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For the FACILITATOR

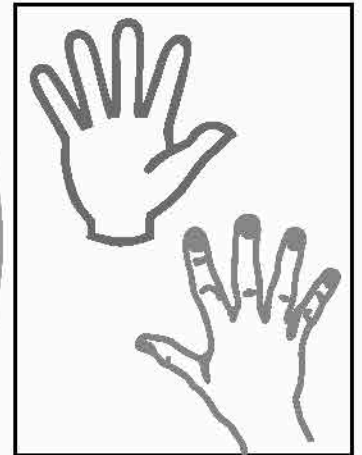
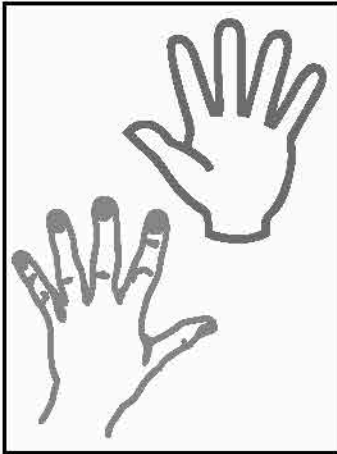
This book conforms strictly to the CAPS syllabus. Worksheets and activities are provided for each topic and sub-topic. Read through the sentences, stories and activities with the learners and complete some of the work together. Worksheets can also be completed independently or as homework. Role-play and group work adds interest and variety and can be incorporated into your lessons.

Should you want extra or more detailed worksheets on religion these can be found on our digital website www.depictadownloads.com and copies may be made for your class. Depicta also offers a range of charts / posters covering the topics in this workbook. These can be found at www.depicta.co.za. Scroll down to Grade 4 and select Life Skills.

Date: _____

Strengths of Others

Write left on the block above the left hands and right on the block above the right hands.



My name is Ava. I am 9 years old and I have no thumb and no fingers on my right hand. When I was little, I learned to use my left hand to catch balls, build blocks, draw - and do most things little kids do. I didn't think I was different.

One day, just after I started Grade One, I was cutting a picture from a magazine when two girls noticed my hand and one said loudly, "Look Mrs Carr! Ava has no fingers on one hand!"

When everyone stared at me, I suddenly felt very different and very alone.

1. How would you have felt, if you were Ava? _____

2. What would you have done? _____

3. Ava could choose! What do you think Ava chose to do? _____

Date: _____

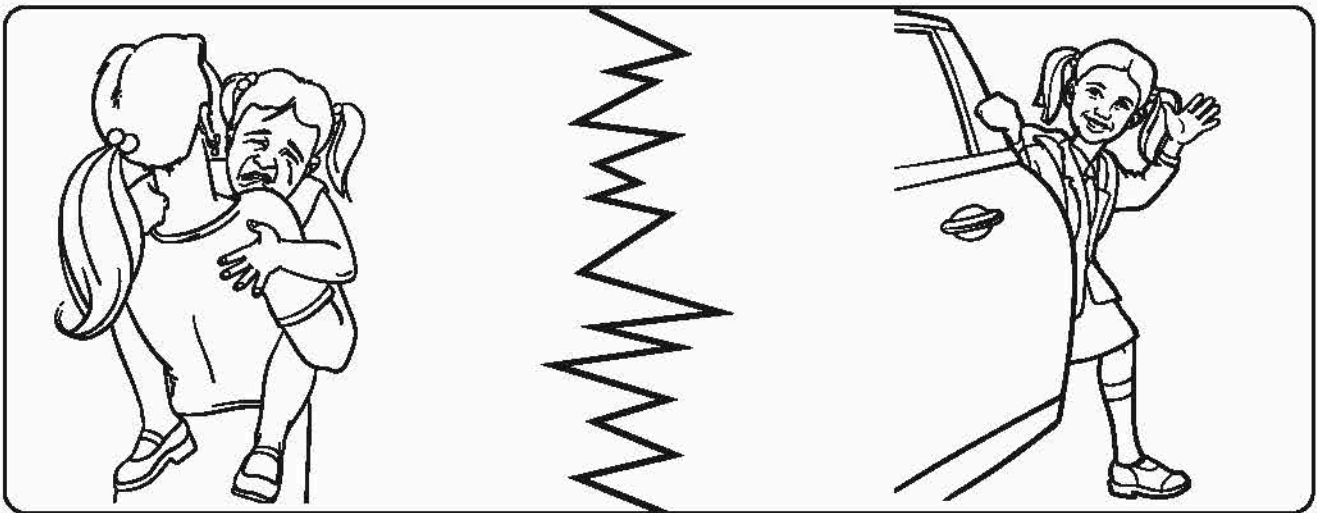
Strengths of Others

After school I cried a lot and told my mom that I didn't want to go back to school again, so in the morning she was very surprised to see me dressed and ready for school.

"You told me that I should always try to make the right choice, even if it is the hard one," I told my mom. "So, today I choose to be brave, to go back to school, to find some friends and learn something new!"

We drove to school and as I climbed out of the car, I noticed some girls from my class walking towards me. I wasn't sure what to expect BUT I remembered what my dad had taught me to say to myself if I was scared, unsure or wanted to quit.

**I CHOOSE RIGHT !
I CHOOSE GOOD !
I CHOOSE WHAT I KNOW I SHOULD !**



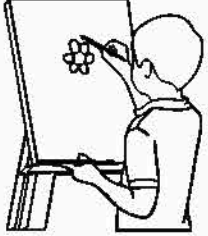



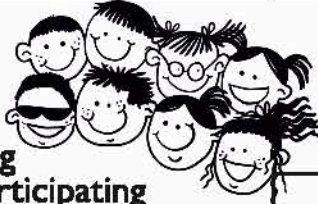

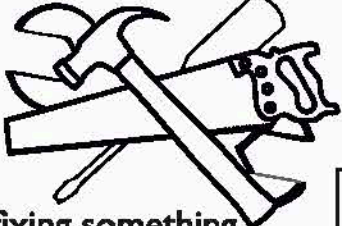
What did Ava choose to do? _____

Underline (in pencil) five things in the story that Ava did to show her strengths.

Date: _____

Personal Strengths

2. Look at the following pictures or words and tick which personal strengths you have.

 <p>painting or drawing</p> <input type="checkbox"/>	 <p>dancing, gymnastics or sport</p> <input type="checkbox"/>	<p>being a good friend</p>  <input type="checkbox"/>
<p>helping at home</p>  <input type="checkbox"/>	 <p>playing or participating in a group</p> <input type="checkbox"/>	 <p>doing homework alone</p> <input type="checkbox"/>
<p>being brave</p> <input type="checkbox"/>	 <p>fixing something</p> <input type="checkbox"/>	<p>honesty</p> <input type="checkbox"/>

3. Describe a time you felt good about something you did at home, school or elsewhere.

4. List 4 personal strengths that you have noticed in someone else.



5. If you were going to get a prize for something, what would you like it to be for?



Date: _____

Personal Strengths

We all have different and unique strengths, no matter what we look like, our religion, our culture, our abilities or our inabilities. We are all special.



The Lion and the Mouse, by Aesop

A lion lay asleep in the forest, his great head resting on his paws. A timid little mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the lion's nose. Woken from his sleep, the lion laid his huge paw on the tiny mouse to kill her.

"Please let me go", cried Mouse, " one day I will repay you."

Lion thought it was funny that Mouse could ever help him but he let Mouse go.

Some days later, while chasing a buck in the forest, Lion was caught in a hunter's net. Unable to free himself, he filled the forest with his angry roaring. Mouse quickly found Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed and chewed it until it broke, and soon Lion was free.

"You laughed when I said I would repay you," said Mouse. "Now you see that even a mouse can help a lion."

A kindness is never wasted and - we all have things we can do well!

Discuss what the mouse did to help the lion and how we can use our skills to help others.

Your **Personal Strengths** are the things that you are good at.

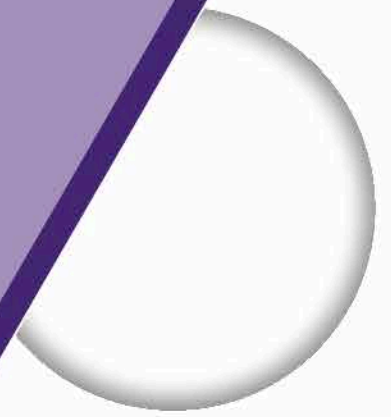
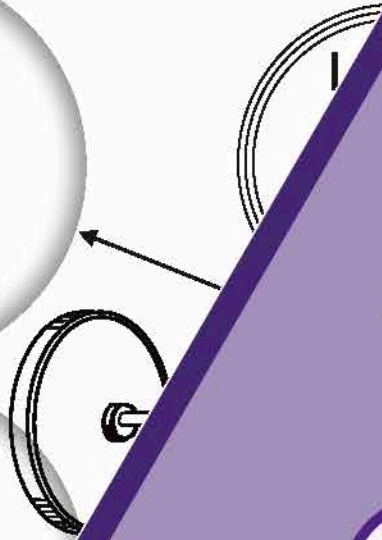
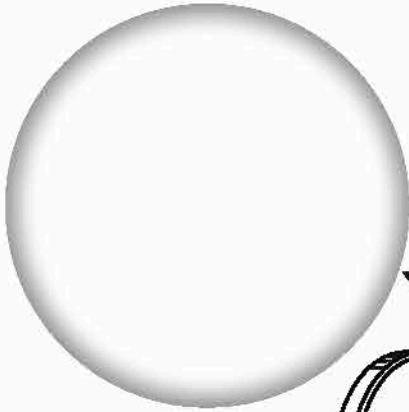
Write down 5 of your Personal Strengths.



Date: _____

Less Successful F
them into posi

1. What would you like to improve? In each circle
better at.



If we are
imp

ctise and keep trying to
d or an adult you trust.

2. C

e and write the steps

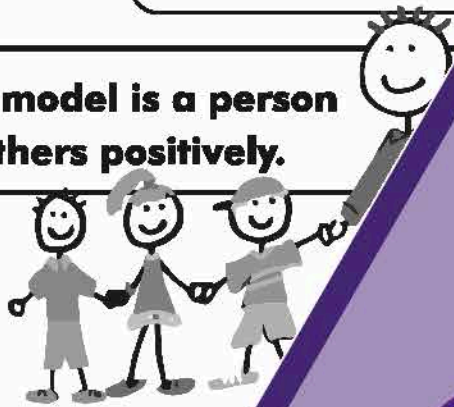
Sample Book

STEP 1

Date: _____

Reading: Role Model

A good role model is a person influences others positively.



