

Mrs Angie Motshekga, Minister of Basic Education



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.

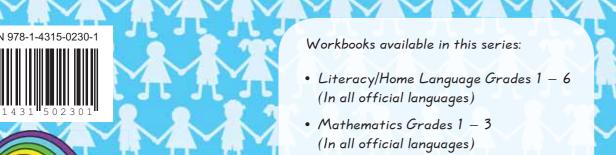
We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

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.



Mr Enver Surty, Deputy Minister of Basic Education

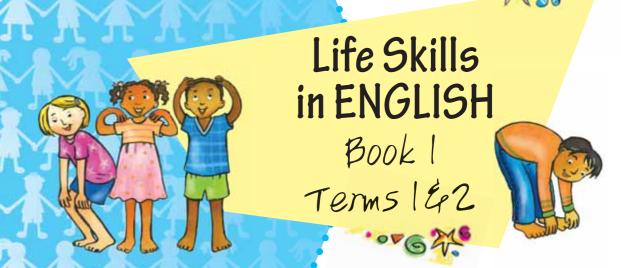


• Mathematics Grades 4 - 9 (In English and Afrikaans)

• Life Skills Grades 1 - 3 (In all official languages)

LIFE SKILLS IN ENGLISH **GRADE 1 – BOOK 1 TERMS 1 & 2** ISBN 978-1-4315-0230-1

THIS BOOK MAY



Name:

Revised and

CAPS aligned

Grade

Class:



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Department of Basic Education

ISBN 978-1-4315-0230-1

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#### May April 1: Workers' Day

3: Good Friday 4-11: Passover 🕸

5: Easter

6: Family Day

7: World Health Day

22: Earth Day 27: Freedom Day (18)

# August

Day of Families

10: Mother's Day

15: International

9: Women's Day 13: International Left-handers Day



#### March

South African National Holiday: Important Jewish commemorative day:

Important Islam commemorative day: Important Bahá'í commemorative day: \* \*\*\*\*\*

United Nations International Days:

5: Purim 🛱

21: Human Rights Day

21: International Day of Forests and the Tree

20-21: Naw-Rúz (Bahá'í New Year) \* \*\*\*

22: World Water Day

28: Earth Hour (20:30-21:30 local time)

#### W June

1: Global Day of Parents 4: International Missing Children's Day

5: World Environment Day

8: World Oceans Day 12: World Day Against Child Labour

16: Youth Day

18: Ramadan (start)

21: Father's Day

## September

13–15: Rosh Hashana 🟠

21: International Day of Peace

23: Yom Kippur 🕸

24: Heritage Day

#### October

July

Ramadan) (\*\*
18: Nelson Mandela Day (\*\*)

17: Eid - UI Fitr (end of

30: International Day of

Friendship

2: International Day of Non-Violence

5: World Teachers' Day 11: International Day of the

Girl Child

14: Al-Hijira (Islamic New Year)

15: International Day of Rural Women (4)

16: World Food Day

#### November

11: Deepavali (Diwali)

12: Vikram (New Year 2072)

20: Universal

Children's Day

### December

1: World AIDS Day 3: International Day of Persons

with Disabilities (\*\*)

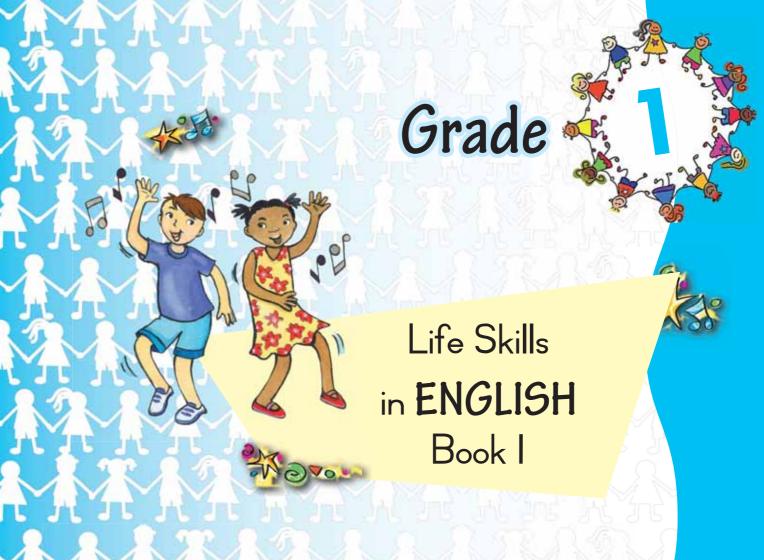
5-14: Chanukah 🗘

16: Day of Reconciliation

25: Christmas Day

26: Day of Goodwill







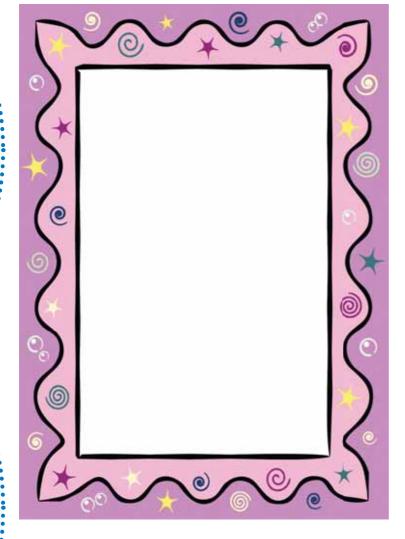
This book belongs to:



## About me



Paste a photo or a drawing of yourself here.





My surname is

I am \_\_\_\_\_ years old.

There are members in our family.

My telephone number is:

My address is:



I know when my birthday is.

yes

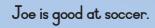
I'm not sure

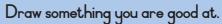
no















Tell your friends what you can do well. Then, colour in the star in the correct box to show what you can do.





I can read.



I can dress myself.



I can write my name.



I can dance.



I can make tea.



I can brush my teeth.



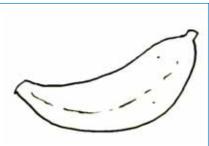
## Colours and dance



Do you know these colours? Tell your friend the name of these colours.

Now colour each picture in the right colour.





A yellow banana



A red apple



A blue jersey



A coloured umbrella



An orange orange



A green leaf

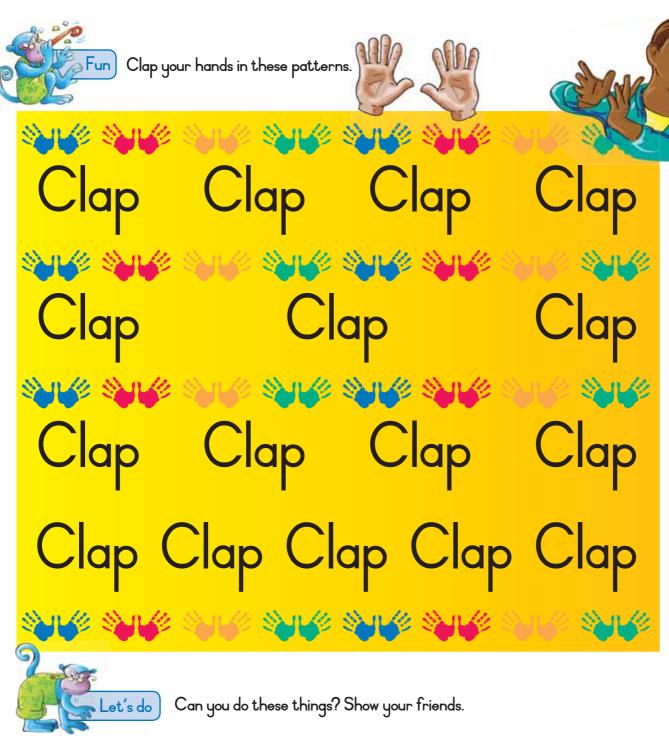


Before you do an activity outside, first stretch like a cat. This will make it easier for your body to move. Also stretch after the activity to relax and cool down. This will help you not to get pains in your muscles. Now do what these children are doing.

