



Life Skills

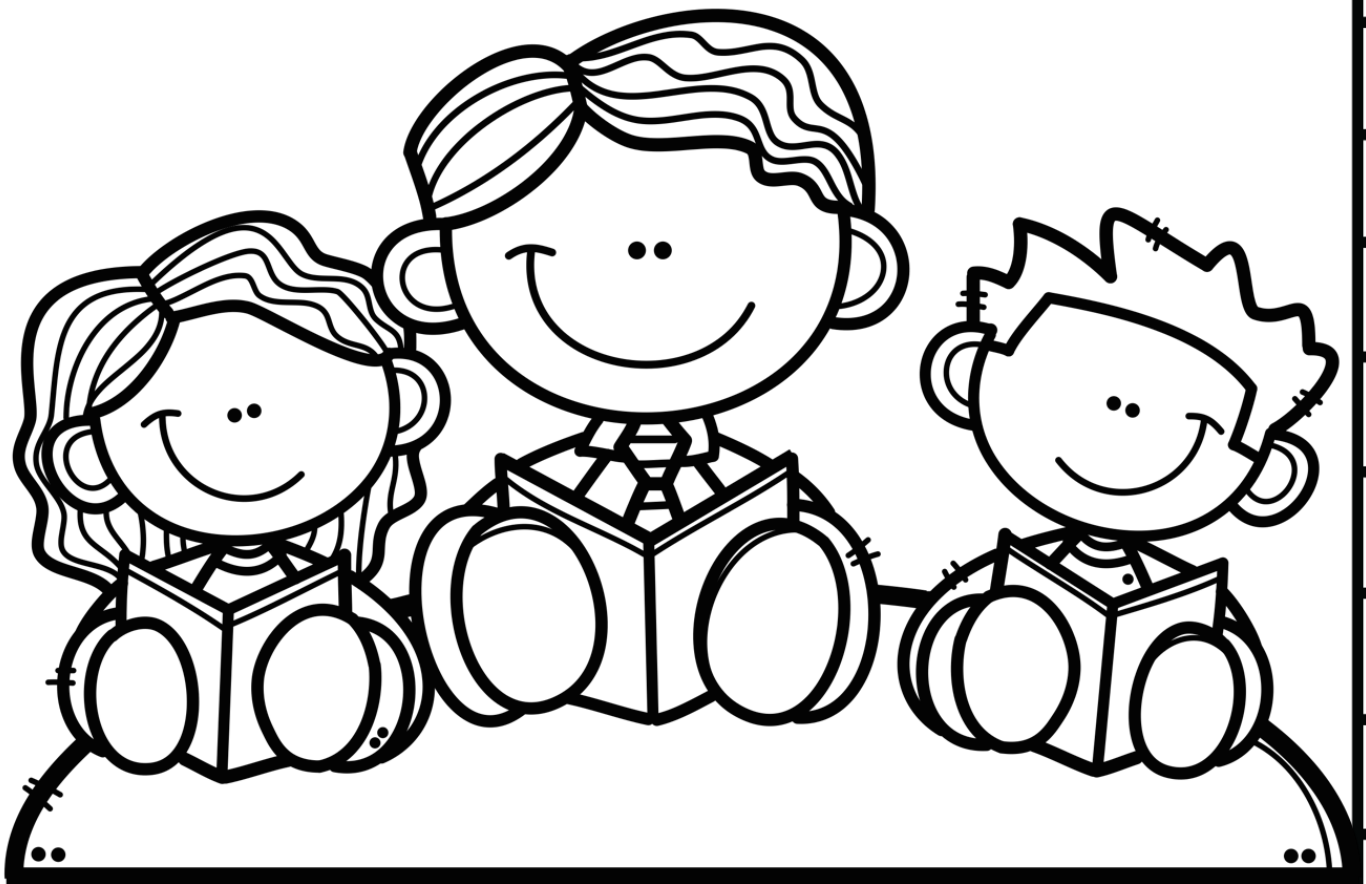
Grade 3

Term 1



Life Skills

Term 1



Name: _____

Grade: _____

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- My birthday
- Timeline
- More about my school
- Complete the information
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I am special

We are unique in our own special way.
Complete the information sheet. Ask
your teacher to help you make a thumb
print in the block. Draw a self-portrait.



My identity

Name and surname:

Age:

Date of birth:

Place of birth:

Boy or girl:

Home Language:

.....

Hair colour:

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Height:cm

Eye colour

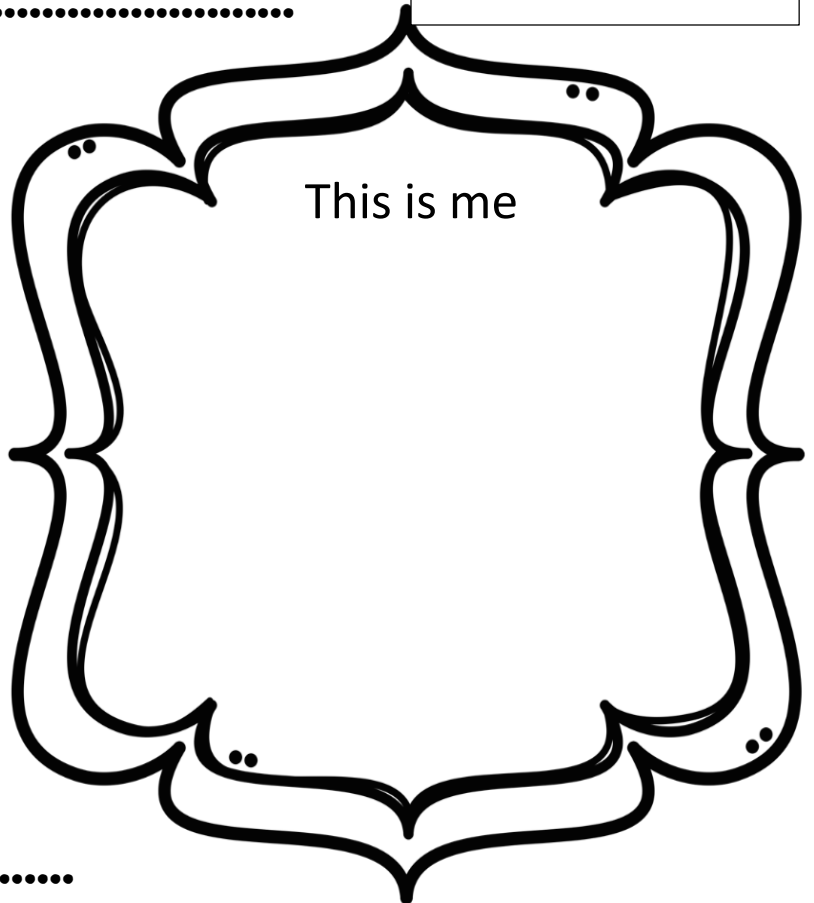
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Signature:

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My thumb print

This is me



my birthday

How far back can you remember?

