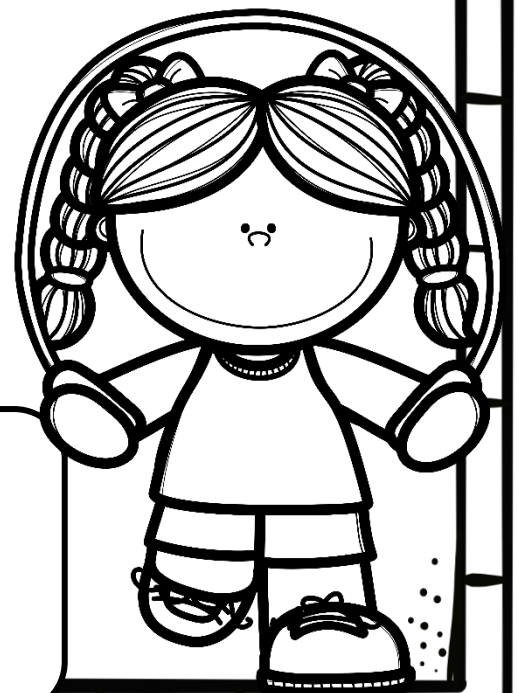
Empty speech bubble for writing.

Activities I enjoy doing

Empty speech bubble for writing.

Empty speech bubble for writing.

Empty speech bubble for writing.



Empty speech bubble for writing.

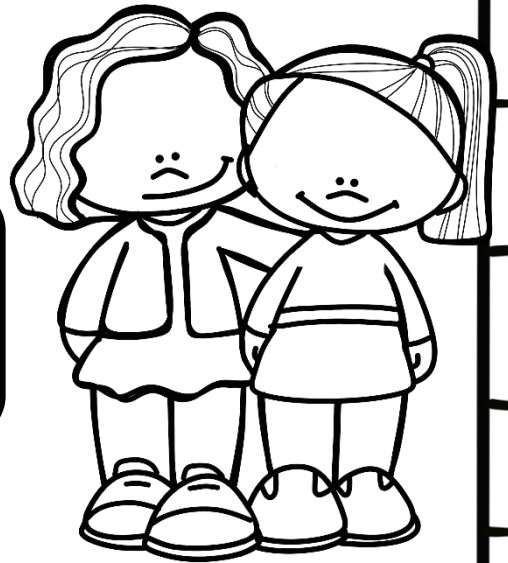
A good friend

Do you want some of my ice-cream?

A good friend shares with me.



A good friend does not fight with me.

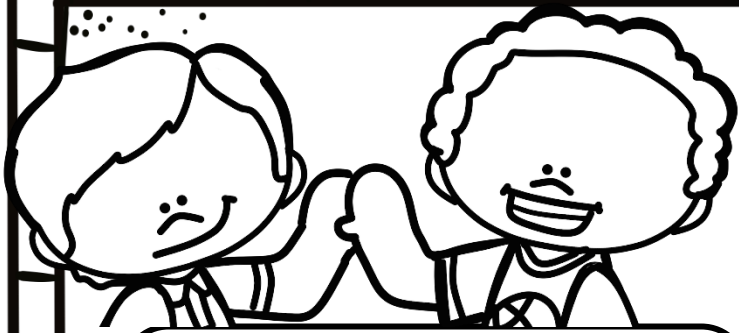


A good friend helps me.



A good friend cares when you are sad.





A good friend

How many friends do you have?

How long have you been friends?

Test yourself.

| | √ or X |
|--|--------|
| I am a good friend | |
| I care about my friends | |
| I am friendly with everyone in my class. | |
| Most of the children like me. | |
| I am always polite. | |

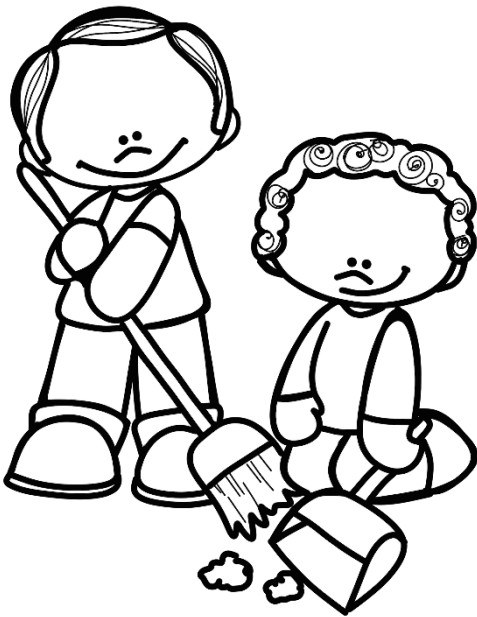
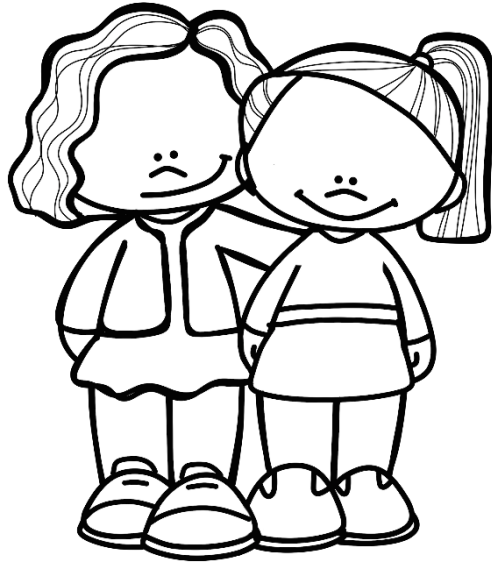
Write down the names of your friends.

