



MADHUVANI SANGAM PRIMARY SCHOOL

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

SUBJECT

Healthy Living

YEAR

6

NAME

ADDRESS

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

- _____
- _____
- _____

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?

10. What is a family?

11. Define the term relationship.

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.

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

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

14. What are conflicts?

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

16. What do you understand by the term:

a. Resilience -

b. Proactive behavior -

17. Define the following terms with examples.

a. Needs-

b. Wants -

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

a. Threatening behavior -

b. Non – threatening behavior -

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. _____