

Vision Empower & XRCVC
Teacher Instruction KIT
Safety and discipline

Syllabus: Karnataka State Board

Subject: EVS

Grade: 1

Textbook Name: ENVIRONMENTAL STUDIES - Text cum Workbook (Revised) - First Standard

Chapter Number & Name: 8. Safety and discipline

1. OVERVIEW

1.1 OBJECTIVE AND PREREQUISITES

Objective

- To know about personal safety
- Learn to foster discipline
- To identify the facilities which cater to our needs

Prerequisite Concept:

NA

Content Index

OVERVIEW

1.1 OBJECTIVE AND PREREQUISITES

LEARN

2.1 KEY POINTS

LEARN MORE

ENGAGE

3.1 INTEREST GENERATION ACTIVITY

INTRODUCTION TO THE TOPIC

Activity 1: Story of two friends *

3.2 CONCEPT GENERATION ACTIVITY

OUR SAFETY

Activity 2: Safe or not*

DISCIPLINE

Activity 3: What will you do? *

Activity 4: Say true or false *

PUBLIC PROPERTIES AND FACILITIES

Activity 5: Public facilities *

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE

EXERCISES & REINFORCEMENT

4.1 REINFORCEMENT

Activity 6: Washing hands properly

Activity 7: Sing a cleanliness song

4.2 IMPORTANT GUIDELINES

*Note: The fields marked with * are mandatory*

2. LEARN

2.1 KEY POINTS

Safety on the road means being careful on the road. Walk on the left side of the road. Cross the road only at the zebra crossing with the help of an adult. People need to be careful at home too. Do not play with matchsticks. It can catch fire. Do not play with electric switches or appliances. Do not handle sharp objects on your own. Be careful while climbing up and down the stairs. Do not leave toys or other things on the floor. Take medicine only given by your caretaker. [\(1\)](#)

1.1 LEARN MORE

NA

3. ENGAGE

3.1 INTEREST GENERATION ACTIVITY

INTRODUCTION TO THE TOPIC

Activity 1: Story of two friends *

Materials required: NA

Prerequisites: NA

Activity flow:

Narrate the following story:

There were two girls by the names Radha and Rovina in the same classroom. Every day, Radha would reach late to the classroom and most of the days she would not complete the tasks given by the teacher in the classroom. She would forget what was discussed in the class the previous day. Radha realised that she needs help. She asked her friend Rovina "How do you manage to do all the work on time?" Rovina gave a few tips to Radha.

Ask children if they can guess what Rovina might have told Radha? Allow children to share their own thoughts in this.

3.2 CONCEPT GENERATION ACTIVITY

OUR SAFETY

Activity 2: Safe or not*

Materials required: NA

Prerequisites: NA

Activity flow:

Narrate a few activities and ask if they feel any danger in performing these activities. For example:

1. Inserting fingers in power plug holes
2. Putting sharp things in the ear
3. Using sharp tools like a knife or scissor
4. Trying to cross the road without help
5. Trying to touch hot vessels in the kitchen

Discuss these actions and encourage children to talk about any other activities which may not be safe from their own experiences.

Summarise the discussion by listing out the following safety rules:

1. Walk on the left side of the road.
2. Cross the road only with the help of an adult.
3. Do not play with matchsticks. It can catch fire.
4. Be careful while climbing up and down the stairs.
5. Do not leave toys or other things on the floor.
6. Take medicine only given by your caretaker.

DISCIPLINE

Activity 3: What will you do? *

Materials required: NA

Prerequisites: NA

Activity flow:

The teacher will present two scenarios.

1. In the first scenario, people are standing in a line. Each person waits for their turn to buy fruits and vegetables from the shopkeeper.
 2. In the other scenario, people are not standing in a line and all of them are asking the shopkeeper for fruits and vegetables at the same time.
- Ask children what will happen in both the situations and if they are in the place of the fruit seller, how will they feel?
 - Relate this discussion with classroom situations and ask children what is the best thing to do when many children are together to enter a room or if all of them want to go outside together.
 - Discuss the importance of forming a queue and then walking in a line. It will help avoid causing any injury to them.
 - Discuss if they are aware of the situations and places where forming a queue becomes necessary.
 - Summarise the discussion by saying that there are many places where people have to form a queue to do their work. For example:
 1. Boarding a train or bus
 2. Filling water in vessels from a public tap
 3. Buying ticket from a ticket counter
 4. Entering a room like a function hall or classroom
 - Discuss why it is important to form a queue. What will happen if they do not follow line discipline?

Activity 4: Say true or false *

Materials required: NA

Prerequisites: NA

Activity flow:

Instruct children to say either “true” or “false” for the following sentences. Later, encourage children to discuss the reason for their answers for each sentence.

1. Standing in a queue is a waste of time.
2. Everyone will get sufficient water if they wait for their turn to fill water from the public tap.
3. There will be no problem if we follow the queue.
4. It is good to stand in a queue to get into the bus.

PUBLIC PROPERTIES AND FACILITIES

Activity 5: Public facilities *

Materials required: NA

Prerequisites: NA

Activity flow:

Make children aware of the few public facilities through questions and answers.

1. Why do people need street lights?
2. Why are schools needed?
3. What is the use of bus stations?
4. Why do people go to hospitals?
5. Why do people need electricity in their house?

Discuss how these facilities are useful for people.

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE

Encourage children to share their own knowledge related to safety. How do they follow safety rules in different places like home, school or when they are outside home? Discuss the facilities that are available in the locality.

4. EXERCISES & REINFORCEMENT

4.1 REINFORCEMENT

Activity 6: Washing hands properly

Materials Required: NA

Prerequisites: NA

Activity Flow:

Go around the class room and by holding the hands of children, demonstrate how to rub their hands and fingers correctly for washing their hands. Remember and follow the 5 steps.

1. Wet your hands with water.
2. Lather up with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for 20 seconds – about the time it takes to say the alphabet slowly or hum the “Happy Birthday” song twice.
4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel.

Activity 7: Sing a cleanliness song

Materials Required: NA

Prerequisites: NA

Activity Flow:

Sing the following song and encourage children to do the action as they sing.

This is the way we wash our hands,
Wash our hands, wash our hands.
This is the way we wash our hands
So early in the morning.

This is the way we wash our face,
Wash our face, wash our face.
This is the way we wash our face
So early in the morning.

This is the way we brush our teeth,
Brush our teeth, brush our teeth.
This is the way we brush our teeth
So early in the morning.

This is the way we brush our hair,
Brush our hair, brush our hair.
This is the way we brush our hair
So early in the morning.

This is the way we wave goodbye,
Wave goodbye, wave goodbye,
This is the way we wave goodbye
So early in the morning.

Teaching Tips

If there are any additional teaching tips then utilize this section to mention them.

References

(1) About safety -

<http://www.teachlearnweb.com/study-material/cbse/class-1/science/be-safe/safe-ty-at-home/1-139>

4.2 IMPORTANT GUIDELINES**Exercise Reading**

It is very important that the children practice their learning as well as their reading. Hence have the children read out the newly learned concepts from their textbooks or other available resources.

Perform Textbook Activity

It is good practice to have the children perform the textbook activities. Your textbook activities might not be accessible hence go through this resource to learn how to make textbook content accessible.

Provide Homework

To evaluate their understanding and to help the student revise and implement the new learnt concept ensure to provide them with homework. Students should perform one or two of the questions mentioned above or from the textbook exercises with the teacher in class and the remaining may be given for homework. Also, ensure that the student knows their special skills linked to independently using their accessible books as it will be critical to doing homework independently.

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