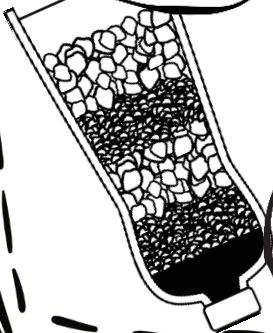
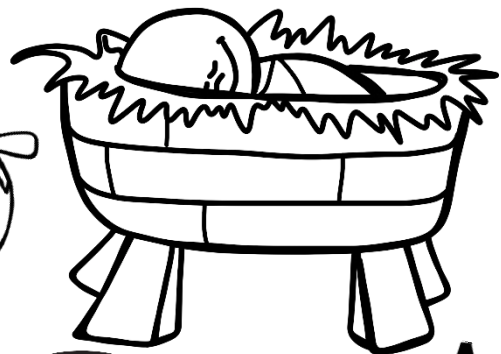
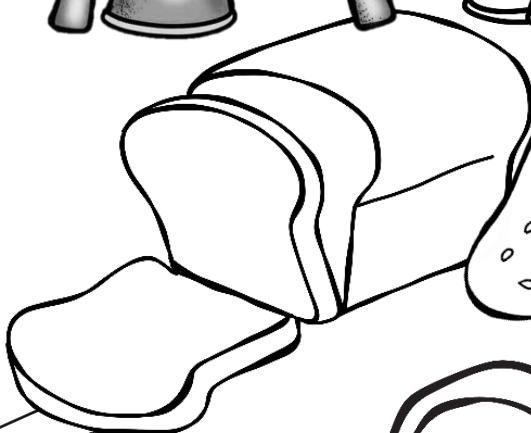
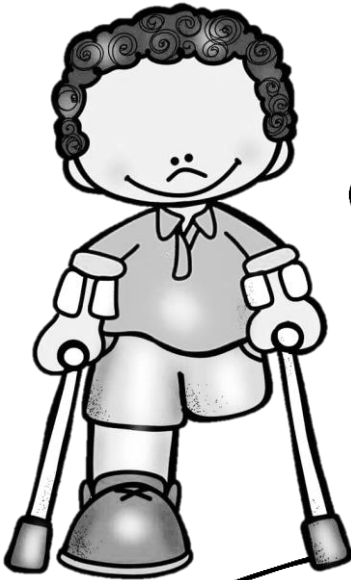


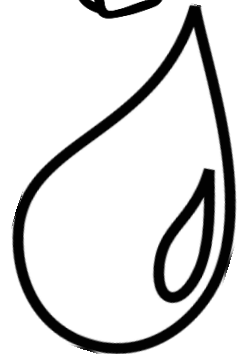
GRADE 2

Life Skills

Term /



Name:

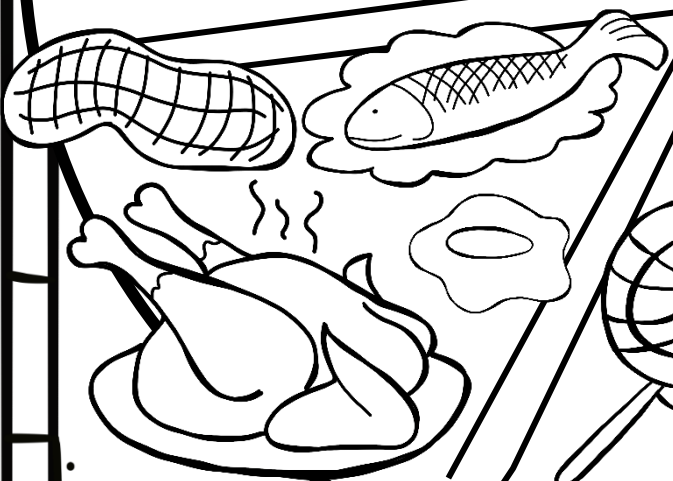
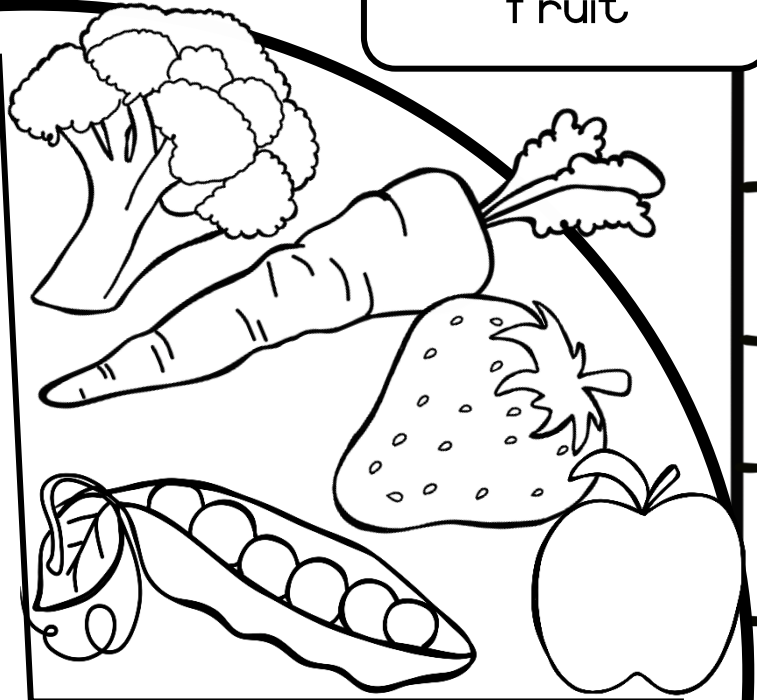


We need healthy food to live

Our bodies need healthy food so that we can grow. We must eat daily from each food group. We need to eat healthy food so that we have enough energy to do what we need to do. If we do not eat healthy food, we can become very ill.

