

Making it Simple (Meanings): Learn the meanings -

1. Communicate - share or exchange information
2. Emotions - a strong feeling such as joy, anger or sadness
3. Tickles - lightly touch in a way that causes itching or laughter



Know your Lesson :

I. Fill in the blank with the correct words.

1. Feelings are communicated through expressions, eye contacts and touch.
 2. When my teacher pats on my back it is a good touch.
 3. A touch is bad if it hurts you.
 4. It is bad touch that makes you feel scared and nervous.
 5. When someone touches you in the wrong way you can scream and call for help.
- II. Given below are few examples of good and bad touch. Draw lines to connect the correct hand. One has been done for you.**

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Life skill

Look Around

(Good Touch Bad Touch)

Road Ahead...

As you grow up you will experience different feelings. You will communicate with different people and each one will have different ways of talking and expressing their feelings and **emotions**. It is important to understand the emotions that you receive, both verbal and non verbal.

Exercise):
Some ways of touching are acceptable and some are not. Decide whether the following types of touching are correct or not. If you answer 'Yes', whom would it be correct to touch in that way?

HOME TASK

	Yes	No	Whom might I touch this way
1. Shaking someone's hand.	<input type="checkbox"/>	<input type="checkbox"/>
2. Slapping someone's face.	<input type="checkbox"/>	<input type="checkbox"/>
3. Giving a high five.	<input type="checkbox"/>	<input type="checkbox"/>
4. Putting your arm around someone.	<input type="checkbox"/>	<input type="checkbox"/>
5. Holding someone's hand.	<input type="checkbox"/>	<input type="checkbox"/>
6. Tickling someone.	<input type="checkbox"/>	<input type="checkbox"/>
7. Hugging someone.	<input type="checkbox"/>	<input type="checkbox"/>
8. Patting someone's shoulder.	<input type="checkbox"/>	<input type="checkbox"/>
9. Poking someone in the back.	<input type="checkbox"/>	<input type="checkbox"/>

III. Here are some steps which you should take when someone touches you in the wrong way. Number the boxes in the correct order.

HOME TASK

Get away fast! Run away from the person.

Call for help. You can scream!

Tell your parents, teacher or trustworthy relative about the incident.

Say No! Tell the person you don't like it and don't want to be touched.

Believe in yourself. You did not do anything wrong.

Don't keep secrets about a bad touch. It will make you feel uncomfortable.

Given below are few examples of good and bad touch. Draw lines to connect them to the correct hand. One has been done for you.

HOME TASK



- Daddy giving you a good night kiss.
- When someone hits, kicks or pinches you.
- Your aunt hugging you at a family party.
- Grand Pa kissing you on the forehead.
- Your cousin tickling you under the clothes.
- Your teacher hugging you before your parents.
- Your uncle touching you and telling you to keep it a secret.
- Your school van driver taking your picture when you do not want it to be taken.
- A friendly handshake with your friend.

D TOUCH