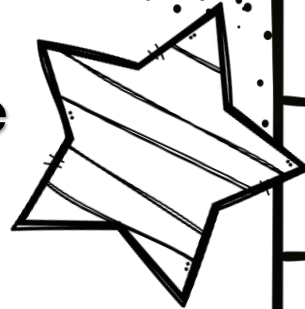
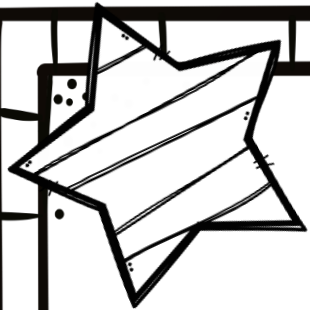
What is special about your friend?

Draw a picture of a good friend.

A good friend

Colour all the pictures that show what a good friend does.





Special people in my life

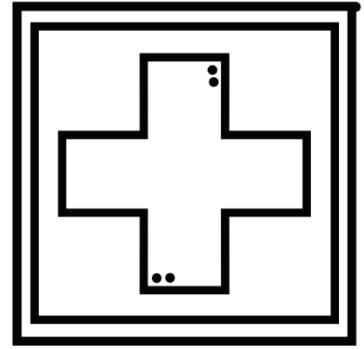
Draw a picture of friends, or your teacher

or family members that are special to you. Describe these people
and say why they are special.

Why is he / she so special?

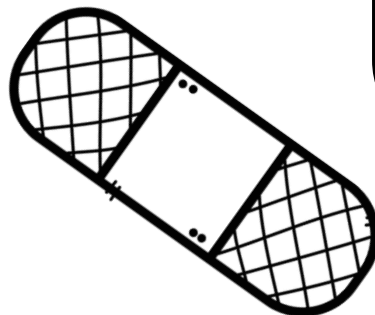
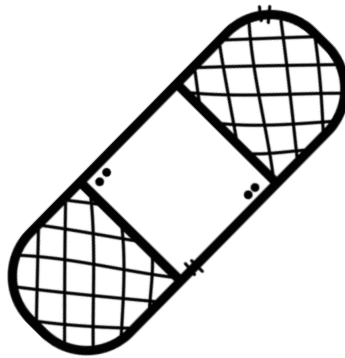
Why is he / she so special?

Health and First Aid



Do you know where
your school's First Aid
box is? Say where.

Stay calm!
There is no
reason to
panic.

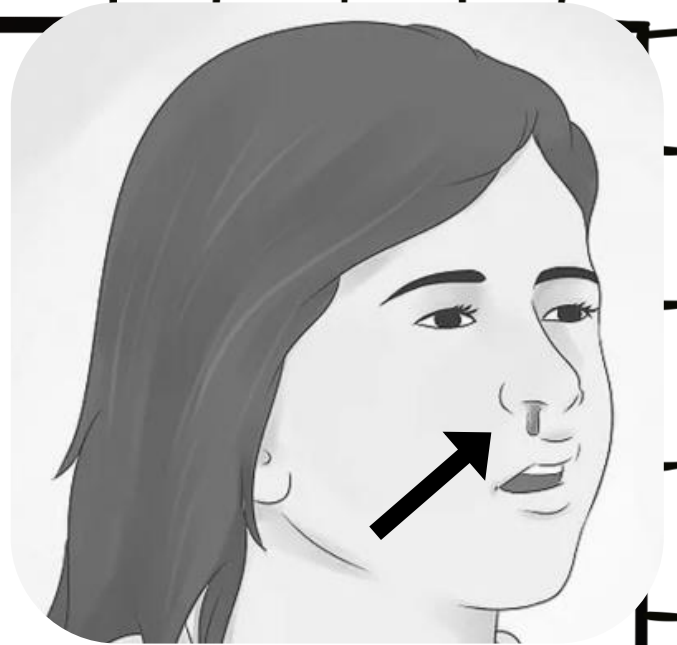


Remember
NOT to
touch the
blood of
another
person.

