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CURRICULUM
- ALIGNED

Social Studies & VCCE

Values • Character • Citizenship • Education

Standard 1

Bonus Offer Online

**Self-Correcting Exercises
Videos, Games &
Great Prizes!**

SAMPLE



pennacool.com Standard 1 Social Studies & VCCE

Name: _____

Teacher: _____

School: _____

Bonus Offer Online

This book gives you access to additional Social Studies and Values, Character, Citizenship Education (V.C.C.E.) videos, quizzes, games and prizes on pennacool.com.

Log onto pennacool.com and click on "Workbooks" to learn more!

Bonus Points Code: **WINVCCE23**

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Leaders in Online Education

A Note to Parents & Teachers

At pennacool.com, we strive to motivate students by making learning fun, exciting and rewarding. We produce high-quality content by partnering with teachers and graphic designers to create online and printed content for all primary school students — ensuring no child is left behind.

Key Features

Two Subjects, One Book (Social Studies + V.C.C.E)

- Lighter load for students' bookbags
- More affordable for parents
- More convenient for teachers

Website Integration

- Additional online videos, quizzes, and games available to students and teachers
- Gain points for a chance to win great prizes

Presentation

- Curriculum-aligned content
- Easy-to-read font
- Gamified content, eye-catching and visually appealing to students



Throughout this book you may see the following icons. Here's what they mean:

BONUS CONTENT



Online content that can be found on pennacool.com like: videos, quizzes and games. Teachers can also find printable worksheets that can be used in class. Follow the steps below to find the content as they appear in the book.

pennacool.com → Workbooks → Std 1 VCCE Workbook → Bonus Content

This icon represents a project that can be done.



PROJECT

RESEARCH IT!



This icon lets you know that this activity requires you to do some research.

FUN FACT!

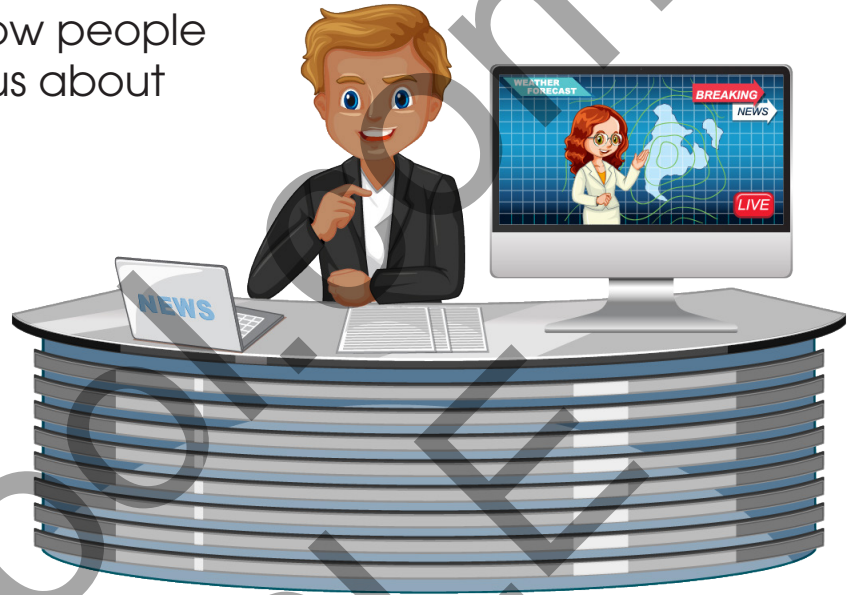
This icon indicates additional interesting information relating to the topic.



1. What is Social Studies?

Social Studies is the study of how people work and live together. It tells us about our past and present lives.

One good way to learn about our society is through the news.



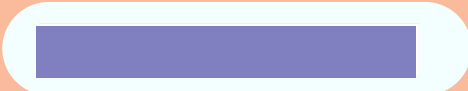
Do you know the difference between local, regional and international news? Draw a line to match the definitions to the events.



Tell us about the events that is happening in the world.



Tell us about the events that is happening in the Caribbean.