Grains and grain products

Vegetables & fruit

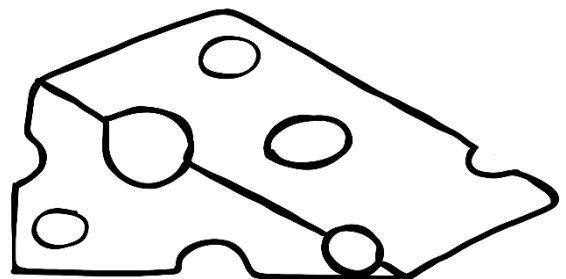
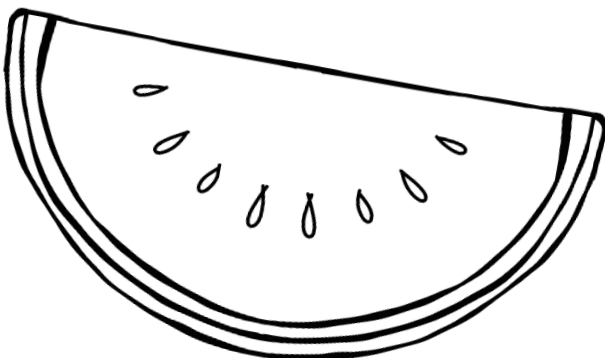
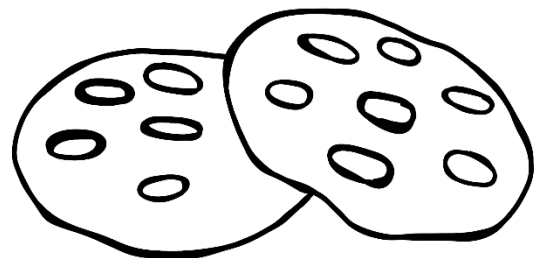
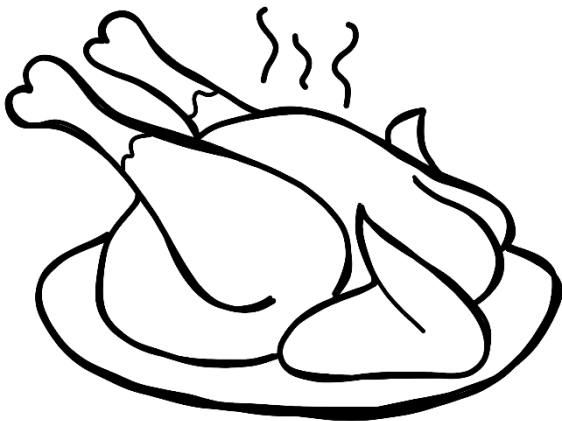
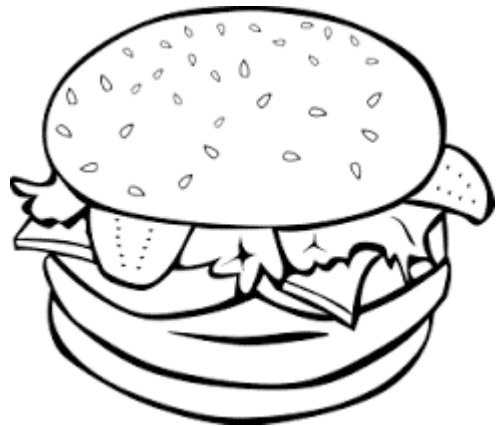
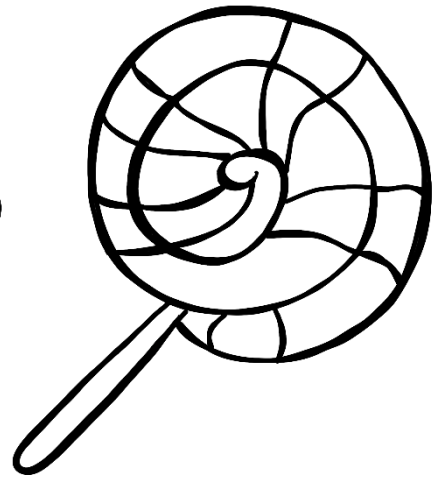
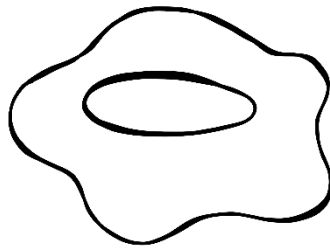
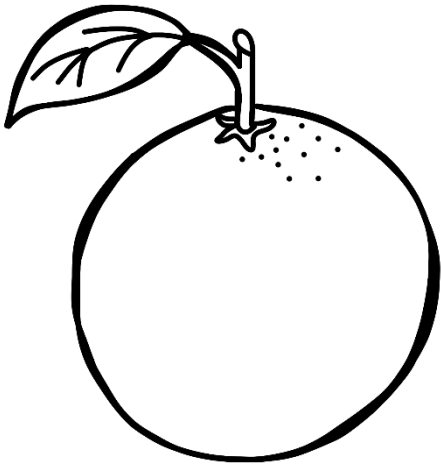


Meat, fish, nuts and beans

Fats and oil

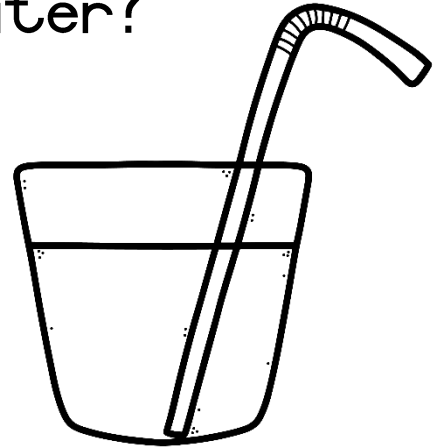
Dairy products

- Colour the healthy food with BLUE.
- Colour the unhealthy food with GREEN.



Why do we need water?

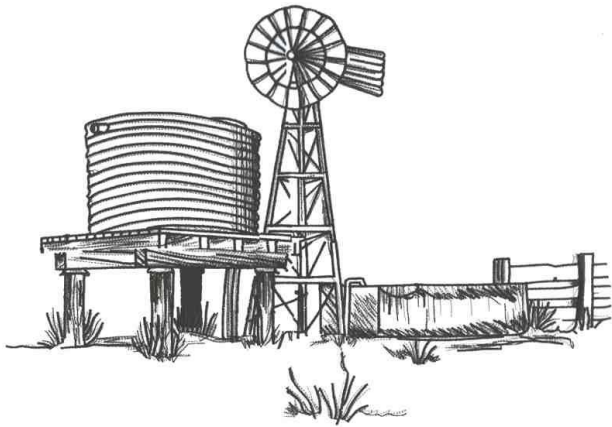
People, plants and animals need water to stay alive. Water also helps our bodies to remove waste products.



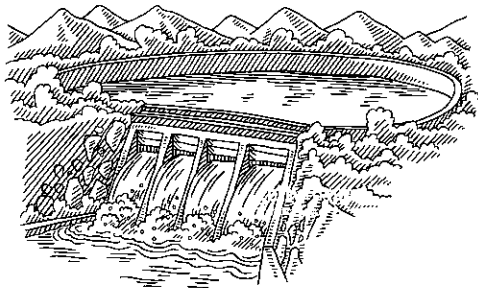
Draw 4 pictures to show how we use water. Write a caption above each picture to explain what it is about.

From where do we get water?

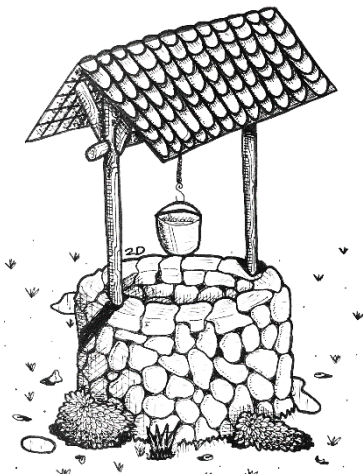
Connect each word to the correct picture.