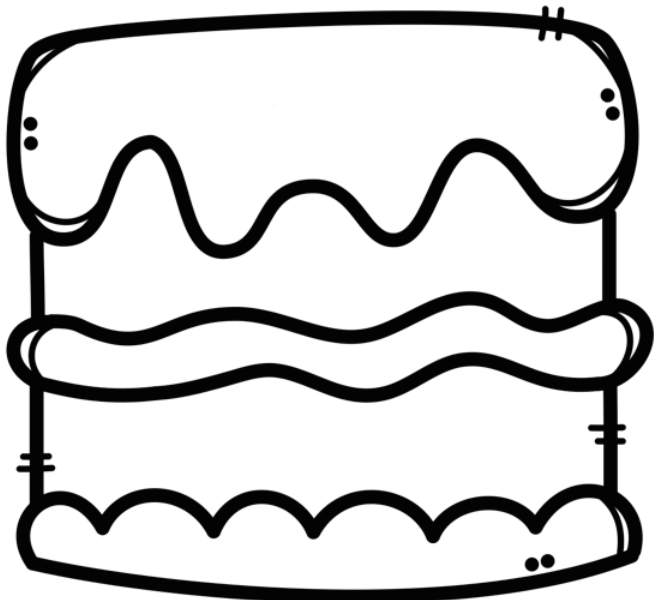
Can you remember your previous birthday?

Write 2 sentences about the birthday that you can remember the best.

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Design an invitation for your next birthday



Complete the timeline about yourself. Glue or draw a picture next to each important date.

Date of birth:

Day:

Month;

Year:

This is me on the day I was born:

This is me on the day I said my first word.

I started talking on:

Month;

Year:

My first day at school:

Month;

Year:

This is me on my first school day:

This is me in Grade 3.

My first day in Grade 3:

Month;

Year:

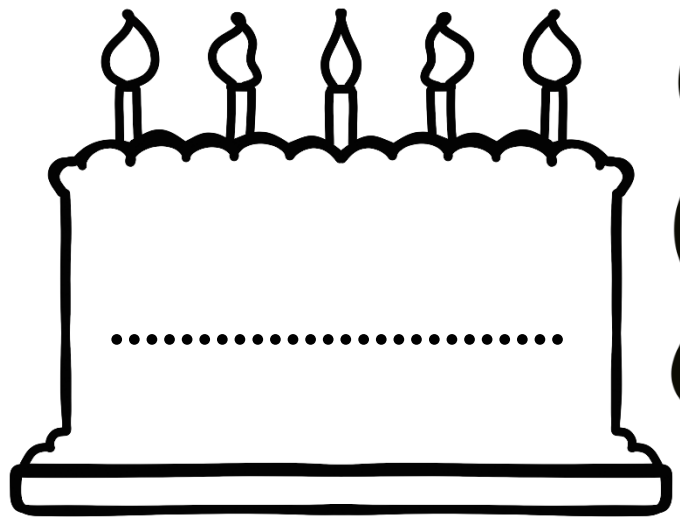
More about my school

The age of my
school:

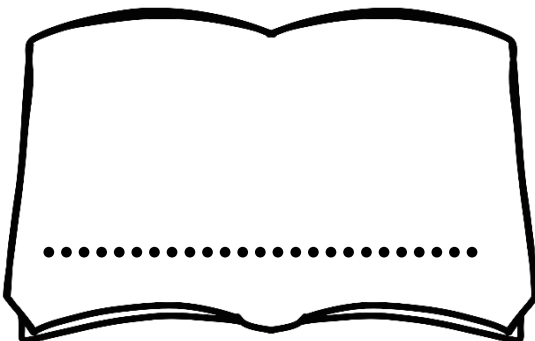
The name of my school:

.....

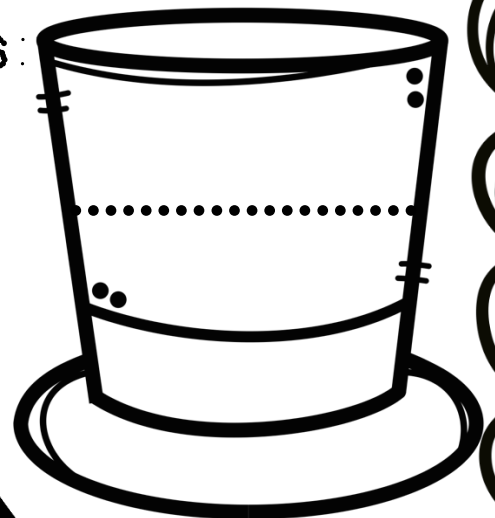
My favourite
subject:



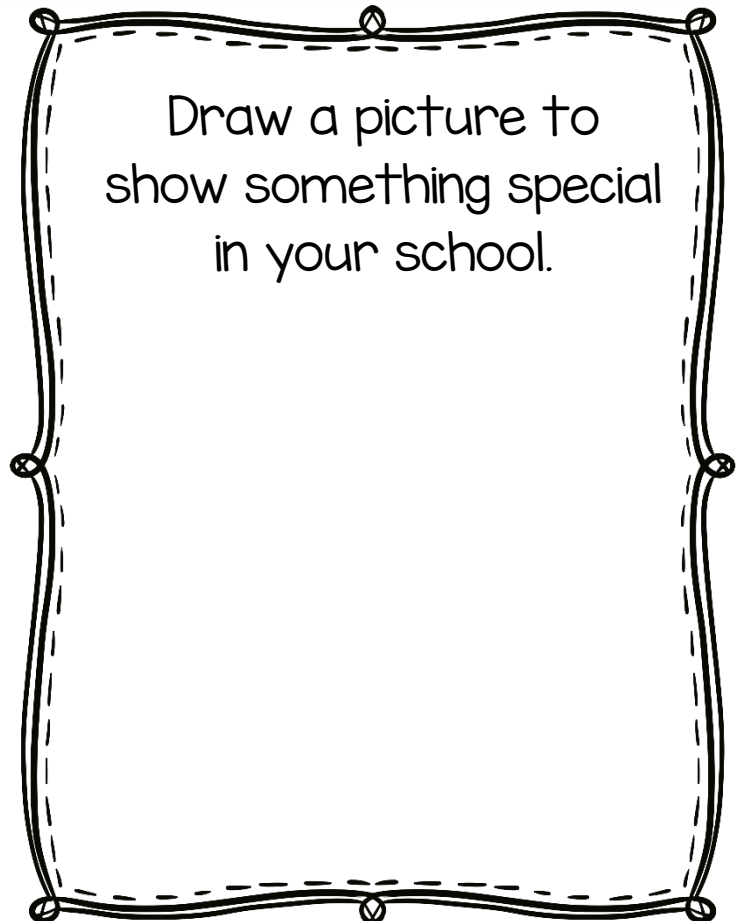
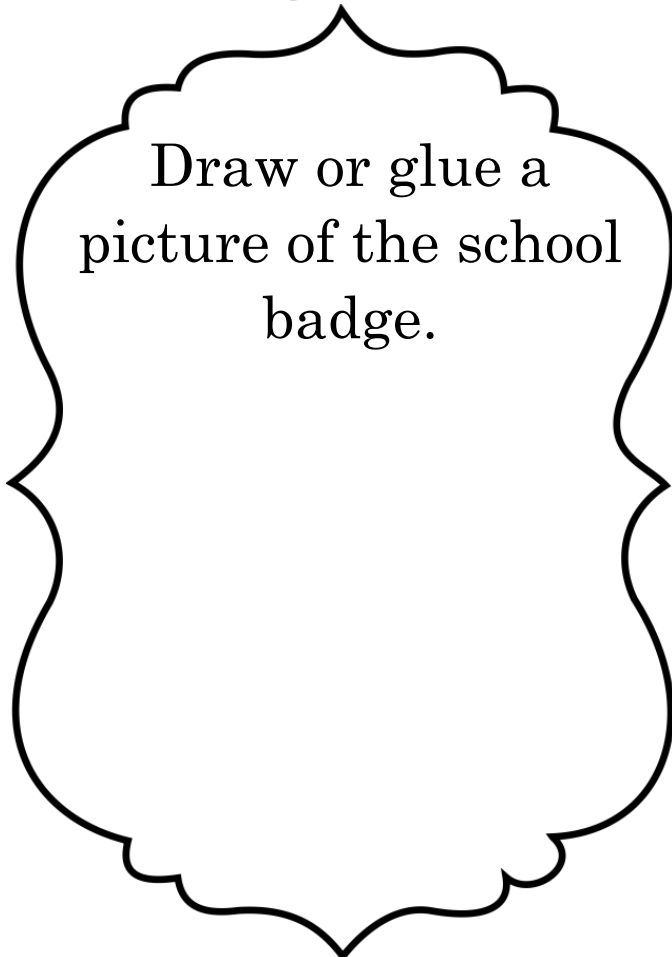
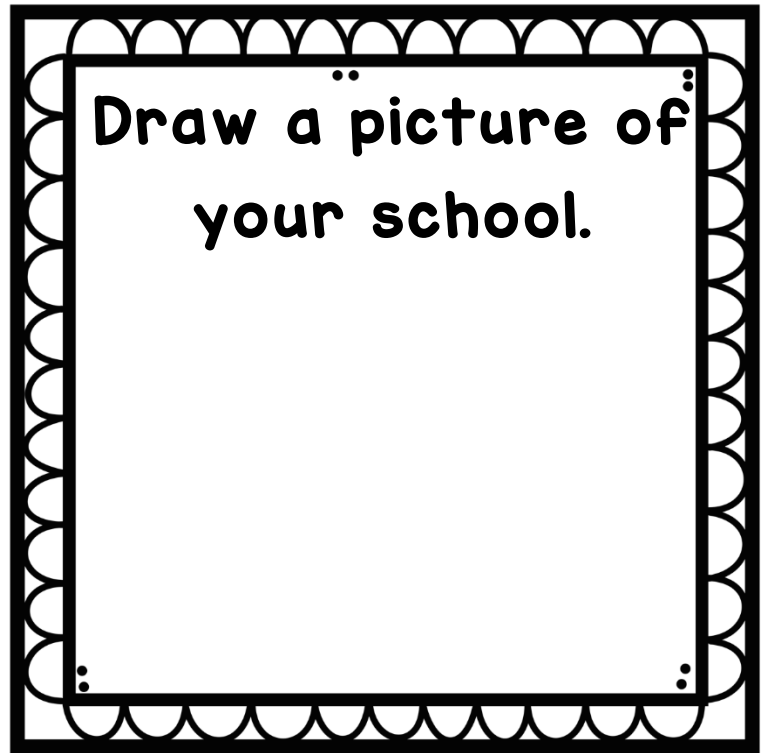
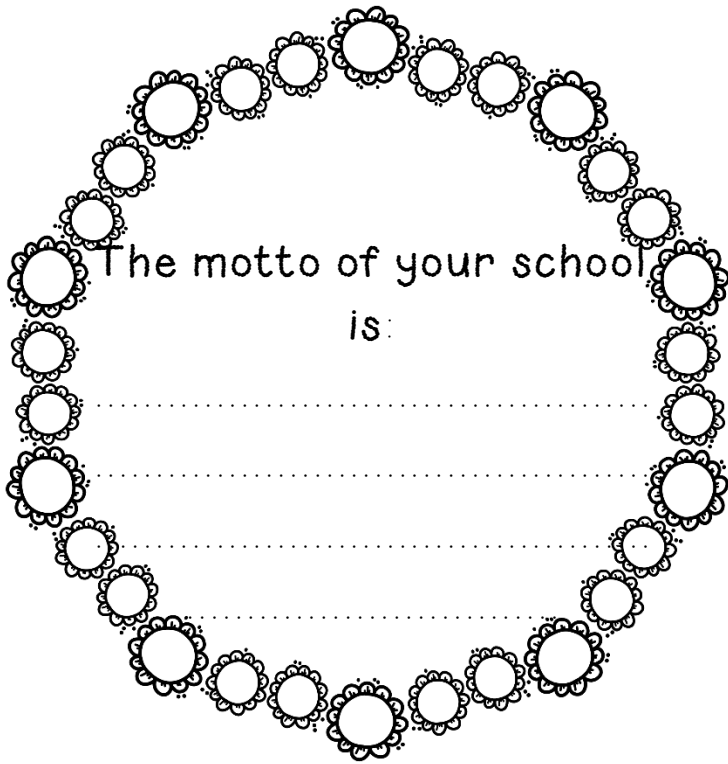
My principal's
name is:



My teacher's
name is:



Complete the following information about your school:



All about

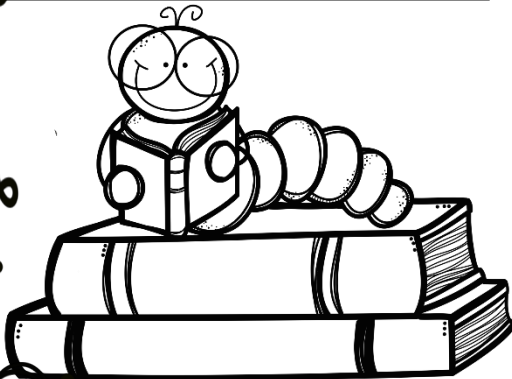
I am _____ years old

ME

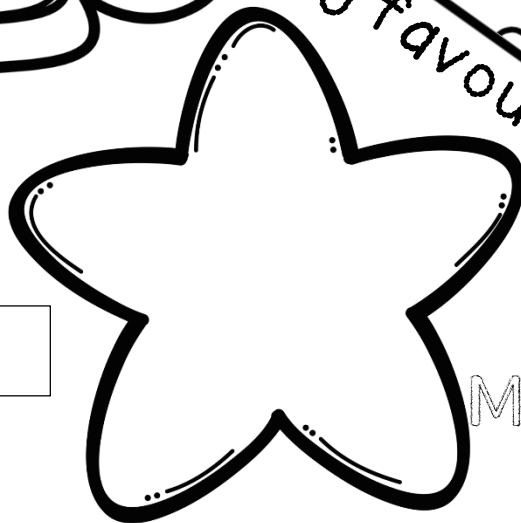
My favourite
subject is:

MY FAMILY

My favourite
book is:

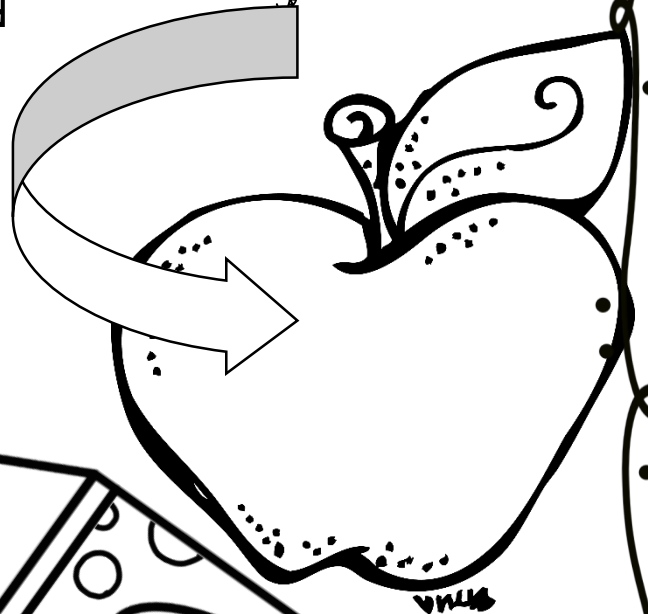


My favourite colour is:



My favourite
movie is:

My name is:



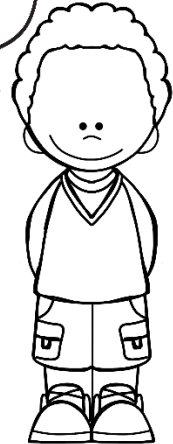
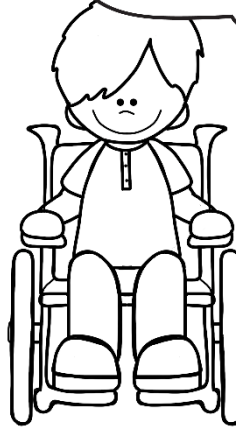
What can I remember?