What to do if your nose bleeds.

1

Sit forward with your head. Let it hang down.



2

Pinch your nose for 2 minutes and breathe through your mouth.



3

Put something cold on the back of your neck such as a wet towel or ice cubes wrapped in a towel.

4

Do not blow your nose for a while after bleeding has stopped.



5

If the bleeding does not stop after 15 minutes see a doctor or a nurse.

Treating cuts

We cannot see germs, but they are everywhere. If we cut ourselves we need to clean the wound so that we do not get infected by germs.



How to stop bleeding from a cut.

1

Never touch another person's blood.

2

If you are helping someone always wear gloves.

3

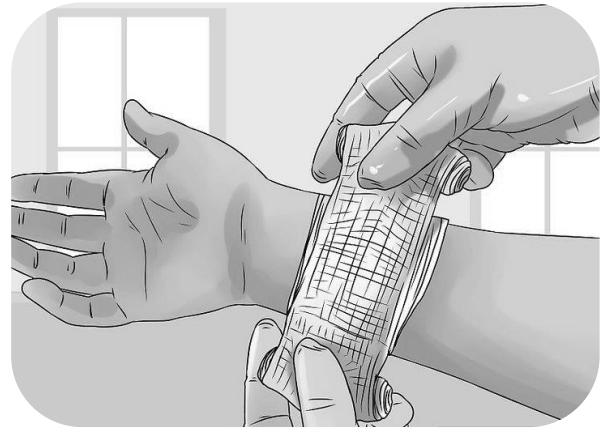
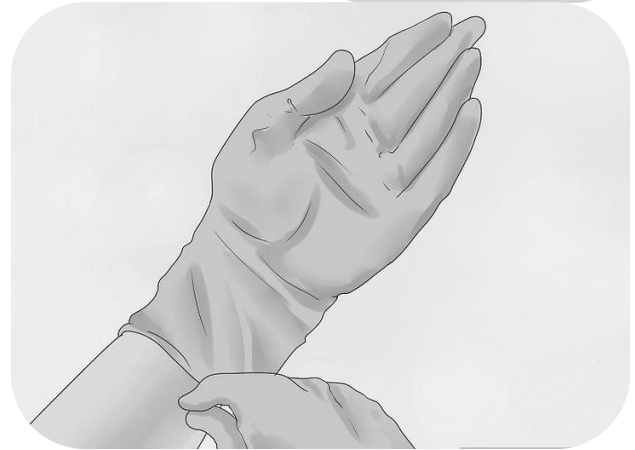
Stop the bleeding by lifting the wound above the level of the heart.

4

Try to stop the bleeding by pressing a clean dressing on the wound.

5

If the wound is deep and keeps on bleeding, see a doctor or go to the clinic.



6

Find out what emergency number you can call.

Telephone:

Burns

If you touch something hot, you will burn yourself. What should you do if someone gets burned?



1

Keep the burn under cold water for about 10 minutes. This will help to cool the skin.



2

Uncover the burn. If clothing is stuck to the skin, don't take it off.



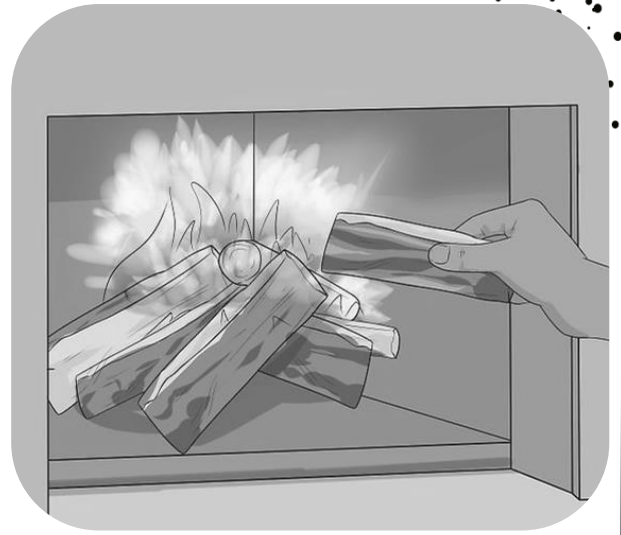
4

Leave the burn open and watch that it does not worsen.