Greta Thunberg

1) Greta Thunberg is an environmental activist. She was born in Stockholm, Sweden, in 2003. When she was 11, she started learning about climate change. The more she learned, the more baffled she became as to what was being done about it.

2) At the age of 11, she was so sad about climate change that she temporarily stopped going to school.

3) Greta has a unique view of the world in her own words: "The world is burning and it's changing."

4) In August 2018, on the way to school, she made a large sign and calmly sat down outside the Swedish parliament to get the notice and act to stop global warming.



...outside the Swedish parliament.

...people socialise. But Greta says it helps her see the world when it comes to climate change.

...of going to school, she made a large sign and calmly sat down outside the Swedish parliament to get the notice and act to stop global warming.

...Florida, USA, who were protesting to end gun control. It was one of the many 'For Climate' protests that Greta inspired!

...Swedish media, and the word started to spread. Students from around the world joined her school on Fridays to protest against climate change.

...designers across the world, and inspired by Greta, came to the Global Strike for Climate. It was huge – over 1.6 million people participated! There are further global strikes planned.

Sample Book

Date: _____

Role Model

8) Since her strike began, Greta's life has become a whirlwind of speeches to politicians, to the EU parliament, the G7. She's appeared in documentaries and had her own TV series. She's even been nominated for a Nobel Peace Prize.

9) In August 2019, Greta travelled on a plane from Stockholm to New York, USA - the journey took 11 hours. She spoke at the UN Climate Action Summit in New York, where she delivered her famous 'I am a scientist' speech.

10) Greta has named Rosa Parks as her role model. In the 1950s, Rosa sparked a civil rights movement that led to millions of African Americans.

Sample Book

1. Who is Greta Thunberg?

2. Why was she chosen as a role model?

Date: _____

How to respect

of

C

A

Write the missing words on the lines under

low.



C is for
keepi
yo
body

and
enough
ercise.

Sample Book

resting

E is for

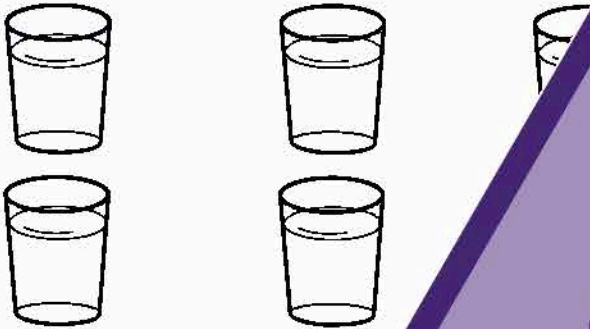
healthy
food.



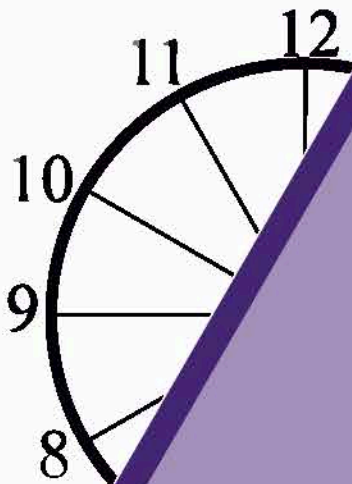
Date: _____

How to respect
your _____

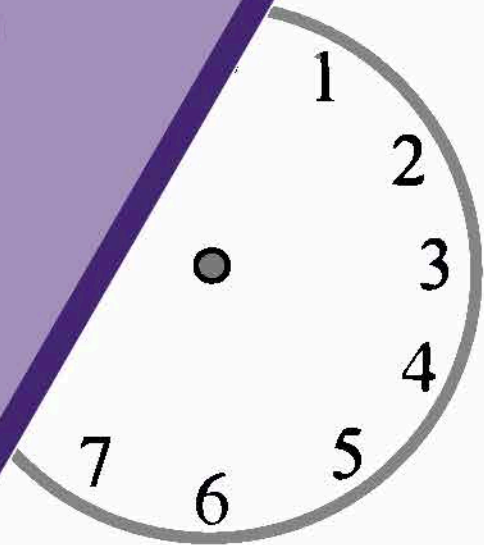
1. Colour in the number of glasses of water you _____



2. Colour in the number of hours of sleep you get each night. Each section counts _____



clock
go to
to show
a up.



_____ses you do in one week.

Sample Book

running

CLIMBING

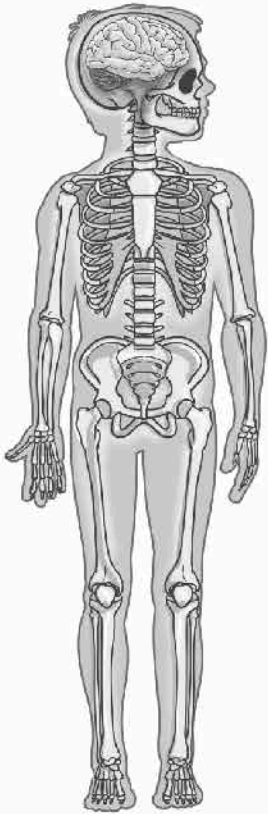
_____cing

balancing

stretching

Date: _____

How to respect
your



Inside our bodies we have
organs and cells, which
Even though we can't
to keep working well

Our skin also protects
too much sun b

Milk and cheese
strong bones
Eggs, fish
protein

Fruit
and
H

Book

uild

vide

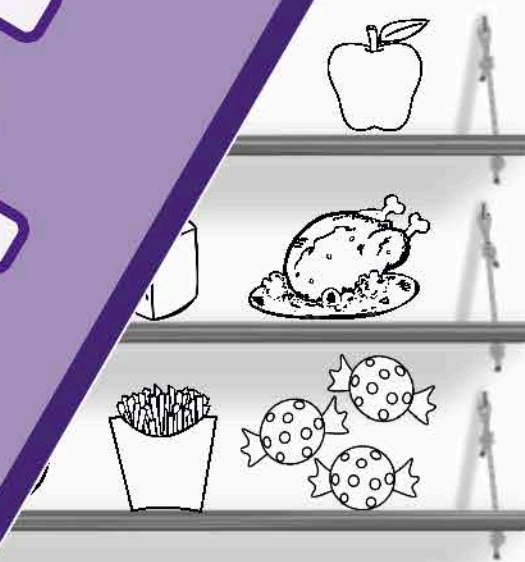
, vitamins

y.

/ blood cells.

Colour or ci

lengthen your body.



and help your body stay strong?

Date: _____

How to respect
your own and

TICK the blocks with a green crayon if they affect someone else's body.

CROSS the blocks with a red crayon if they affect your own or someone else's body.

COLOUR ONE block that says **WILL DO** this week to show you will care for your body.

BOOK

USE
OTHER
PEOPLE'S
MEDICINE

TA
P

TAKE
DRUGS

DRINK
LOTS OF
CLEAN
WATER

EAT
LOTS OF
JUNK
FOOD

KEEP
YOURSELF
CLEAN

BE
OF
WAR

TELL AN
ADULT YOU
TRUST IF
SOMETHING
IS WRONG

DRINK LOTS
OF FIZZY
COOL
DRINKS

WEAR HATS
AND
SUNCREAM
IN THE SUN

GOSSIP

BE
KIND

Sample

Date: _____

**How to respect
your own and others**

Circle 6 words or phrases that best describe
what the word **respect** means.

R
E
S
P
E
C
T
M
E
M
B
E
R
S
H
E
R
S

caring

kicking

being thoughtful

saying thank you

ignoring

embrace

Book

Book

Sample

ings

ng

cigarette

polite

pushing

- and respect others!

ing someone? _____

ighting? _____

Date: _____

How to respect
your own and

Tick in the boxes below to show what you can do.

1. Offers you something that is bad for you.

Walk away

Tell someone

Find a friend who won't ask you

2. Tells you to do something that you don't want to do.

Walk away

Tell someone

Find a friend who won't ask you

If someone does
it is not your

comfortable,
trust!

Reasons

Our Bodies

Choose the

pr

m make good

1. I am _____ of myself.

2. A _____ them.

3. _____ to my body that will _____ it.

_____ them do things they don't want to do.

_____ and I will allow other people to

_____ music so I can learn about things that are good for me.

_____ be treated, with respect and _____.

Sample

Book

Date: _____



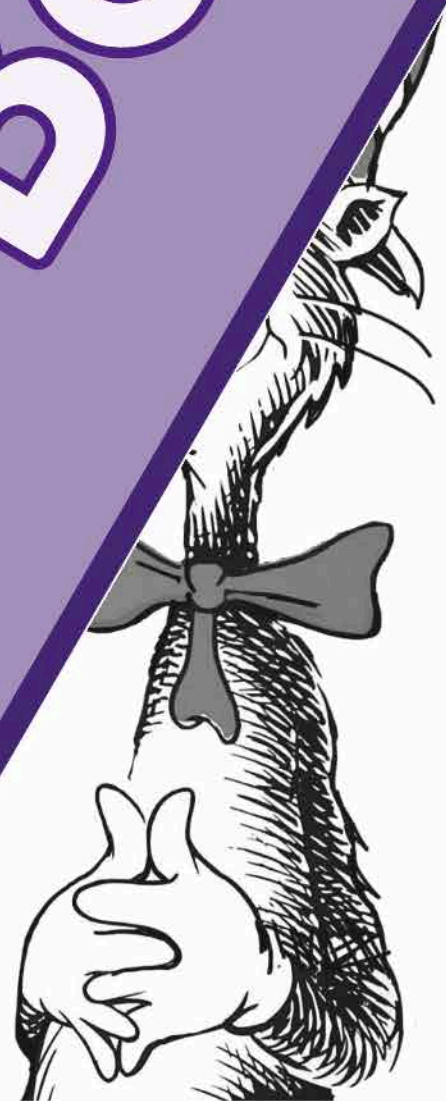
Sample Book

Oh, the Places You'll Go!