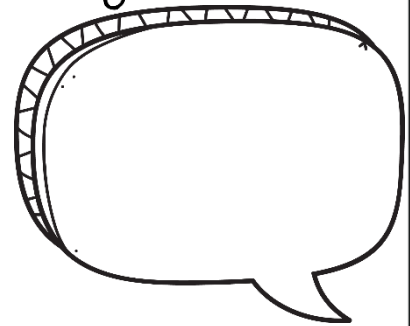
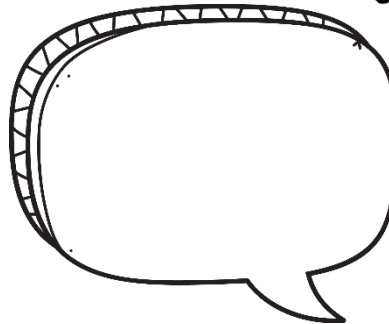
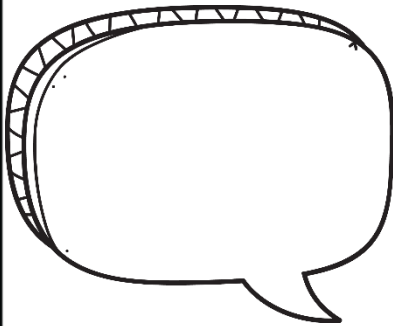
I fell off a horse
when I was 5 years
old.



When I was 6
years old, I went
for a ride on the
cableway.



Write down anything
that you can
remember from long
ago.



Use words from the word bank to describe the stages of growing up. Have a discussion with your friend about the different stages.

baby

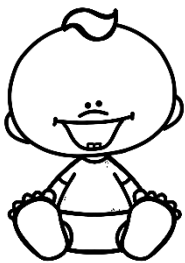
teenager

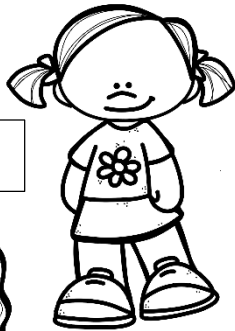
toddler

grown-up

schoolchild

elderly













The process of ageing:

As time passes people get older, your hair will change colour, your voice will change, you will get more muscle and you will become wiser. Make small groups and discuss how children and grown-ups are different in life. When everybody is done, one person in the group must give feedback. Take part in the class discussion.



The difference between children and adults?

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Feelings and emotions

Our facial expression will tell people more about our feelings.

Look at the pictures and write a sentence when you experienced the type of emotion that is displayed in the facial expression.

Use the words in the word bank to help with your sentences.

angry	sad	happy	embarrassed	scared	excited	confused
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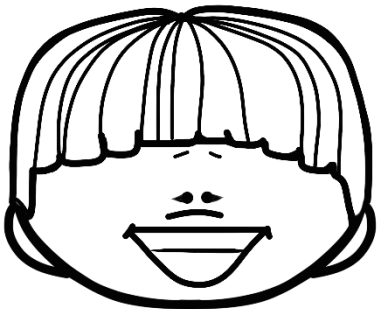
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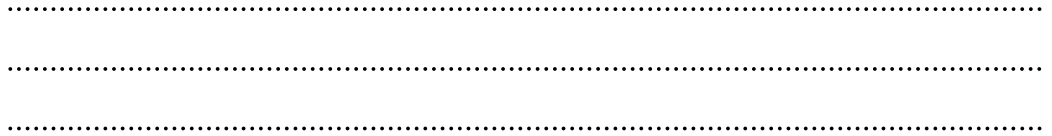
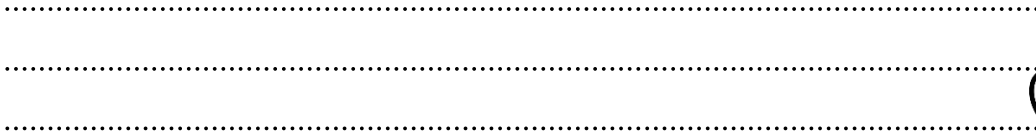
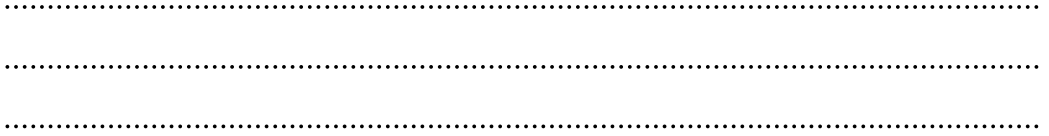
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Dear Diary

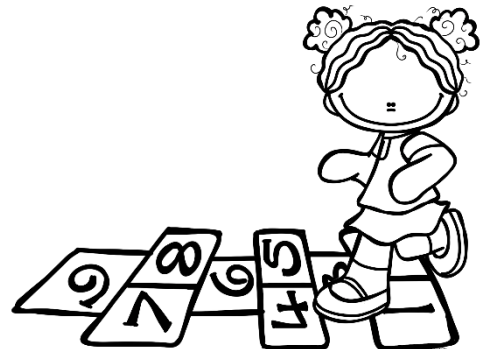
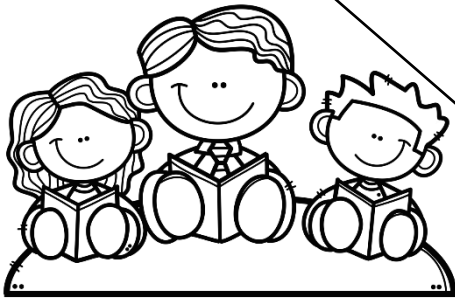
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What I enjoy most

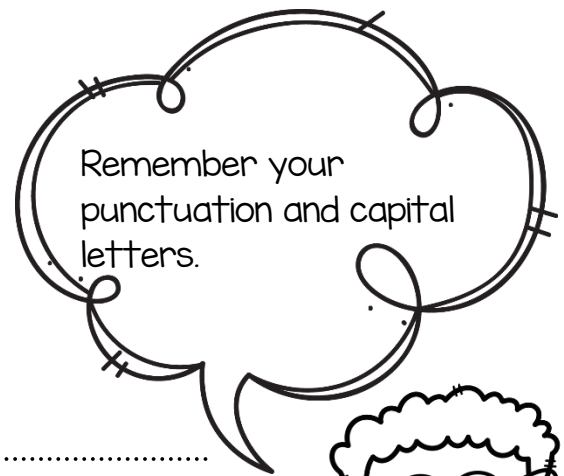
Everybody enjoys different things in life, that is part of the reason we are all unique and different. Think of a few things you enjoy and complete the brain chart.