Sing "Heads and shoulders" while you: (@

- pretend you are playing a drum.
- pretend you are playing a guitar.





I can run in different directions without bumping into anyone.

I can skip with a skipping rope.

I can roll a big ball to my friend.

# We are all special



Look at the picture and tell your friend about the differences between these children.





#### Big and small

Some of us are big, some of us are small.

Some of us are short and some of us are tall.

Some of us can jump, some of us can sing.

We can all do something well.

What can you do well?



Tell your friends how you felt on the first day of school.



happy	sad	excited	cross	shy

Let's draw

Draw a picture to show how you would feel if someone gave you a new toy. Write the emotion in the space below.

Let's talk

Tell your friend what is happening in each picture. Say how you would feel if these things happened to you. Tick the correct face.



A big boy takes your things.

	4	
happy	excited	sad

You and your friend play together.

		(h)
cross	happy	scared



You open a gift.

		3
scared	excited	shy

Your brother or sister breaks your favourite toy.

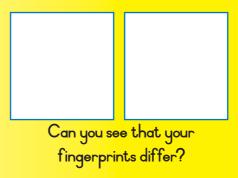
shy	glad	cross





Make your fingerprint in the first box, and ask a classmate to make his or her fingerprint in the next box.

Did you know that no-one in the world has the same fingerprint as you? You are so special, that there is only one of you in the world. Not even twins have the same fingerprints.





### We are all different



Look at these children. How are they the same? How are they different?







Look at the picture and then think about whether these statements are true or false.

Colour the true sentences green.
Colour the untrue sentences red.



They all have 2 arms and 2 legs.



They are all girls.

They are all wearing shoes.



They are all wearing pants.

They are all children.

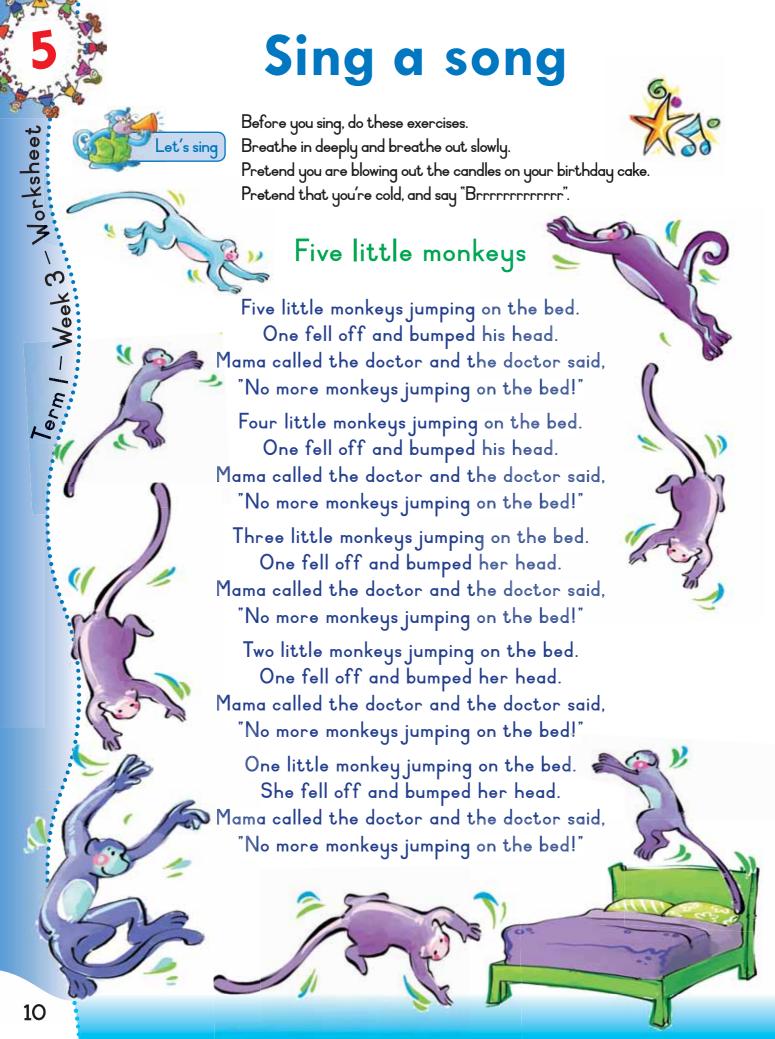


They all have long hair.

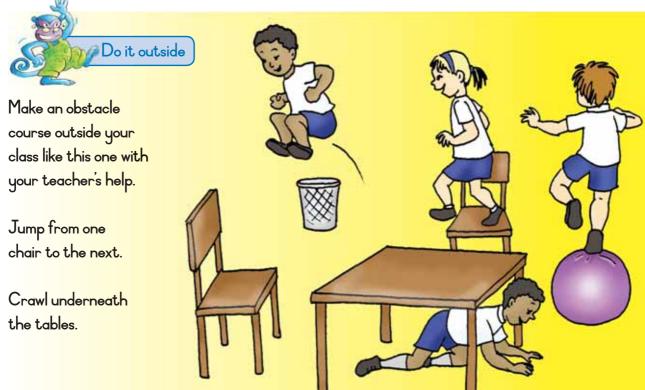


Draw a picture of yourself in the first space. Then draw a picture of your best friend. When you have done this, look at your drawing and say how you are different from your friend.

Me	Mu friand
ı ie	My friend
	· ·
M .	
Colour in this friendship ch	
everyone is different. When you can cut out and decord	n you have done this
chain in the cut out section	
	Teacher:
	Sign:







Sign:

# I am proud of my school



Draw a picture of yourself in your school uniform. Then fill in the missing answers.

I go to

School.