Extract:

"You have brains in your head.
You have feet on your feet.
You can steer your self
You're on your own.
You've got on you top.
And you can't put it on back!"

And you
who



can't

is and

own any not - so - good street."

and discuss as a class what it means.
the poem to the class.

Date: _____

Dealing with conflict

Read the story and draw something from it.



Sample Book

Ben felt tired and grumpy and
up feeling cross. He pushed his brother
out of the way in the queue.

When he got home he
goodbye to his brother.

The morning after
listen to the radio.

"7

broken
the brother

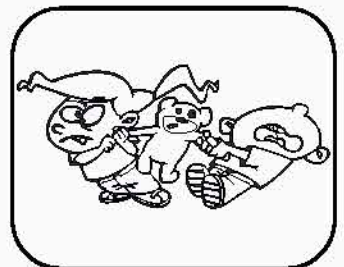
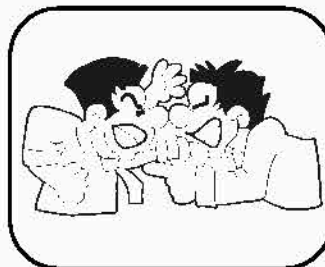
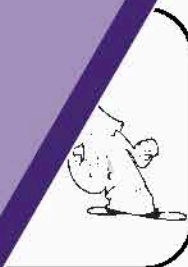
making him or say

groups. Ben wouldn't

a. Kelly started to cry.
"We're playing it my way!" he
called back.

or disagreement
people.

are and how you can change it.



Date: _____

Dealing with conflict

1. How did Ben cause conflict at home?
Start with:

Ben _____

2. How did Ben cause conflict at school?
Start with:

Ben _____

3. Write an example of what can

4. Write an example of what

5. Write down

Sample Book



conflict situations

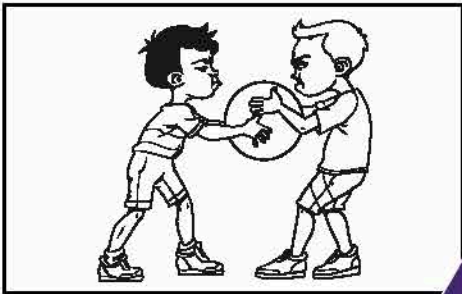
... of the trees in
... gs he had done
... nd. He felt very bad.
... rrow he thought...and he did!



Date: _____

Dealing with conflict

Look at the pictures. Each picture shows a conflict. Find the ways you can respond to (behave) through the picture. There may be a few solutions than



_____ can I
of to say
at we both
win at this?

Stop and listen
to what this
person wants.

I do not need to
fight back. I
can just walk
away, even if
it is hard.

I can say how I
feel. "This is making
me sad. Can we just
talk?"

Sample Book

Date: _____

Strategies to avoid

Let's look at the story of Ben again and where he went wrong. Write and draw to write about what Ben could have done differently.

1. Ben felt tired and grumpy on his way to school. He had woken up feeling cross. His teacher had been late and he had pushed his little brother.

2. When he got out of the car, he said goodbye to her.

or say

3. The mother didn't listen.

in groups. Ben wouldn't



4. "The teacher said..."

4. Kelly started to cry.

game. "We're playing it my way." Kelly and them got mad and yelled back.



Sample

Book

Date: _____

Understanding of

Emotions are the way

Look at some of the types of emotions in the

love fear sad
anger

1. Using the emotions mentioned above, think
these children are feeling in the picture.
You can only use each word once.

think
ture.
it.



Sample Book

Date: _____

Understanding of

Soft sunshine on my face, gentle wind in my hair
It doesn't take a lot for me to feel happy and

Complete the following:

1. I feel happy when _____

2. I feel love when _____

3. I feel jealous when _____

4. I feel fear when _____

5. I _____

Sample Book

Book



Date: _____

Appropriate words
own experiences

Think about times when you have feelings that

What can you do to make those times easier?

Here are some ideas:

1. We can talk to a trusted adult or friend when we are sad, afraid, angry or
2. We can write or draw a picture
3. We can breathe deeply when
4. We can find a quiet place
5. We can read a good book
6. We can walk away
7. We can colour
8. We can sing
9. We can ask for help or a hug.
10. We can



you unhappy, cross or jealous.
those times easier for yourself.

Sample Book

Date: _____

How to understand
others

Our feelings are just as important as
other people's feelings.

We should try to understand, be patient
and be kind to everyone, including
ourselves.

Read the following scenarios and answer
questions that follow.

Zara is waiting to be chosen to join

How do you think she feels? Write your answer on the lines below.

Everyone is crying

Why do you think they are crying? Write your answer on the lines below.



...taking the ball. All the boys laugh.

How can you show kindness?

Sample Book

Date: _____

How to understand
other

Your little brother grabs an apple out of your

Why do you think he did that? How can y

The new girl in the class w

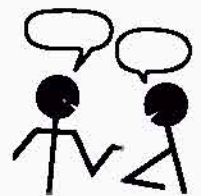
Why do you think she i



Date: _____

How to express
emotions

Use different parts.
Write your own dialogues and
act out your class.



my dog.

I am here for you whenever you need me.

Knowing that you are here for me makes me feel loved.



Sample Book

Date:

How people express
emotions



Reading:

Josh: Dad, I'm not playing with Kevin
fighting and blaming us for ev

Dad: Kevin is experiencing a difficult

Josh: Dad, does that mean he

Dad: No, that's not fair either.
that way, but you can t

Josh: That is going to

Dad: It may be but ma
and kindness t

Book

happy?

is feeling
with.

needing help
to do.

Mom:

this morning,

Meg:

me? That's very wrong.

break and I have to sit eating my
out and lonely.

Meg, but what you did is wrong.

how you felt and we could have found

put the money back now.

Date: _____

Personal experience
working in a

Reading

"Our group at school got an A for

"Our teacher said it was good

"That's good news! Well done"

Tim was telling his family
and Gaby all listened

When dinner was over
washed the dishes

"It's Tim's turn
he was called

Later, when
chocolate
cry

Book

Book

Sample

Sample

and Tim.

ol, but you haven't
not the same!" cried Tim.

work together to have a
us to tidy up after you, someone
kind words to your sister."

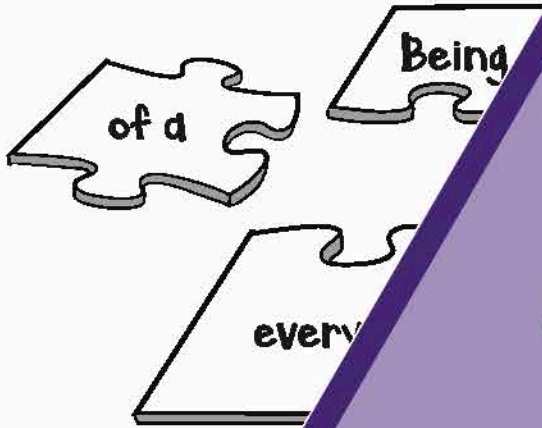
self," said Mom looking sad.

, and thought about his Granny and

make us all some Milo, and share my sweets.
for Amazing!"

Date: _____

Personal Experience
in a Group



Book



World



of a puzzle.
important.

***We c**

Do y

why not? _____

our class.

her well? _____

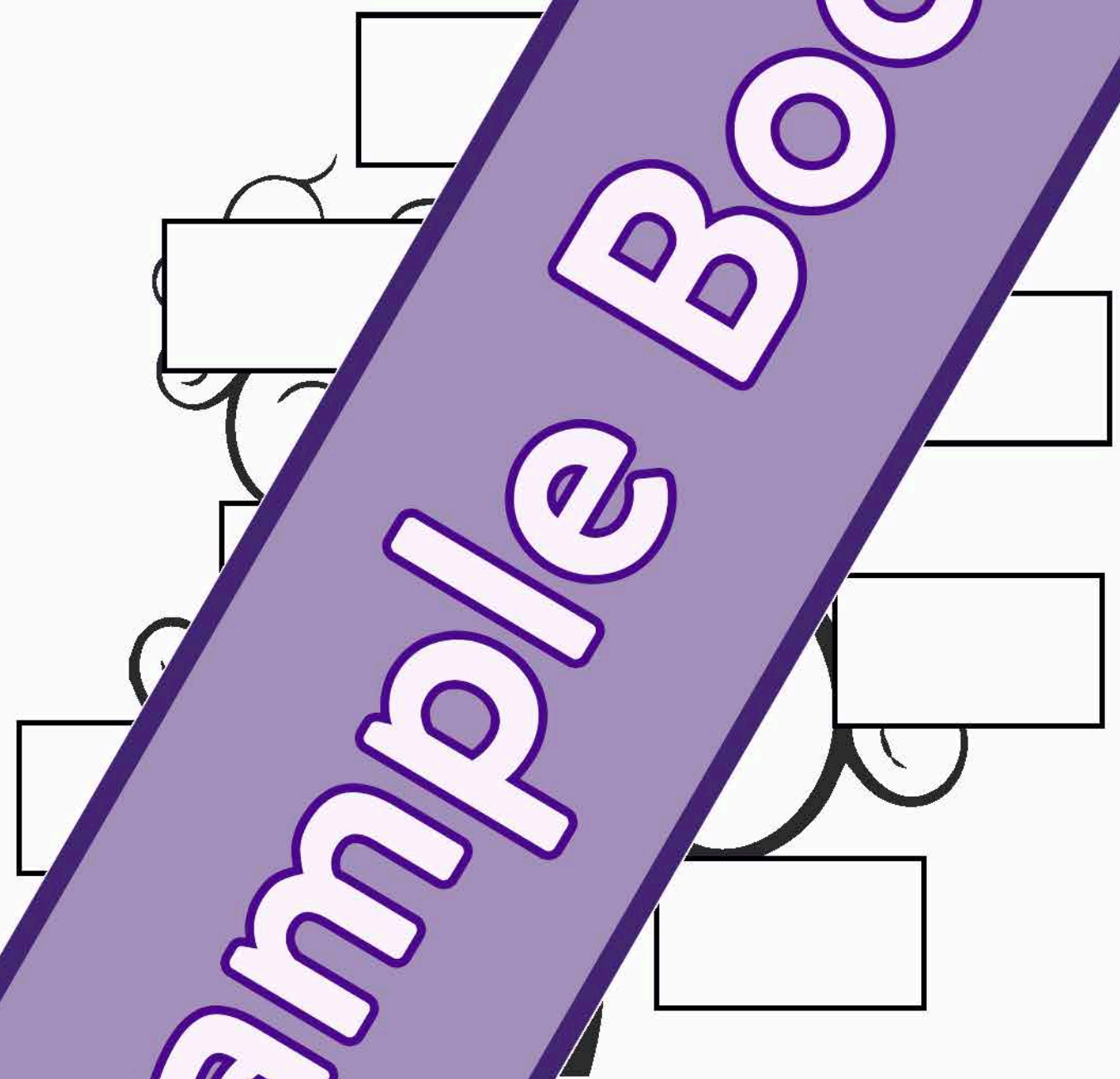
, like our school.

school? _____

Date: _____

Personal Experience
in a Group

Write the names of your family members that live in your house on the blocks on the tree. Write your name in the top block.