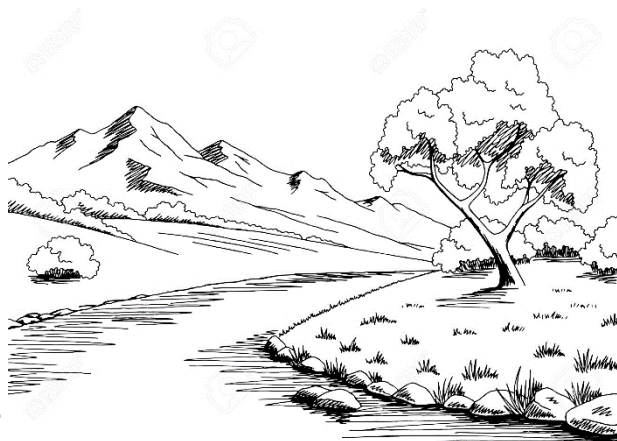
well



river



dam



windmill

We save water

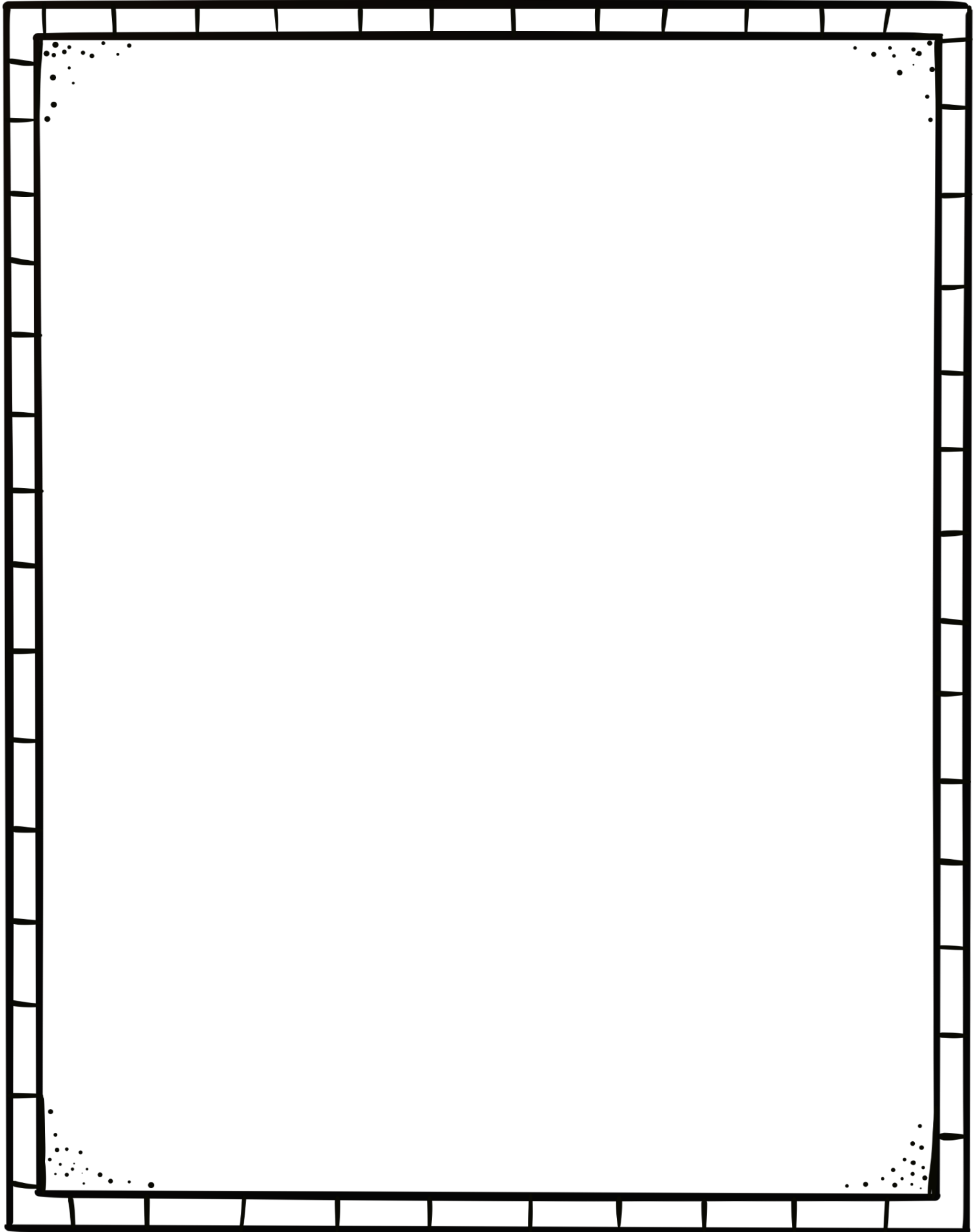
Water is very precious, therefore we should not waste it.

Draw 2 ways for saving water and write a sentence about each picture.

Sentence 1:

Sentence 2:

- Use your crayons to make a colourful poster about saving water.
- Your poster should encourage others to save water.

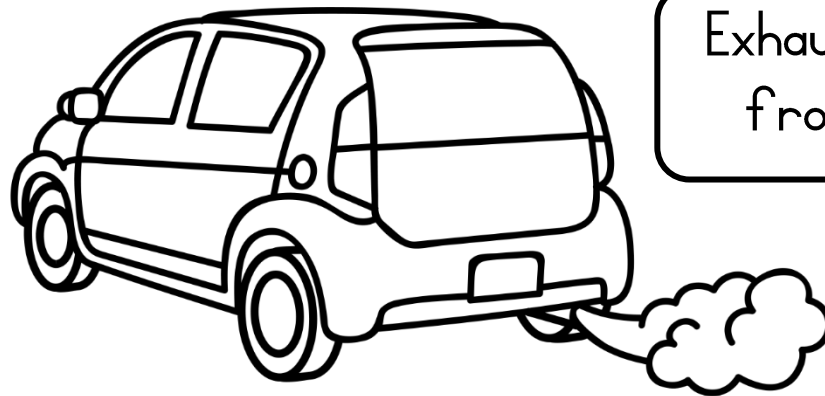


Clean air gives us energy

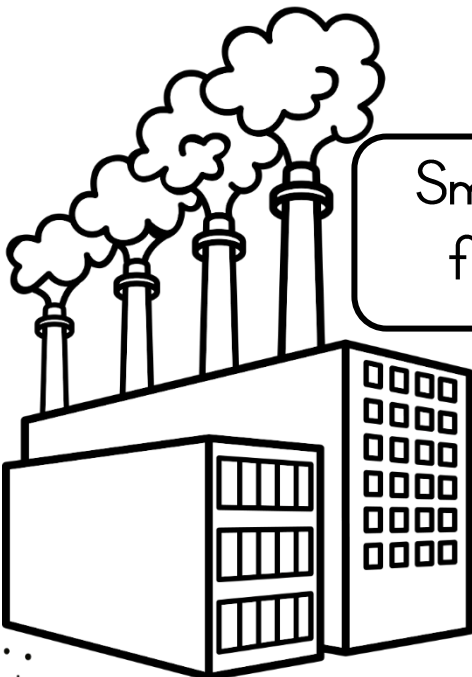
- The air that I breathe in, has oxygen.
- This helps our bodies to use the food we eat.
- We then get energy to live.
- When we breathe in dirty air, our bodies cannot work well.



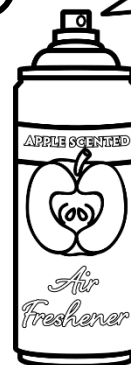
Air becomes dirty in several ways.



Exhaust gases
from cars



Smoke from
factories.