Activities I
enjoy doing.



Use your brain chart to write a paragraph about the activities you enjoy.



The things I enjoy most...

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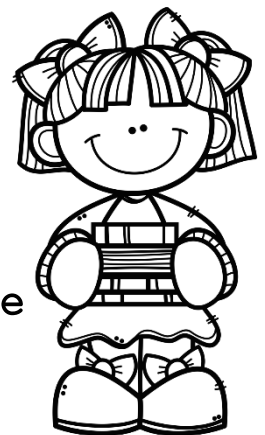
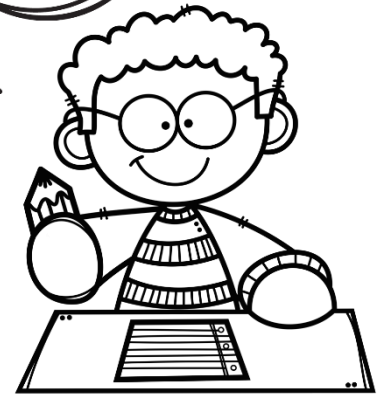
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Divide in groups of no more than 5 learners to complete the following graph.

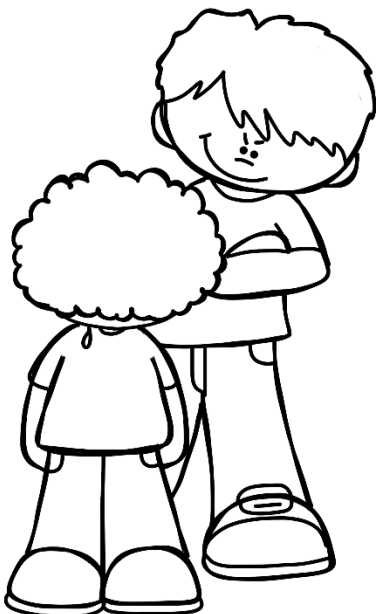
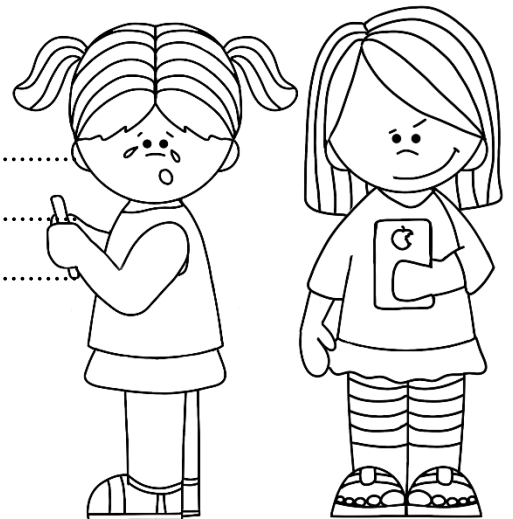
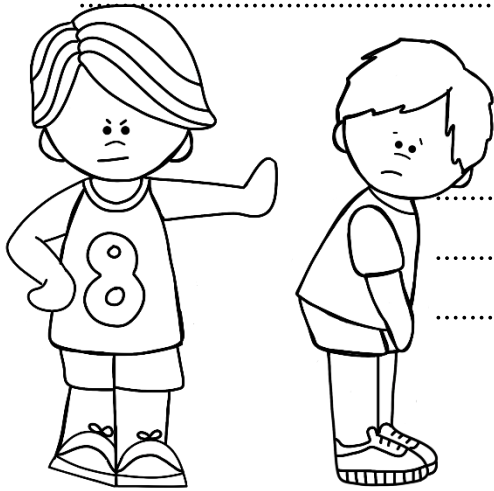
The things we enjoy

5					
4					
3					
2					
1					
	Singing	Reading	Painting	Maths	Sport

What activity is most popular?

Do the right thing

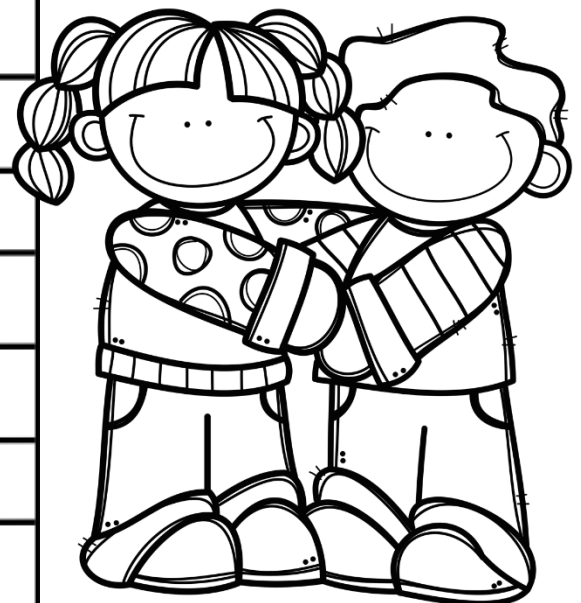
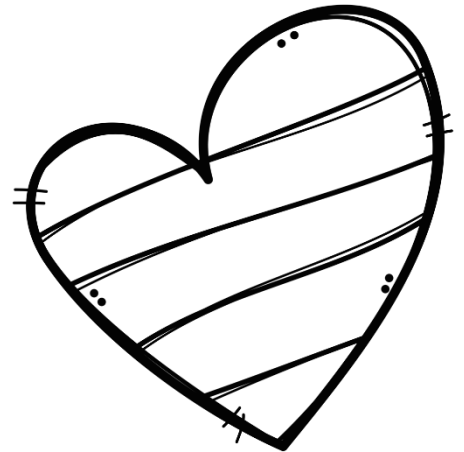
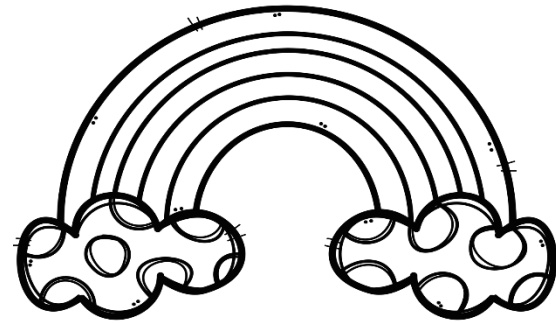
Look at the pictures and have a discussion with your friend what is happening. Write down what a good friend would have done in similar situations.



Qualities of a good friend.

