



Name: _____

Roll No.: _____ Std 3 Div: _____

Date: _____

1. If a habit is good, colour the circle **GREEN**. If the habit is bad, colour the circle **RED**.

<input type="radio"/> Sleep for 8 hours every night	<input type="radio"/> Gossiping	<input type="radio"/> Eat fresh fruits and vegetables	<input type="radio"/> Eat with dirty hands	<input type="radio"/> Exercise in fresh air
<input type="radio"/> Eat lots of junk food	<input type="radio"/> Play outdoor games	<input type="radio"/> Do stretching exercises	<input type="radio"/> Maintain correct posture	<input type="radio"/> Play video games for hours

2. What will you do ...

(a) after you have touched a stray dog?

(b) when you see an old lady unable to cross the road?

(c) when your friend doesn't wash hands before eating?

(d) when your grandfather is not feeling well?

3. ✓ the good habits.

Getting up late

Doing yoga

Eating junk food daily

Helping others

Not smiling

Not taking bath

Wasting food

Being kind

Fighting with friends

Gossiping

Being selfish

Loving others

Telling lies

Reading books

Being late to school

4. What is an 'orphanage'? And what is an 'old-age home'?

5. Answer the following questions.

(a) Write any 3 good habits that you follow daily.

(b) Should we harm plants and animals? Why?

(c) Write 2 ways in which you help your parents.

6. Fill in the blanks with correct option.

(water, love, food, care, clean, junk food, wash)




- (a) We should always wear _____ clothes.
- (b) We should avoid eating _____.
- (c) We should _____ our hands frequently.
- (d) We should show _____ and _____ towards animals.
- (e) We should never waste _____ and _____.

7. List the activities you do from morning to night with timings.

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:

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