

Subject - Sst.

Chapter 1

I am Me!

Q.1. Fill in the blanks with the word given in bracket.

[different ourselves special learn taller]

1. We learn new things everyday.
2. We look different from our friends.
3. We are all special.
4. We can do some things by ourselves.
5. We grow taller as we grew up.

Q.2. Write how you feel, whether happy or sad in these instances.

1. Eat an ice cream [Happy]
2. Fall from a swing [Sad]
3. Sing on stage [Happy]
4. Paint and draw [Happy]

Q.3 Answer in one word.

1] What is becoming older and bigger called?

Ans → Growing up.

2] What do we call a person who is different from others?

Ans → Special

3] Name any one similarity you have with your parents.

Ans → Hobbies and habits

Q.4 What is hobby?

Ans → We all like to do an activity for pleasure when we are not working. It is called a hobby.

Q.5 Write something about twins.

Ans → Twins look alike. But even twins have different likes and dislikes.

Q.6 Activity —

Make a photo frame with the help of page 10

Chapter - 2 Our Body

1. Fill in the blanks with the words given in bracket.

[tongue stomach brain bones heart]

1. Our heart is found inside the body.
2. Our tongue helps us to test food.
3. Our stomach helps us to digest the food.
- Our brain helps us to think.
- Our bones give support to our body.

Answer in one word

What are arms and legs called together?

Limbs

What helps the body to move?

Muscles

How many sense organs are there in human body?

Five

Q.3 Tick (✓) the actions that you should do and cross (X) for not do.

- | | |
|-----------------------------|-------------------------------------|
| 1. Exercise daily | ☒ |
| 2. Insert pencil in the ear | ☐ |
| 3. Often rub the eyes | ☐ |
| 4. Take rest | ☒ |
| 5. Clean the tongue | ☒ |
| 6. Eat unhealthy food often | ☐ |

Q.4 Which internal organ will help in doing the following activities —

- Ans 1. Solve a puzzle brain
2. Breathe lungs
3. Digest food stomach
4. Pump blood in the body heart

Q.5 Activity —

Page 16 make paper toy.

Write Some good habits to stay healthy.

1. Wake up Early in the morning
2. Brush our teeth every morning and night
3. Take bath every day.
4. Wear neat and clean clothes and change everyday.
5. Comb our hair and keep it tidy.
6. Eat healthy food
7. Wash hands before and after meal
8. Play and exercise every day.
9. Do Study everyday
10. Go to sleep early. Sleep for 8 or 9 hour daily