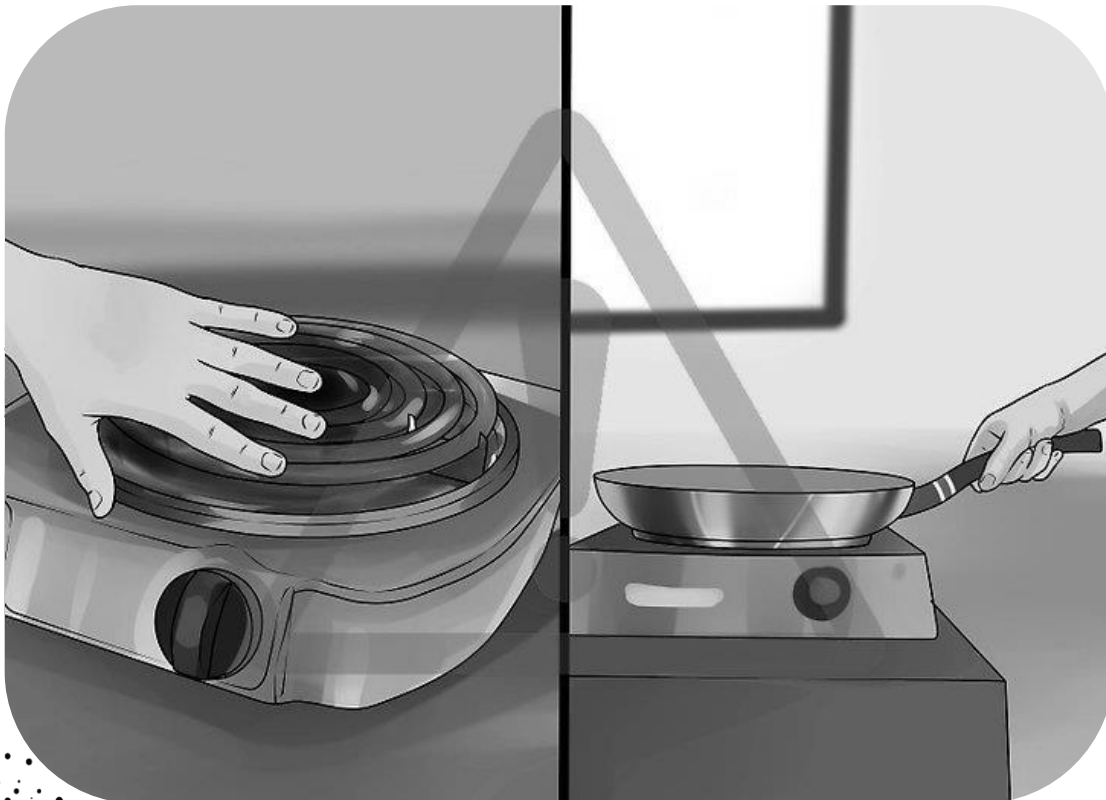
5

If the burn is deep or bigger than the palm of your hand, see a doctor immediately.



One can burn with:

1. Fire
2. Boiling water
3. Hot plates and pots



Saying no

It is not easy to say no, but you must say no when someone makes you feel uncomfortable.

If someone gives you the NO - feeling and makes you uncomfortable, talk about it to an adult that you can trust.



Keeping my body safe.



Do not talk to strangers on a phone and tell them where you stay.

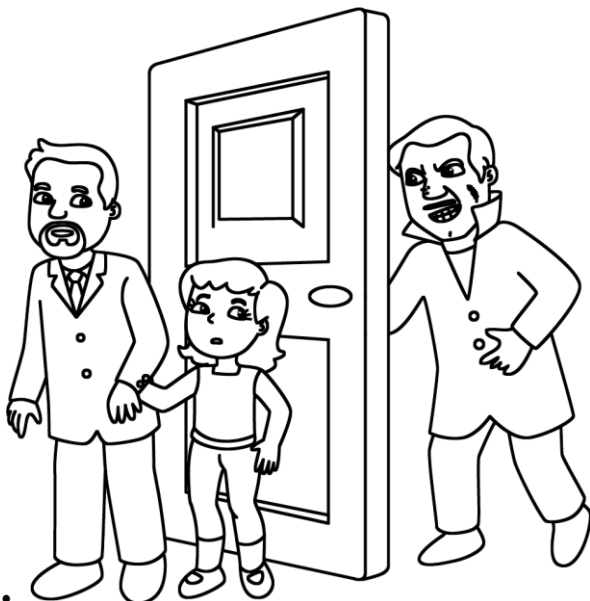
Rather call your mom or dad.



Do not get in a car with strangers even if he or she wants to give you some sweets.



Do not open the door for a stranger. Call your mom or dad.