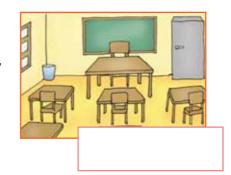
My teacher's name is

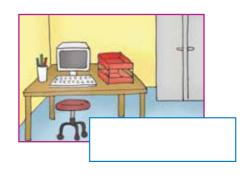
The school principal is





Look at the pictures. Then cut out the correct word for each picture and paste it underneath the picture.











playground

classroom

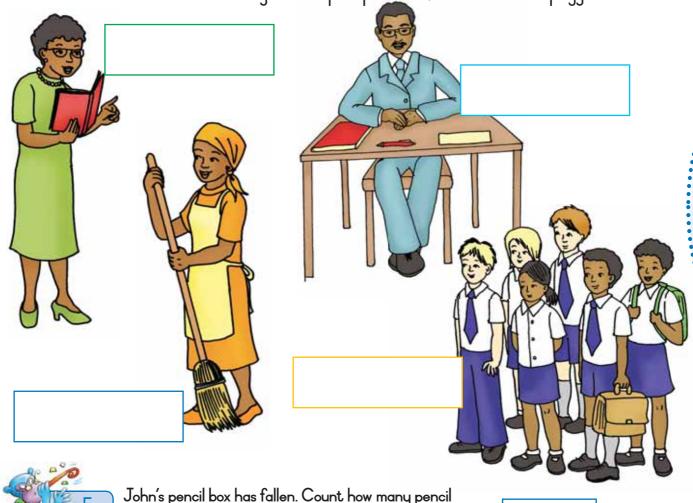
office

secretary

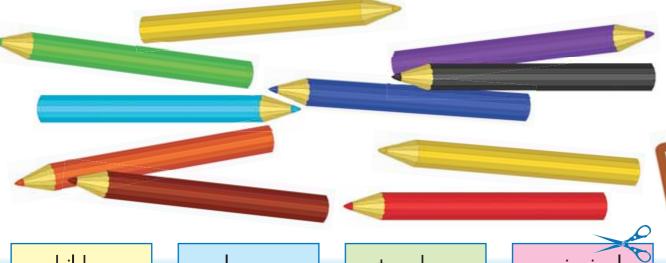
toilet



Who are the different people in a school? Look at the picture and talk about who they are and what they do. Then cut out the correct word from the bottom of the page and paste it next to the correct picture. Explain to your friend how to get to the principal's office, the toilet and the playground.



John's pencil box has fallen. Count how many pencil crayons he has, and write the number in the box. Then, on a separate piece of paper, draw a picture using bright colours, to show how you and your friend play together. Draw a frame around the picture.



children

cleaner

teacher

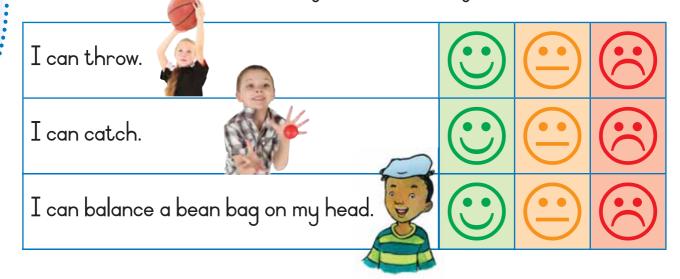
principal

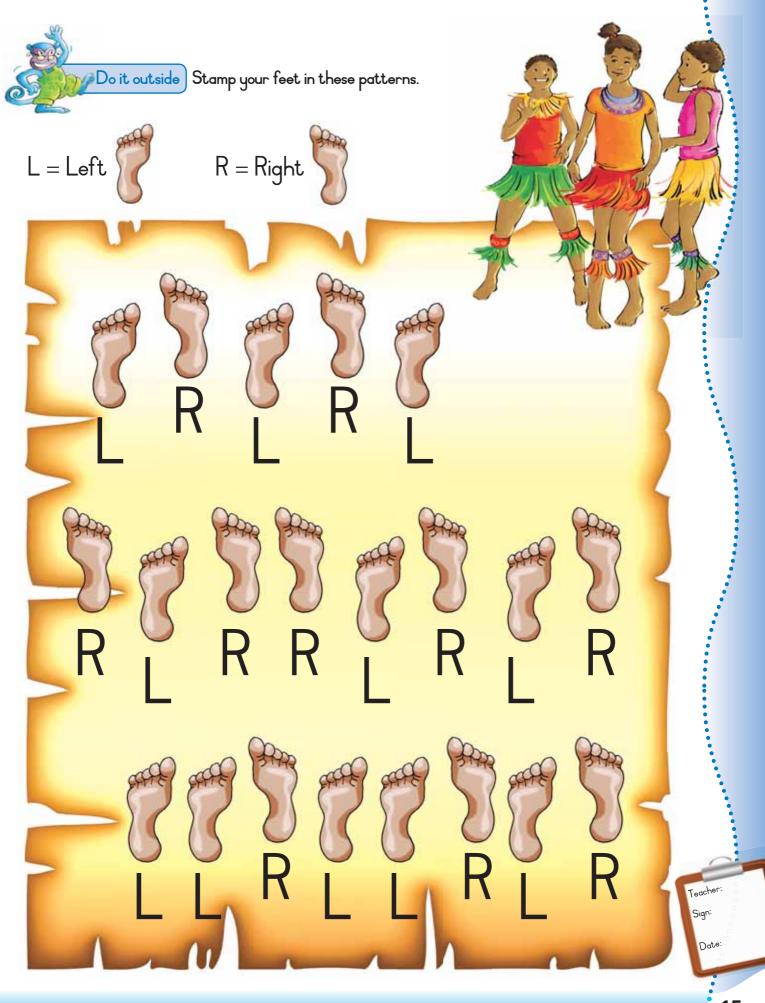
## Different places





- Use a ball or a bean bag. Throw it up and catch it.
- Balance the beanbag on your head and walk around slowly.
- Now balance the beanbag on your head while walking along on top of a low balancing beam or a line on the ground.



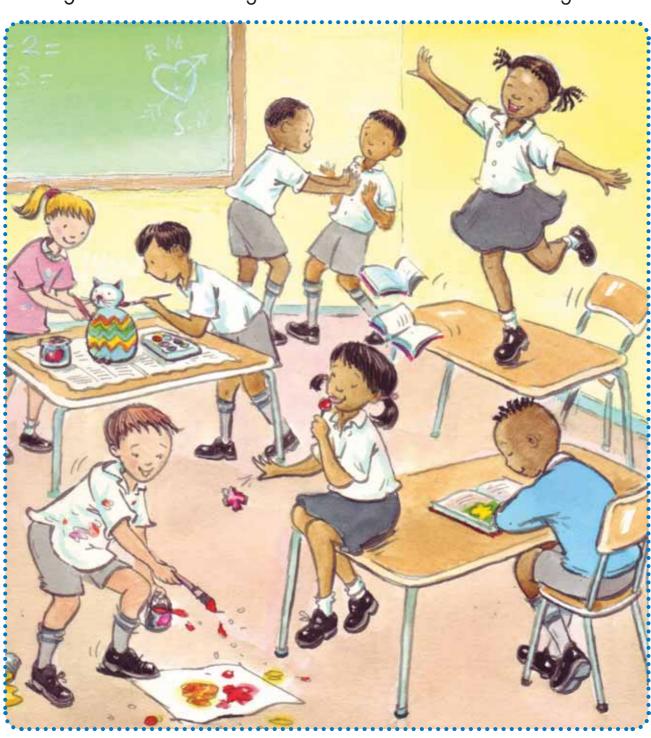


## My classroom

Let's talk Look carefully at this picture and talk about what you see.