Write down a list of the qualities you think a good friend has to have:

○	
○	
○	



Make an acrostic poem about true friends:

F



I

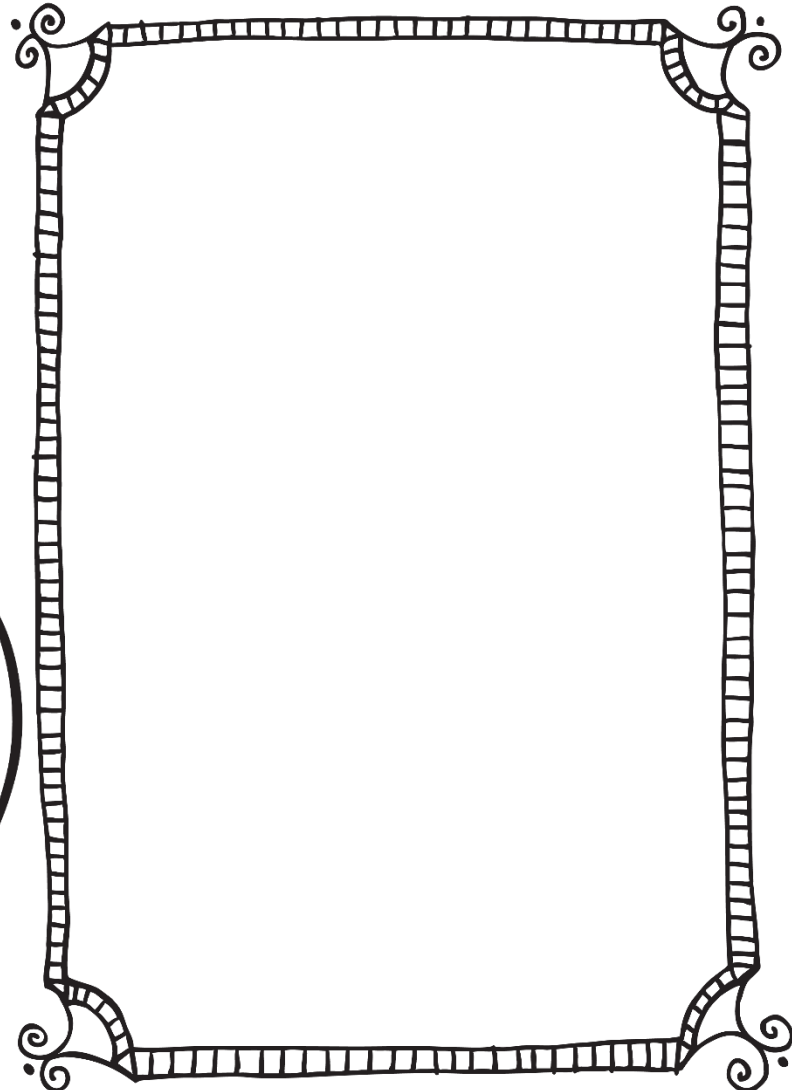
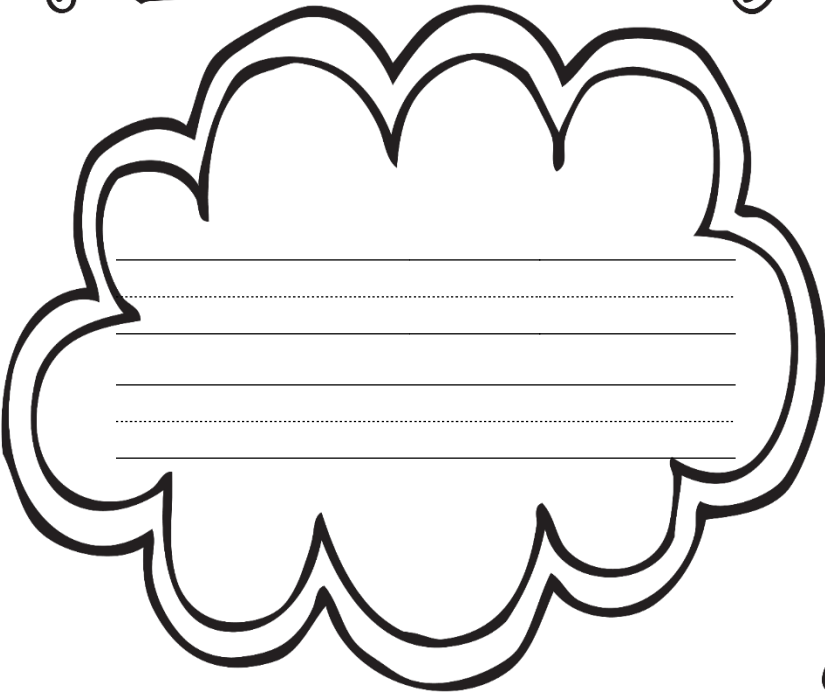
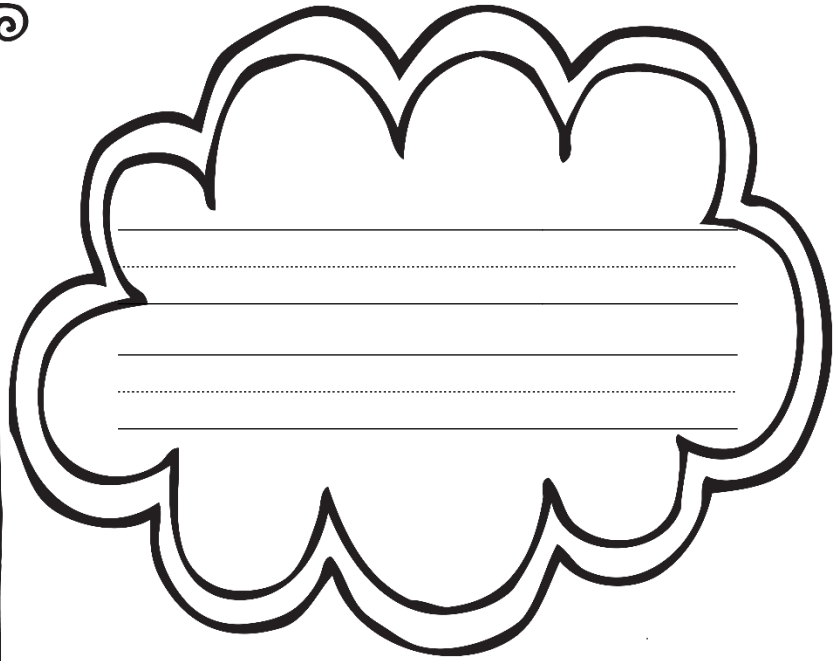
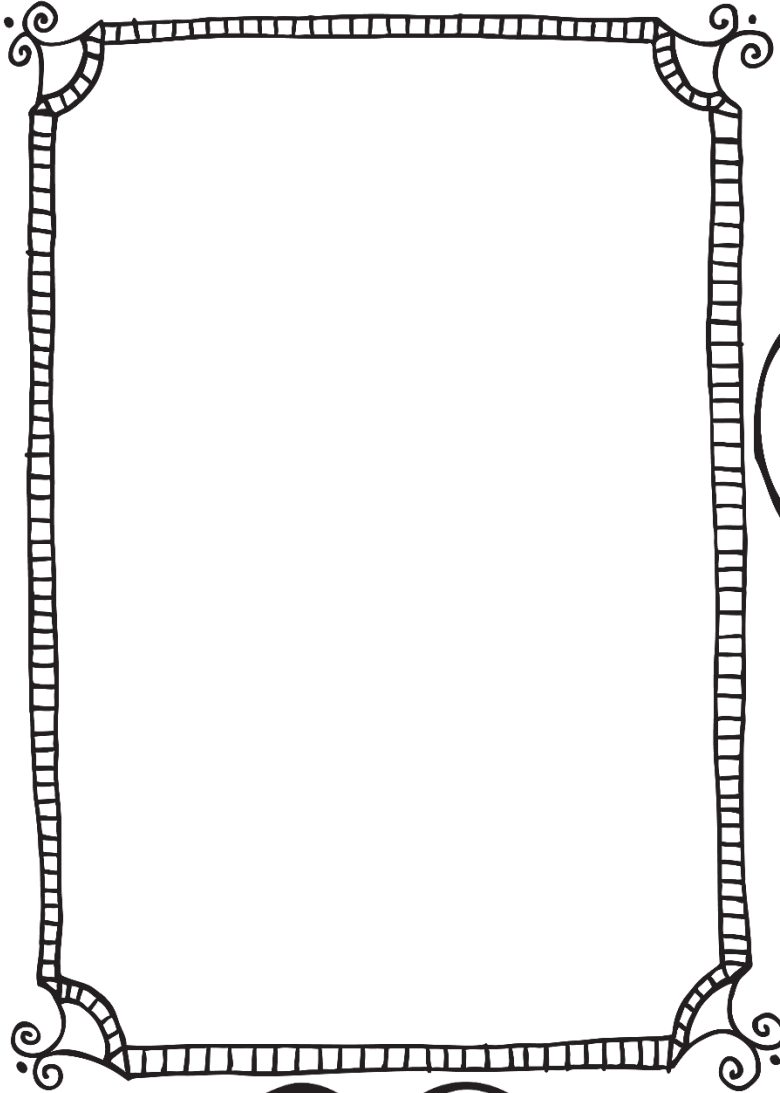
E