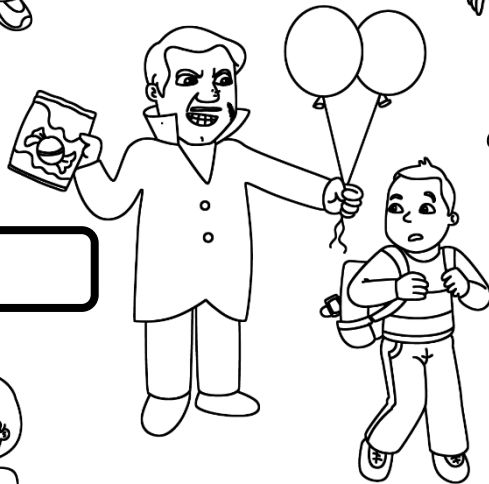
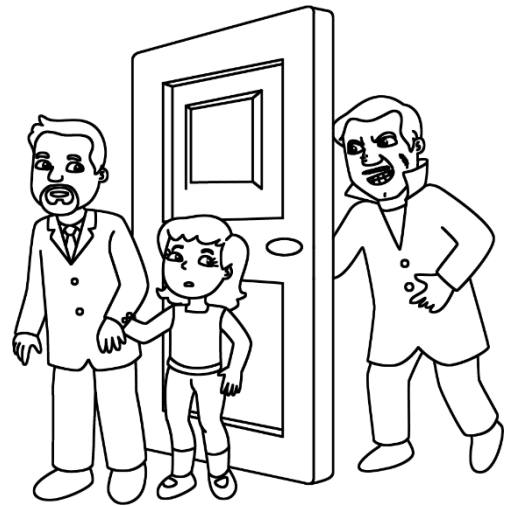
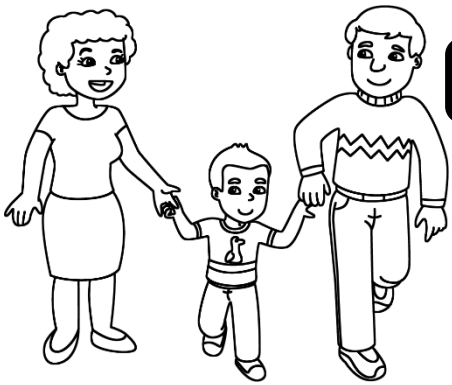


Keeping my body safe.

We need to look after our bodies.

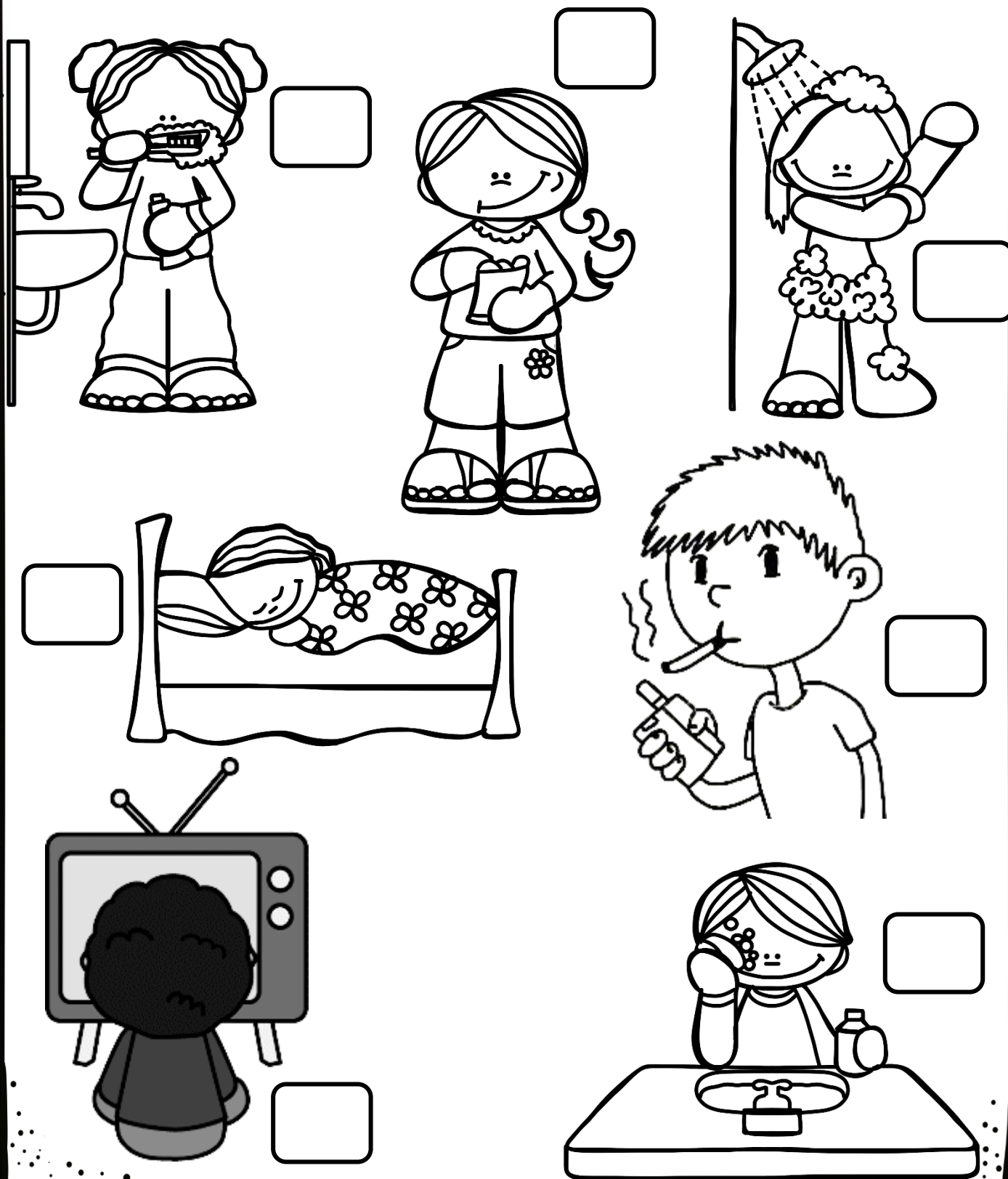
When we like something and want it to continue, we get the YES feeling.