In this classroom, both good and bad things are happening.

What good behaviour can you see? What bad behaviour can you see?

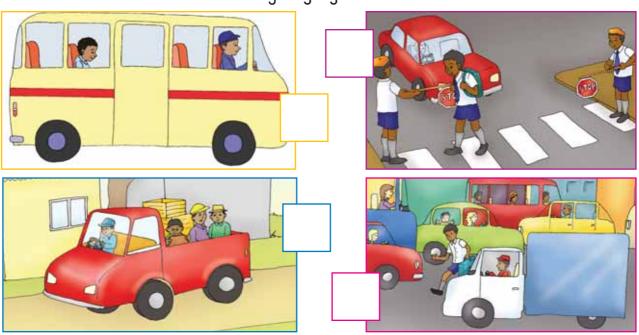




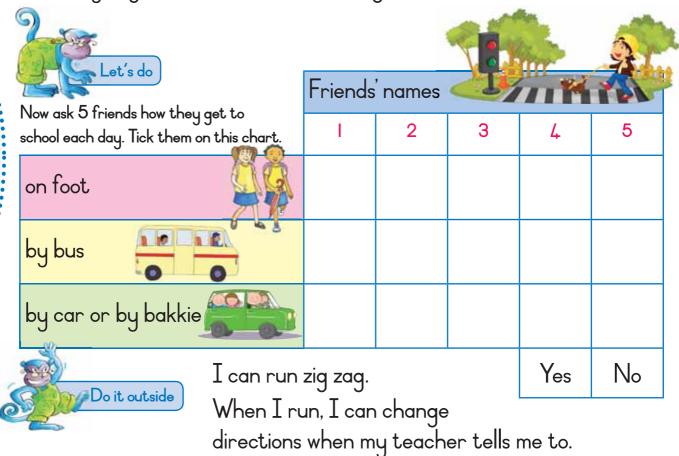
## How we get to school

Let's talk

How do you get to school each day? Are you safe? Do you know of ways that are unsafe? Talk to your friend about how these children are going to school. Tick v those that are safe ways of going to school. Cross x those that are unsafe.

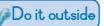


How do you get to school in the morning?





Draw a picture to show how you come to school.



Do it outside Listen to the music your teacher will play for you.

Move your body to the beat of the music.

Bend your knees and then stretch your legs.

Hunch your shoulders up and down.

Rotate your wrists to the left and then to the right.



You and your friend must throw and catch a ball. Use your weaker arm to throw the ball back.

Was I able to throw the ball with my weaker hand?







Do a wheelbarrow walk with a classmate.



## I keep myself clean

It is important to learn good habits from a young age.

I must

Here are some things you should do to keep yourself clean and healthy.





Let's talk

Brush my teeth.



Wash my hands after using the toilet.



Wash myself regularly.



Use a toilet.



Wash fruit before eating it.



Keep my nails clean.

Use a handkerchief when sneezing or blowing my nose.



Which of these items do you need to keep yourself clean?

Colour in the stars to show which items you use to keep clean.

Then tell your friend how you use each item to keep yourself clean.

	من المناسبة
20000	

Tick whether you can do the following:	yes	no
I can climb the ladder on the jungle gym.		
I can use the handgrips to move forward.		
I can crawl through the jungle gym.		

## Some good habits



Some good habits for using the toilet correctly.





If you mess in the toilet, remember to clean it up.



Remember to flush the toilet.



Always close the toilet door when you use the toilet.



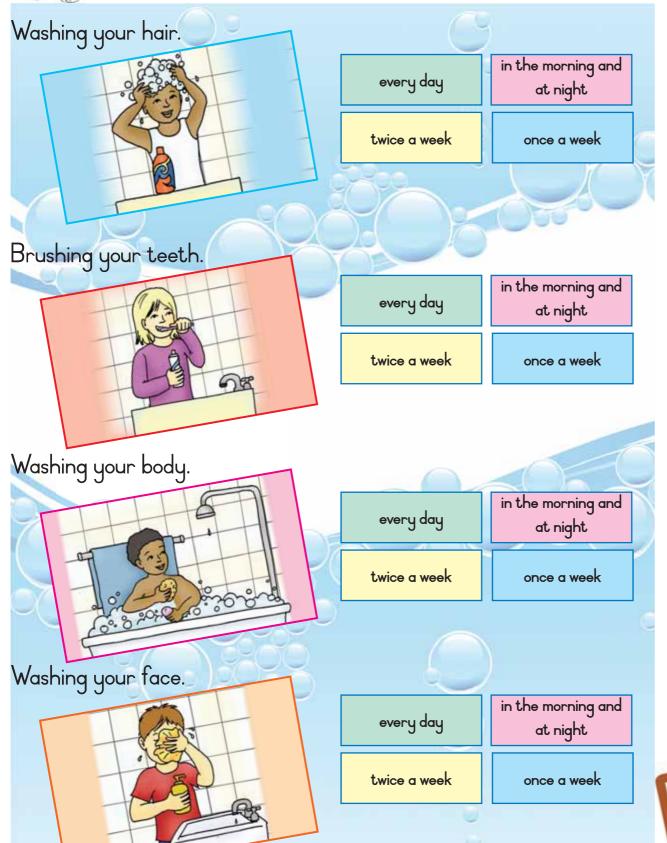
Use toilet paper for good habits.



Always wash your hands after using the toilet.



Circle the correct words that tell us how often we need to do the following things.



Sign:

Date:

### am clean



Play "Simon says" with your teacher.

Find your own space and move without bumping into each other.

Simon says, "Touch your head."



Show your friend how you ...











Brush your teeth.









I can clap my hands
and stamp my feet,
I can nod my head
and swing my arms,
can wriggle my loes
and touch my nose.



## **Healthy habits**

Let's read

Let's read What do we need to stay healthy?

A healthy diet





Enough exercise

Keeping clean









Being in the fresh air

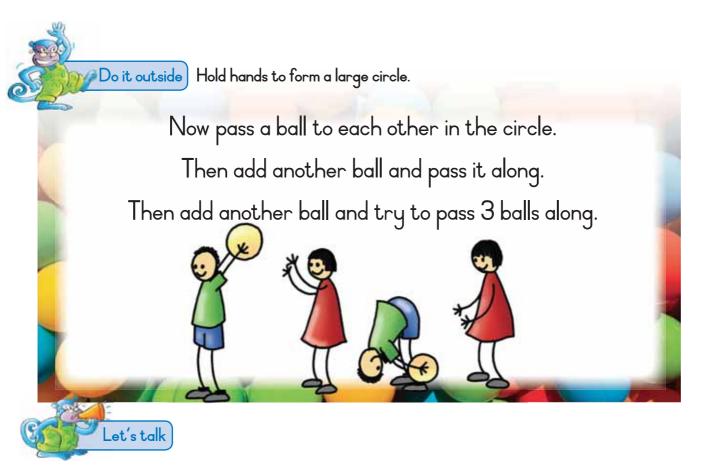
Enough sleep and not too much television!







