



# MADHUVANI SANGAM PRIMARY SCHOOL

## STUDENTS WORKSHEET # 1 COVID- 19 (EXTENDED SCHOOL BREAK)

**SUBJECT**

**Healthy Living**

**YEAR**

**5**

**NAME**

**ADDRESS**

1. Name the three stages of a child's development.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. What are some of the changes that a boy experiences during puberty?

\_\_\_\_\_  
\_\_\_\_\_

3. List how a person's body shape can affect their health.

\_\_\_\_\_  
\_\_\_\_\_

4. What are some of the things a person can do to maintain a good body shape?

\_\_\_\_\_  
\_\_\_\_\_

5. Define the following terms:

a. Liver -

\_\_\_\_\_  
\_\_\_\_\_

b. Kidney -

\_\_\_\_\_  
\_\_\_\_\_

6. Write down at least two ways in which you can take care of your excretory system?

\_\_\_\_\_  
\_\_\_\_\_

7. Explain what will happen if your kidney does not work?

\_\_\_\_\_  
\_\_\_\_\_

8. How can you improve your physical characteristics?

\_\_\_\_\_  
\_\_\_\_\_

9. What are hormones?

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10. What is a family?

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11. Define the term relationship.

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12. Interpersonal skills are the life skills that we use every day to communicate and interact with other people.

a. List at least 2 interpersonal skills that you use every day to communicate with other people.

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13. List five proper communication skills that you use in school.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

14. What are conflicts?

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15. What are some of the ways you can resolve the conflict?

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16. What do you understand by the term:

a. Resilience -

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b. Proactive behavior -

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17. Define the following terms with examples.

a. Needs-

b. Wants -

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18. Explain threatening and non- threatening behavior with examples.

a. Threatening behavior -

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b. Non – threatening behavior -

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19. Complete the given table.

**‘Threatening Behavior’ or ‘Non-Threatening Behavior’**

bullying, harassment, humility, teasing, smile, apologetic, gossiping, swearing,  
courteous, respect, tattling, peace loving, forgiveness

Threatening Behavior	Non-Threatening Behavior’

20. Whom do we call for help when there is

a. Fire - \_\_\_\_\_

b. Sick person - \_\_\_\_\_

c. Robbery - \_\_\_\_\_

21. List at least 2 negotiation skills you know.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_