Respect for your family and work together with

Sample Book

Date: _____

Personal Experience
in a Group

Read the poem and finish it by filling in the rhyme

run



Write down
person in

Write the name of the

Sample Book

Date: _____

Benefits and ch
in

Ben and Ayanda are working in a group with f
group. Ayanda likes to work alone. Read

BEN:

I'm not good at art, and Sbu is, s
help with that in our project.

I like listening to everyone's
are fun and some I never

With everyone helping
do as much work.

I like sharing ideas
together.

I have some r
with them i

don't

everyone
k is best.

myself, even if it's

what to do, because
fight.

p after everyone.

Response

Write
toget

p work well



Sample Book

Date: _____

Bullying

A bully is someone who hurts another person through actions, on purpose and usually more than once.



Examples of Acts of Bullying

Bullies can be girls, boys or adults.

- Talking about someone
- Laughing at someone
- Pulling someone's hair
- Writing mean notes
- Not letting someone play
- Knocking someone down
- Not standing up for someone



Write about what you have experienced.

B

Sample Book

Date: _____

Bullying

1. Have you ever been bullied? _____

2. Write down what happened. _____

3. Have you ever bullied someone? _____

4. Write down what happened. _____

5. What are some of the emotions? _____

CHOOSING TO BULLY

IS NEVER OK!

Design your own

Blank area for drawing or writing.

Sample Book

Date: _____

Bullying



What to do if you're

Avoid (stay away)

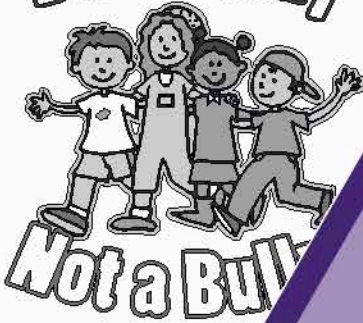
If you have to be alone

Think about something

to

Be a Buddy

Stay



What can you

Write down your response below.

Date: _____

Bullying

Reading: The

Kent was the school bully.

He would push me and when I fell, he would laugh at me. Sometimes he would call me names. In sports games in teams he would always pick me. He would show ugly faces at me behind the teacher's back. I didn't know why he picked on me. I didn't want to have as many friends as he did.

One Friday when I got home, I was crying about lots of things, and my mother was so much lower, why my tummy was hurting so much quieter.

I was glad I could tell you about me for so long. I was talking about a play.

On Monday morning, how I felt. Kent was the school bully. We were asked to play soccer with

Sample Book



should walk away, trying not to

ould walk away and ignore him, and I found that my friends and I found some new, and we were asked to play soccer with

Date: _____

Children's Rights



It can mean doing what you want
It can also mean the things you
It is also a rule or law that you have or do.

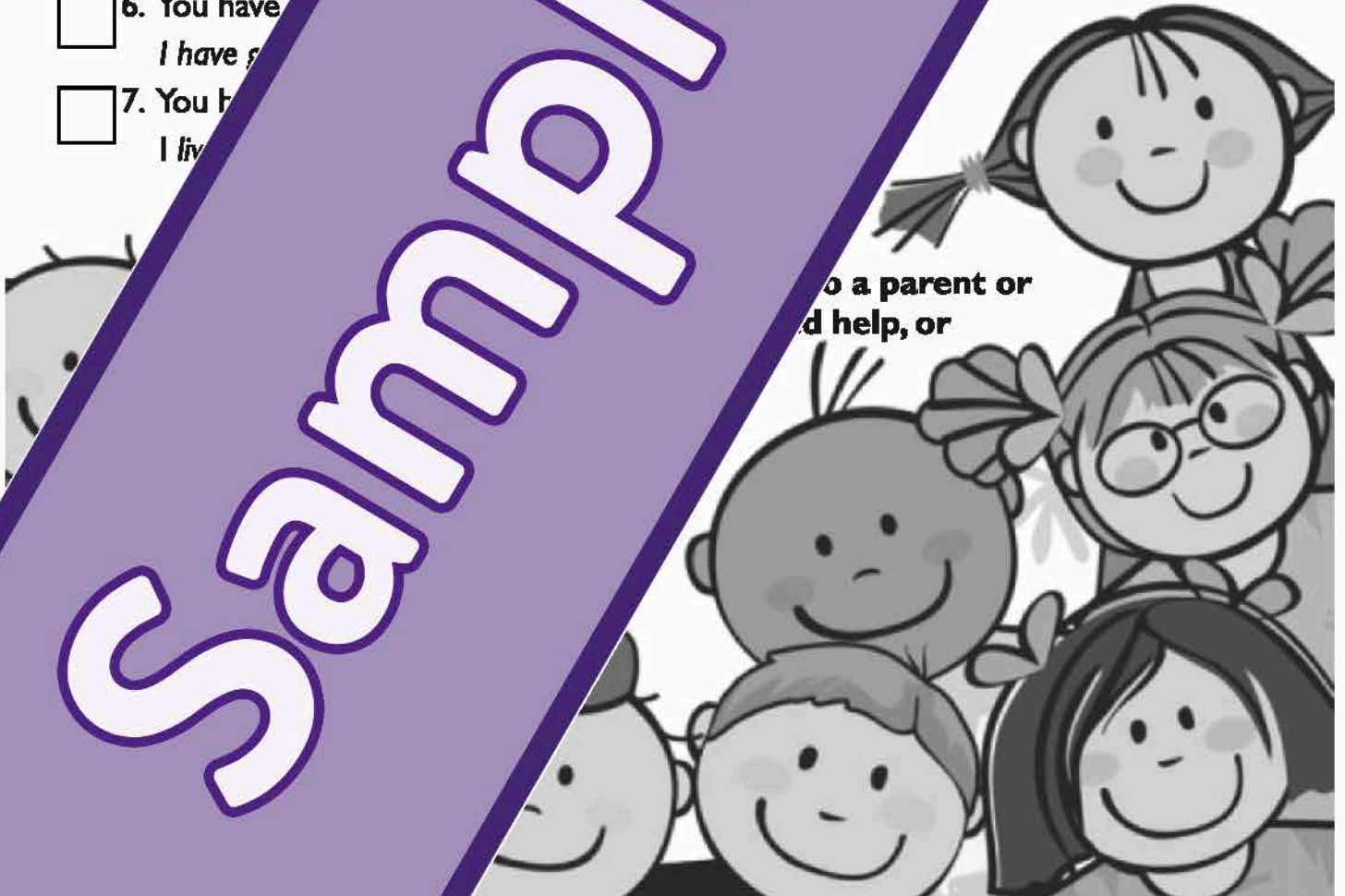
Tick the rights you think you have

- 1. You have the right to a name
My name is _____
- 2. You have the right to health care
When I don't feel well, I _____
- 3. You have the right to be safe
No one may hurt me
- 4. You have the right to go to school
I go to school every _____
- 5. You have the right to be heard
I have a way to _____
- 6. You have the right to be protected
I have _____
- 7. You have the right to live in a family
I live with _____

BOOK

Sample

to a parent or
and help, or



Date: _____

Children's Rights

You have rights, and with your rights

Responsibilities

Draw lines to connect

Rights

1. You have the right to a name and a nationality.

2. You have the right to

3. You have the

4. You have

5.

food and

and respect to
respecting all

good care of my body
not using harmful things.

Not littering.

E. Telling an adult you trust if you are being harmed in any way.

F. Trying my best at school and respecting my teachers and friends.

G. Helping to keep my home clean and tidy.

act you and others. Make the right choices.

BOOK

Sample

Date: _____

Children's Rights

R

The Little Red Hen

an American Fable, first collected by...

Do you remember the story of the Little Red Hen?

Little Red Hen and her friends, a cat, a pig, and a rooster, had some corn which they wanted to plant, so they asked for help from the cat, the pig, and the rooster.

They all replied, "Not I" and went away.

So, she planted the wheat by herself. It grew and was ready to be cut.

She asked for help to cut the wheat. They all replied, "Not I" and went away.

So, she cut and carried the wheat to the mill.

She again asked for help to carry the wheat to the mill. They all replied, "Not I" and went away.

Little Red Hen

...r. She asked for help from the cat, the pig, and the rooster, and walked away.

...ondered who would eat the bread.

...rat.

...baby chickens, and together they ate all the bread.

You have a right to food so that you are not hungry. You also have the responsibility to do what is right for yourself and others.

Sample Book

Date: _____

Cultures and M

**WE RESPECT EVERYONE'S CULTURE /
ABOUT EACH**

Rainbow

Book

What is culture
years by the

down through the
es they tell, their

1. When
uncle
the

or
n and tell
cial to your culture.



Africa and one thing about each culture.

