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Mrs Angie Motshekga, Minister of Basic Education



Mr Enver Surty. Deputy Minister of Basic Education

These workbooks have been developed for the children of South Africa under the leadership of the Minister of Basic Education, Mrs Angie Motshekga, and the Deputy Minister of Basic Education, Mr Enver Surty.

The Rainbow Workbooks form part of the Department of Basic Education's range of interventions aimed at improving the performance of South African learners in the first six grades. As one of the priorities of the Government's Plan of Action, this project has been made possible by the generous funding of the National Treasury. This has enabled the Department to make these workbooks, in all the official languages, available at no cost.

We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

We sincerely hope that children will enjoy working through the book as they grow and learn, and that you, the teacher, will share their pleasure.

We wish you and your learners every success in using these workbooks.



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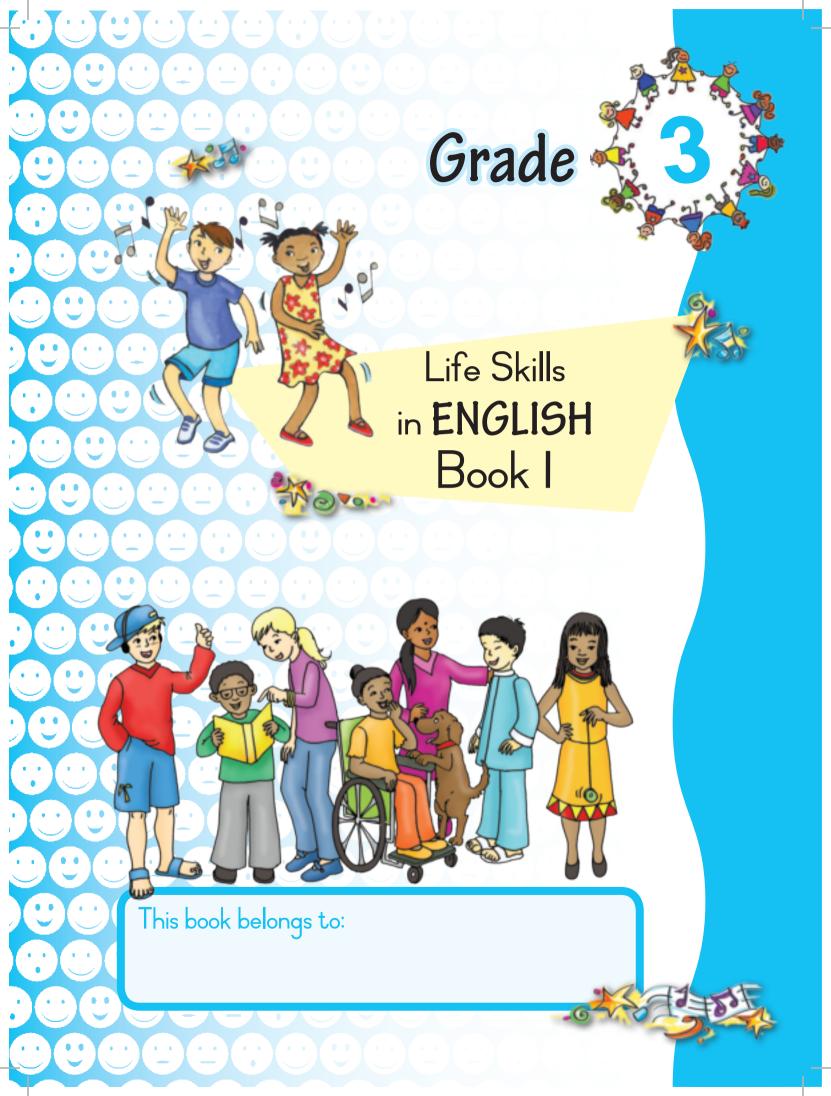
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About me



Each one of us is different and we are all special.

Fill in this identity document about yourself. Design a stamp for the ID.

When you have done this, show your card to your friend.

What are the similarities and what are the differences between you and your friend?

J J	mar and a second
Identity	document
Name:	
Age:	
Date of Birth:	
year month da Place of birth:	y
Girl or boy:	
Home language:	
Colour of hair:	
Height:cm	ו
Colour of eyes:	
	Draw a picture of yourself.
Signature	***************************************



Now think about your life so far.

How far back can you remember?

Can you remember your second birthday?

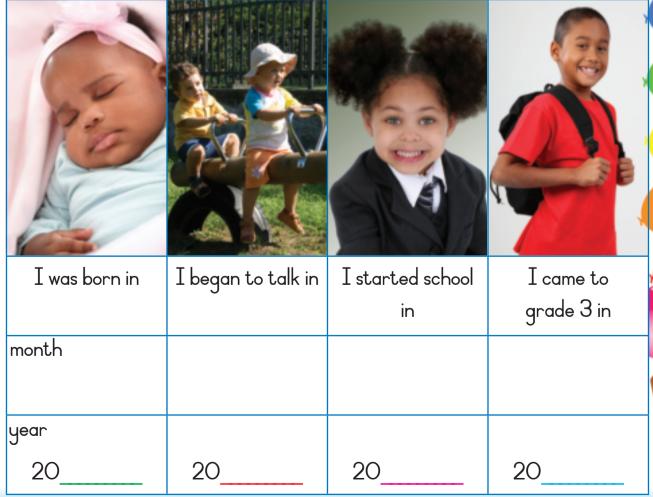
Can you remember starting school?





Let's write

Fill in this timeline about your life.



Teacher: Sign:

My school

Let's do

Your teacher will help you to draw a timeline for your school. We have started it for you. Your teacher will tell you about other important events that you can add.

(a)	捧 imp	ortant	events that you co	an add.	
	nat year did our school open?	yc	hat year did our principal ome to the school?		
What is the history of your school? Find out the answers to the quest and write them in the spaces in the first column. Then draw pictures show the history.					
What year did your school open?		Dr	aw a picture of you	r school.	
W	Who was the first principal?				

What is the school motto.

Draw the school badge.

Mention something special about the school. Perhaps there was a special learner or special achievement.

Draw a picture to show something special about the school.



Before you do an activity outside, first stretch like a cat. This will make it easier for your body to move. Also stretch after the activity to relax and cool down. This will help you not to get pains in your muscles. Now do what these children are doing.

Your teacher will call your name and throw the ball to you. Catch the ball before it falls.

Now try to catch the ball in a bag when your friend throws it to you.

Throw the ball to your friend and see if he or she can catch it in the bag.

Stretch like a cat to relax.







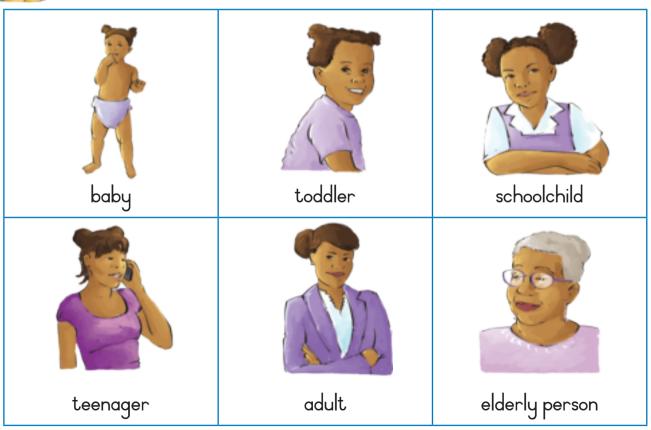
All about me

Think of something interesting that happened to you in your past and tell your friend so that he or she can get to know you better.