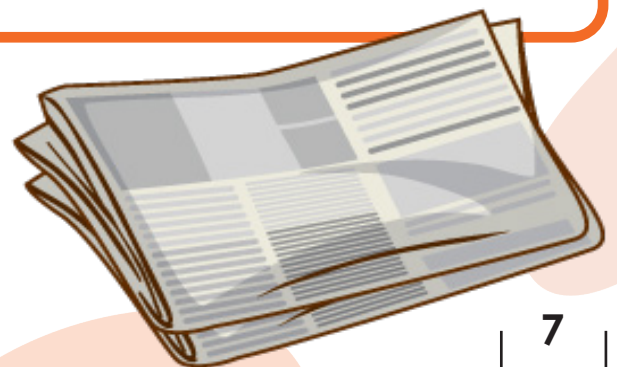


Tell us about the events that is happening in Trinidad and Tobago.

The News

Get a local newspaper. Search for three news articles: one from a local event, one regional event and one international event.

Cut them out and stick them in the correct boxes.





benhnaacool.com
SAMPLE

2. My Country - The Past

The Indigenous Peoples

Trinidad and Tobago was home to a number of Indigenous or First Peoples. The two main groups were the Taino and Kalinago.

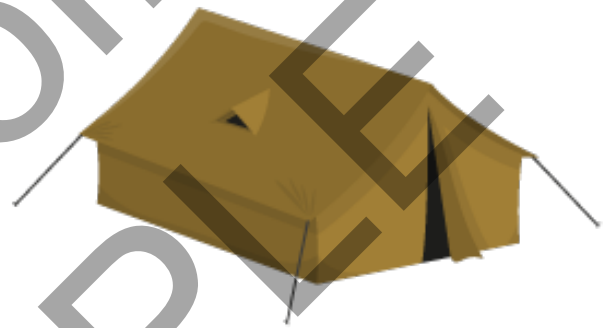


Their Homes

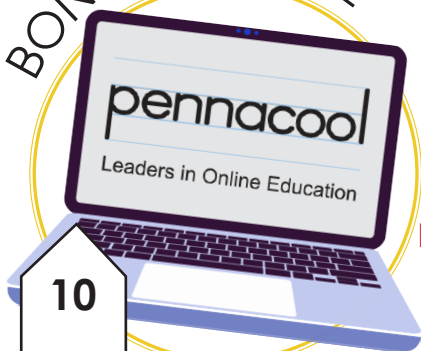
The Indigenous peoples lived in simple thatched huts. The climate of Trinidad and Tobago is very warm, so their homes didn't need a lot of insulation. Their homes provided privacy and shelter from the rain.

The houses were round and were constructed using a wooden frame covered with straw, woven mats and palm fronds.

Circle the home that best represents the home of an



BONUS EXERCISE



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→

Bonus
Content

Using recycled or natural materials, create a replica of an Indigenous village of Trinidad and Tobago.



Your replica can include:

- a [REDACTED]
- a means of transportation
- a cooking area
- a [REDACTED]

Take a picture of your creation and stick or draw it here.






The Indigenous Influence

The Indigenous peoples of Trinidad and Tobago contributed to many parts of today's culture. Some examples include names of places, names of animals and some of our foods.

Place Names

Where do you live?

The boxes below have various place names of Indigenous origin. These were all places where the Indigenous peoples of Trinidad lived. Do you live in or have you been to any of these places? Do you know any more?