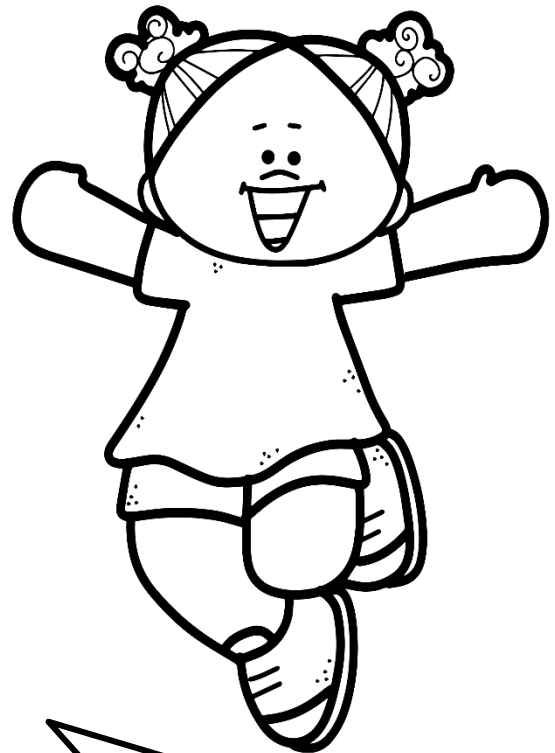
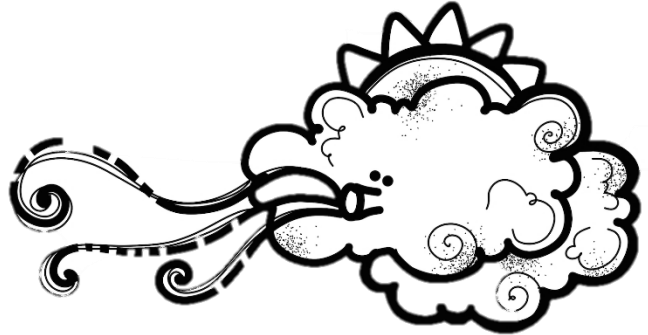
Aerosol cans.

Air

What happens when we inhale dirty air?

Answer the following questions:

I need clean air because:



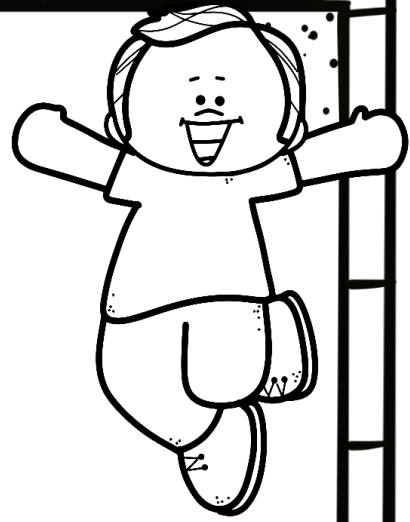
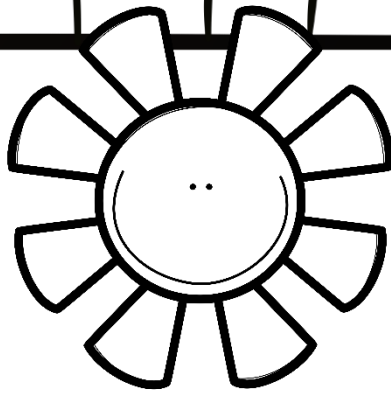
What can we do to keep air clean?

1.

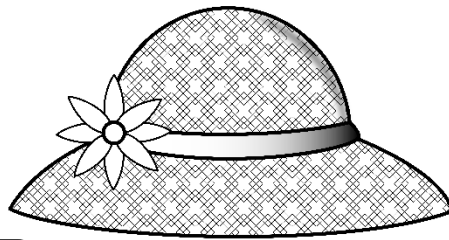
2.

Air gets dirty when

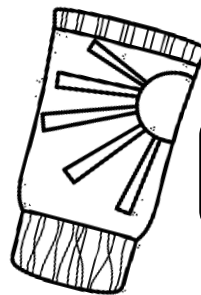
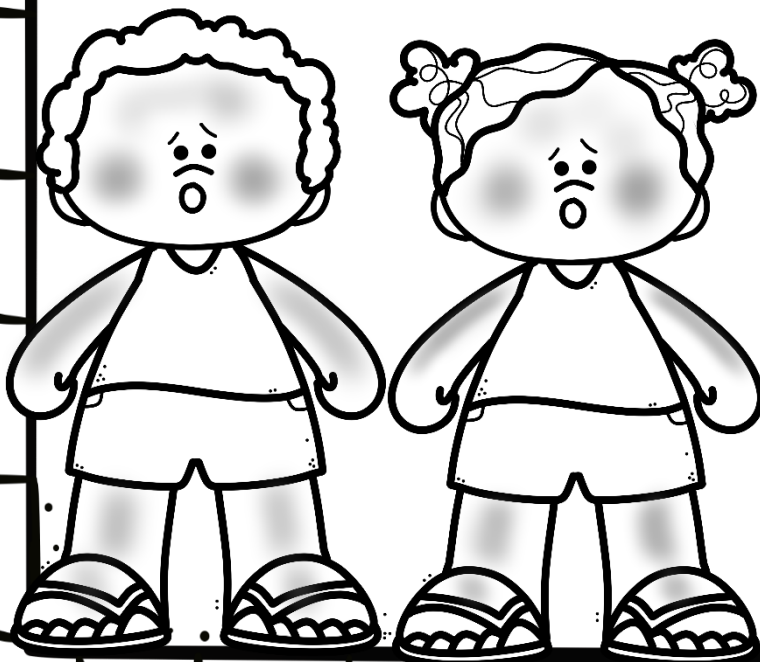
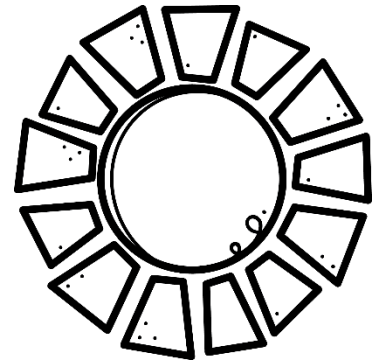
Sunlight



- We need sunlight to be happy and healthy.
- It helps our bodies to make vitamin D. We need vitamin D to form strong bones in our body.
- Too much sunlight can also be bad. We can get painful sunburn. You should use sunblock or a hat to protect your skin from sun.



hat



sunblock

Remember
your sunblock
and your hat!

Protect your skin

- Draw a picture to show how you protect yourself from the sun.
- Write 2 sentences about your picture.

1. _____

2. _____

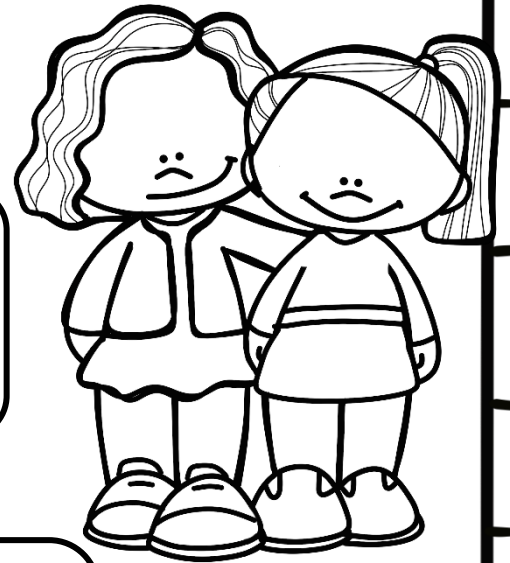
A good friend

Do you want a lick of my ice-cream?

