



Before Meals

**Attention! Germs are everywhere.**

Handwashing is a must.  
Make it a habit to stay healthy.



After Sneezing



After Touching Animals



After Using Toilet



After Playing

## Steps to Handwashing

Wet your hands and apply soap.  
Rub till foam appears.  
Wash off the soap and dry your hands.



Rub between fingers



Rub palm to palm



Rub your thumbs



Rub back of both hands



Rub your wrists



Rub your finger tips

## Climb the ladder to reach the healthy child



Healthy Child





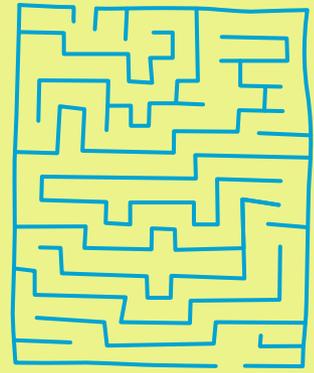
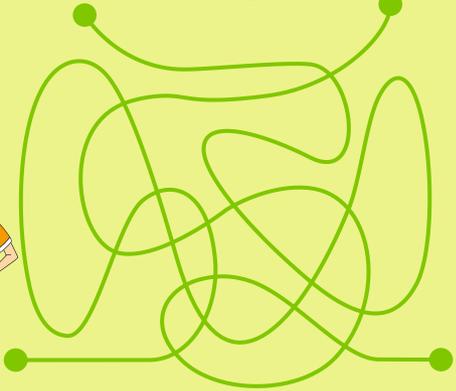
To become strong, choose at least one item from each part of the plate for your daily diet.

## Have fun with food

Choose the right path to become strong and healthy.



Start



End



# SAFE & UNSAFE TOUCH

○ Encircle body parts which others are not allowed to touch.



## Ways to protect yourself from unsafe touch.



What to do if there is unsafe touch?  
Tick the correct options.

- |                                     |                                     |  |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Shout      | <input type="checkbox"/> Stay there | <input type="checkbox"/> Don't tell anyone       |
| <input type="checkbox"/> Stay quiet | <input type="checkbox"/> Run away   | <input type="checkbox"/> Tell a person you trust |

# GOOD BEHAVIOUR, LOVED BY ALL

Put a tick mark  on good behaviour.  
Put a cross mark  on bad behaviour.



## Steps you should take when you are bullied.

Walk- walk away from the place where you are being bullied.

Talk- talk to a person you trust like parents and teachers.

Buddy up- make friends with people who understand you, respect you, and do not bully you.