Let's talk

Tell your friend how this person changed from being a baby to being an old woman.



Date:	
Work in a group. Make up a song and a dance. In your group, write the words of the song in the space below. Then show your class how you sing the song while you dance.	
	Teacher: Sign:
6 13 15 15 15 15 15 15 15 15 15 15 15 15 15	Date:

Bigger and older

Let's talk

Talk about how older children and older adults are different from you.

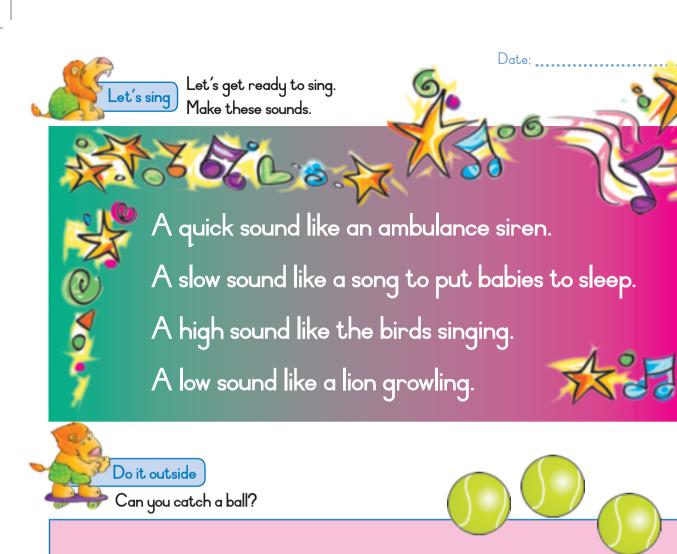
As time passes people
get older. Their hair
colour changes, their
voices change, they get
more muscles and they
become wiser.

How do people change as they get older?



Let's write

Which of the following things do you do differently to the way your parents do them? Tick (the correct face.	M	le	Му ро	ırents
Run without getting tired.	<u></u>			
Skip.	<u></u>		0	
Read a newspaper.	<u></u>		0	
Drive a car.				
Play in a tree.	0		\odot	



Throw a tennis ball into the air and catch it with both hands.

Throw it up and then clap your hands before you catch the ball.

Bounce the tennis ball on the ground.

Now make a bat using rolled up paper or a piece of wood. Use it to bounce the ball on the ground.

Now stretch like a cat.



Feelings

Let's talk

Look at these pictures and say how these children feel. Have you ever felt like this? Fill in how each child feels. Use these words to help you.

sad

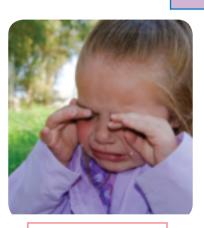
happy

sorry

afraid

proud

angry















Play a game of mini tennis practising your fore- and backhand shots.





What makes you happy?

What makes you sad?

What makes you afraid?



What makes you angry?



Dear Diary		

Write a diary entry for a day that you felt sad. Say what happened to make you sad.

Dear Diary			

What I enjoy most

Let's write

Tell your group what activities you enjoy doing most. Then write the names of the activities in the spaces in the mind map.



	Let's write		nd map to write a p by these activities.	paragraph on what	t you enjoy doing
		Who	at ${ m I}$ enjoy mos	st	
		Use your play doug and sad face.	gh to make a happi		
	Let's talk		at they like to do.	Colour in 1 block ed	ach time they
5		3			
4					
3					
2					
-					
	Singing	Reading	Painting	Sport	Mathematics Teacher: Sign:
Wha	it is the most p	oopular activity	?		Date:

Feelings

Look at each of these pictures and talk about how you can help these children to do the right thing. Tick the correct response.





.et's talk

What do good friends do?



If I do something wrong I apologise.



- Run around the field. When your teacher says "change" you must turn around and run the other way.
- Now bounce the ball and move forward at the same time.



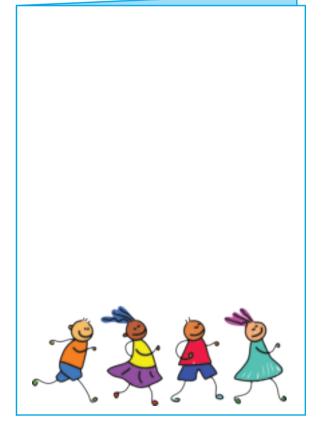
Just checking

Let's write Check yourself.		
Let's write Check yourself.	/	X
I am a good friend.		
I care about my friends.		
I am friendly to the children in my class.		
Most of the children in my class like me.		
I am always polite to people.		
	_	



Make a card for someone you like. Draw a picture on the outside and then write a special message inside.





A special section of the section of	people in	i	
ow write a description of these peo	ple and why they are so	special	

Health and first aid



Talk about what is happening in this picture.



Do you know where your school First Aid box is?

Say where. In

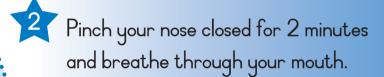
Have you ever had a nosebleed?

What should you do if your nose starts bleeding?

Keep calm.
It is usually not a reason to panic.
Remember not to touch the blood
of another person.

What to do if your nose bleeds

Sit forward with your head down.



- Put something cold on the back of your neck such as a wet towel or some ice cubes wrapped in a towel.
- Do not blow your nose for a while after the bleeding has stopped.
- If the bleeding does not stop after 15 minutes, see a doctor or a nurse.







Burns



If you touch something hot, you will burn yourself. What should you do if someone gets burned?



Rinse the burn under cold water for about 10 minutes.

This helps to cool the skin.



Uncover the burn.

If clothing is stuck to the skin, don't take it off.



Leave the burn open and watch that it does not get worse.



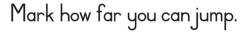
If the burn is deep or bigger than the palm of your hand see a doctor immediately.



Do long jump.

Take three sticks or three pieces of rope.

After jumping between them, move them wider and wider apart to see who can jump the furthest.



See if your friend can jump further than you.



Let's move

Make a wheelbarrow.

Take turns with your friend to be a wheelbarrow.





Then take turns to swing a rope so your friends can skip.

Let's talk What is happening in these pictures? How else can people get burned?	
Write down important rules to remember when you need help with:	
A bleeding nose	
5	
Cuts	
Burns	
	Teacher:
	Sign: Date:

Date:

Keeping my body safe

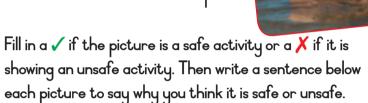


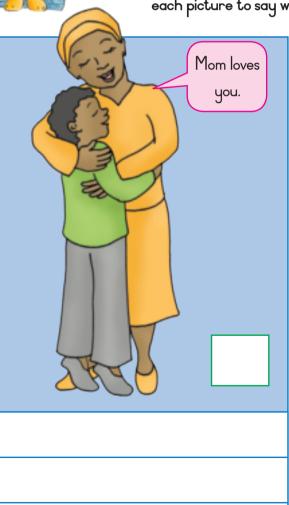
We need to look after our bodies.