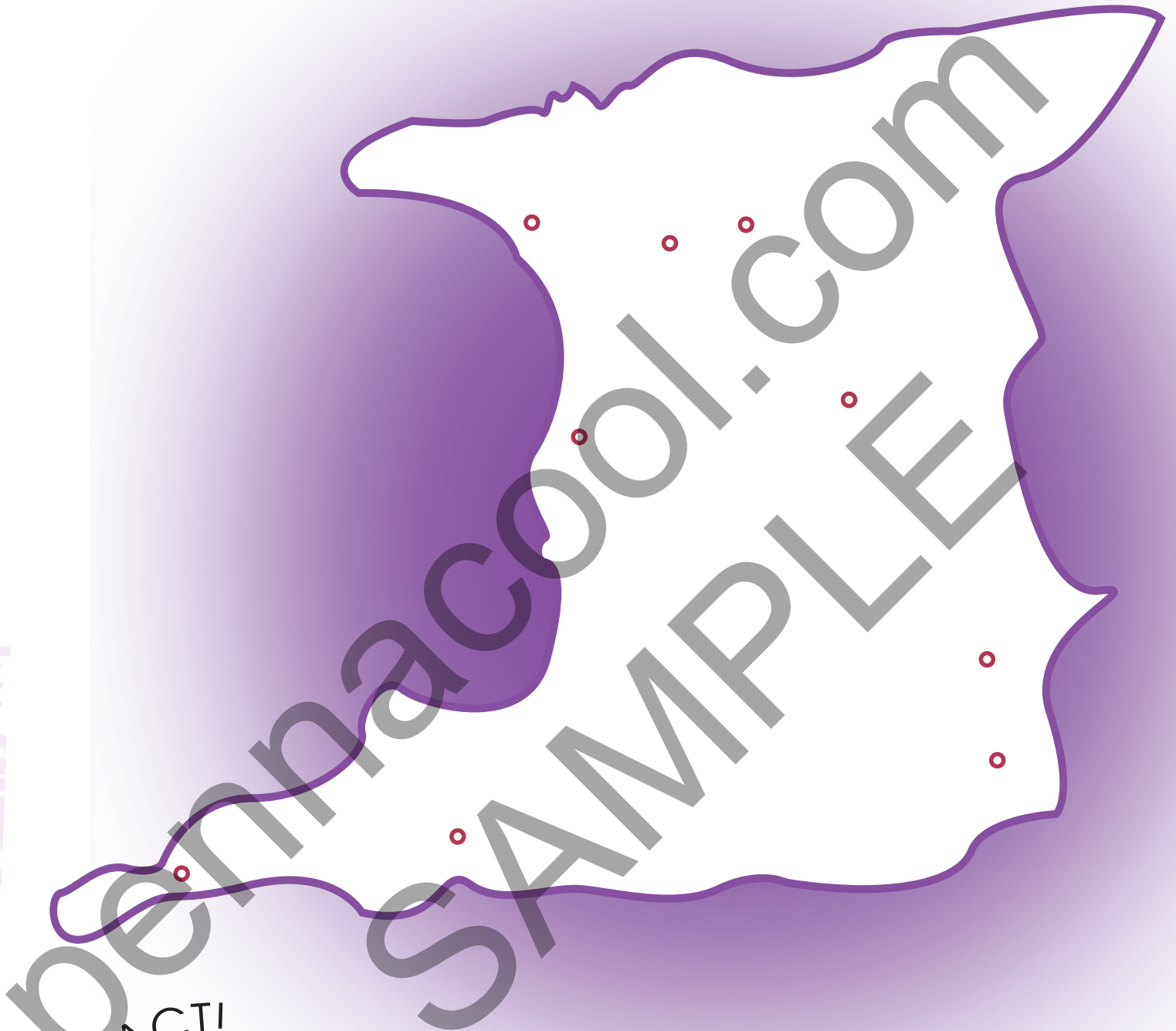
	Couva	
Icacos		Mucurapo
	Tamana	

RESEARCH IT!



1. Use an atlas to help you find the different places and label them using the dots on the map on the next page.
2. Colour in the  and Oropouche rivers.





FUN FACT!



The Indigenous peoples usually named their settlements after useful or commonly found materials in the area.

Indigenous Food



The Amerindians were known for many dishes that are enjoyed up to this day. Some of these include pepperpot, barbeque meats, garlic pork, cassava bread and farine, to name a few.

Here is a recipe that uses farine. You can try making this at school or at home with your family.

INGREDIENTS

- 2 cups water to boil
- 1/2 cup farine
- 2-3 cinnamon sticks
- 2 bay leaves
- 1 tbsp mixed essence
- Condensed milk to sweeten

METHOD

1. Boil water with cinnamon sticks and bay leaves. In one cup cold water, soak farine until moist.
2. 
3. Have an adult add the smooth, runny farine mixture slowly to the boiling spice water.
4. 
5. When the mixture thickens, remove from heat.
6. Add essence and milk.
7. Pour into individual serving cups, cool and serve.