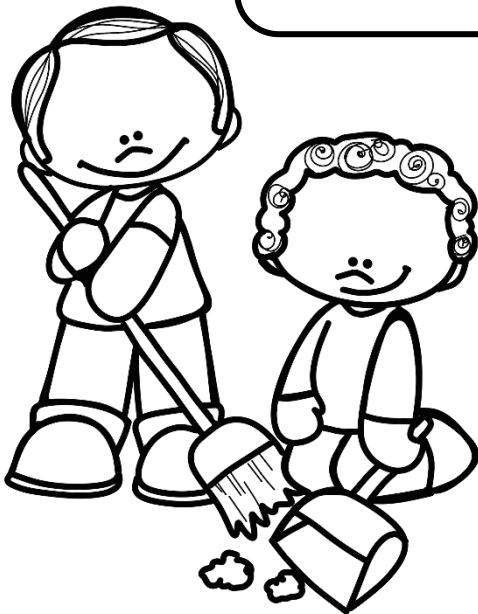
A good friend shares with his friend.



'A good friend does not fight with me.

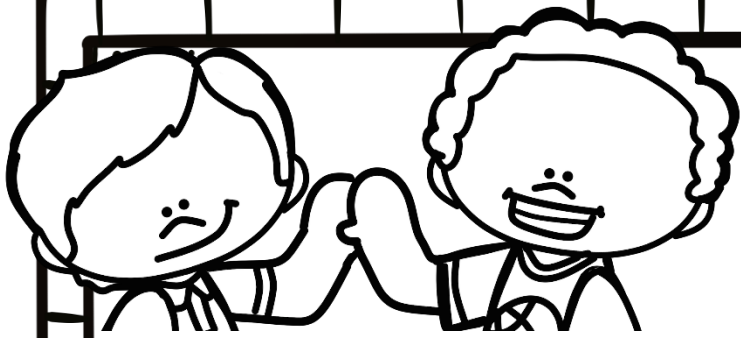


A good friend helps his/her friend.



A good friend cares when his/her friend is sad.





A good friend

How many friends do you have?

For how long have you been friends?

Make a tick (✓) if it is true and a cross (X) if it is false.

	✓ of X
My friend shares with me.	
My friend fights with me.	
My friend does not want to help me.	
My friend cares about me.	

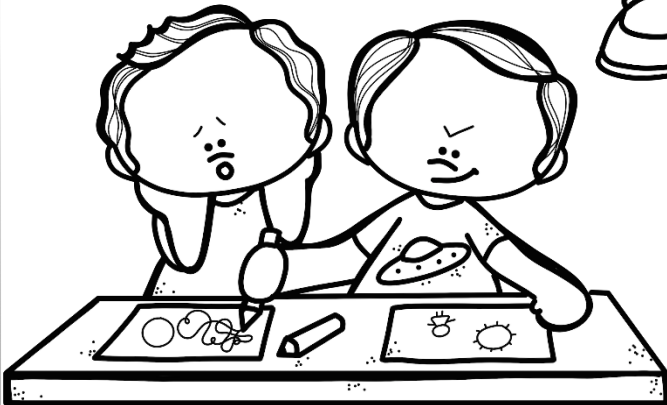
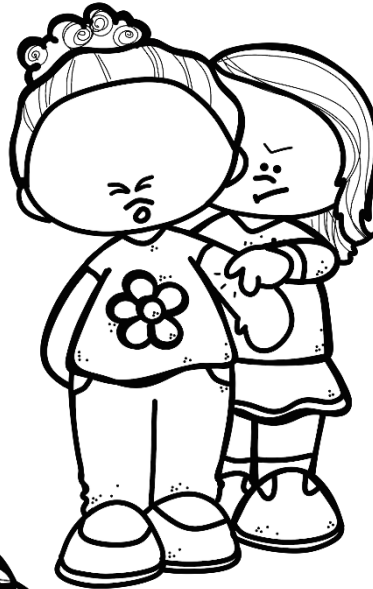
Write down the names of your friends.

What is special about your friend?

Draw a picture of a good friend.

Bullying

You may not bully someone.



Look at the pictures and write down how one has to treat people.

A bad friend

Colour the pictures that show what a bad friend do.

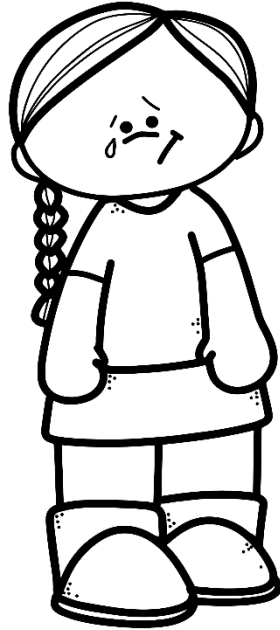


Emotions - How do you feel?

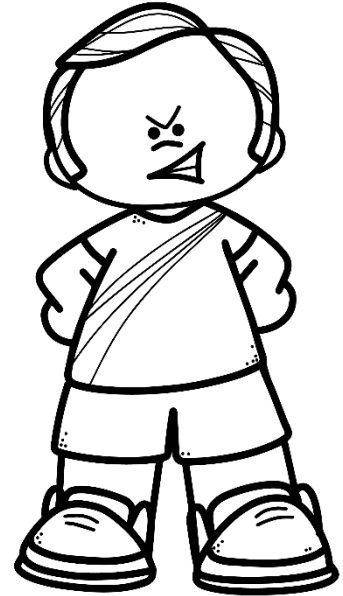
Every face shows a different emotion. Look at the different emotions.



happy



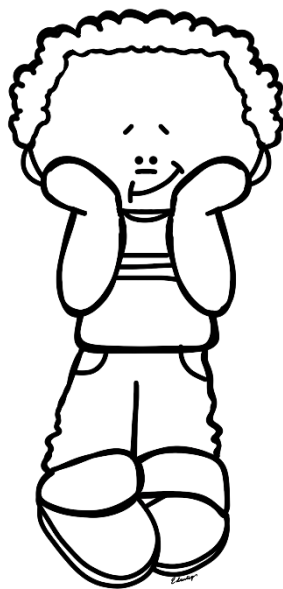
sad



angry



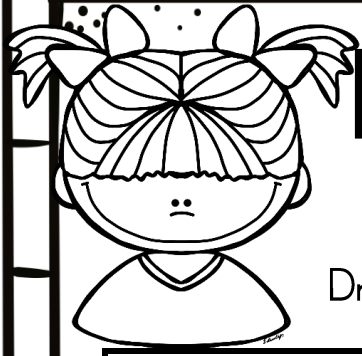
excited



shy



scared



How do you feel?



Draw a picture of yourself showing your feelings.

I am happy when my mom hugs me.

My heart is sore when my friend does not want to play with me.

I am scared when the lights go out at night.

I feel excited when I open a gift.

I feel shy when I have to speak in front of my class.

I feel angry when a friend breaks my toys.

People with disabilities.

Use the words in the blocks to complete the sentences.

crutches

wheelchair

guide dog

sign language

hearing aid



1. Rina can't walk. She uses a _____ to move around.

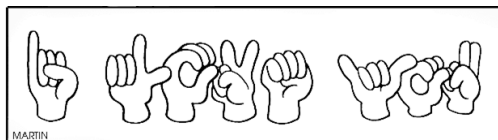
2. Thabo is blind. He uses a _____ to find his way.