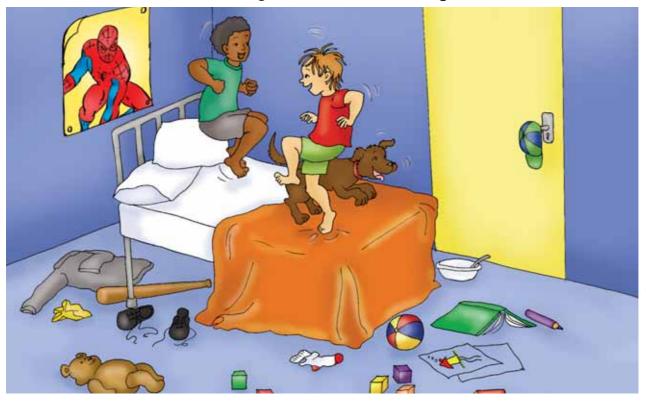




What is untidy in this room?

What must you do to tidy the room?

What are the children doing? What should they do?

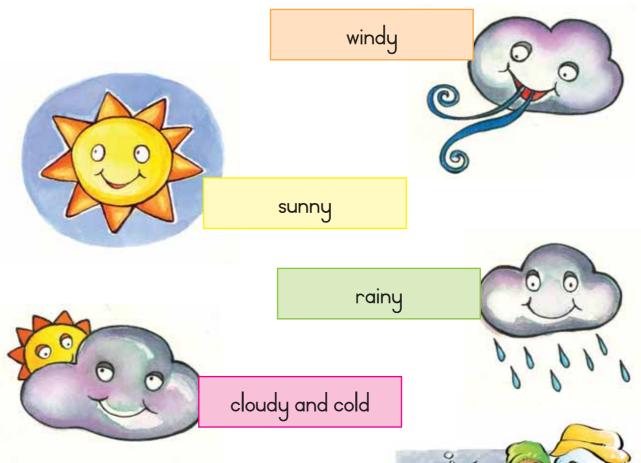




### The weather I like



Look at the different types of weather and tell your friend what weather you like best.



In some parts of our country it sometimes becomes so cold that it snows.

Sometimes the weather is stormy.

Winds that are very strong are called hurricanes.



Draw a picture of yourself in the rain or snow.

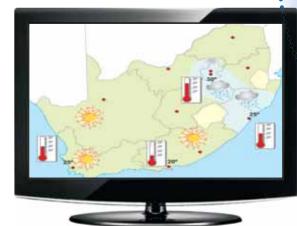
Draw a picture of yourself on a large sheet of paper, using wax crayons. Mix blue food colouring with water and paint over the whole page.

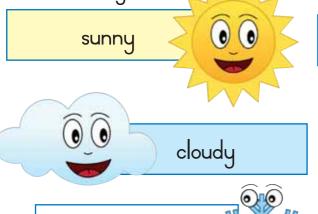
Splash white paint over the picture.



We use a weather chart to show what the weather is like. We use symbols to show

the different kinds of weather. Here are some of the symbols.











Let's talk Tell your friend what kinds of clothes you wear in each type of weather.

Let's do

Draw weather symbols to complete your own weather chart for the week.

Monday

Tuesday

Wednesday

Thursday

Friday



What has the weather been like this week?

Fill in the missing words.

Today it is

Yesterday it was

I hope tomorrow will be



## The weather

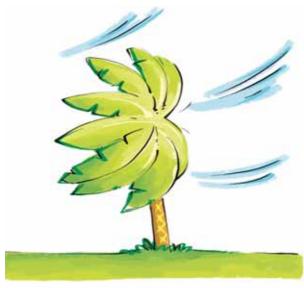
et's do Mime the different weather conditions.



Spread your arms wide above your head and pretend to be a large cloud.



You have an umbrella to protect you from the sun.



Wave like a tree blowing in the wind.



Hold your umbrella tightly to stop it from being blown away by the strong wind.



Pitter-patter like raindrops falling on the roof.

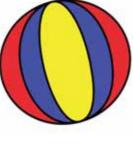




Hold hands to form a large circle.

Throw balls to each other and catch them.

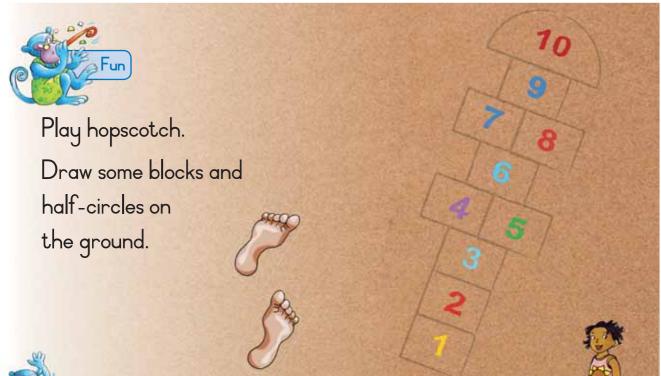




Think of different ways of moving on a balancing beam or on a line of string. See whether you can think of a way of moving differently to your classmates.

Do it outside





Show your friend how you skip using a skipping rope.

Your teacher will show you how to play some traditional games.

## My family

Let's talk

Let's talk Did you know that families are not all the same?

Some families are big and some are small. Some have moms and dads and some don't. Some families live with their grandmothers and grandfathers, uncles, aunts and cousins.

Look at these pictures and tell your friend how these families differ from one another. Use words from these word boxes.

mother

father

sister

grandfather

brother

baby

grandmother

family





Let's write Who shares your home with you?

Whom do you share your home with?





In our home there are	people.

Who is the youngest in your home? \_\_\_\_\_\_.

Who is the oldest in your home? \_\_\_\_\_\_.



We all have our tasks to do in our homes. Look at these pictures and name the persons who does these tasks in your home.



Write one sentence about a task you did yesterday.



## My family



Draw a picture of something you and your family do together. Say who the persons are. Use these words to help you.

father mother sister grandfather brother baby grandmother family My family

### We care for each other



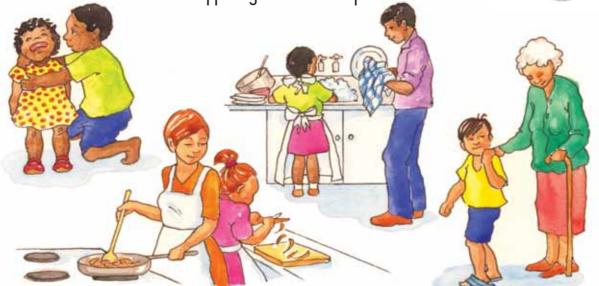
Family members should love each other and care for each other.

We show that we love one another by hugging each other and also by helping and respecting each other. We need to ...

- help one another.
- do our tasks on time.
- be polite to one another.
- be responsible.