Let's write

We get "yes" feelings when we like something and want it to continue.

We get "no" feelings when something makes us feel uncomfortable and we want it to stop.

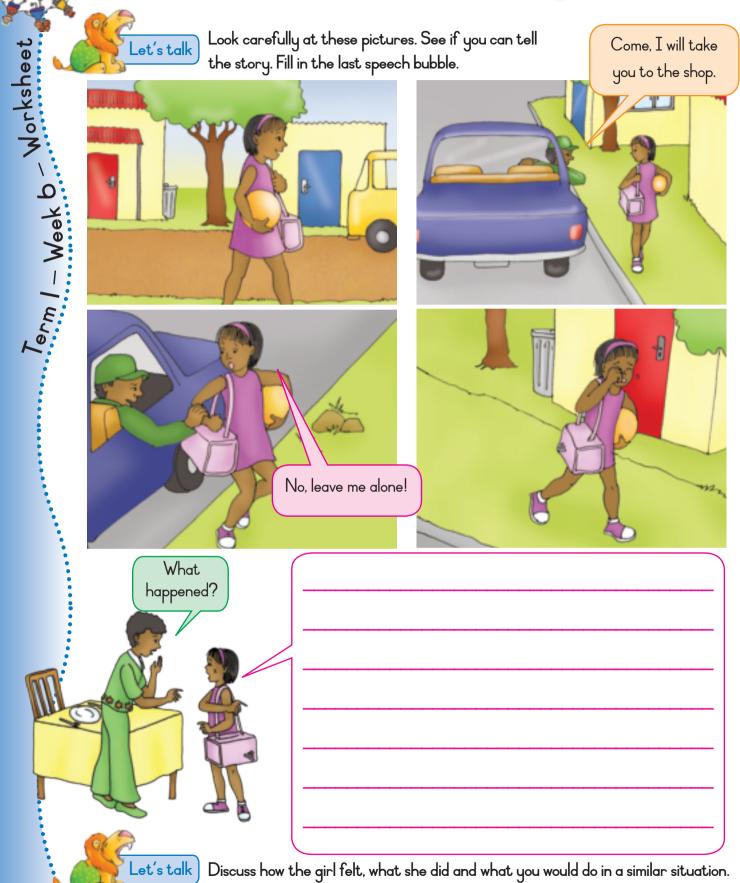






I don't like you.	Now you look pretty.	
Sayin It is not always easy to say no, but yo you feel unco If someone gives you the "no" feeling talk about it to an adul	ou must say no when someone makes omfortable. and makes you feel uncomfortable,	
Let's write Choose 3 people you can tr	rust and explain why you trust them.	
Write down how you would report a bad experien	•	Teacher: Sign: Date:

Looking after myself



Date:



Write down five safety rules. Begin each one with:

Children should never ...





Let's do Ì

Make a mask to show an emotion.

Decide what emotion you would like your mask to show.

Draw it on rough paper.

Cut it out.

Cut out the eyes.

Decorate it with coloured paper.



Do it outside Get ready to race.

Crouch in the correct starting position.

Listen to your teacher say:

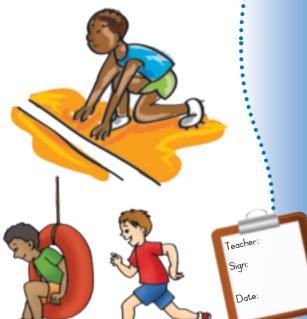
"On your marks! Ready! Go!"

Then make an obstacle course.









Keeping my body healthy



We are all responsible for keeping our bodies healthy.
What are these children doing that is good for their bodies?



What are some of the unhealthy things that people do?

Did you know that smoking is very bad for our bodies?

Did you know that if someone smokes near to you it is bad for your body?

How does smoking harm our bodies?



Mark each statement with a tick ✓ or a cross X to indicate whether it is true or false.

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

Date:																			
Duce.	 		٠	•		٠	•	•		۰	•	•	•	•	۰	۰	•	۰	4

Health rules

I must brush my teeth after eating and before I go to sleep.

I must brush my hair before going to school.

I must keep my nails short and clean.

I must brush my nails after playing in the sand.
I must wash my hands after going to the toilet
and before I touch food.

I must throw my dirty tissues into a rubbish bin.



What should they wear to keep safe? Match the pictures by drawing a line from the pictures in the top row to the correct pictures in the bottom row.





















Get active and play a game of mini cricket.

Your teacher will play some music. Listen to it and then afterwards tap the tune on your desk with your fingers.





Rights and responsibilities



Sometimes children have to help their families with work.

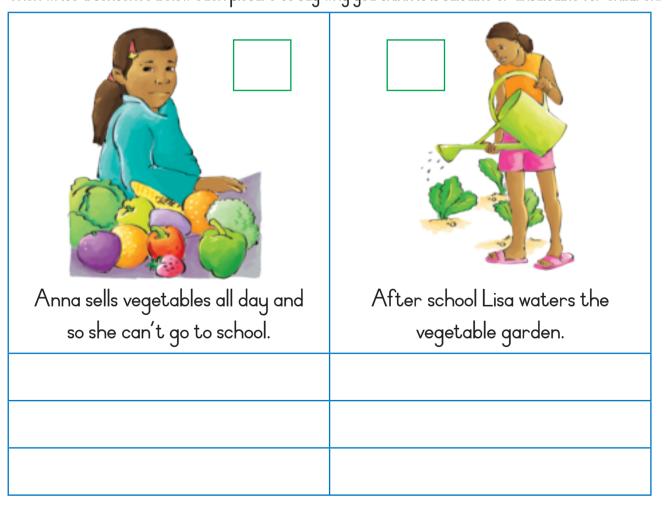
But children should not have to work as hard as adults.

Children must have time to play and go to school.



Look at these pictures. Tick the jobs that are suitable for children.

Then write a sentence below each picture to say why you think it is suitable or unsuitable for children.





Peter carries bricks because he works for a builder.



Jabu and Bongi help to wash up.



What tasks do you do at home?

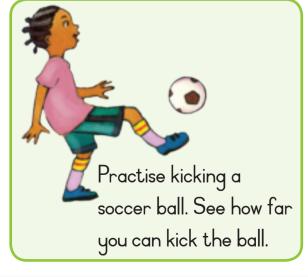
What tasks do you do at school to help your teacher?



Make up a mime about doing different jobs. Your group must guess what jobs you are doing.