Indigenous Music

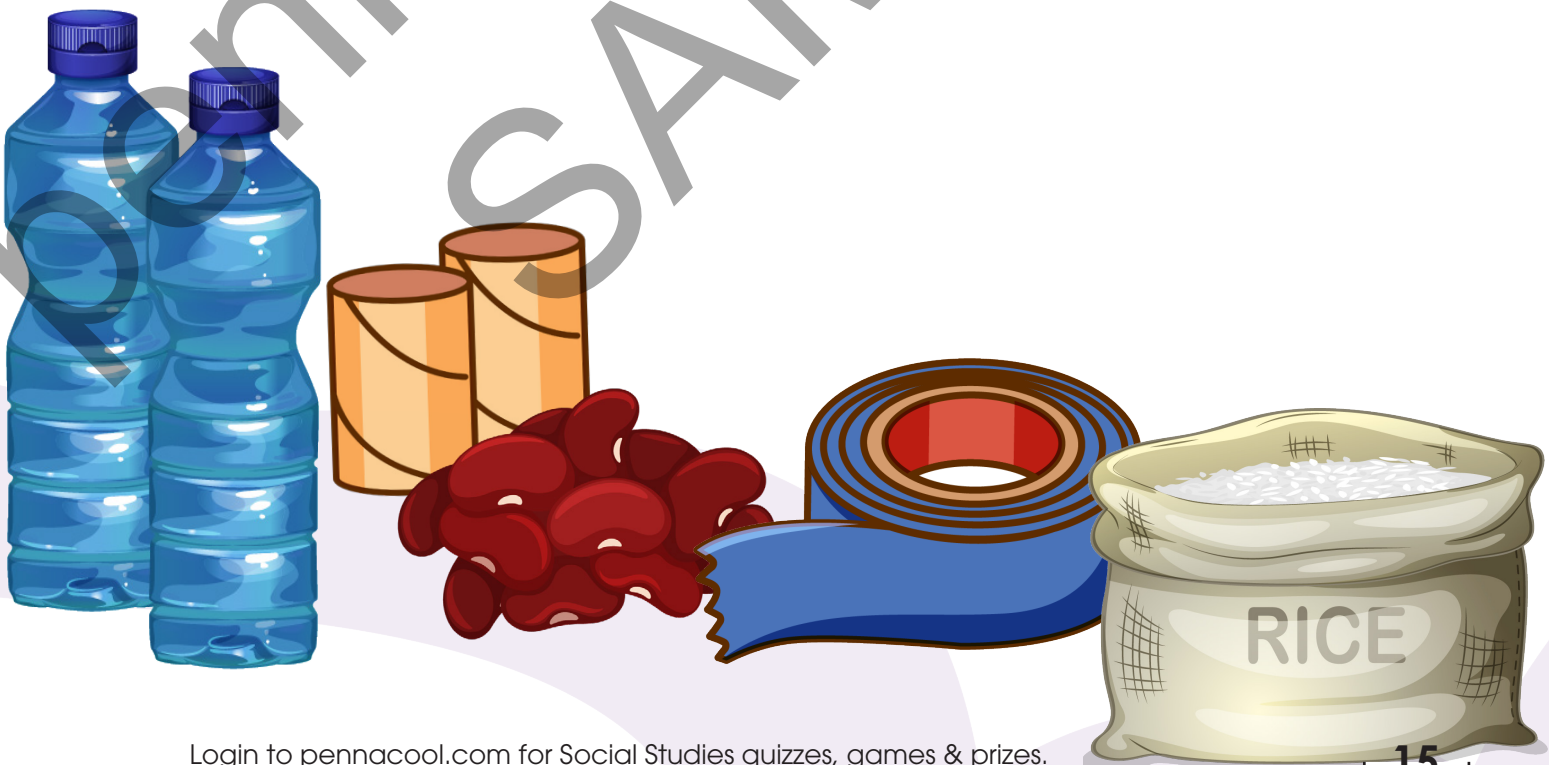
The musical instrument of the Amerindians was the maracas (or the chac-chac). It is a rhythm instrument.

Make and decorate a chac-chac. Perform a simple song for your class using the materials below

Make a Pair of Maracas (Chac-Chacs)!

What you'll need:

- 2 small empty water bottles (cleaned)
- 2 toilet paper rolls
- Painter's tape or electrical tape (colourful if possible)
- Filling for your maracas, such as:
Beads, Beans, Birdseed, Sand, Salt, Pebbles, Rice, Dried Pasta or Small Washers (you can combine two or more).



Indigenous Lifestyle

Transported back in time!