Sample Book

Date: _____

Cultures and M

It is exciting to talk about some of the menus that
our Rainbow Nation. Do you recognize any of the
Colour the blocks with the names of the food



Fried fish and
chips

Bunny ch
(hollowed out b
with c



Milk Tart
(custard in puff pas

(s

Biltong
(dried, spiced me

otjiekos
(ew in a pot)

Curry and rice

Bobotie
(mince with
and egg

Boerewors
(sausage)

Mop

Umngqusho
(samp mielies, sugar beans,
onions, potatoes, chillis and
lemons.)



d fried
meat or
bles)

Bokkoms
(Dried and salted fish)



Koeksusters
(Fried and plaited dough pieces,
dipped in a sugary syrup)

Sample Book

Date: _____

Cultures and M

Choose 10 people in your class. Tick the boxes t

Biltong

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Boerewors

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Bobotie

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Samoosas

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Pap and vleis

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Curry and rice

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Umngqusho

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Potjiekos

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Shisanyama

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Chakalaka

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Milk Tart

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Mopane V

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Which

W

Sample Book

most popular to the least popular.
ticks, then write those foods alphabetically.

3. _____

6. _____

9. _____

12. _____

Date: _____

Cultures and Mo

Monkey

Little Monkey lived with his Granny and Grandpa in the bush. During the day, Grandpa taught him how to find food to eat. Sometimes they would find flowers and Grandpa's favourite was the one that was his breakfast.

Granny and Grandpa would teach him how to climb from branches and jump from branches.

Little Monkey had a good life. He lived in the houses on the other side of the river. He loved Bananas!

Granny had warned him not to go to the other side of the river because there were crocodiles. Sometimes they hurt very much. Little Monkey couldn't stop thinking about the bananas. One morning he decided to go down one morning.

He felt brave enough to go.

Jumping on the tree, he felt like a king. He felt like a king.

He was in the middle of all the trees.

On their side of the river, he saw a basket of bananas. He was amazed and happy. But Little Monkey was afraid, and so, just before he reached the basket, he turned towards the river.

He saw Grandpa, and he felt smart.

He jumped with ease and was soon perched on the branch. He was amazed when through the trees he saw a bowl of bright yellow bananas! He ran across the grass towards the open window.

From the open window, he heard a loud shout and he was trapped from which couldn't free himself.

Struggling and chattering loudly, Little Monkey turned and twisted in fear, remembering too late, the counsel of his grandparents.

Date: _____

Cultures and Mo

At that moment, looking towards the fence, he saw _____
and the human, while next to him, Grandpa was _____
him. "Run!" shouted his Grandpa as the rope br

Jumping the fence, they turned to see Grand

They were safe!

Later, sitting in the tree, Little Monkey
and Grandpa. I didn't listen to you
Thank you both for saving me!"

Grandpa nodded his head wi
always been taught to resp
This is what keeps us safe
day to your children too



Read

the questions.

1. Name two th

Monkey?

2. Wh

Monkey? _____

of our elders? Why? _____

Sample Book

Date: _____

Religions in South
places

AFRICAN RELIGION

We recognise one creator - God - and by
neighbours with the help of our spiritual
of our ancestor's spirits, and at impor
to honour and thank them. Our beli
(parents to children) to another ar
We believe in spirits, the use of

Find out what Sangomas are and w

ZION CHRISTI

The Zio
initiat
in A
Lin



leaders teach us.
in 1924, based on a vision
African traditional belief with
next addressing the problems of
rc.

of the Father, the Son and the Holy
being dipped in water 3 times.
Christ. Redemption is obtained
prayer.

the Gospel of Jesus Christ as laid out
belief in Prophets and Prophecies.
g, many members wear a badge or
ch of green cloth and a metallic badge
ne church to which they belong.



Members believe in God and Jesus Christ? _____

Sample Book

Date: _____

Religions in South
places

BAHA'I FAITH

We believe that all people should come
all our differences and be united. God
will teach and uplift the world.

Question: *Baha'u'llah, the founder of the Baha'i Faith, said, "The world is my country and mankind its citizens."*

How should we treat one another?

Baha'i Faith House of Worship

Baha'i Faith House of Worship is a place for all people to worship for all people's honor and glory. Gardens and flowers are planted around the building to show the beauty of the world.



...fragrances to show
...oms for prayer.

There are many symbols used in the Baha'i Faith. Work out which of these symbols refer to the Baha'i Faith.



Work out which of these symbols refer to the Baha'i Faith.

...presentation of Ya Baha'u'l-Abha, "the most glorious", referring to God.

...human body and messengers of God.

...er nine is the highest single number and the symbol of the Baha'i Faith. The star is often found on the Baha'i House of Worship. The symbol is also used as a proselytizing tool, to start conversations about the Baha'i Faith.

...is commonly placed on rings and other jewellery to remind the wearer of God's expectations for the world. The symbol is also used as a proselytizing tool, to start conversations about the Baha'i Faith.

...on of the nine-pointed star places a symbol of each of the world's major religions at each of the nine points: Baha'i, Buddhism, Christianity, Islam, Jainism, Judaism, Shinto, and Sikhism.

Sample Book

Date: _____

Religions in South
places

BUDDHISM

Buddhism began in India, is the main religion
on the teachings of Siddhartha Gautama
from suffering by cultivating wisdom, vir
to avoid self-indulgence but also self-d
Buddha's most important teachings, l
to understanding the religion. Budd
cause and effect) and reincarnat
meditating (to awaken truth). V
Nirvana, which is a place of

What can I do to bring happiness

Buddhist places of wor

Temple- where many p

Vihara- a monastery

Shrine- the site of r

Stupa- a burial m

Symbols of B

There are ma

Here are 8

Lotus

Sample Book

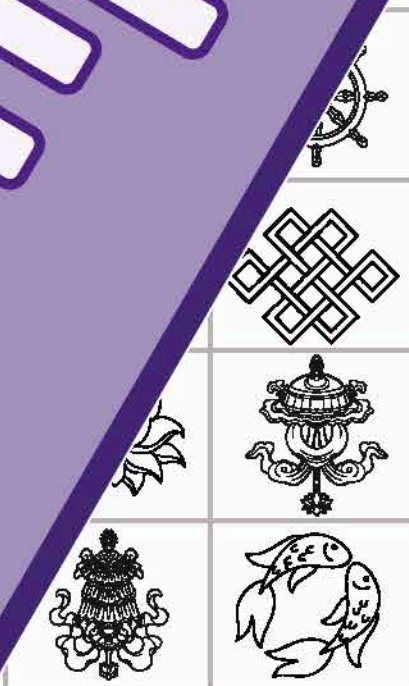


and offer devotion.
themselves to Buddhism.
le or vihara, or at home.
important Buddhist teachers.



rent ones.

their names.



Golden fish (pair):
● conjugal happiness
and freedom.

● Parasol: Protection
from harm and evil.

● Wheel of dharma:
Knowledge; the
Buddha's teachings.

● Endless knot
(Mandala):
Harmony; never
ending path.

Date: _____

Religions in South
places

CHRISTIANITY

We believe that God created the world and
the Son of God. We try and follow His be
and forgive all people. We believe He c
helped people. He was put to death o
on the third day, and lives again with

Question: Who can I help today?

Read the writing below and

Christian Churches

Christian Churches rang
or simple buildings.

the Son of God,
Sundays and
preacher

Chris

churches



sacrifice of Jesus Christ,

ship in these buildings on

riest, minister, pastor,



river a sermon (talk) from a pulpit.



at Jesus died for them on a cross.

oly spirit and peace.

nthys. Find out more about this symbol.

Sample Book

Date: _____

Religions in South
places

HINDUISM

Hinduism began in India. We believe in b
God who can take on and be seen in m
to live our life, including respect for el
creatures and that all animals should
practising pure acts and devotion.
many lives and in different bodie

Question: What is yoga?

Read the paragraph below
underline the three pr

ictures. Also

Hindu places of

The Hindu temple
and incense, an

A temple is de
gods: Brahm

er water, fruit, flowers
ing calm and awareness).
us recognize three main
estroyer and reincarnator.

The m

g

en in Sanskrit and called the Vedas
ed book but several scriptures that

for Hindus



Many Hindus worship
may be a room, a small altar or pictures and
nd by water and many plants and animals are
arians and are loving and kind towards living things.

he sound heard in deepest meditation.
ed for God.



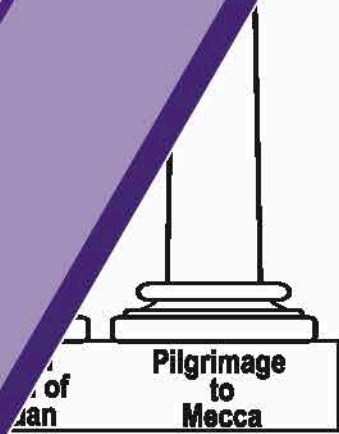
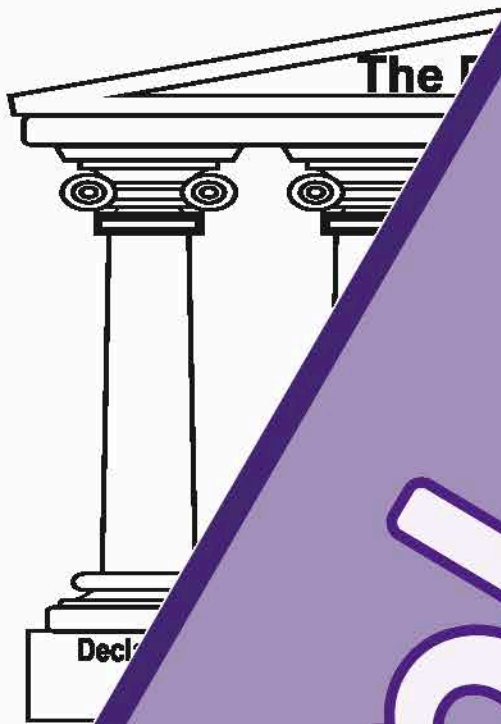
Sample Book

Date: _____

Religions in South
places

ISLAM

We believe in submission and obedience
knowing God, who is known as Allah. A
Islam started in Mecca, Saudi Arabia
life. Mecca "Makkah" was his birth



Read the

Islam:

The

the pictures.

, who during prayer, kneel and



fect and submission to the will of God.

imam" . A minaret is the tower



ful are called to prayer five times each day by

and many countries have flags
ent of Islam.



Sample Book

Date: _____

Religions in South
places

JUDAISM

We believe in God who showed (revealed) himself to Abraham and Moses. A prophet is a person who speaks for God to people. We believe that God made a covenant with the people of the earth would be blessed. The Torah is the teachings or laws from God, written down by Moses.