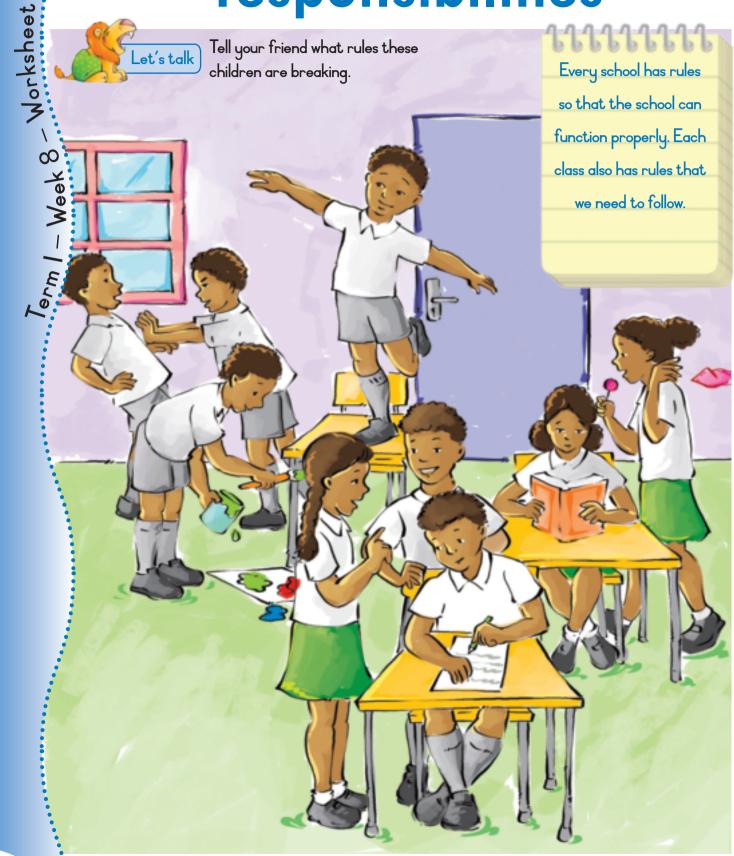
Tie your legs together and then race.







Rights and responsibilities





Write four rules for your class.





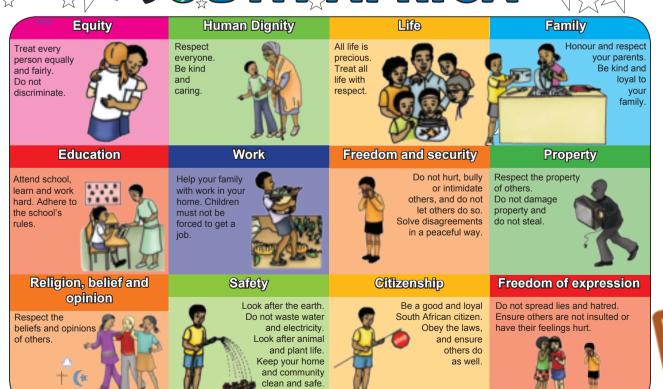






Read these rights and responsibilities and talk to your friend about what each one means.





Teacher

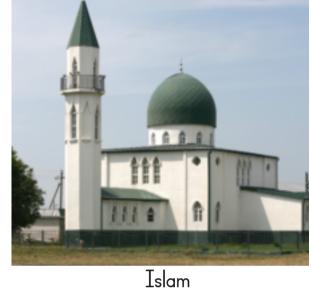
Sign:

Religious and other special days

Look at these pictures. What do you know about any of these religions? Select one of these religions. Find out more about it. Prepare a presentation for the class. Try to bring books or pictures to illustrate your presentation.



Hinduism





Judaism



Christianity

We must respect people from all religions.

What is your religion?

What is your best friend's religion?

Just checking



Let's write

Fill in this card about yourself.

Mu name	
My name	
My birthday	• × • • × • • • • • • • • • • • • • • •
My grade	
My school	
My phone number	
My address	
An emergency phone number	
My favourite sport	
My favourite colour	
My best friend	
What makes me happy	
What makes me sad	
What makes me angry	Teacher:
What I am good at	Sign:

Healthy eating habits

Look at each of the food groups and talk to your friend about them. What foods are in each group? Why is each group of food good for us?

Proteins
Proteins Proteins build new cells so that our bodies can grow.

Vitamins

Vitamins and minerals help our bodies to fight infections and to remain healthy.



Ask your teacher to show you how to play "broken telephone". Afterwards practice throwing a ball.



Our eating habits

Ask four friends what they like to eat. Look at the different foods and add a tick (\checkmark) if they like the food, and a cross (X) if they don't like the food.

Fill in the names of your friends.



Look at the table you have filled in and then answer these questions.

Which food did your friends like the least?

Do you think your friends have healthy eating habits?

Why do you think so?



Ask your teacher to show you how to play broken telephone.









6	Date:
Make a list of the kinds of foods we	e should What should we avoid?
Let's write eat every day.	Too much salt because it can give us high blood pressure when we are older.
	Too much sugar because it can give us diabetes when we are older.
	Too much sugar also causes overweight.
	Too much soft drinks, cakes and chips.
Let's write Write a recipe for your favourite t	food.
Recipe for	
What ingredients do I need?	
What method should I follow?	
	Teacher: Sign: Date:

m 2 - Worksheet

Healthy eating habits

Let's write

Thabo and Nomsa are on their way to the Sunshine Café. They need to buy some food to cook for supper. Help them to make up a menu of good foods.





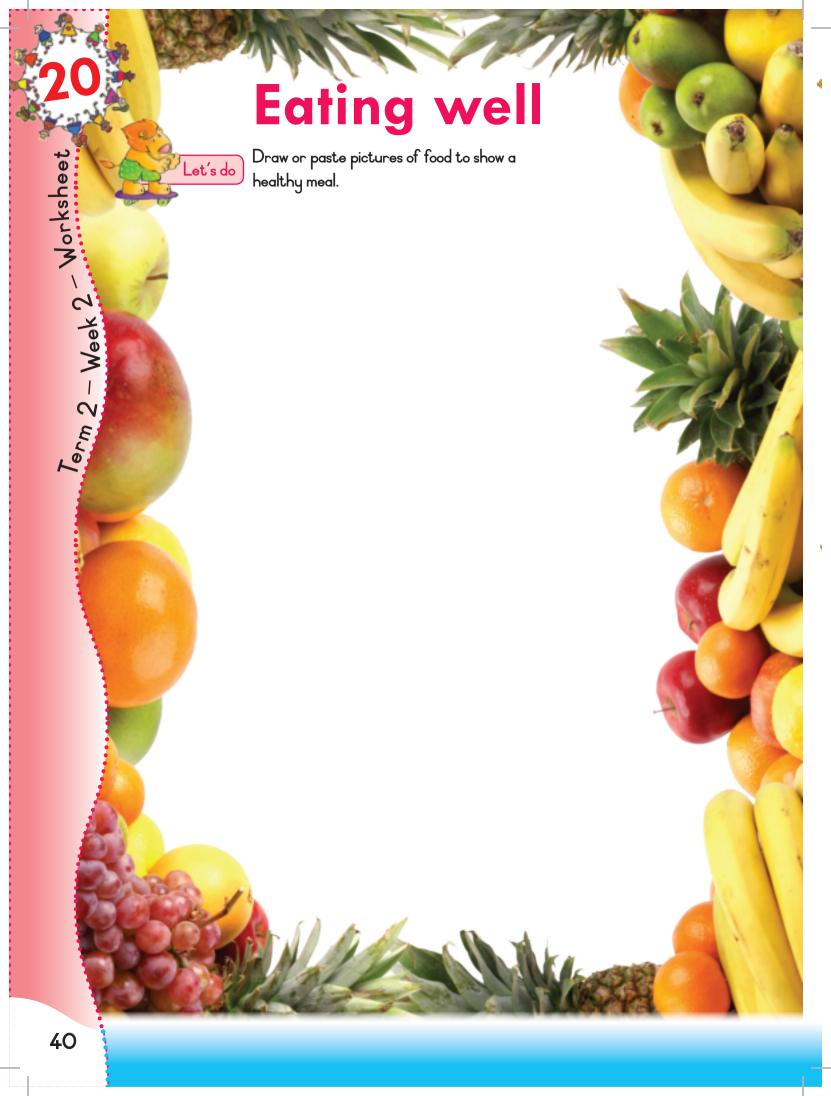
Take turns to swing a rope so that your friend can skip.