Maria was transported back in time to a Kalinago village. She eats their food and wears their clothes and jewellery. She rides in a canoe and sees the villagers weave pretty baskets while others dance.

Write a story about Maria's adventure.

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SAMPLE



3. My Country - The People

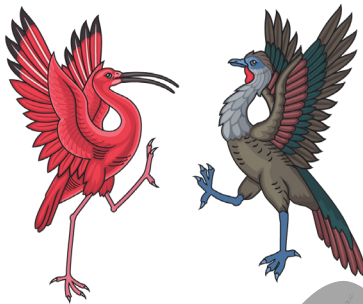
Our National Emblems

Write in the names of the National Emblems below:

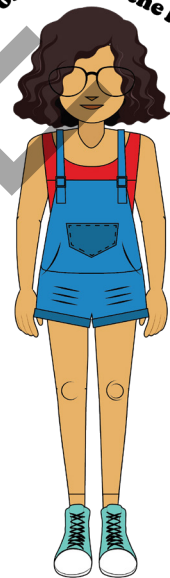
National Anthem

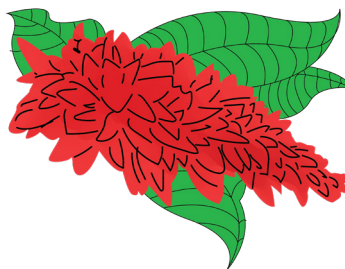
Watchwords

Coat of Arms



Forged from the love of...





The National Flag

Below are the colours on the national flag. Use them to fill in the blanks.



EARTH



FIRE



SEA

_____ represents the _____, the wealth of the land and strength of the people.

_____ represents _____, the warmth and energy of the sun and the courage and friendliness of the people.

_____ represents the _____, that borders the land and the equality of all.



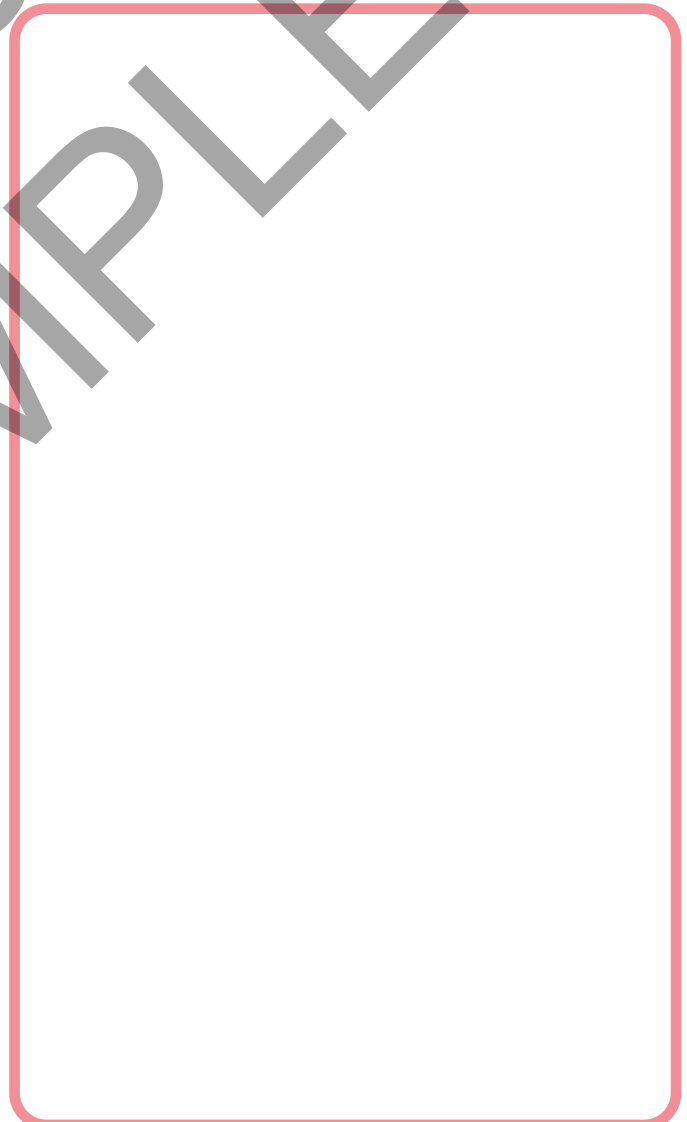
The National Anthem of Trinidad and Tobago

Forged from the love of liberty,
In the fires of hope and prayer,
With boundless faith in our destiny
We solemnly declare.
Side by side we stand
Islands of the blue Caribbean Sea,
This our native land
We pledge our lives to thee.
Here every creed and race,
Find an equal place,
And may God bless our nation.
Here every creed and race,
Find an equal place,
And may God bless our nation.

