

1076 NADI SANGAM SCHOOL

YEAR 5

HEALTHY LIVING

SOLUTION

1. What is Healthy Family Relationship?

Healthy family relationship is maintaining positive and good behaviour with the family members so that all feel safe and loved.

2. List down some factors that can cause healthy relationship into a unhealthy one.

- Conflict
- Argument
- Ego and pride
- Jealousy
- Dishonesty

3. Why is it important for all the members to work together as a team?

Working together as a team helps build strong, loving, positive and caring family relationship.

4. List down some ways through which we can maintain a healthy family relationship.

- Make time for family members.
- Communicate effectively.
- Support each other.
- Care for each other.
- Listen and obey your elders at home.
- Follow all the rules at home.
- Helping parents in carrying out the household chores.
- Helping younger brothers and sisters with their school work.