N

D

S

Choose 2 special people in your life. Draw a picture in the frame provided and write a meaningful sentence about each of them in the cloud.



HEALTH AND FIRST AID

Turn to a friend and read the following statements. Decide if it is true or false:

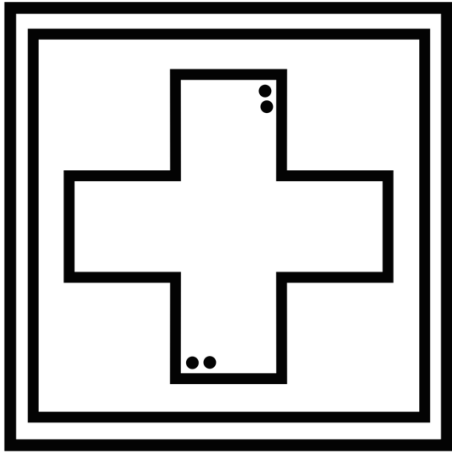
	Statement	True	False
1	When someone burn, you have to rinse the wound for 10 minutes under running water.		
2	When someone is choking put your fingers in the person's throat.		
3	With a nose bleed you have to lean forward and pinch your nose for 2 minutes. If the bleeding continues for more than 15 minutes go to the doctor.		
4	If a wound bleeds nonstop call an adult.		

How to treat cuts



- Never touch the blood of another person.
- Always wear gloves when you help someone.
- Stop the bleeding by lifting the wound above the level of your heart.
- Try to stop the bleeding by pressing a clean dressing on the wound.
- If the wound is deep and keeps on bleeding pay a visit to the doctor.

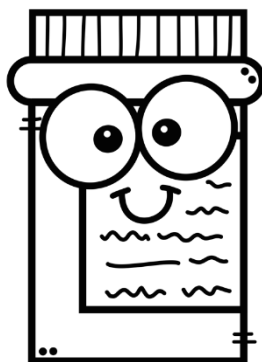
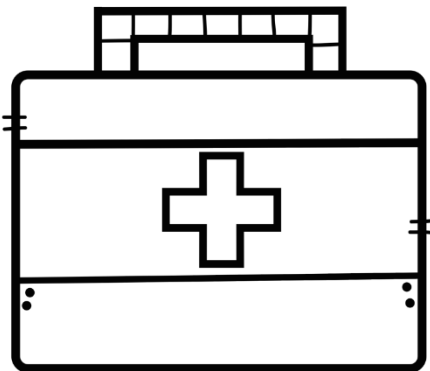
Emergency number



Find out what emergency number you can phone. Write it down and memorize it:

Burn wounds

- Rinse the wound under running water for 10 minutes. This will help to cool the wound.
- Uncover the wound. If clothing is stuck to the skin, do not try to remove it.
- Leave the wound open and watch that it does not get worse.
- If the burn is deep or bigger than the palm of your hand go and see a doctor.



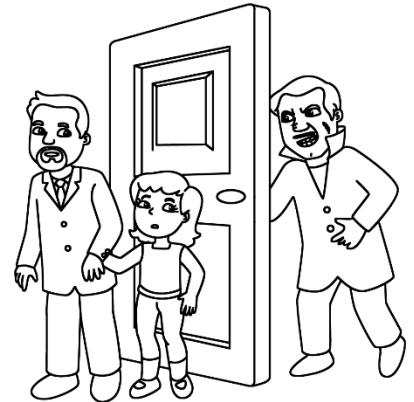
Looking after myself

Look at the picture and read the scenario. Write a sentence to explain if it is safe or unsafe and why you say that.

A stranger is trying to give the boy balloons and sweets.



A stranger is trying to convince the girl to open the door. He tells her that he is a friend of the family.



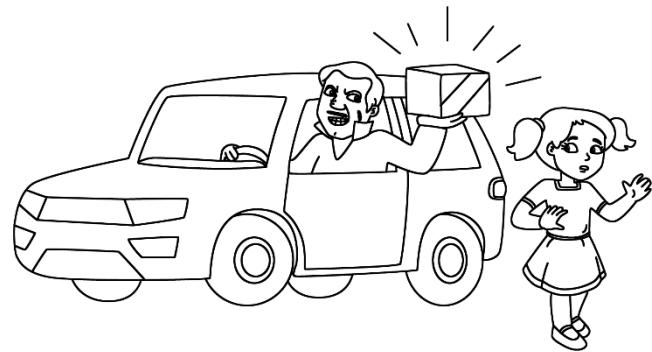
Scott became worried when he realized that a stranger is following him. He ran into the nearest shop.



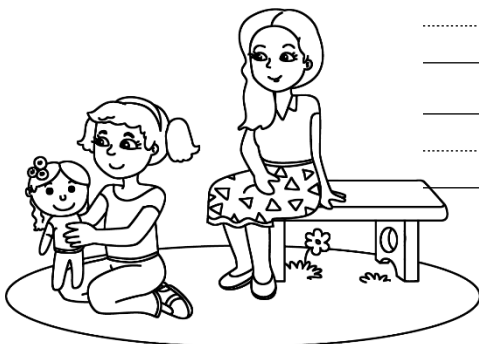
Bongi is alone at home. He answers the phone and tells a stranger where he lives and that he is all alone.



Wilma walks home. A man in a vehicle wants to give her a lift home. He offers her sweets. She runs as fast as she can to get away.



Sarah and her mom is relaxing in the park. She plays with her doll and her mom is close by to look after her.



Saying NO

It's not always easy to say no, but you must say no if someone makes you feel uncomfortable.

If someone does something that gives you a "no" feeling, you have to tell an adult that you trust.

It feels good when someone you love gives you a caring hug.



When someone gives you a hug you enjoy you get a "YES" feeling.

Write 4 names of adults you can trust.

-
-
-
-

Write down 5 safety rules that children must remember to follow.

-
-
-
-
-



Keeping my body healthy

Look at the pictures and write a sentence on how the children are keeping their bodies healthy and clean.