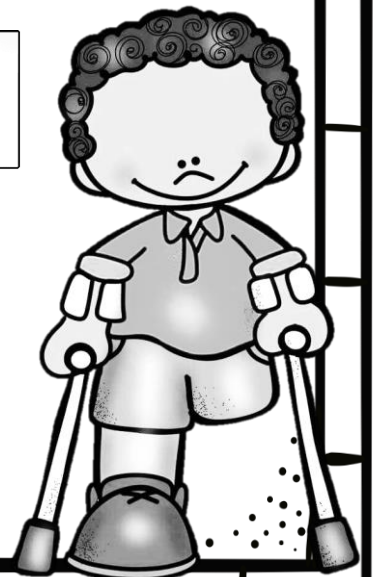
3. Peter is deaf. He uses a _____ to help him to hear.

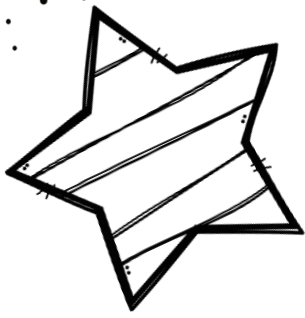


4. Jabu can't speak. He uses _____ to communicate.

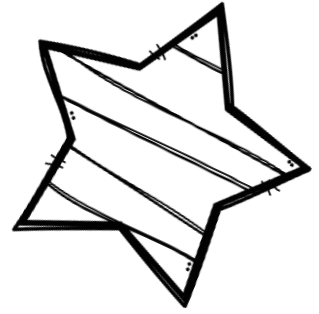


5. Nomsa uses _____ to help her to walk.





My hero

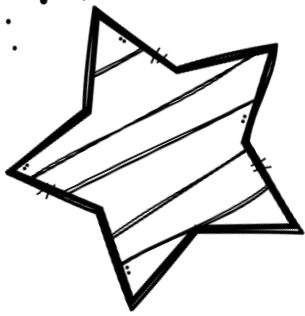


Some heroes have disabilities. They are role models for us to follow. In South Africa there are many sporting champions who are disabled. Do you know any disabled people who are good at sport?

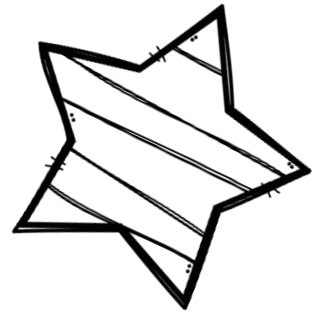
Natalie du Toit lost the bottom part of her left leg in a motor cycle accident.

She walks with an artificial leg but swims using just one leg.





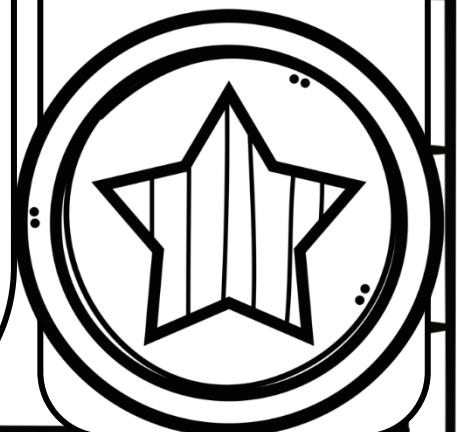
My hero



Draw a picture of your hero or role model. Write words next to your picture which best describe him her. Examples: friendly, courageous, helpful, loving.

My role model is

Words describing
my role model.

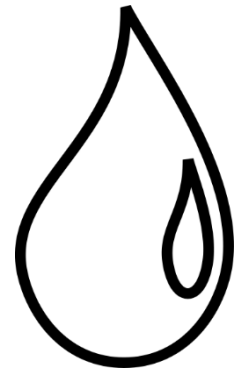


We purify water

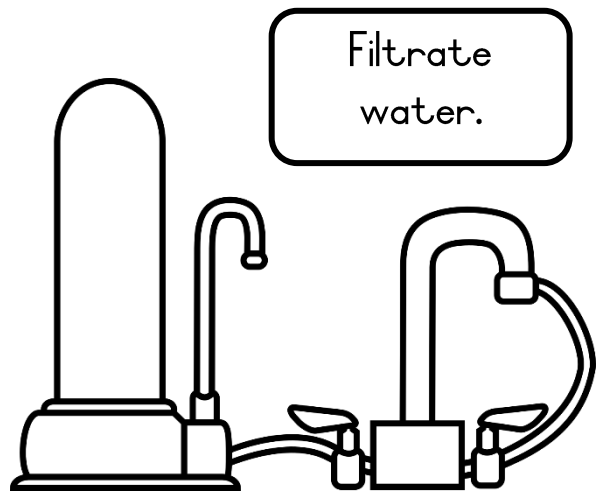
Germs are so tiny, they cannot be seen with the naked eye. If you drink water without

first getting rid of the germs, you could get very sick. We always need to make sure that the water we drink is clean and pure.

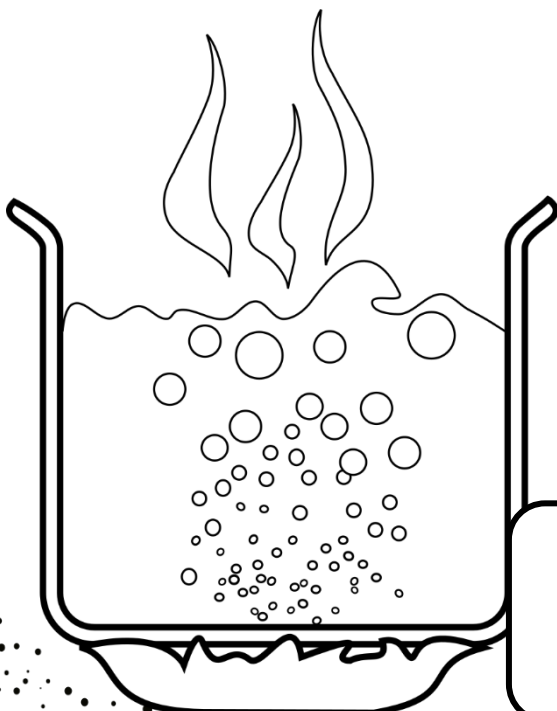
Different ways to purify the water:



Add chlorine tablets to water.



Filtrate water.



Boil water for 5 minutes.

Add chemicals



Water filter

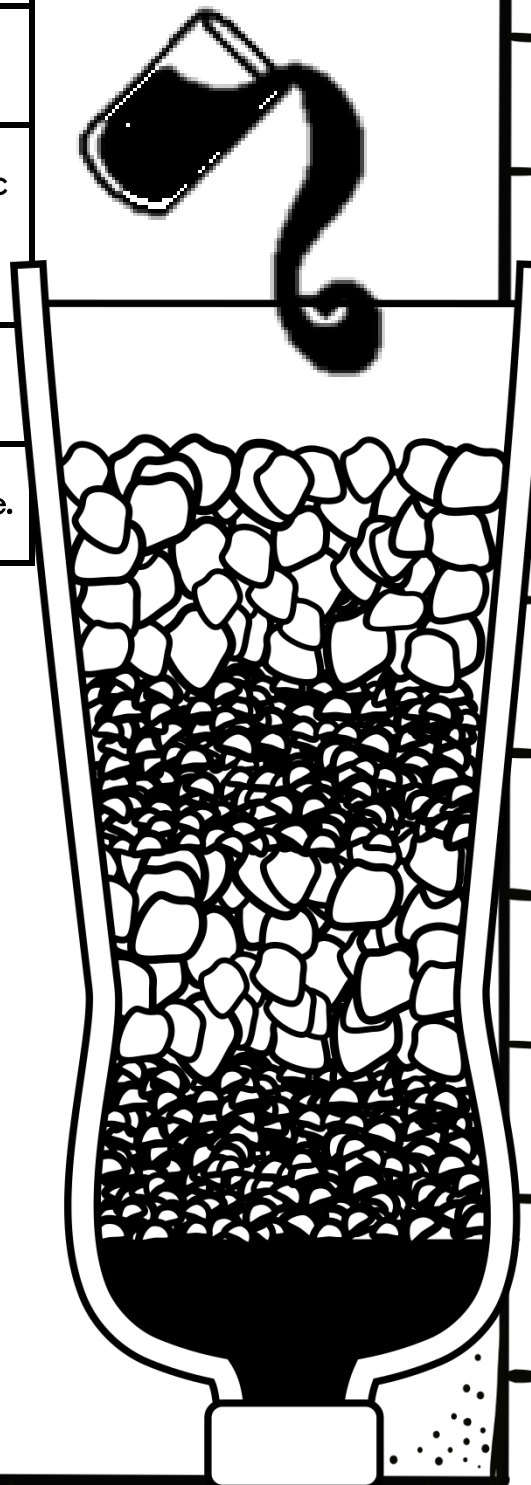
Write down the steps to make a water filter in the correct sequence.