Write the items they should buy and their prices in the shopping list below. How much did Thabo and Nomsa pay for the food items they bought?

How healthy are your eating habits? Let's write Colour in a smiley face for each healthy habit. Yes No My eating habits I usually eat in front of the TV. I love fruits and vegetables. I love fatty foods such as chips. I don't like water. I like cold drinks. I don't eat vegetables. I chew my food properly. I have breakfast before I go to school. Count how many smiley faces you have coloured in.





Rules for good eating

Always wash your hands before you touch food.

Don't leave food uncovered.

Don't eat old or rotten food.

Use vegetable peels to make compost for the garden.

Grow your own vegetables.

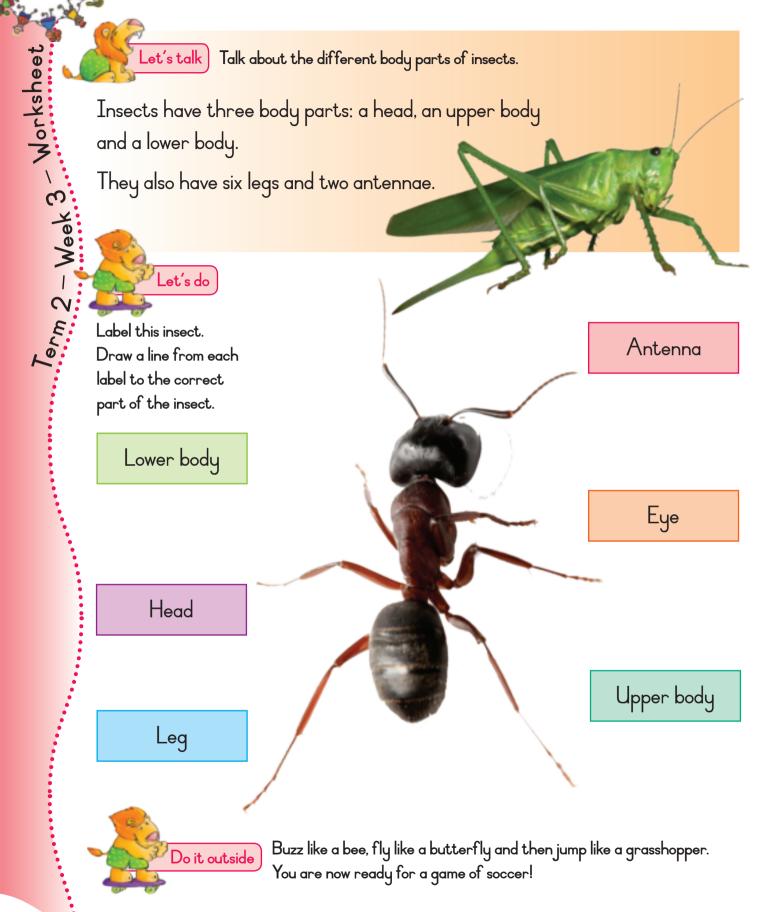


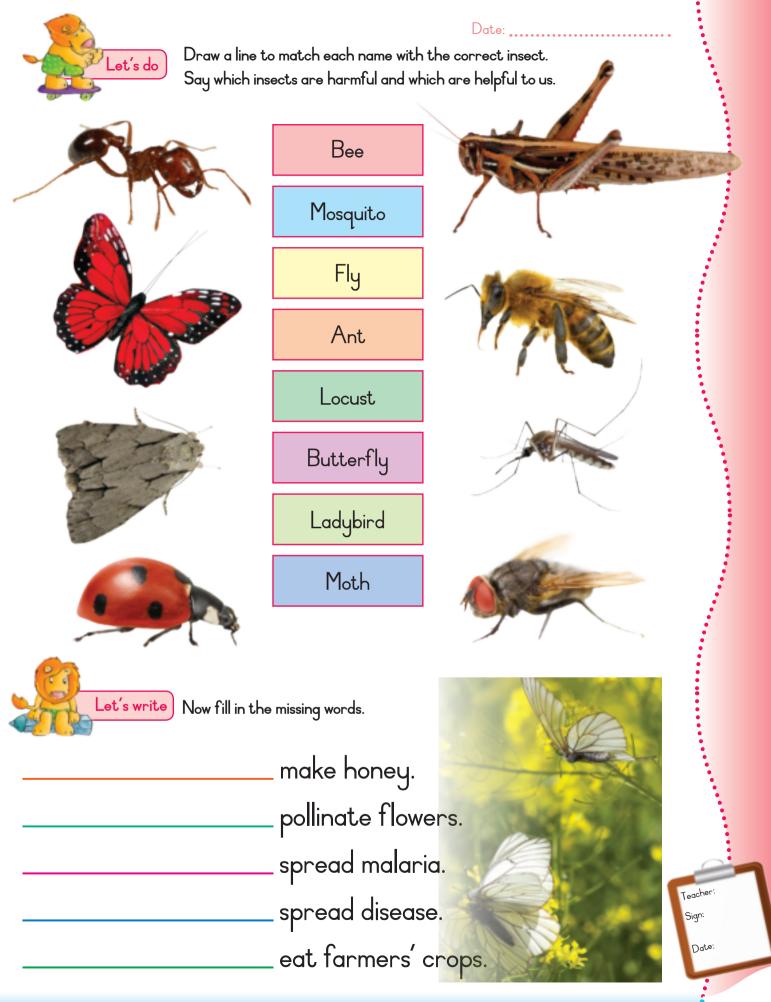
Let's do

Draw a picture to show one of these rules.



Insects





More about insects

Look at these pictures and tell your friend why bees are useful to us.

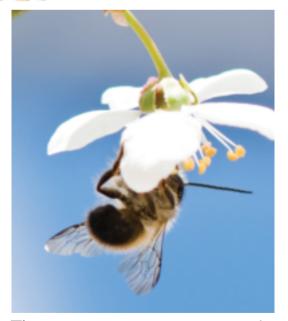




Bees spread pollen. This is necessary for fruit to grow.

Bees produce honey.

Write the name of each insect in the space that has been provided.



This sucks up the nectar from the flower.



have strong

back legs to jump.



use their

antennae to communicate with each other.



spread pollen from plant to plant.