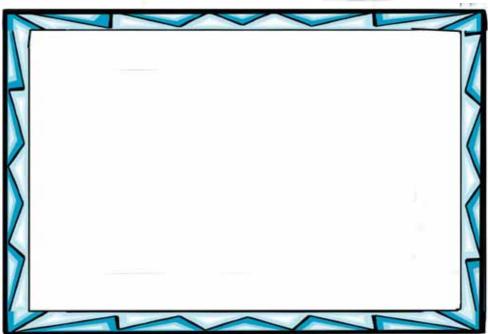


Look at these pictures and say how these children show their family that they care. Then make up a role play to show what is happening in each of the pictures.





Draw a picture of what you do to show your family that you care. Tell your friend what you have drawn.



### Showing you care

Let's talk

Talk about how these family members help each other. Number the pictures from I to 4 to show the right order.





et's read Our evening jobs

Mom cooks the food.

Dad washes the pots.

My brother and I help mom and dad.

We help a lot.

We put away the milk and bread.

Then we are ready to go to bed.

Please tell us a bedtime story!



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



Make a card for someone who cares for you. Draw a picture and write the person's name.

Let's do Can you do the following?

	pass the ball by bouncing it to your partner.	yes	no
	pass the ball by throwing it overhand to your partner.	yes	no
	bounce the ball off your knees.	yes	no
	hit the ball towards the cone.	yes	no
A DE DE LA	dribble the ball between the markers.	yes	no
	kick the ball towards something and hit it.	yes	no

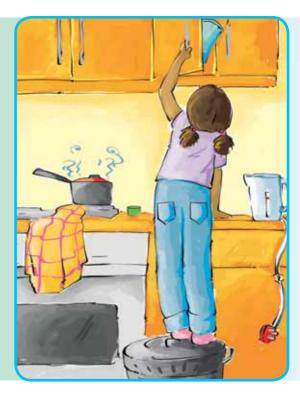
## Safety in and around the home (1)



We should always feel safe when we are at home. But there are many dangers in and around our homes. Look at the pictures, and talk to your friend about some of the dangers.

#### In the kitchen

- Turn the handles of pots and pans towards the back of the stove.
- Do not leave sharp knives lying around.
- Lock paraffin and medicines in a safe place.
- Do not leave toys lying around.





### In the bathroom

- Do not use things that need electricity close to water.
- Do not leave them close to water.
- Put scissors and other sharp things away in a cupboard.
- Don't share your tooth brush with anyone.

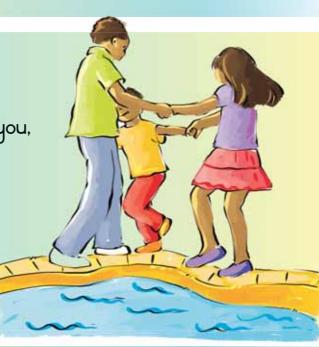


### Thunderstorms, lightening and electricity

- Never stand under a tree in a storm.
- Never put anything into a wall socket.
   Ask someone older to help you.

### Outside the home

- Pick up things that could hurt you, like broken glass, and put them into the rubbish bin.
- Do not play near a pool unless there is a grown-up with you.





#### Inside the home

- Do not leave toys and other things lying around.
- Do not play with paraffin or poisonous cleaners.
- If you see that the cord to the iron or the kettle is frayed, ask your mom or dad to fix it.



# Safety in and around the home (2)



#### Keeping safe

Look at the pictures and say which pictures show safe situations and which do not. Tick ( $\checkmark$ ) those that show a safe situation and cross (×) those that show an unsafe situation. Say why you think they are safe or unsafe.













Date:





Are there unsafe things in your home? What can you do about it? Poisons, medications and some cleaning liquids are very dangerous. You should never drink anything if you are not sure what it is.

These signs mean that there is something poisonous inside the bottle, box or tin. Have you seen these signs before?





Your teacher is going to play you some music.

- Move to the beat of the music.
- Choose a leader. The leader must move to the beat of the music.
   Everyone else must copy the leader and move in the same way.
- Balance on one leq.
- Now balance on the other leg.
- Which leg is stronger?
- Place a long piece of string along the floor or draw a line.
   Walk along the string or the line, and keep your balance.
- Now change the shape of the string or the line and walk along it keeping your balance.



## Safety when I'm home on my own

Let's talk

You have learned about things that can hurt you in and around your home. How can you keep yourself safe when you are at home on your own?

When you are at home alone, you can do these things to stay safe.



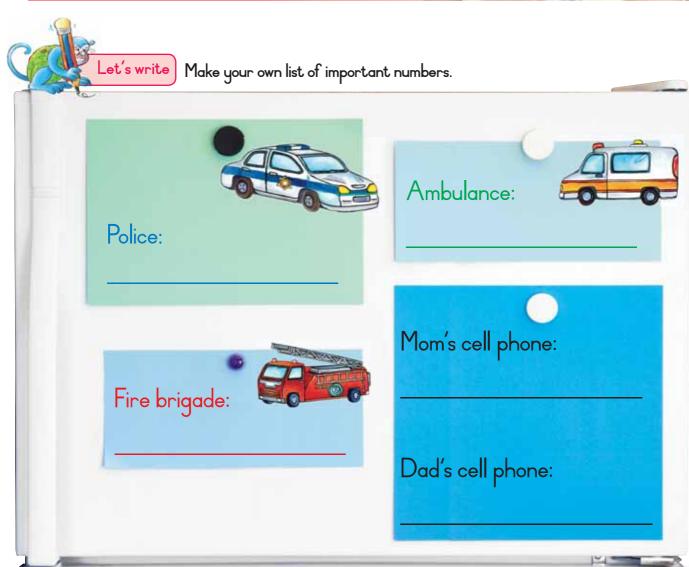




Date:	•••															• •		•	•	
-------	-----	--	--	--	--	--	--	--	--	--	--	--	--	--	--	-----	--	---	---	--

- Make sure you know the telephone numbers of your parents and the people who live next door to you.
- Make a list of important numbers, in case something is wrong.



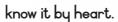


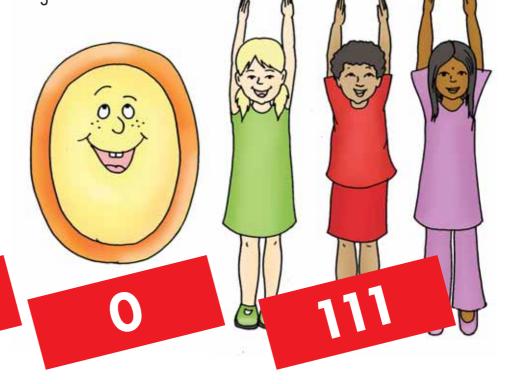
Whom else could you call when you need help?

24

## Something else to remember

Here is an easy way of remembering the phone number for the police. Look at the pictures and tell your friend how the pictures help you to remember the numbers. 10111 is the number for the police. Say it a few times until you





Do it outside

et's talk

Show how you would move if you were the child in each of these pictures.



How would you move if a stranger were chasing you?



How would you move if you were helping your mom to mix a cake?



How would you move if you stood on broken glass?



See if you can build your own house.

Find some old cardboard boxes and build the walls and a roof.

You can glue the boxes together. When the house is finished, you can paint it.