	Add fine sand on top of the cotton wool.
	Turn the bottle upside down.
	Add coarse sand.
	Carefully cut the bottom off a plastic bottle.
	Pour the muddy water in.
	Drop small stones or gravel into the bottle.

Make your own water filter.

You will need the following:

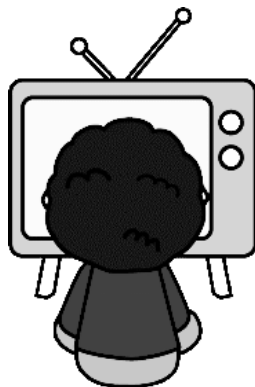
- 2 liter plastic bottle
- Fine sand
- Coarse sand
- Small stones / gravel
- A pair of scissors
- Cotton wool



A healthy lifestyle

Read about these good and bad habits. If you think it is a good habit add a (✓). If it is a bad habit, make a (X).

Habits	Good	Bad
The teacher will help with the reading.		
I eat a lot of sweets and unhealthy food.		
I wash my hair regularly.		
I exercise regularly.		
I lie around in front of the TV for hours.		
I eat healthy food.		
I pick up rubbish and throw it in the bin.		
I sit with adults who smoke.		
I throw rubbish out of the car or taxi window.		
I brush my teeth once a month.		



Perishable and non-perishable products.

Perishable products

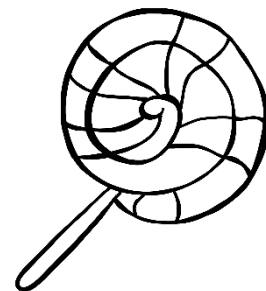
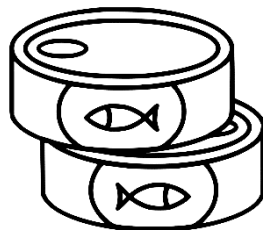
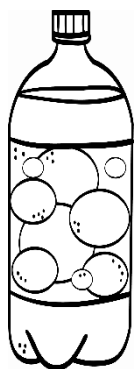
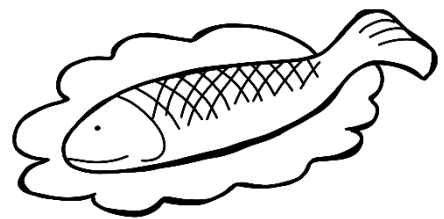
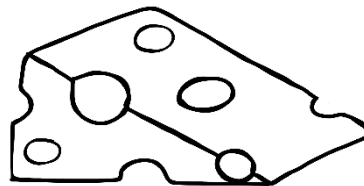
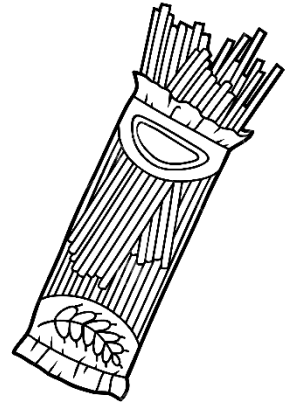
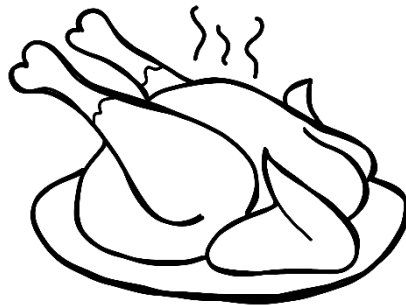
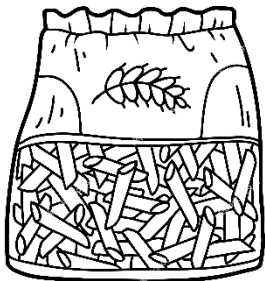
Perishable products must be kept cool and stored in a fridge.

Non-perishable products

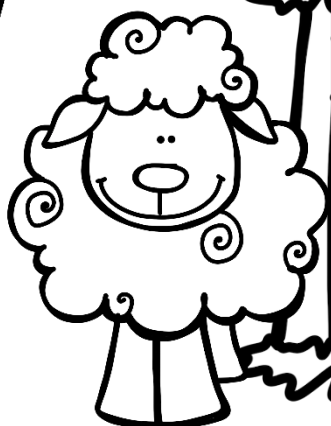
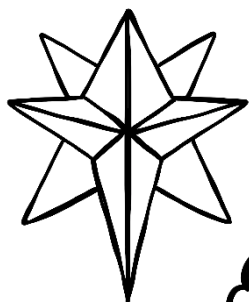
Non-perishable products do not need to be kept cool and can be stored in a cupboard.

Fridge	Cupboard

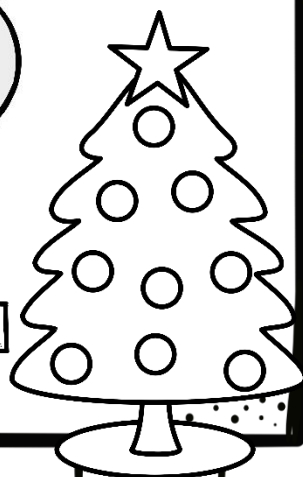
Cut out the pictures and paste them in the fridge or cupboard column.