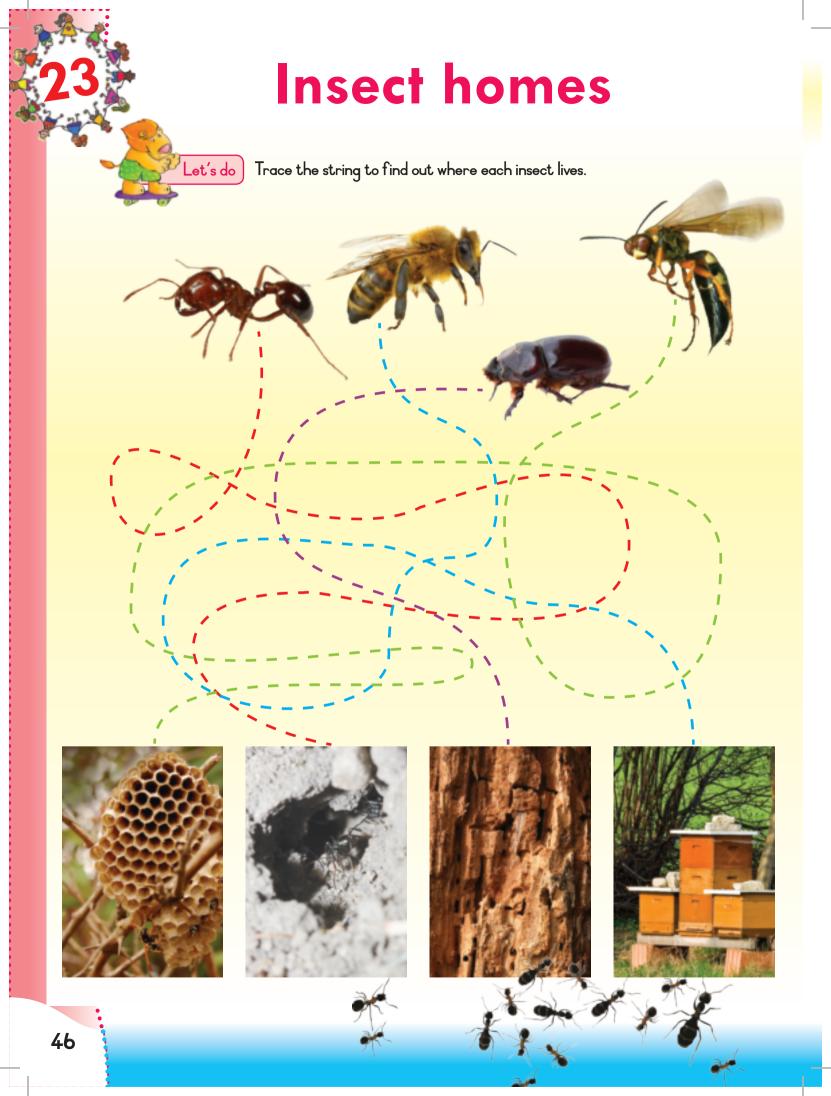
spread germs.



Make an insect mobile.

- Bring coat hangers from home.
- Cut out the insects on the cut-out page in the back of the book.
- Hang them onto a coat hanger.





Date:	=
Walk around the school grounds and see how many different kinds of insects you can find.	
Let's write	
What insects did you see outside? Choose one and write its name here.	
What type of food does this insect eat?	
Does your insect move slowly or quickly?	
Is your insect useful? Why do you say so?	
In what way is your insect harmful? What can you do when it harms you?	
Now do sing and	
Now design and draw your own insect and give it	
a name.	Teacher: Sign: Date:
****	47

Show off your craft

Let's do

Make your own butterfly

You will need:

A4 paper

Wax crayons

A pair of scissors

Glue

A pipe cleaner

An empty toilet roll



Draw a butterfly, showing its long, thin body and two wings. Decorate your butterfly's

wings with patterns of different

colours. Make sure that both wings look the same. Cut out the butterfly. Stick the

butterfly's body onto the toilet roll. Now fold the pipe

cleaner double and use it

to make the butterfly's feelers. Stick the feelers

onto the butterfly's

head.







Station I:

Basket ball: Bounce the ball while

running in a zigzag

pattern.



Station 2:

Hockey: Use a hockey stick

to move the ball

towards the qoal.

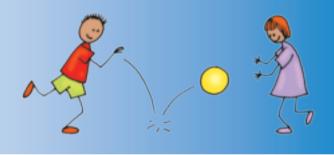


Station 3:

Netball: Bounce the ball to

your friend while

running.



Station 4:

Run with the ball and Rugby:

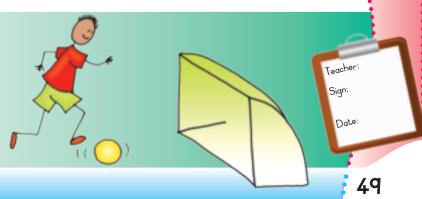
pass it on.



Station 5:

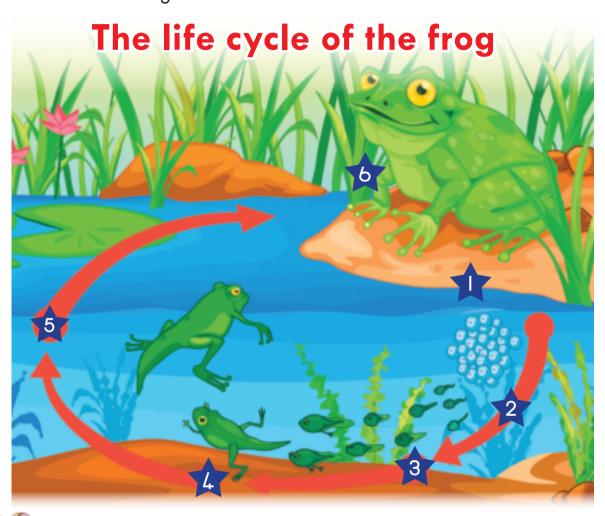
Dribble the ball Soccer:

towards the goal.



Life cycles

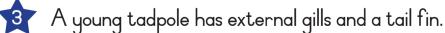
A life cycle shows the different stages of development. The stages follow a specific sequence. Look at the life cycle of the frog and the butterfly and talk about the different stages.

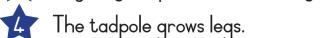












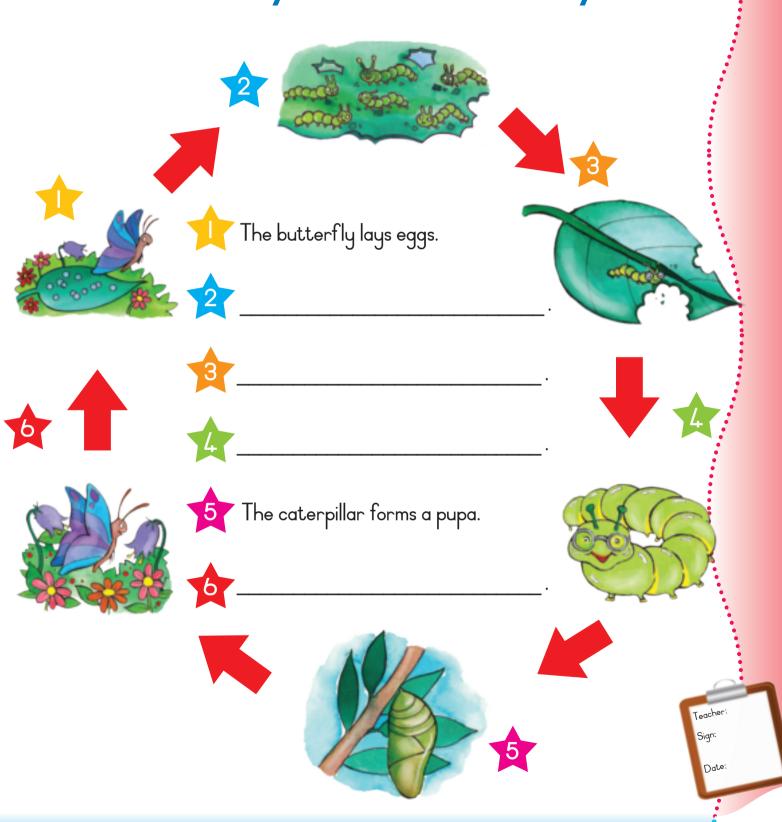
The tail begins to disappear.

