

**GIRLS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ.**

**SESSION (2020-2021)**


**WORKSHEET No. 2**

**CLASS 2 (A-F)**

**SUBJECT- VALUE EDUCATION**

**CHAPTER- GOOD HABITS**

**INSTRUCTIONS- Parents are requested to make the child read the lesson and understand the value taught.**



Sapoo was seven years old. He was a very quiet boy. He would not talk to anyone or even smile. All the children wanted to play with him but he stayed away. One day, his partner in class saw that Sapoo was crying.

The teacher called Sapoo to her desk and asked him why he was crying. At first he would not reply. Then he said something very softly. The teacher did not hear him. She asked him again. This time she heard him say very softly, "I have a toothache."

She asked him to open his mouth and was shocked. He had so many teeth that were decayed. That was why he had a toothache. Then she looked at his hands. His nails were long and dirty.

The teacher told Sapoo that he had to go to the dentist that evening. She told him to listen to his mother, his dentist and his teacher to form good habits. He should brush his teeth every morning and at night before going to bed. He should also bathe every day and wear clean clothes. She also told him that he should

cut his nails every week and his hair every month.

She said, "If you listen to us, you won't get a toothache. You will also look smart and feel good. You won't feel shy to play with your friends."

Sapoo obeyed his teacher. His toothache was cured. He began to look cleaner and smarter. Soon, he began mixing with his classmates and had a lot of fun.



If you look after your body and are clean, you will feel good and comfortable. When you are comfortable with yourself, you feel confident and can play with many friends.

*I will look after myself and feel good.*

**Instructions to the parents: Parents are requested to make the child do the exercise given below:**

**1. Fill in the blanks:**

- a. We should cut our nails every \_\_\_\_\_ .
- b. We should cut our \_\_\_\_\_ every month.
- c. We should \_\_\_\_\_ our teachers.
- d. We should wear \_\_\_\_\_ clothes.
- e. We should brush our teeth every \_\_\_\_\_ and at \_\_\_\_\_ .

**END**

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