If you can't find cardboard, use something else, but don't use glass or tin or anything that can hurt you.



Throw a beanbag or a ball in the air and catch it with your weaker hand.

Help your teacher move the chairs, tables and boxes outside the classroom.

Climb over the chairs, tables and boxes, crawl underneath them and jump down from them.

Try balancing on one foot on a chair.



## My body

Write the words in the correct spaces.

John 2 – Week 5 leg hand head stomach foot arm



Finish this drawing of a face.

Draw the hair. Try to copy your own face. If you have brown eyes, draw brown eyes. If you have black hair, draw black hair.

Draw your eyebrows, your nose and your mouth.



We each have 2 eyes.

We each have a nose.



We each have 2 ears.









et's sing Sing this song. Touch the part of the body as you sing its name.

### Head and shoulders

Head and shoulders, knees and toes, knees and toes

Head and shoulders, knees and toes

Head and shoulders, knees and toes, knees and toes,

knees and toes

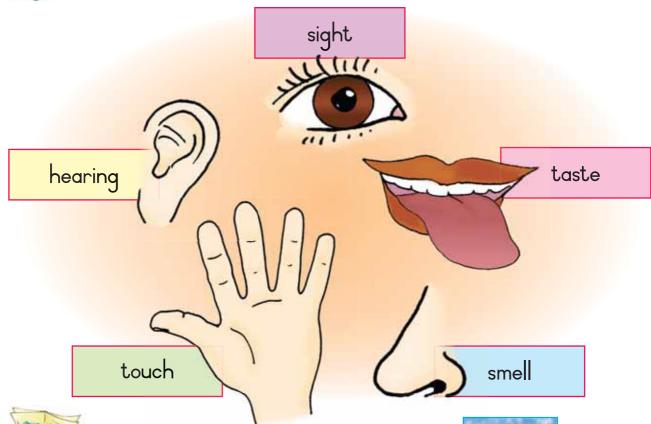


Play 'Simon says ...'



Let's talk

et's talk Look at the different senses and say what we use them for.



We use our senses every day.

.et's read

We smell and taste our food. We can feel how soft a feather is. We may see how blue the sky is in summer. We may hear music.

Our senses also keep us safe. We can smell if there is a fire. We can feel when the sun is too hot. We may see when it is unsafe to cross a road. We may hear the sound of an alarm.





\_et's do Caring for our eyes and ears.

We need to look after our senses.

We need to look after our eyes and ears.



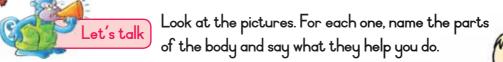
Look after your ears by not listening to loud music.

Look after your eyes by wearing a cap or sunglasses. Don't look at the sun.



Look at the table below, and on each line tick  $\checkmark$  the sense or senses you would use. You can mark more than one. sight smell taste hearing touch

## Moving my body

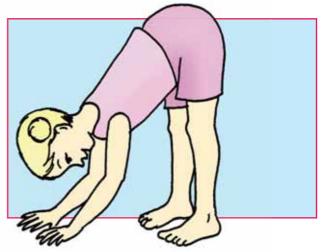


We use our bodies to move.









Let's write

Answer these questions with your friend. Then write the answers in your book, under the questions.

Which parts of your body do you use to walk?

Which parts of your body do you use to pick something up?

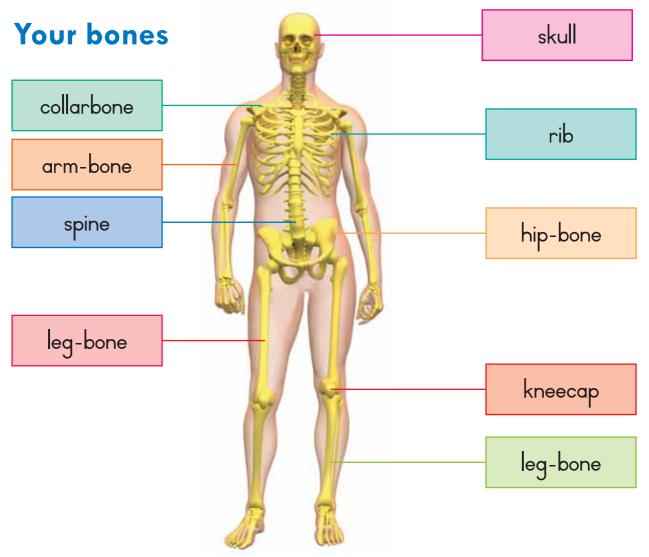


Your teacher will show you how to play 'cat and mouse'.

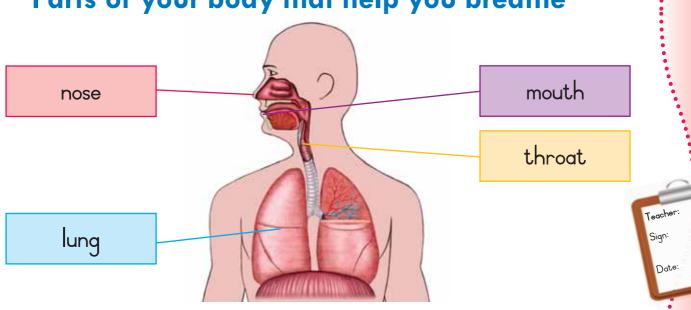




There are also parts of your body that you can't see. They all work together to keep you alive.



### Parts of your body that help you breathe



- Week b - Worksheet

## Thinking about safety

\_et's talk

Look at the pictures below, and talk to your friend about what you see. For each picture, say how you can stay safe.





You see your friend across the street.

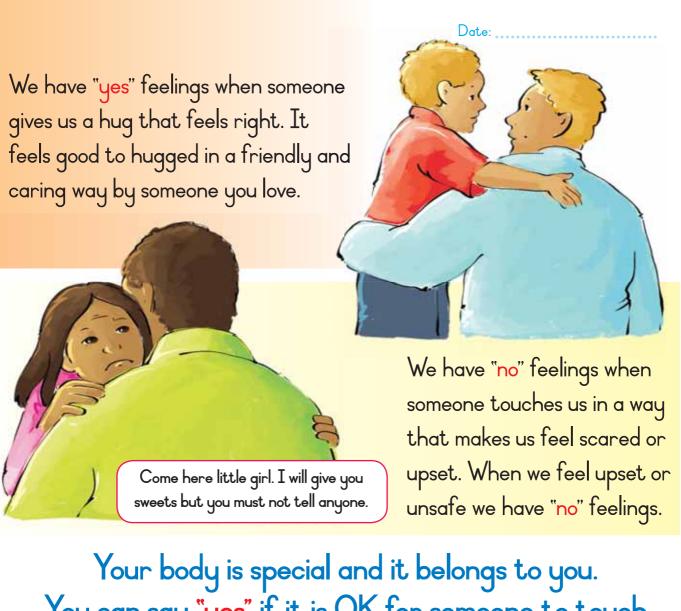
You are waiting alone at a bus stop.



A stranger asks you to go somewhere with him or her.



You are lost at a shopping centre.