The mature frog has developed lungs and lost its gills.



Now look at the life cycle of the butterfly.
Fill in what happens in each stage of the life cycle. We have helped you with two stages.

The life cycle of the butterfly

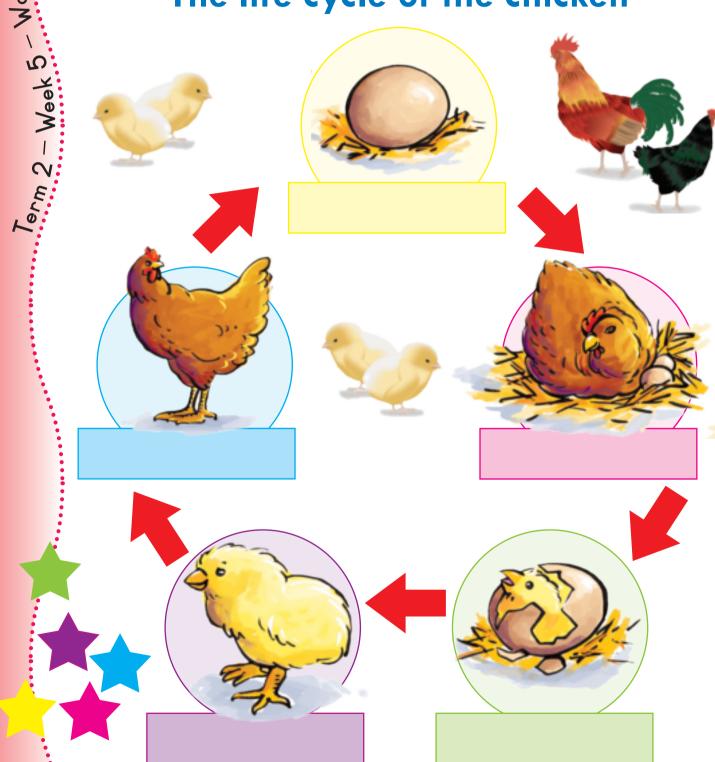


Life cycles



Look at the pictures and talk to your friend about the life cycle of the chicken. Then write what happens at each stage.

The life cycle of the chicken







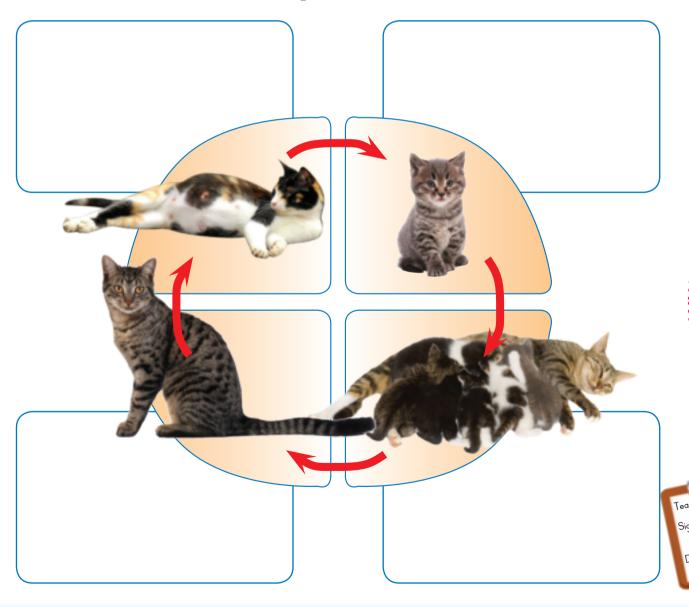
Now design your own life cycle.

Label each of the pictures in the story wheel to show the life cycle of the cat. Use the headings below to help you.

Number the stages $I\!-\!4$ and use them for your story wheel.

A kitten is born.	A mature cat
A mother cat is pregnant for 9 weeks.	A mother cat suckling her kittens

The life cycle of the cat



My pet

Let's do Make a pet mask.

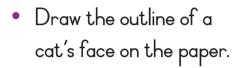
You will need:

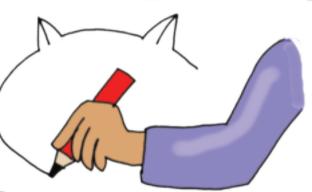
A4 paper

A pencil

Powder paint and water

Ear buds

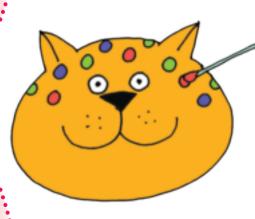






Mix some paint to make about 3 different colours.





Make different coloured dots to decorate the cat's face.



	Date:
Tell your friend about your pet that you know. Say how you need to care	
Draw four things you ne Then write a caption belo	ed to do to care for your pet. ow each drawing.
	Teacher: Sign: Date:

Looking after our environment

Let's talk

Look at this poster and talk to your friends about what it tells us.

Look at the recycling logo.
Where have you seen a logo like this?





Can you make up a dance using hoops and ribbons?



Date:		• • • • • • • • • •
-------	--	---------------------



How can we help to keep the environment clean?

We need to remember the three Rs.

Reduce: We should reduce our littering.

Re-use: We should re-use as many things as we can before

throwing them away.

Recycle: We need to find ways of using paper, bottles and tins.



In the table below, write the names of items that can be recycled.
We've started each list for you.

			CILAND
Recycle glass	Recycle plastic	Recycle paper	Make compost
Old bottles	Plastic bags	Newspapers	Vegetable peels

Recycling

Let's write

Draw a line from each of the items on the left to an item on the right, to show how they can be used to make useful things.





Now design and label something that you can make using recycled objects.

Name of object

Made from

Draw a picture of your object	



Think of things that can make good compost. Write each of the words below into the correct column to complete the table. You may also think of some items of your own and sort them into the correct columns.

plastic bags

vegetable peels

nails

cool drink cans

eggshells

Things that won't decay	Things that will decay



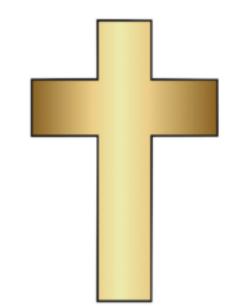
Make a poster to stop littering. Draw a picture and write a message.



Religious and other special days



Talk to your friend about which religions use these symbols. Say which one belongs to your religion. If you don't see your symbol, draw it for your friend.



The cross is the Christian symbol.



The crescent moon and star form the symbol of Islam.



The Judaic symbol is the Star of David. King David was a king of the Israelites.



The Hindu symbol is the om sign, which is written in the old Sanskrit language of India.

