

Understanding Good Habits and Safety Rules

Chapter 7: Good Habits and Safety Rules · Topic 1

Key Concept

We should wash our hands before eating and after using the washroom. This keeps germs away and prevents illness, keeping our whole body healthy.

Brushing our teeth twice a day keeps them clean and strong. We should also bathe daily and wear clean clothes to stay fresh and avoid skin problems.

We must never talk to strangers or take things from people we do not know, and always tell a grown-up if something feels wrong or unsafe.

Following safety rules, like crossing the road carefully and not playing with sharp or dangerous objects, helps keep us and others around us safe.

Quick Revision Notes

- Wash hands before eating and after using the washroom.
- Brush teeth twice a day.
- Bathe daily and wear clean clothes.
- Never talk to strangers.
- Tell a grown-up if something feels wrong.
- Cross the road carefully.
- Do not play with sharp or dangerous objects.
- Good habits keep us and others safe.

Practice Questions

- 1 List three good habits you follow every day.
- 2 Show how you wash your hands properly.
- 3 Why should we not talk to strangers?
- 4 Tell an elder about one safety rule you know.
- 5 Practice crossing a road safely with an adult.
- 6 Discuss what to do if you feel unsafe somewhere.