Religious and special days



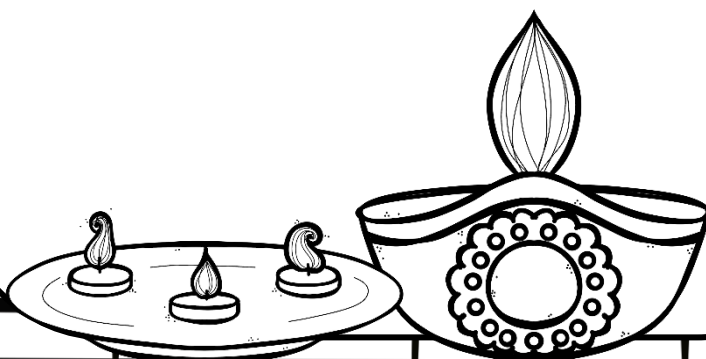
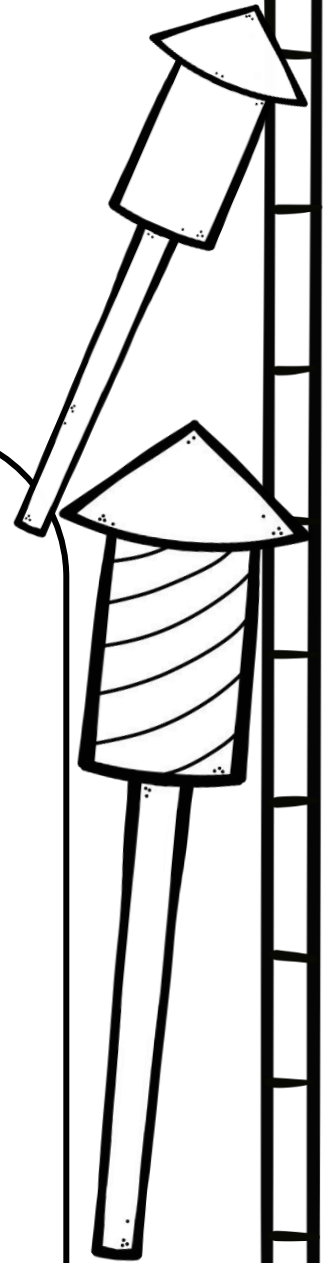
On Christmas day we celebrate the birth of Jesus. Jesus was born in a stable in Bethlehem. We give presents to our family and friends. We decorate a Christmas tree. We put presents under the tree and put a star at the top. At Christmas time we spend time with our loved ones.



DIWALI

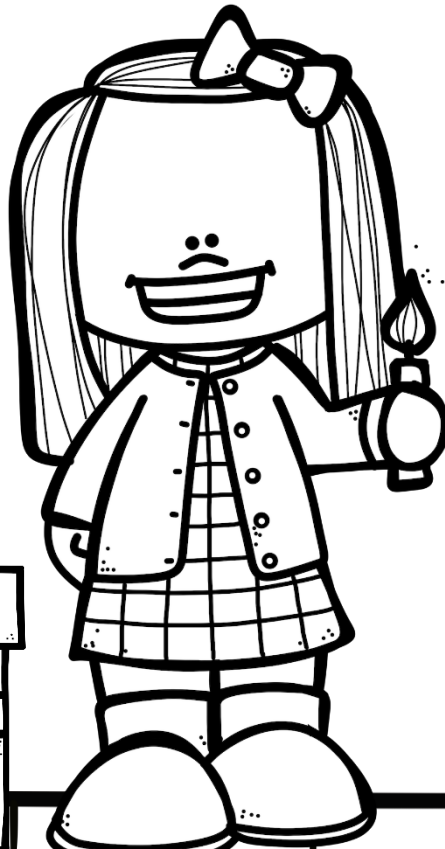
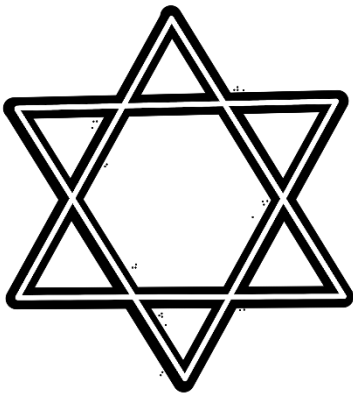


We cannot wait for Diwali. This is when we get lots of sweets and presents. We pack delicious sweets and cake in boxes and give these to people who we visit. We light small lamps and put them around in the house. We also decorate our house and have fireworks.



Hanukkah

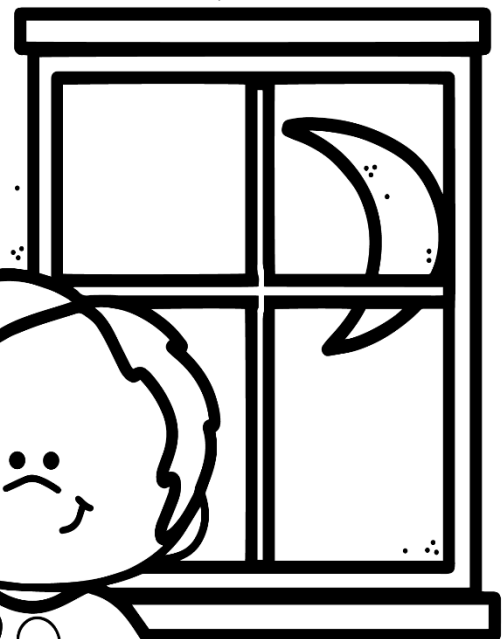
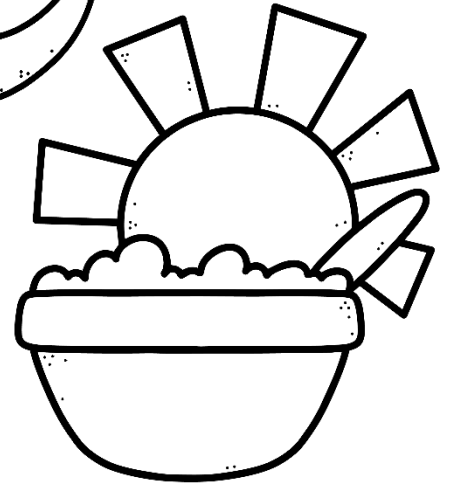
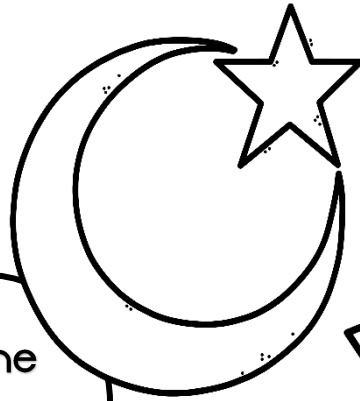
We can't wait for Hanukkah. We will have lots of good food to eat. We like to eat pancakes and doughnuts. We also like to receive presents. Our cousins come to visit us. We all help to make the food and we light candles in our house.



Eid

Soon it will be Eid. It is the end of Ramadan. We can start eating again after sunrise and go pray.

We hope that we will get nice presents. We will give presents to our friends too. We will have lots of sweets and cake. The shape of the moon tells us when it is Eid. It is on a different date each year.



Complete the sentences by using the words in the blocks.

Diwali

Eid

doughnuts

fireworks

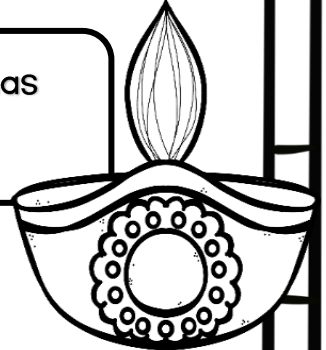
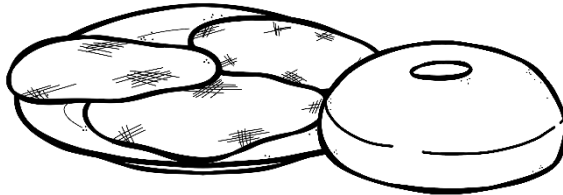
pancakes

loved ones

moon

Christmas
tree

Jesus



- On Christmas day we celebrate the birth of _____.

We decorate the _____, put presents under it and spend time with our _____.

- At _____ we light small lamps and put it around the house. We also decorate our house and have _____.

- _____ is the end of Ramadan. The shape of the _____ tells us when it is Eid. With Hanukkah we eat _____ and _____.