Different places of worship

Draw a line to connect each religion with its place of worship. Write the name of the building under each picture.

temple

synagogue

mosque

church

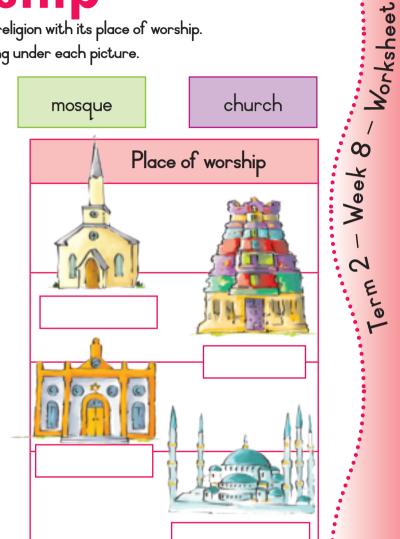
Religion

Islam

Hinduism

Christianity

Judaism





Ask four friends what symbol shows their religion. Copy it next to their names.

Friend's names	Their symbols



for completing the Grade 3

Life Skills Book 1

awarded to

Fill in your name.

Date _____

Teacher _____

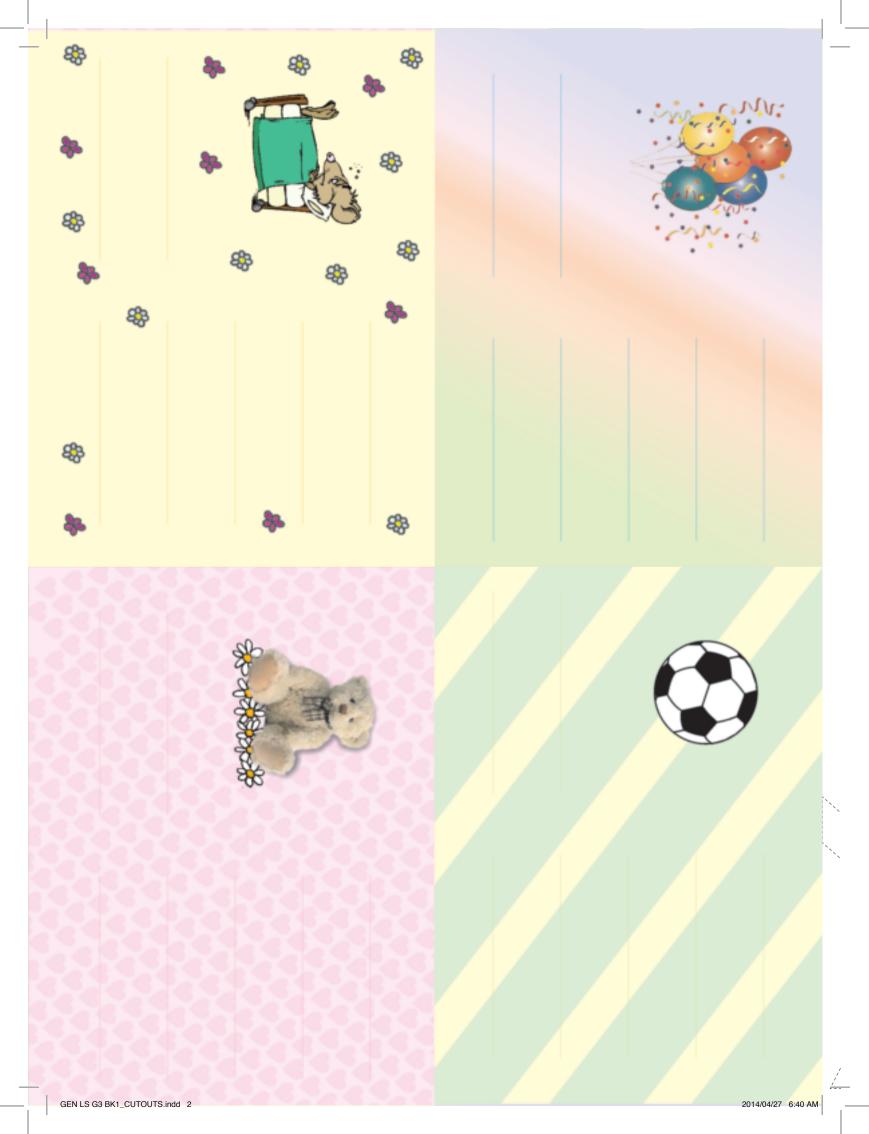
Dictionary

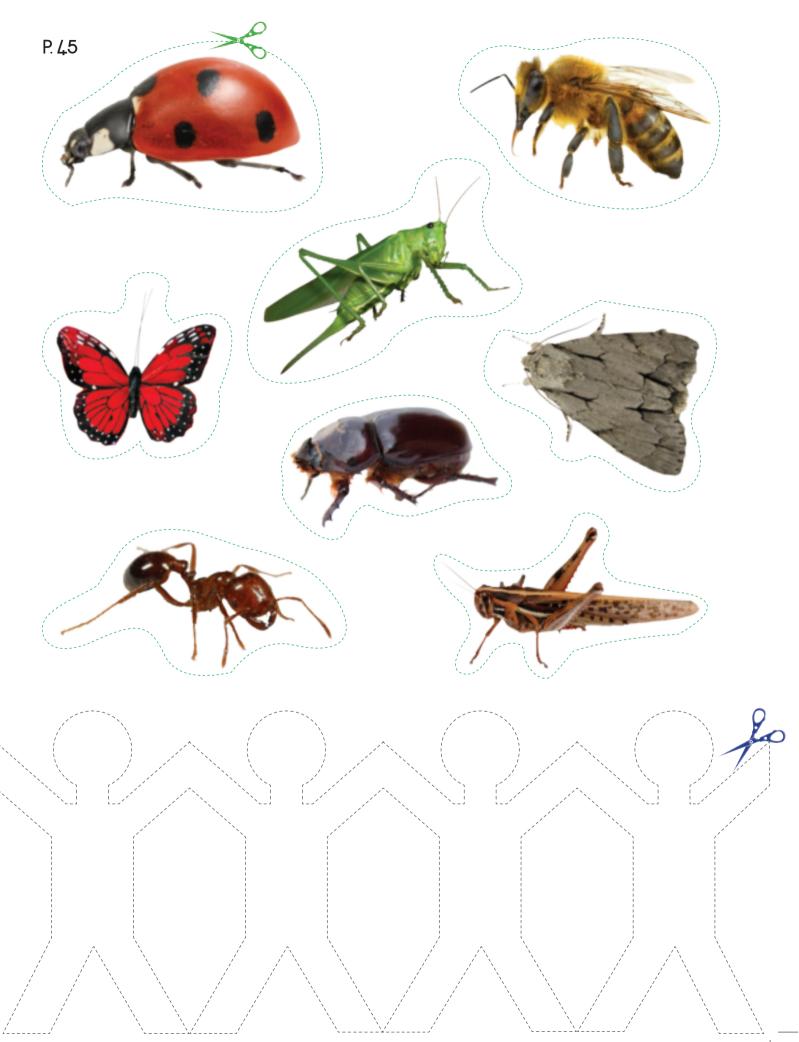


Dictionary











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