Question: What meat don't Jewish people eat?

Read the paragraph and then underline the correct answer.

The Jewish Synagogue

The Synagogue is a building where Jewish people go to worship God, meet and learn. It can be found in many places.

Inside the synagogue, there is a cupboard called the ark, where the Torah is kept. These are read from a platform called the bema, which is the leader of the synagogue.



During the service, the men stand and the women sit upstairs, and the men do not wear hats and some women cover their heads with a tallit.

The ark is made of gold and silver and is covered with precious stones.

The ark is placed in the front of the synagogue.

The ark is made of gold and silver and is covered with precious stones.

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

Synagogue

BOOK

_____ worship God,
_____ a cupboard
_____ kept. These are read
_____ who is the leader
_____ the women sit upstairs, and
_____ and some women cover
_____ God.

zuzah shofar star of David

_____ pictures. Choose from the words above.

_____ is known as the _____

_____ and is the main symbol associated with Judaism

_____ is a candleholder with seven branches.

_____ is attached to the doorways of Jewish homes. Inside the _____ parchment scroll, on which prayers are written.

_____ is a ram's horn blown at certain times of the year to welcome _____ or other important events.

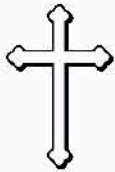
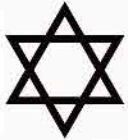
Sample

Date: _____

Religions in South
places

WE RESPECT THE RIGHT OF ALL PEOPLE TO BE A

Draw lines to join the religions with their sym



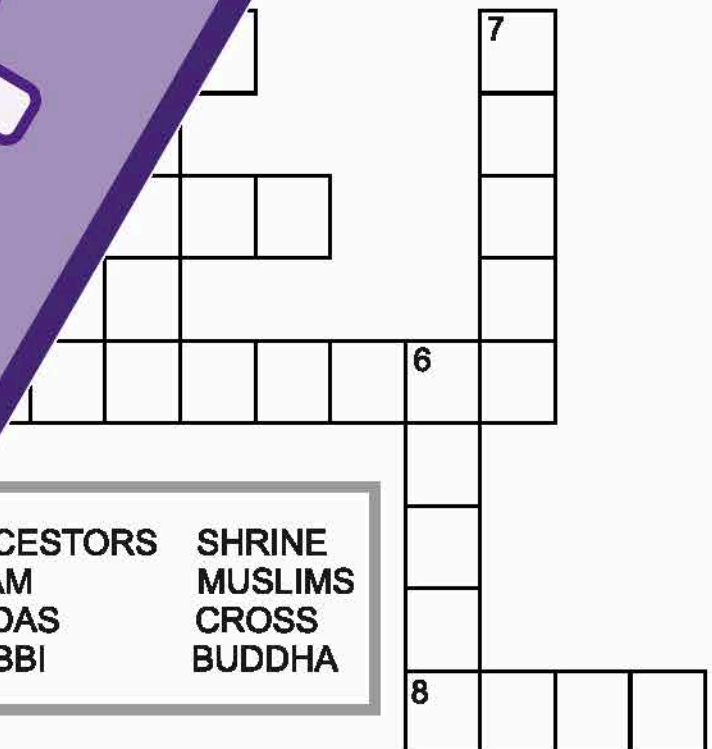
Sample Book

Choose w

CLUES

- 1. P
- 2.

ANCESTORS	SHRINE
IMAM	MUSLIMS
VEDAS	CROSS
RABBI	BUDDHA



Date: _____

Reading

Seeing God Everywhere. Talk about what

There once lived a woman in a town, who pray
Him personally.

One day, before going to bed, she remem
her dream and promised to visit her the
was very happy and at once began pr
and arranged all the furniture to mak
delicious food for God.

While she was preparing sweet
door. She saw a salesman, tr
shouted, "Please do not dist
doorway clear. Do not wa
slammed the door.

The woman cleaned
waiting for God.

After some time
see God. She
daughter a

She said
some i
the d
Gr

Book

...in the
...and almost
...to keep my
...almost

...drawing room

...door again, expecting to
...had come to play with her

...urb us today, as we are expecting
...y with my daughter." She closed
...to the drawing room, waiting for
...night.

...nd wondered why God did not keep His

...out Him. God again appeared in her dream
...y and you turned me away." She was surprised
...day, but there was no sign of You. When did You
...an and then as the neighbour's child, but both times,
...ing what I had to say."

...d said, "I did not recognize You."
...ing and everyone."

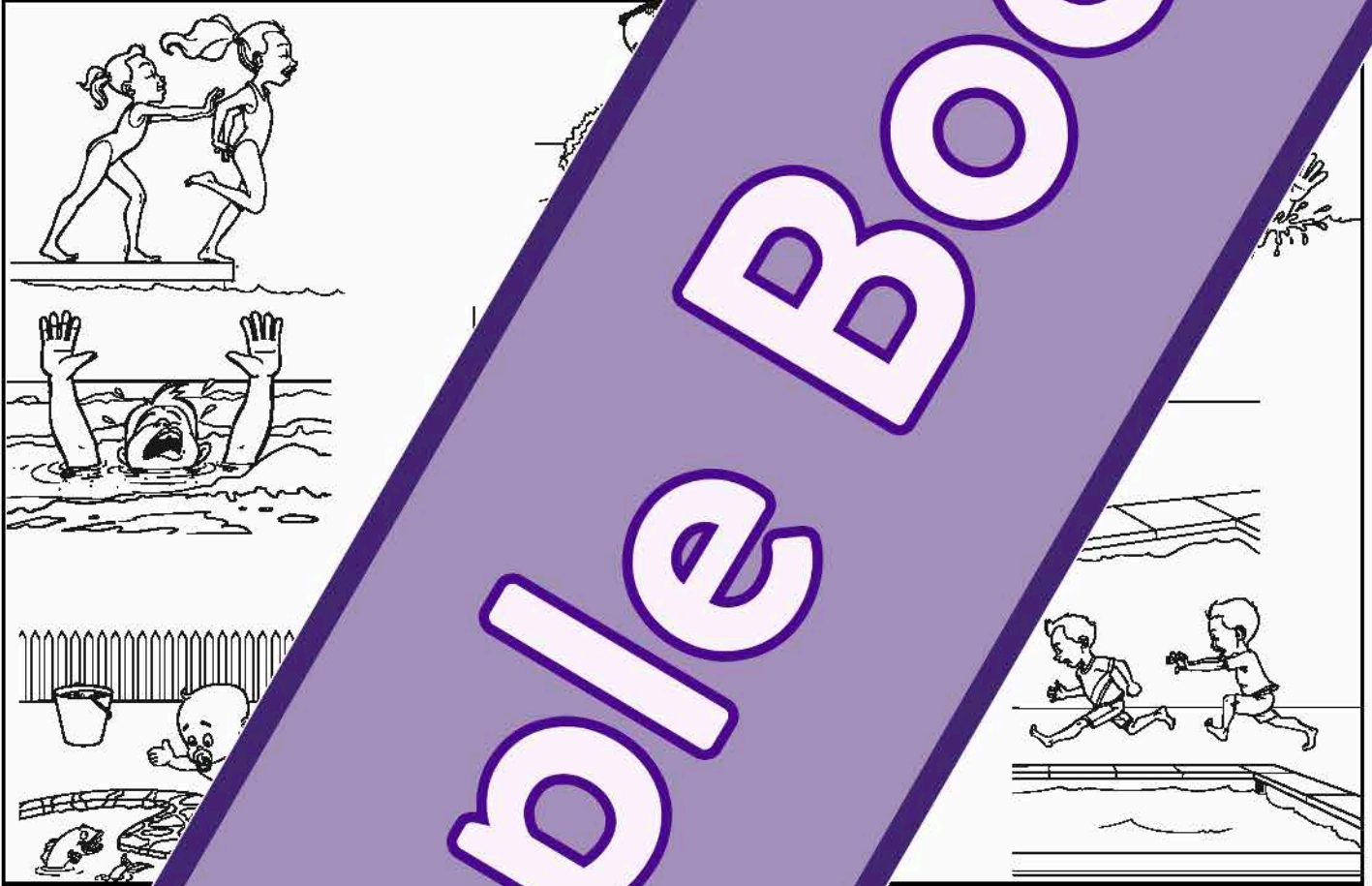
Sample

Date: _____

Dangers in and around

**Rivers, seas, lakes and dams, pools and ponds
if we don't use them safely.**

Talk about what is dangerous in each picture.



Look at the pictures. What children **shouldn't** do around or in water.

Sample Book

Date: _____

Dangers in and

Dam

Read the following sentences about water safety in the brackets.

- a. Check that the dam is (clean / warm)
- b. Check that the water you're swimming in is not over (hot / cold) submerged roots or rocks.
- c. Don't swim or play alone in water. Always have an adult (swim, watching you.
- d. If parts of the dam are fenced, (Do not / Do)
- e. (Do / Do not) push around the dam.
- F. (Do not obey / obey) the signs.
- g. (Weak / strong) currents can sweep you away.

Read the story about water safety.

Be careful of the current. Watch your feet. Don't drink the water.

Don't swim or play alone in water. There must always be an adult who can swim, watching you.

Be careful.

You can throw your litter in the river.

Don't float on a tube as a strong current can sweep you away.

Don't cross bridges to make sure there are no flash floods.

Sample Book



Date: _____

Dangers in and

Public swimming

Write down 5 of your own rules for water safety

1. _____
- _____
2. _____
- _____
3. _____
- _____
4. _____
- _____
5. _____
- _____



home

Write wh _____ for water safety at home.

1. If th _____ all large containers are empty
or _____

2. _____
_____ tools. _____

personal flotation device or life jacket. _____

ere must always be an adult who can swim,

ost bodies of water and are to keep you safe!

Sample Book

Date: _____

Dangers in and

But ... what can you do if you find

Colour in red the things that you can d

Stay calm.

Hold tightly onto
someone else.

Float on your
vertical and
(water).

... can hold
... help you

Who

.r.

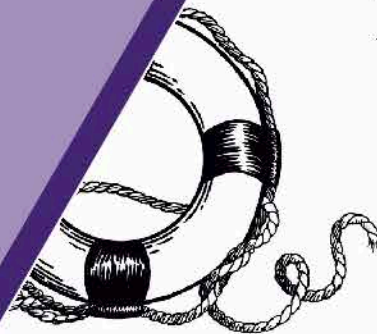
C

someone else in danger.