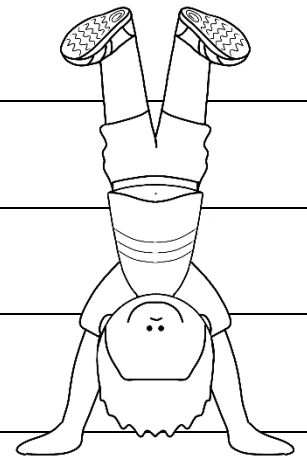






Read the following statements and make a (✓) if it is true and a (✗) if it is false.

	Cigarettes tastes nice.
	If I sit close to someone who is smoking it can harm my body.
	Smoking can make your teeth yellow.
	Smoking can cause mouth disease.
	You can get a bad cough from smoking.
	Smoking can cause cancer.



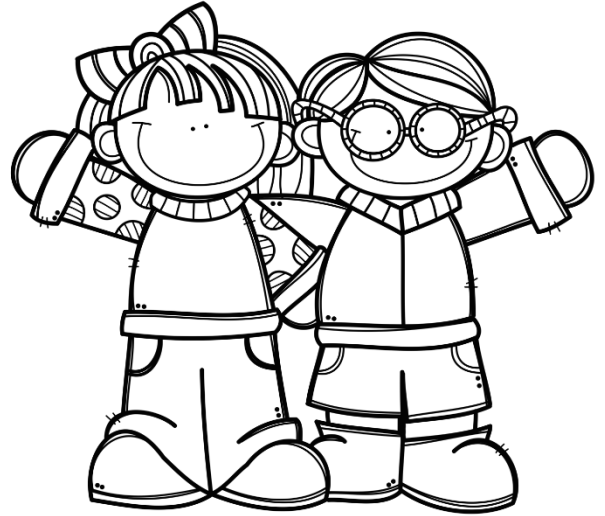
Read and complete the paragraph by using the words in the word bank.

brush	wash	teeth	tissues	clean
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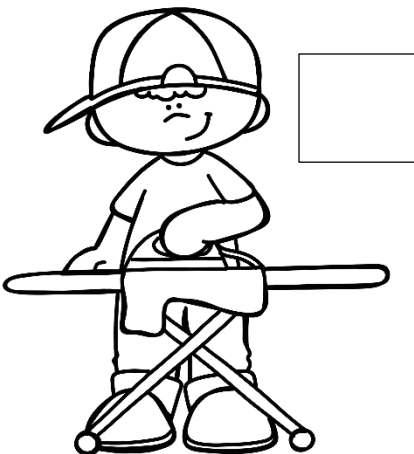
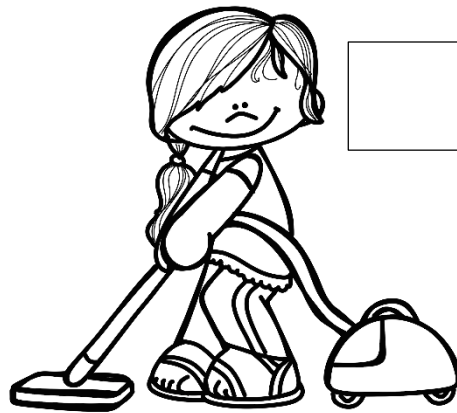
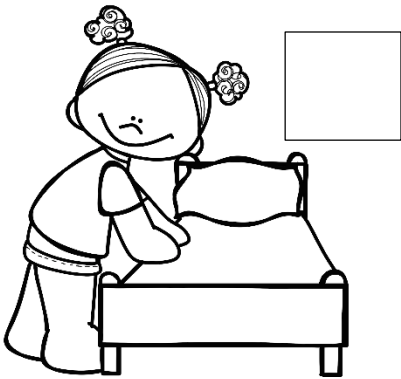
I have to brush my _____ after eating and before I go to bed. I have to _____ my hair in the morning. I must keep my nails short and _____. I have to brush my nails after playing in the sand. I have to _____ my hands after using the toilet and before I eat. I must throw my dirty _____ in the bin.

Rights and responsibilities

Sometimes children have to help their families in and around the house. But children should not work as hard as adults. Children must have time to play and go to school.

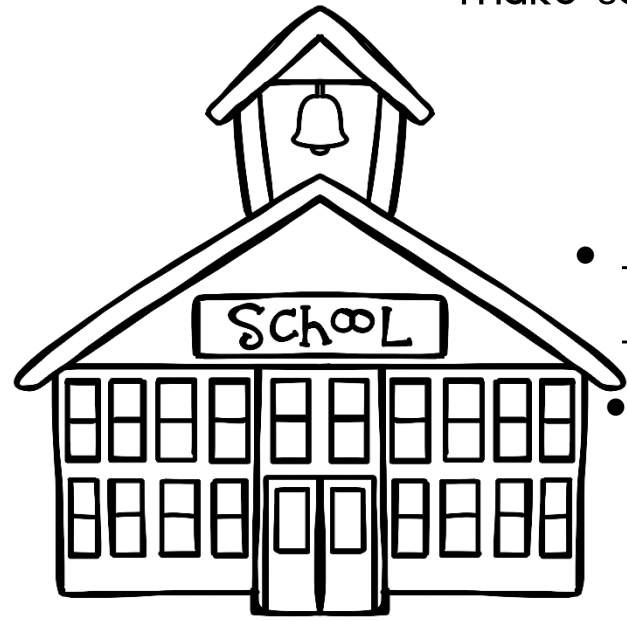


Look at the pictures and make a (✓) if you can manage the task and a (✗) if it is not a task for a child.



Rights and responsibilities

Every school has rules so that it can function in a proper way. Each class has rules that learners must obey and follow to make sure learning takes place.



Write 2 of your school rules:

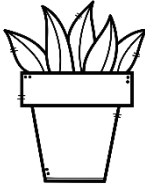
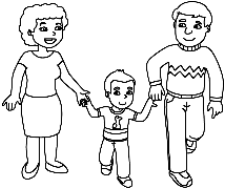
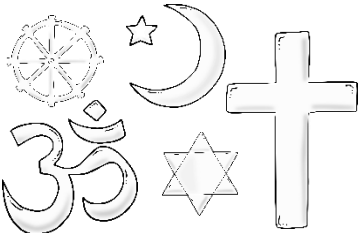
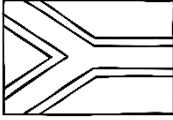
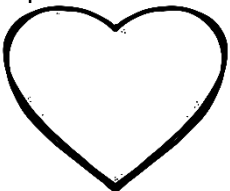
- _____
- _____

Write down 3 class rules that you have to follow. Think carefully if you follow them.

- _____
- _____
- _____



Rights and responsibilities of the youth in South Africa

Equity Treat every person equally. Do not discriminate. 	Human dignity Respect everyone. Be kind and caring 	Life All life is precious. Treat all life with respect. 	Family Treat your parents with respect. Be kind and loyal to your family. 
Education Go to school, learn and work hard. Adhere to the rules. 	Security Do not hurt, bully or intimidate others, and do not let others do so. Solve disagreements in a peaceful way. 	Work Help your family in and around the house with chores. 	Property Respect the property of others. Do not damage property and do not steal.
Religion, belief and opinions of people Respect other people's opinions and religion. 	Safety Look after the earth. Do not waste water and electricity. Look after animal and plant life. Keep your home and community clean and safe. 	Citizenship Be a good and loyal South African citizen. Obey the laws, and ensure others do as well. 	Freedom of expression Do not spread lies and hatred. Do not hurt other people's feelings. 

Religious and other special days

Look at the symbols. Label each of them by using the words in the word bank.

Christianity

Judaism

Islam

Buddhism

Hinduism