We get NO feelings when something makes us feel uncomfortable and we want it to stop.



Keeping my body healthy

Make a tick in the blocks that shows a healthy habit and a cross in the blocks showing unhealthy habits.



Health rules



. I must brush my teeth after eating and before I go to sleep.

. I must brush my hair before going to school.

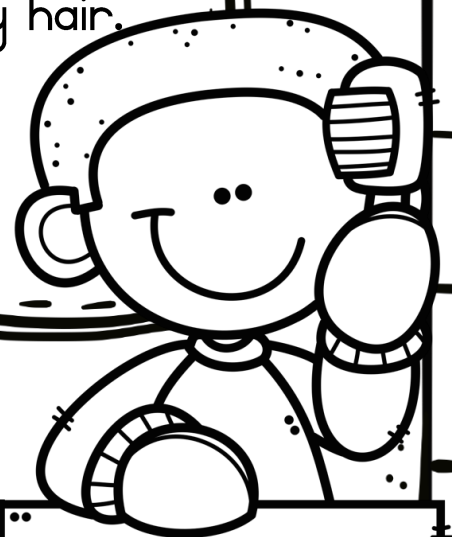
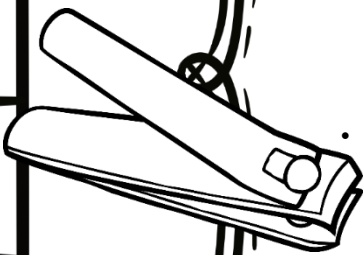
. I must keep my nails short and clean.

. I must brush my nails after playing in the sand.

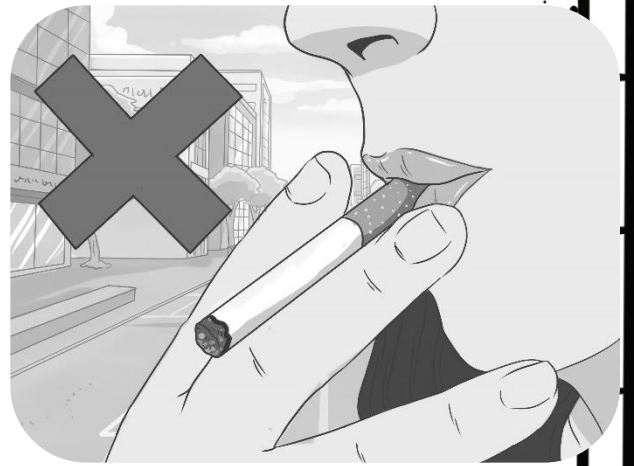
. I must wash my hands after going to the toilet and before I touch food.

. I must throw my dirty tissues into a rubbish bin.

. I must bath and wash my hair.