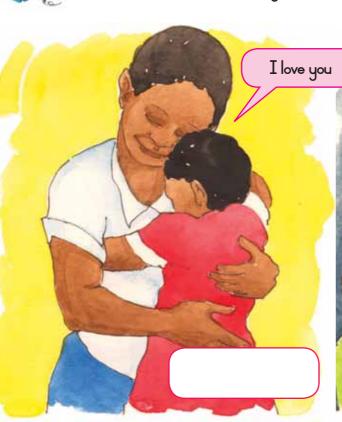
Your body is special and it belongs to you. You can say "yes" if it is OK for someone to touch you, and you can say "no" if it is not OK.

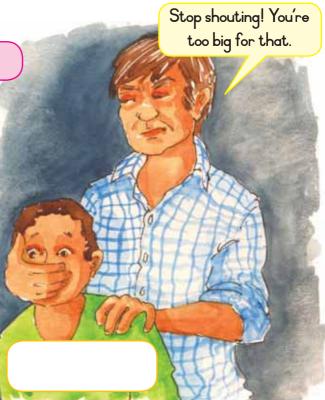


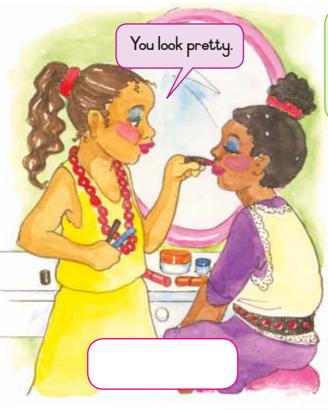
## Keeping safe

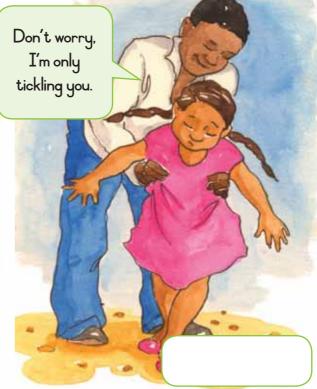
Let's write

Look at the pictures below and write Yes for a "yes" feeling and No for a "no" feeling in the blocks.









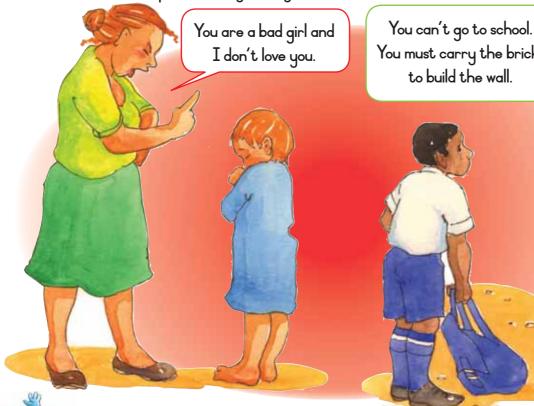


et's do Practise saying "no".

Make up a play where a stranger wants to take the child in his car or wants to touch the child. The child answers "no".

Let's talk

Some children live in homes where they are not looked after. Look at the pictures. Talk about how you would feel if you were the child in the pictures. Say what you would do.





Do it outside

Play the "freeze" game.

Move in any way you like, and when your teacher blows the whistle, freeze in that position. You must not move at all until the teacher says you may. How well can you balance? Walk on a low balancing beam or a long piece of string placed on the ground.



30

Keeping my body healthy



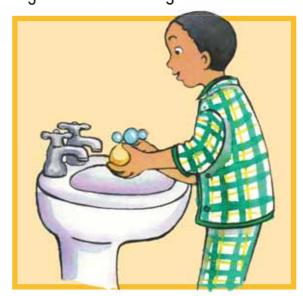


There are many ways in which we can get sick. Most of the time, we get ill because of germs and bacteria. They are so small we can't see them. They can come into our bodies and make us ill.

What are the children in the pictures doing to keep themselves healthy? What could happen if they didn't do these things?











Now talk about these pictures. Make a  $\checkmark$  to show how you can stay healthy. Put a × into the box with the pictures of things that can make you ill.













2 - Worksheet

# Keeping my body healthy



Did you know there are different ways in which to purify water?

Did you know that some water is clean and some is dirty? How can you make sure water is clean and good to drink?

You can boil the dirty water in a kettle to kill the germs.

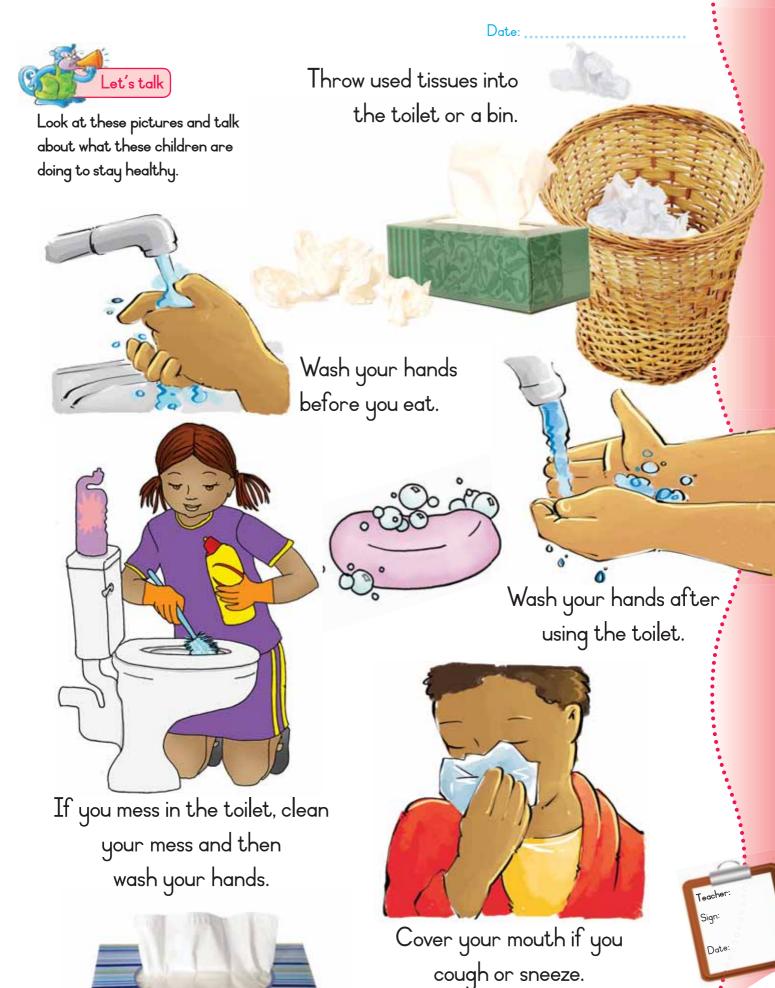




You can filter the dirty water. Your teacher can show you how.

You can add I teaspoon of bleach (such as Jik) to a 20 litre bucket of river water. Close the bucket to keep flies out. Leave the water for 28 hours before you drink it.







## Dictionary



## Dictionary





