



2

Helping Hands at Home



SCAN ME

SDG 3 Good Health and Well-being

Warm Up

Curiosity Making CG 1

Look at a picture and answer the following questions.

1. How many kids are in the picture?

.....

2. Which chores are they doing?

.....



It is a bright Sunday morning. The sun shines through the window and birds **chirp** happily. Riya wakes up early and decides to help her parents. She quickly brushes her teeth, washes her face and runs to the kitchen.

“Good morning, Mum! Can I help you?” Riya asks.

“Yes, dear. Please set the table for breakfast,” Mum says.



chirp: high sound made by birds



Riya carefully places the plates, spoons and glasses on the table. She also fills a jug with water and puts it in the centre. She feels proud of her work. When breakfast is ready, the family enjoys their meal together. After breakfast, Dad is outside, **sweeping** the garden.

“Dad, can I help you?” Riya asks eagerly.

“Of course! You can water the plants,” Dad says, handing her a small **watering** can.

Riya waters each plant gently, making sure every flower and leaf gets enough water. She loves watching the tiny drops shine in the sunlight.

After finishing her work, Riya notices her little brother, Aarav, **struggling** with his toys.

“Let me help you, Aarav,” she says kindly.

They put all the toys in a box together. Aarav claps his hands happily.

Later in the afternoon, Riya sees some books **scattered** on the table.

sweeping: cleaning by moving dust or dirt away

watering: giving water to plants

struggling: finding something difficult to do

scattered: spread out in different places



She picks them up and arranges them **neatly** on the shelf.

By evening, the house looks neat and clean. Riya feels proud of herself. Mum and Dad notice all the things she has done.

“Thank you, Riya! You have been a great help today,” Dad says.

“Helping at home makes me happy!” Riya says cheerfully.

Mum nods and gives her a warm hug. “Yes, dear. A helping hand makes the home a better place!”

neatly: in a tidy and organised way

Make sentences using the given words.

CG
3

1. chirp –
2. sweeping –
3. watering –
4. struggling –
5. scattered –
6. neatly –



Read and Answer

Competency Based Learning 

A. Answer the following questions.

1. What does Riya do after waking up?

.....

2. How does Riya help her mum in the morning?

.....

3. What work does Dad do outside?

.....

4. What does Riya do when she sees Aarav struggling with his toys?

.....

5. Why does Riya feel proud in the evening?

.....

B. Fill in the blanks.

plants table toys hug sunday

1. Riya wakes up early on a morning.
2. She helps Mum by setting the
3. Dad asks Riya to water the
4. Riya helps Aarav put his in a box.
5. In the evening, Mum gives Riya a warm



C. Write 'T' for true and 'F' for the false statements.

1. Riya wakes up late in the morning.
2. She helps Mum by cooking breakfast.
3. Riya waters the plants in the garden.
4. Aarav claps happily after Riya helps him.
5. Riya does not feel proud of her work.



D. Discuss in class.

1. Why is it important to help our family members at home?
2. What are some ways you help your parents at home?



Word Practice

Vocabulary Building 

E. Circle  the word that does NOT belong.

1. morning dinner night afternoon
2. plate spoon chair cup



- | | | | |
|-----------|---------|-------|---------|
| 3. garden | flowers | plant | book |
| 4. fun | jump | eat | brush |
| 5. happy | sad | clean | excited |



F. Draw a line from each word to its synonym.

- | Word | Synonym |
|---------------|---------------|
| 1. help | a. observe |
| 2. struggle | b. support |
| 3. neatly | c. difficulty |
| 4. cheerfully | d. tidily |
| 5. notice | e. happily |



Grammar Time

Language Mastery 

A noun is a word that names a person, place, animal or thing.

Examples:

Person: teacher, doctor, mother, John

Place: school, park, India, London

Animal: dog, elephant, tiger, cat

Thing: book, table, pencil, ball



Types of Nouns

There are four main types of nouns:

1. **Common Noun**

A common noun is a general name for a person, place, animal or thing. It does not start with a capital letter unless it is at the beginning of a sentence.

Examples: teacher, school, dog, book, doctor, park, boy, house, elephant

- ◆ The **boy** is playing in the **park**.
- ◆ I have a **dog** at home.



