

NADROGA SANGAM SCHOOL

YEAR 5

HEALTHY LIVING WORKSHEET 3

1. Identify and list different stages of child development?

2. List down some of the physical changes that begins to occur in boys and girls during puberty

3. Discuss the functions of liver and kidney in human body?

4. Write down 3 ways through which an take good care of our excretory system.

5. What are some of the physical characteristics of man / women?

7. Explain the difference between physical and mental characteristics?

8. What is Hormone?

9. Explain why hormones are important?

10 Explain what is healthy family relationship?

11. Explain how can we build a healthy family relationship?

12. Define the term relationship.

13. Define the term interpersonal skills and give some examples of interpersonal skills.

14. Give some examples of good communication skills.

15. What is Conflict?

16. Discuss some of the ways of resolving conflict?

17. Define the term Resilience?

18. What does the term proactive behavior mean?
