

# 1874 Nasinu Sangam School

## Year 6

### Healthy Living

#### Worksheet 1

Fill in the **blanks** using the words in the box given below. Write your answers in the **space provided**

tolerance      relationships      emotions      doorbells      healthy      splint  
goals      fainted      help      hormones      functions      react      food  
recycling      sanitation      management      feelings

1. We must learn to resolve our conflicts so that we do not damage or break our \_\_\_\_\_ at home.
2. A person's state of feelings is known as \_\_\_\_\_.
3. Calling for \_\_\_\_\_ is a way of raising alarm during an emergency.
4. CPR is applied to someone who has \_\_\_\_\_.
5. Teenagers make plans and set long term and short term \_\_\_\_\_.
6. Eating a balanced meal keeps our body \_\_\_\_\_.
7. The \_\_\_\_\_ are partly responsible for the changes in feelings in your body.
8. The \_\_\_\_\_ of the body are regulated by the nervous system.
9. We must learn to \_\_\_\_\_ positively when we are being bullied.
10. People should store \_\_\_\_\_ and water before a hurricane strikes.
11. Making new or \_\_\_\_\_ things from waste material uses less money and energy.
12. A fractured limb is usually immobilized with a plaster or \_\_\_\_\_.

13. Time \_\_\_\_\_ is learnt at an early age.

14. Empathy is the ability to understand and share the \_\_\_\_\_ of another.

15. Proper \_\_\_\_\_ after Natural Disasters promotes good health.