2. Proper Nouns

A proper noun is a specific name of a person, place or thing. It always begins with a capital letter.

Examples: John, London, Titanic, India, Bible, Asia, January

- ◆ The **Taj Mahal** is in Agra.
- ◆ **Monday** is the first day of the week.



3. Collective Nouns

A collective noun is a word used for a group of people, animals or things.

Examples: team, herd, bunch, class, flock, pack

- ◆ The **team** won the match.
- ◆ A **herd** of cows is grazing in the field.



4. Abstract Nouns

An abstract noun is the name of a feeling, idea, quality or state. It cannot be touched, seen or heard.

Examples: love, honesty, knowledge, happiness, kindness, friendship, anger, bravery, beauty

- ◆ He showed great **kindness** to the poor.
- ◆ **Bravery** is important for a soldier.



G. Read each sentence and underline the nouns. Then, write whether it is a Common (C), Proper (P), Collective (CL) or Abstract (A) Noun.

1. The crowd cheered for the team.
2. London is a beautiful city.
3. My sister showed great kindness to the old lady.
4. We saw a herd of elephants in the forest.
5. The teacher gave us homework.
6. I love reading Harry Potter books.

H. Choose the correct noun from the box and complete the sentences.

honesty London doctor school flock happiness

1. My brother studies in a big
2. We visited last summer.
3. A of birds was flying in the sky.
4. The patient visited the for treatment.
5. She told the truth because of her
6. Their faces were full of when they won the game.



I. Circle the word that is not the same type of noun as the others.

1. boy, girl, book, teacher
2. kindness, love, honesty, tiger
3. team, elephant, class, bunch
4. city, New York, London, India
5. bravery, courage, school, wisdom



Listen and Speak

Effective Communication 

J. Listen to your teacher carefully and choose 'Yes' if it is correct and 'No' if it is incorrect.

1.
2.
3.
4.
5.

K. Work with a partner and ask each other these questions given below.

- ◆ What do you do to help your parents?
- ◆ Do you help your younger sibling or family members?
- ◆ What is one thing you enjoy doing at home?
- ◆ How do your parents feel when you help them?



Note: For the listening text, see page 104



Write and Learn

Creative Expression 

L. Write five sentences about how you spend your 'Sunday' morning at home.

Hints:

- ◆ What time do you wake up? ◆ What do you do for fun?
- ◆ How do you help at home?

1.
2.
3.
4.
5.



Try It Out

Holistic Development 

M. Complete the chart by writing what each family member does, both at home and outside.

Family Member	What They Do (At Home)	What They Do (Outside)
Mother
Father
Brother/Sister
Me



Our Values

Ethical Learning 

N. Write 'P' for the tasks your parents do and 'I' for the tasks you do.

- | | |
|----------------------------|------------------------------|
| 1. cooking meals | 2. washing the car |
| 3. setting the table | 4. watering the plants |
| 5. folding clothes | 6. packing school bags |

Be Kind (Poem)



SCAN ME

Just a little bit of kindness
Can go a long, long way,
Just a little bit of tenderness
Can brighten up a day.
Just a bit of praise where it's
deserved
Can bring a happy glow,
Just a hand held out can
give some hope
To someone feeling low.
A forgiving word, a handshake,
A pat upon the head,
Can take away a heavy heart
And bring a smile instead.
Just a little bit of kindness
Can go a long, long way
In reflecting the benevolence
God shows us every day!



– By Alice Joyce Davidson



Read and Answer

A. Tick (✓) the correct answer.

1. What can bring a happy glow?
 a) anger b) praise c) silence
2. What can brighten up a day?
 a) kindness b) ignorance c) sleep
3. What can take away a heavy heart?
 a) a bright smile b) a pat upon the head
 c) kindness
4. What does God show us every day?
 a) benevolence b) strength c) sadness
5. What can a helping hand give?
 a) hope b) fear c) trouble

B. Fill in the blanks.

praise benevolence kindness forgiving

1. A little bit of can brighten up a day.
2. Just a bit of can bring a happy glow.
3. A word can take away a heavy heart.
4. God shows us every day.

C. Think and answer.

1. Write two ways you can show kindness to your family.

2. Write two ways you can show kindness to your friends.