Call loudly for help.

Don't do anything.

Walk away.



Sample Book

Date: _____

Reading

Read this poem and talk ab

Sam and Dev w
Down to the
They didn't tell an
They did

The water
That d
Dev sli

ver
n
ed with Sam
unt

/ remembered
ttened and wet
swim alone!
d never forget!

ACT OUT THE POEM OR WRITE AND
THEIR OWN POEMS

Sample Book

Date: _____

Traffic rules rel

SAFETY FOR CYCLISTS:

Choose the correct words from the block
the sentences.

reflective day stop
next bright

1. _____ your brake

2. Always wear your _____

3. Wear _____
that won't get stuck i

4. Have _____

5. Try and ride

6. Know a

7. Drive

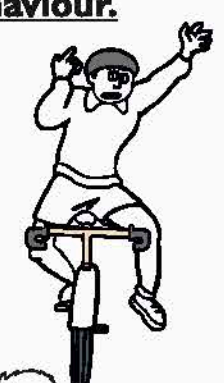
8. _____

Sample Book

Sample



at pictures showing
ing behaviour.



als to show

_____ and concentrate.

friend, but either in front or behind.

ne _____ of the bike behind you.

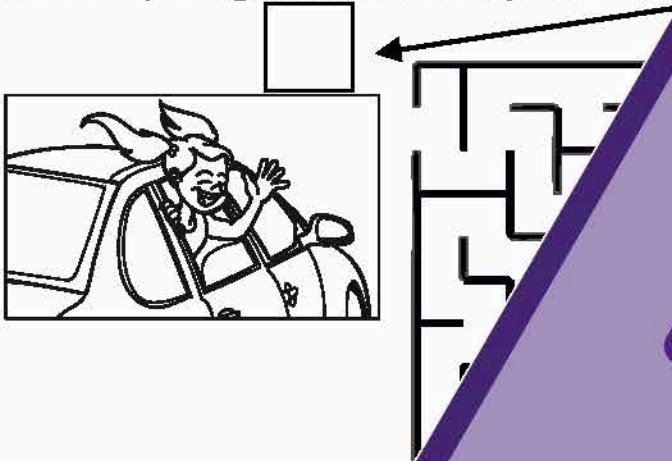


Date: _____

Traffic rules rel

GOOD PASSENGER BEHAVIOUR:

MAZE: Help Zia get to school safely. Is her beh



Look at these pic

blem is.





ours in a car.

Sample Book

Date: _____

Traffic rules rel

RAILWAY SAFETY:

READING

Ayanda was going on her first train ride and she was very excited! As they waited for the train on the platform, she noticed two boys playing on the platform, throwing stones at the train tracks. They ran away down the railway tracks. "That is very dangerous!" the guard said. "Please do not walk on the tracks! I wonder where they went." Ayanda smiled when she heard the guard's warning. What a wonderful sight! This was the first time she had seen a train. When the train had come to a stop, the passengers boarded the train. Granny told Ayanda to sit down and look forward on its way to the sea. The train moved at all

When the train started moving, Granny told Ayanda to sit down and look forward on its way to the sea. The train moved at all

When the train started moving, Granny told Ayanda to sit down and look forward on its way to the sea. The train moved at all

Answer the questions

1. Why was Ayanda excited?

2. Why was the guard angry?

Sample

Book

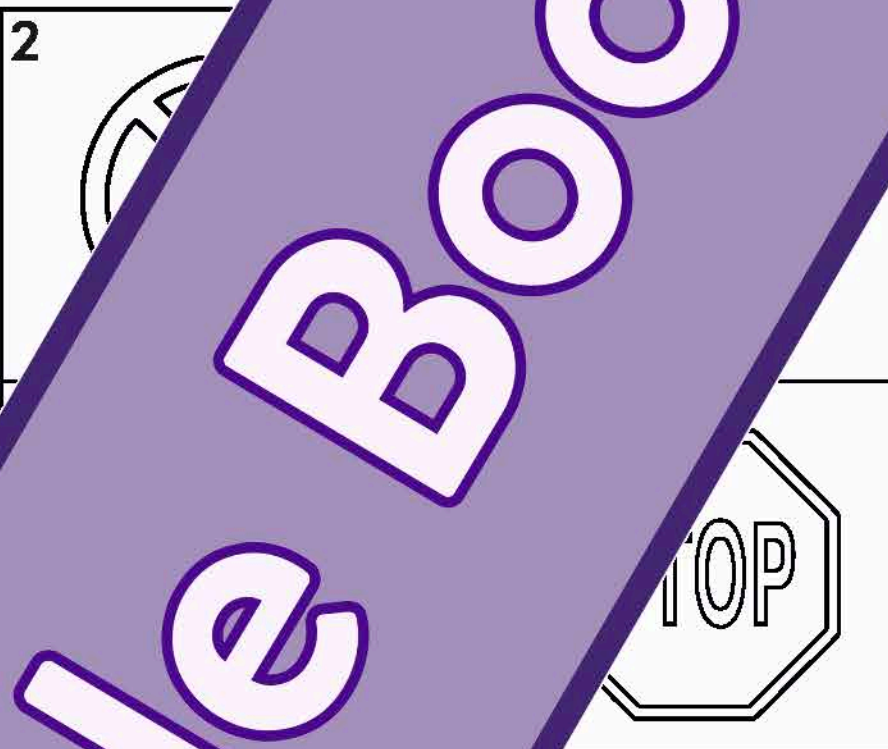
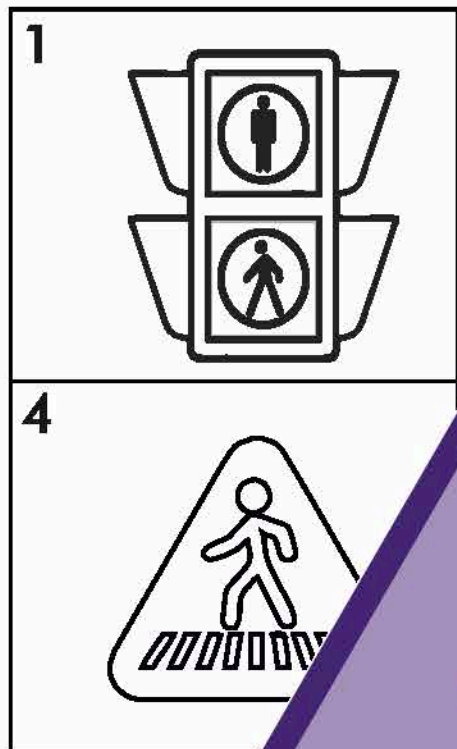


Date: _____

Traffic rules rel

DO YOU KNOW THESE TRAFFIC SIGNS?

Colour them correctly and then write a short d



Sample Book

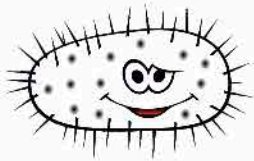
Date: _____

Personal and h...

What is a germ?



Germ is a tiny living organism that can cr...



be seen unde...

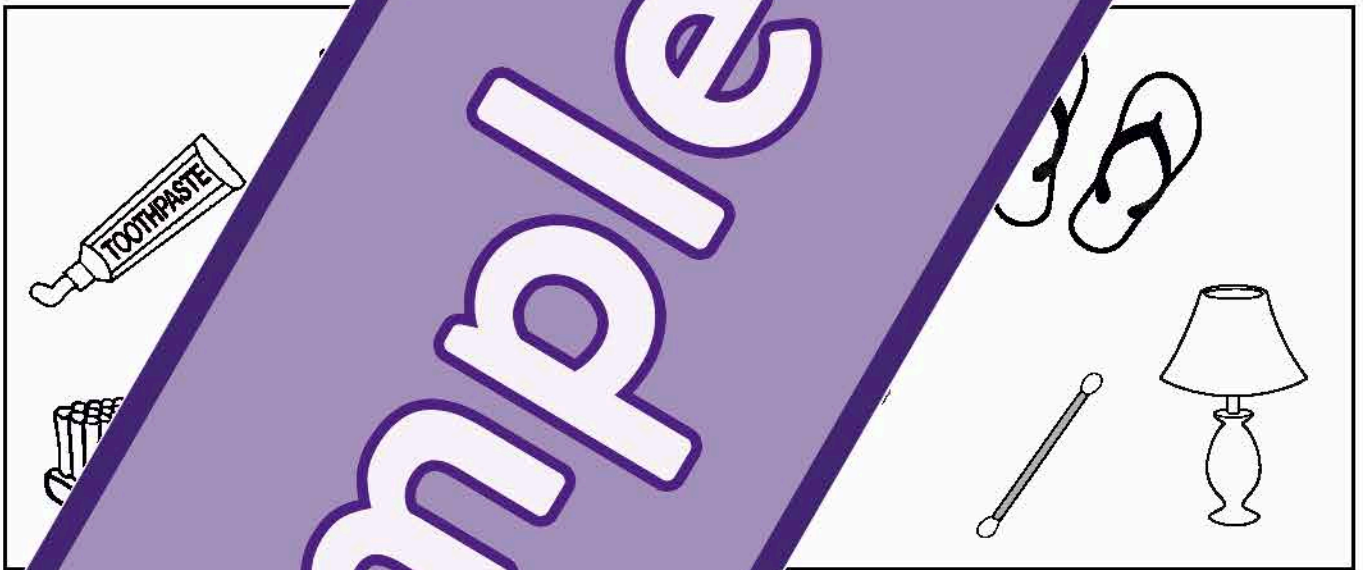
coughing, ...

sweat, s...

Personal h...

Look at the pictures in the ...
not be shared.

... which should



... ed?

Four horizontal lines for writing answers.

Sample Book

Date: _____

Personal and ho...

Germ breeding areas in the house.

Breeding r...

List 4 ways that we can prevent germs from spre...

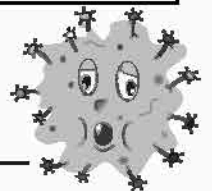
1. _____
2. _____
3. _____
4. _____

Write words in the blocks to...

