



Name: \_\_\_\_\_

Roll No.: \_\_\_\_\_ Std 2 Div: \_\_\_\_\_

Date: \_\_\_\_\_

1. Complete the essay on 'Myself'.

My name is \_\_\_\_\_.

The name of my school is \_\_\_\_\_

I am \_\_\_\_\_ years old. **Last year** I was \_\_\_\_\_ years old.

**Last year**, my weight was \_\_\_\_\_ kilograms. My height was \_\_\_\_\_ centimeters.

**This year**,

I have become \_\_\_\_\_ heavier / lighter.

I have become \_\_\_\_\_ shorter / taller.

2. What will I grow into?



\_\_\_\_\_ (b)



\_\_\_\_\_



\_\_\_\_\_ (d)



\_\_\_\_\_



\_\_\_\_\_

### 3. How do I help you?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

### 4. Name 3 external and 3 internal organs. And write the function of each organ.

Name of the Organ	Function
(a) _____	_____
(b) _____	_____
(c) _____	_____
(d) _____	_____
(e) _____	_____
(f) _____	_____

### 5. What will you do?

(a) To keep your mind healthy:

\_\_\_\_\_

(b) To keep your body healthy:

\_\_\_\_\_

### 6. Write True or False.

(a) Reading in dim light for long hours does not affect my eyes. \_\_\_\_\_

(b) Hearing loud noise for a long time is not good for my ears. \_\_\_\_\_

(c) The brain helps us to think, remember, and identify. \_\_\_\_\_

(d) We need not exercise to keep our body healthy.

\_\_\_\_\_

(e) I will allow someone to touch my lips and chest.

\_\_\_\_\_

(f) I will contact a police officer when I am sick.

\_\_\_\_\_

7. Write the name of your favourite game. And draw what you use to play that game.

8. ✓ the option that shows the correct way to carry bag.



9. Read each situation and think: "Would I feel happy or sad in that situation?" And then draw the correct emoji.



Happy



Sad

Situation	Emoji
(a) When you play with your friends.	
(b) When someone touches your lips.	
(c) When you are sick.	
(d) When your teacher appreciates you.	
(e) When you go for a picnic.	

10. ✓ the options which are good for our health.

(a)



Eating Burger

(b)



Proper Sleep

(c)



Yoga

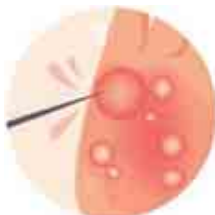
(d)



Games

11. What would you do in case of a burn? ✓ the box with picture that shows things you should do, and ✗ the box with picture that shows things you should not do.

(a)

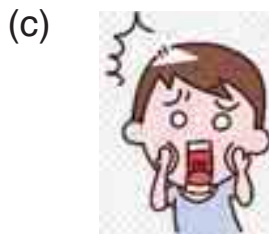


Pop the blisters

(b)



cool the burn

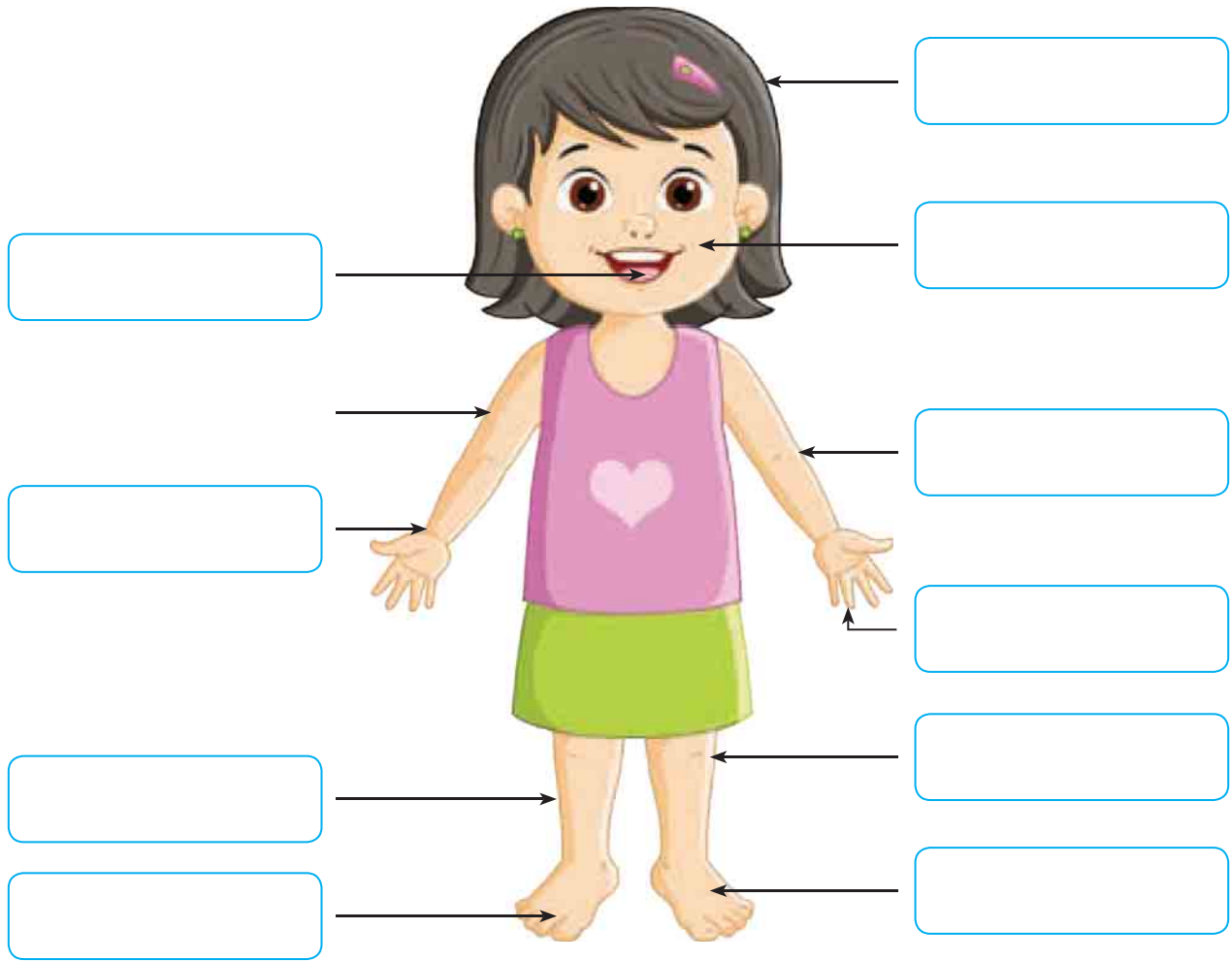


Get  
panicked

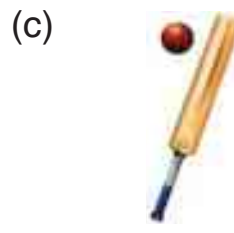
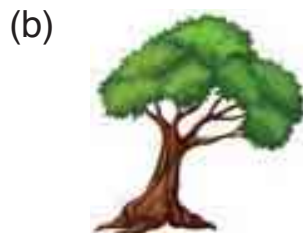


Bandaged the  
burn

### 12. Label the body parts.



### 13. Which of these will grow with time? ✓ the right boxes.



## Self-assessment

✓ the picture that shows how you worked today.

I liked doing this work.



yes



so-so



no

I found this work easy.



yes



so-so



no

Teacher's remark: .....

.....