

**Class-II, Sub: English**

**(21st Century Skill-based Activities)**

Skill Involved: (Creativity, Construction, Critical thinking, Communication)

**Topic: Health and Hygiene**

Name of Student:

Activity:1

Fill the following in points and share the soft copy in word format on the website.

* What is health and Hygiene?
* What are good healthy habits?
* Do you wake up early and sleep early?
* Why we have to wash our hands every hour?
* What type of food we should eat?
* How many glasses of water we should drink in a day?
* Do you keep your body and surroundings clean?

Activity:2: Prepare a chart: All the tips to be healthy and Hygiene in your daily life. Do it in old Calendars or in chart paper and decorate it beautifully.

**Click a photo and upload on the website.**