... germs can spread.

KITCHEN	BATHROOM

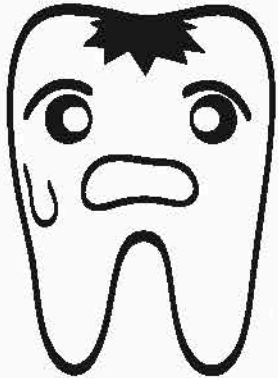
What can you do to get rid of germs in this picture.



Sample Book

Date: _____

Dietary habits of dental



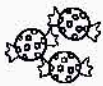
What is

A cavity is
your tooth. You
drin

Dentists are like doctor
Let childr

althy.

What causes



1. Eating c



2. N



bad breath and



y.

products (cheese, milk, yoghurt) eggs,
, crunchy vegetables and leafy green vegetables.





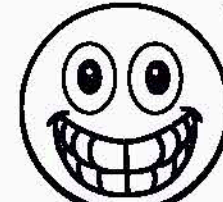
Sample Book

Date: _____

Dietary habits of
dental

As a class: Read the sentences in the blocks and
Then play the game.

GAME: Play with a friend. You need
counters on start. When you land
follow the instructions. If you
The first one to reach the big

<p>1 START</p>	<p>I ate M</p>		<p>4 y. WARD CKS.</p>
<p>5 I ate my fruit and vegetables MOVE FORWARD 2 BLOCKS</p>			<p>8 e sweets instead of lunch. MOVE back 5 BLOCKS.</p>
<p></p>		<p>11 </p>	<p>12 I did not brush my teeth today. MOVE BACK 3 BLOCKS.</p>
		<p>15 ited the dentist during the week. MOVE FORWARD 5 BLOCKS.</p>	<p>16 </p>
<p>18 </p>		<p>19 I drank sugary drinks. MOVE back 3 BLOCKS.</p>	<p>20 </p>

Sample Book

Date: _____

READING



THE SMILE THAT WENT AROUND THE TOWN

Gaby finished brushing her teeth, picked up her bag and walked towards the door. "Goodbye Mom and Dad, I'll see you later" she said to catch the taxi!

Gaby smiled at Mr Ralph, the taxi driver. "Goodbye" she said. "I hope you're having a lovely morning" she said. "Good morning, but he felt much better today."

When the taxi stopped at Mr Maslow's house, he smiled warmly at him and wished him a good day. He got into the office and smiled at Judy. She smiled back and went to the shop to buy some groceries. She was at the shop for her help.

A little later when Grandma smiled sweetly at her. She smiled at her neighbor. James was sad because she was so kindly at him.

As he was about to go home, Mr Brown smiled at her. She smiled back! Gaby was so happy!

Share your thoughts with your friend. Write...

Book



_____ were all affected by Gaby's smile.

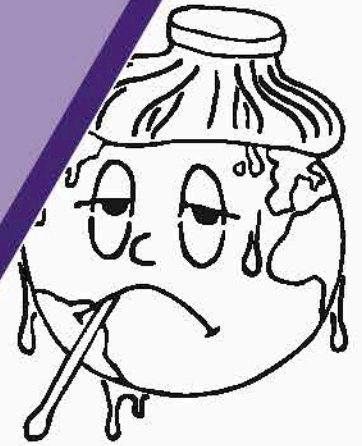
Date: _____

Examples of unhe
pollution and

EXAMPLES OF ENVIRONMENTS THAT
water, land) including illegal dumping sites



What is pollution?



Write at least

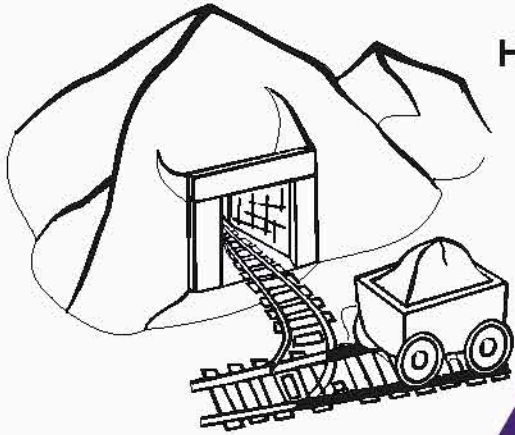
Land pol

Sample Book

Date: _____

Healthy environ
person

BOOK



How could a n

Dr Margaret Chan, World

What does Dr Chr

To stay
word

ive. Choose the correct

healthy soil



to provide the minerals and vitamins

for their bodies to resist disease, get rid

disease and lung cancer by breathing

Date: _____

Strategies to keep
conservation

What is climate change?

It is changes in the weather, like temperature and
period of time. This is caused by humans, cutting
burning coal, gas and oil, which goes into the
blanket trapping the sun's heat near the surface
our weather and climate.

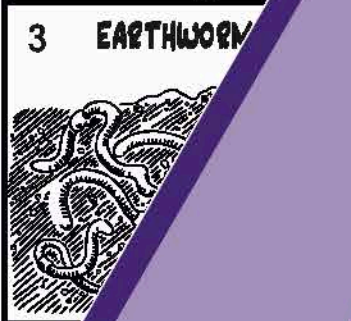
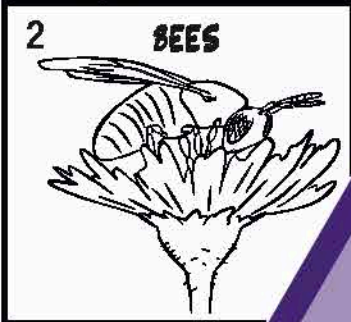
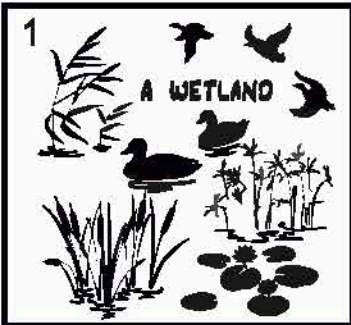
**Talk about what
In each third of the circle**

Sample Book

Date: _____

Strategies to keep
conservation

We need to keep our environment healthy and
Five groups much each discuss one picture and
Write next to each picture how it helps ou



Sample Book

Date: _____

Health and Envir

Create your own sign or logo for one of the ideas below.

1. Don't waste food.
2. Don't litter! Anytime, anywhere.
3. Don't waste electricity: (Dry clothes in sun rather than use tumble driers.
Don't leave lights on that you don't need.)
4. Don't waste water.
5. Cycle or walk, if you can, rather than use a car.



Sample Book

Date: _____

Health and Envir



Arbor Day is 'tree day'

Arbor day is a holiday when we celebrate the planting and taking care of trees. This is a way we show our gratitude for our trees.

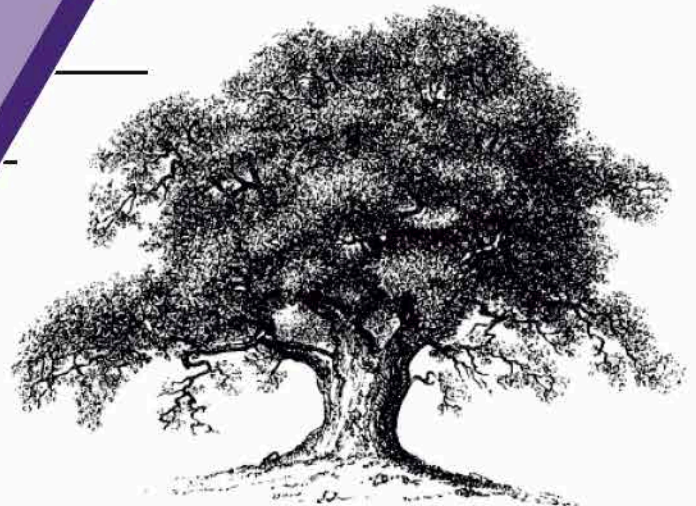
What can we do?

- Go outdoors and look at how wonderful trees are.
- Draw or paint a picture of a tree! Sit or lie under a tree!
- Talk about how many animals live in trees.
- Talk about what we use trees for.
- Plant a tree! Then water it.
- Plant a seed of a tree.

Write a poem or story.



Sample Book



Trees produce oxygen that we inhale.
COPYRIGHT DEPICTA

Date: _____

HIV and AIDS

Human Immunodeficiency Virus (HIV)



This is a virus that attacks the body's immune system that defends you against infections. The virus weakens it, over time, making it hard for your body to fight off infections.

CAN YOU PR

HIV is a lifelong condition of Antiretroviral Therapy Medicines

Transmission of HIV

Can I catch HIV?

No, but if someone they bleed from then you need because if you the virus can into yours

PRECAUTIONS

Fill in

#

Sample Book

Sample

any body ening seas.

alled life.

in body fluids like breast milk, semen, and menstrual fluids. and person can pass it to on if their blood gets into odstream of someone who ve the virus or when infected asses through a thin membrane in the body.



and water

ured person's injury.

dling blood.

_____ on them.

sore with a plaster.

nd _____ the area.

ossible objects that have come

- adults
- soap
- Cover
- gloves
- Throw
- disinfect
- blood

Date: _____

Health and Environmental Responsibility

YOU CAN NOT GET HIV

- *by standing next to someone
- *by sitting next to someone
- *by sharing plates or cups
- *from a toilet seat
- *by hugging someone
- *by playing with someone

- *by being friends with someone
- *by talking to someone
- *by shaking hands
- *by sharing your food or drinks
- *from swimming pools
- *from mosquitos

Circle the correct sentences in each row:

1. The virus can live in the air. The virus cannot live in the air.
2. You can get HIV from someone coughing. You cannot get HIV from someone coughing.
3. HIV lives in a infected person's blood. HIV does not live in an infected person's blood.
4. You can see if someone has the HIV virus. You cannot see if someone has the HIV virus.
5. You only get very sick when HIV becomes AIDS. You get very sick from the HIV virus.

WHAT IS WORLD AIDS DAY?

On December 1 every year, people around the world unite to show support for people living with HIV and Aids.

Many people wear a red ribbon, the symbol for support for people with HIV.

There may be events organised with people raising money to help improve the quality of life of people living with HIV.

Scientists believe that a cure is possible. There still needs to be more research done to make this happen.