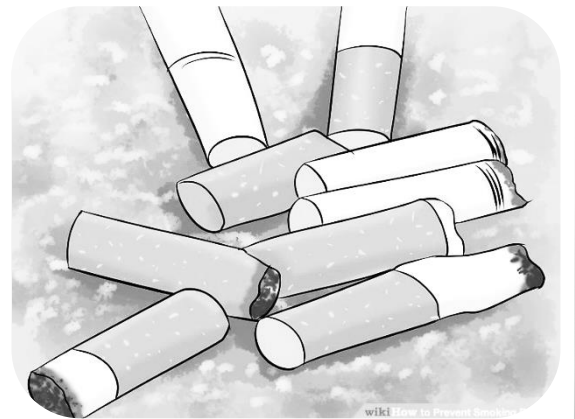
What are some of the unhealthy things that people do?



Did you know that smoking is bad?

Did you know that if someone smokes near to you it is bad for your body?

How does smoking harm our bodies?



Mark each statement with a tick (✓) if it is true or a cross (X) if it is false.

| | ✓ or X |
|---|--------|
| Cigarettes taste nice. | |
| If I sit near someone who is smoking it can harm my body. | |
| Smoke colour your teeth yellow. | |
| Smoking causes mouth diseases. | |
| You can get a bad cough from smoking. | |
| Smoking can cause cancer. | |

Rights and responsibilities

Sometimes children have to help their families with work. Children should not work as hard as adults. They must have time to play and to go to school.

Look at these pictures. Make a tick in the block if it is not child labour and a cross if it is child labour.



Responsibilities of the youth of

South Africa

Equity

Treat every person equally and fairly. Do not discriminate.



Family

Honour and respect your parents. Be kind and loyal to your family.



Human dignity

Respect everyone. Always be kind and caring.



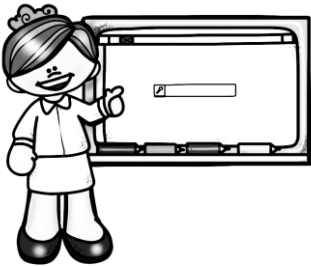
Life

Treat all life with respect.



Education

Attend school. Learn and work hard. Obey the school's rules.



Work

Help your family with work at home. Children must not be forced to get a job.



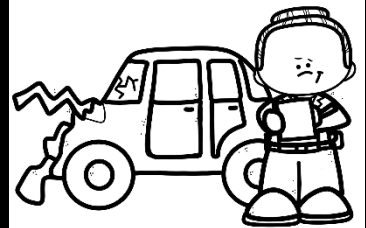
Freedom and security

Do not hurt, bully or intimidate others and do not let others do so. Solve disagreements in a peaceful way.



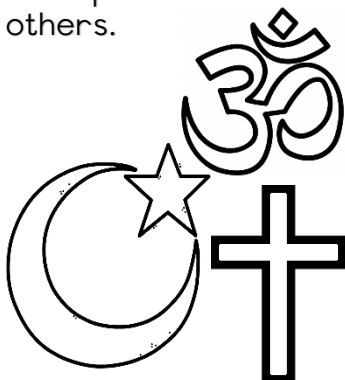
Property

Respect the property of others. Do not damage property and do not steal.



Religion, belief and opinion

Respect the beliefs and opinions of others.



Safety

Look after the earth. Do not waste water and electricity. Look after animal and plant life.

Keep your home and community clean and safe.



Citizenship

Be a good and loyal South African citizen. Obey the laws and ensure others do as well.



Freedom of expression

Do not spread lies and hatred. Ensure others are not insulted or have their feelings hurt.



My class rules

Do you know your class rules? Draw 4 pictures about 4 of your class rules and write the rule under the picture.

Rule:

Rule:

Rule:

Rule:

Religious and other special days

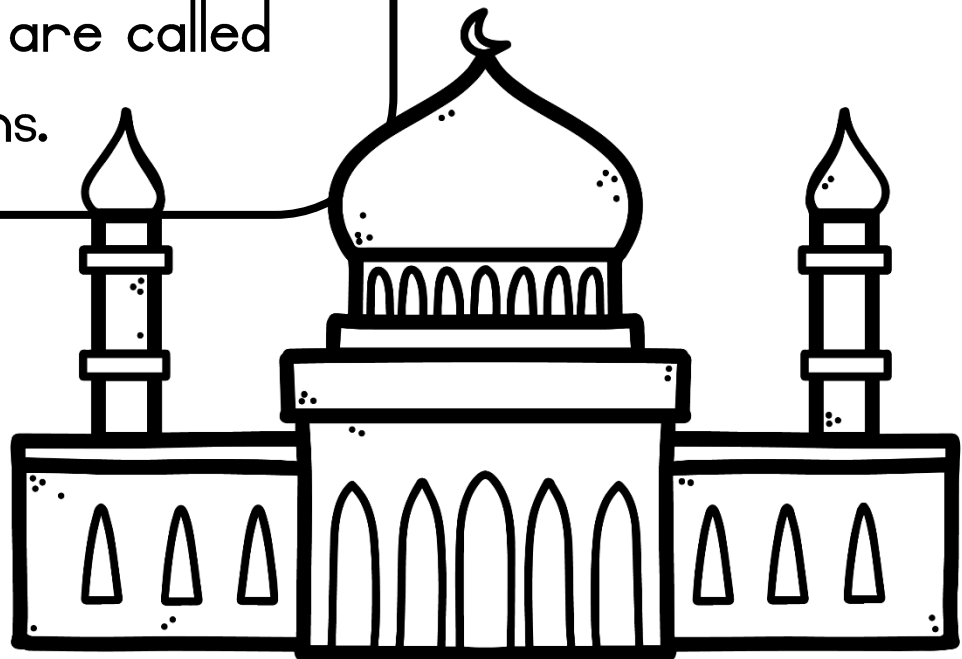
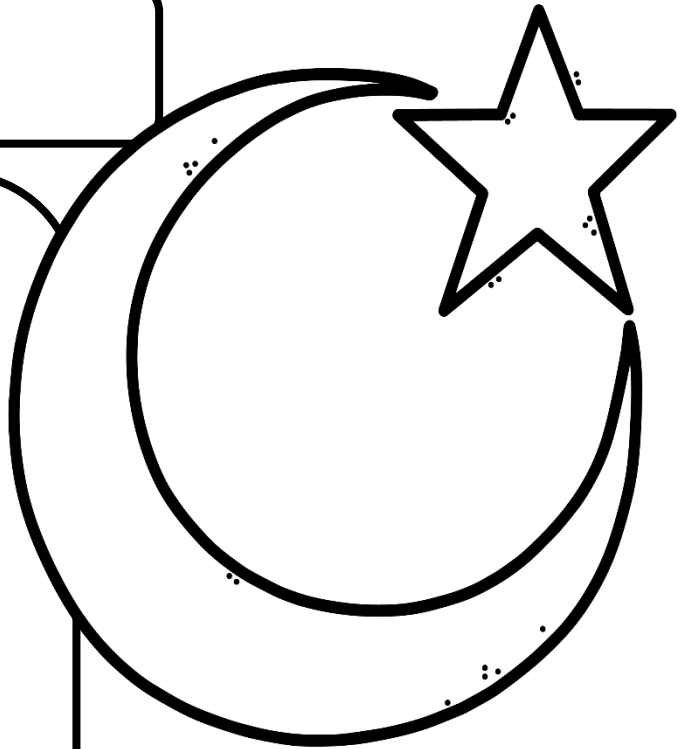
Hinduism

- The Hindu symbol is the Om sign written in the ancient Sanskrit language of India.
- Hindus have a lot of different gods.
- They worship animal gods for example Hanuman.
- They also believe in reincarnation. This means that people come back to life after death, but in another form e.g. a butterfly, cat, worm and so on.



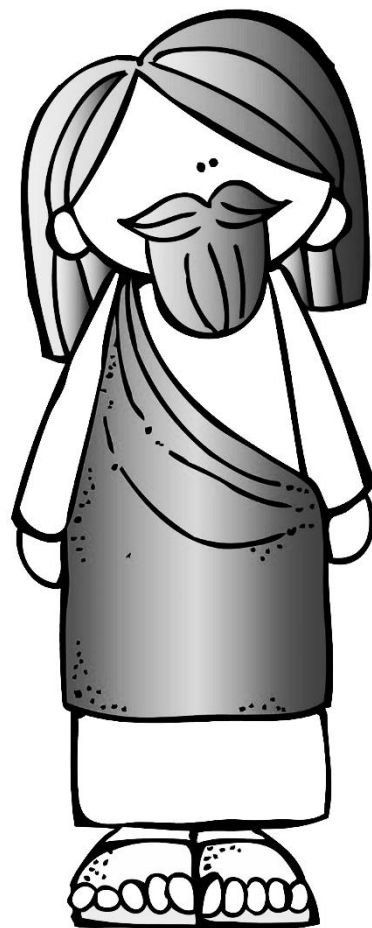
Islam

- The crescent moon and star form the symbol of Islam.
- They believe in one God, Allah.
- Followers of Islam are called Muslims.



Christianity

- The cross is the symbol of Christianity.
- Christians believe that Jesus Christ is the Son of God who came to earth to save them from sin.
- They go to church on Sundays to worship God.
- Christians read the Bible to learn more about God.



Judaism

לְאֵשׁ הַשִּׁנְיָה

- The symbol of Judaism is the Star of David.
- King David was the king of the Israelites.
- People believing in Judaism are called Jews.
- They worship in a synagogue
- The lamentation wall in Jerusalem is a very special place for them.

