

SESSION : 1

CLASS : I

SUBJECT : EVS

CHAPTER NUMBER:4

CHAPTER NAME : MY BODY NEEDS CARE

**SUBTOPIC : ACTIVITY- STORY TIME, HOW DO
WE KEEP OUR BODY CLEAN.**

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

- To enable the learner to know in which way they can keep their bodies neat and clean.



**MY BODY NEEDS
CARE**

ACTIVITY

Raju learnt a lesson



STORYTIME

There was a boy, whose name was Raju. He is not serious about cleanliness. He always plays outside and without washing his hands he eats whatever he wants. One day there was a study tour to the zoo at his school. He was very excited about this. All the students get down from the school bus near the zoo. Everyone get into the zoo but Raju did not get permission to go inside the zoo as his hands were dirty and his school uniform as well. He cried a lot but nobody helped him. So, from that day, he promised himself to keep him always clean and tidy.

- ❖ Nature has given us a precious gift, in the form of our body.
- ❖ We should take care of our body to stay healthy and fit .
- ❖ To take care of our body and keep our body clean, we should follow some good habits.





**We should brush our teeth
twice daily.**



**We should take bath every
day.**



**We should wash our hands
before and after taking food.**



**We should comb our hair
everyday.**



**We should trim our nails
once in a week.**



**We should wear clean
clothes.**



bath

a. I must take a bath every day.

I must take a bath every day.

brush



b. I must brush my teeth every day.

I must brush my teeth every day.



wear

c. I must wear clean clothes.

I must wear clean clothes.

comb

d. I must comb my hair every day.

I must comb my hair every day.



SUMMARY

- We must take a bath every day.
- We must brush our teeth every day.
- We must wear clean clothes.
- We must comb my hair every day.

LEARNING OUTCOME:

- The learner will be able to know how they can keep their bodies clean.

THANKING YOU
ODM EDUCATIONAL GROUP