Explain



Draw a picture of you doing this.



Our Festivals

A **national festival** is one that is celebrated by all citizens of a country. A **religious festival** is celebrated by people of a particular religion.

Look at the festivals below. Say whether it is a national or religious festival. Circle the correct answer under each picture.

Independence Day

 |

Christmas

 |

Tobago Heritage Festival

 |

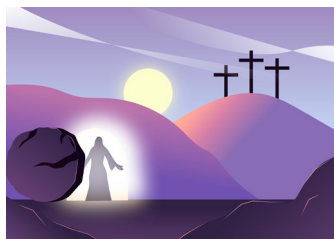
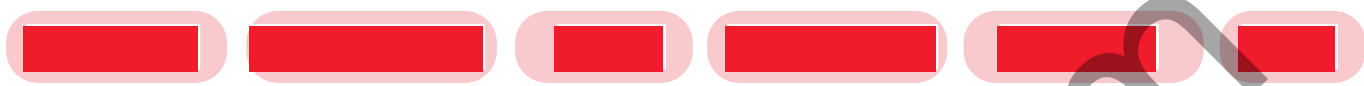
Carnival

 |

Diwali

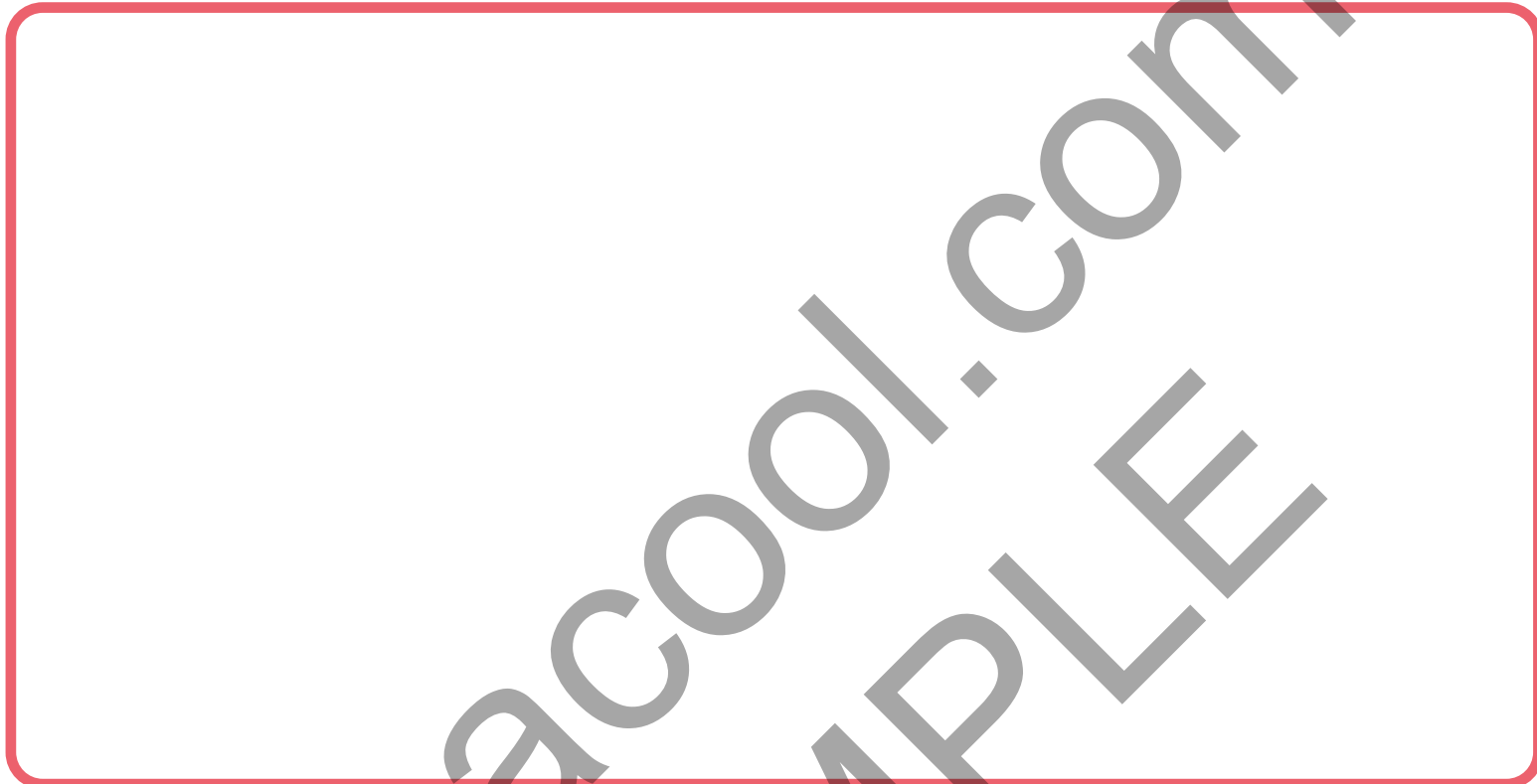
 |

Draw a line from the religious symbol to the images of festivals that best represent it. Use the words below to label each festival.



Celebrations happen all across Trinidad and Tobago. 

Write a couple of sentences describing the event, what you did, how you felt and how it ended.



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You can use the space below to write about your experience.

Help! Help!

Suzzie went to a festival with her mom and got lost.
Write five things that Suzzie could have done to stay safe.

1. _____

2. _____

3. _____

4. _____

5. _____



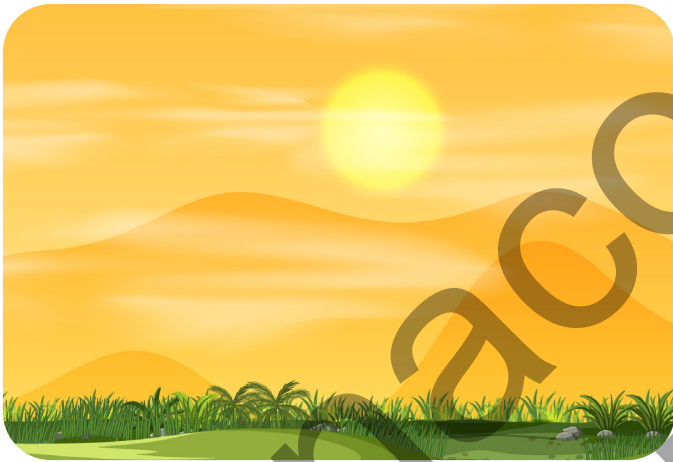
4. My Country - Leisure and Work

Our Seasons

A season is a period of time in the year based on changes in weather. In Trinidad and Tobago, we have two different seasons:

The dry season and the wet season or rainy season.

Look at the pictures below. Name the seasons using the words in brackets ()



Write in the correct answer (**dry** or **rainy**) for each of the following sentences.

1. The _____ season can last from early .

2. The _____ season can start in and go until .



Colour the dry season months in warm colours
().

Colour the wet season months in cool colours
().

January

February

March

April

May

June

July

August

September

October

November

December

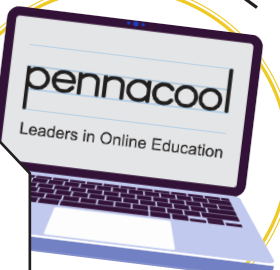
Activities in the Seasons

Weather affects what we do. If there is lots of sunshine, we can plant our crops. In the rainy season, it is a good time to do water sports.

Decide which season is the most appropriate for the activities shown below



BONUS EXERCISE



What do you like to do in the wet and dry seasons?

Two things I like to do in the ■ season are:

1. _____

2. _____

Draw a picture of what you like to do in the wet season below.

Two things I like to do in the ■ season are:

1. _____

2. _____

Draw a picture of what you like to do in the dry season below.



Our Basic Needs

A is something that you cannot do without in order to live.

A is something that you would like to have but is not necessary.

Circle the items you need in order to live.



5. Disaster Preparedness

Natural Disasters

Hurricanes

A hurricane is a type of storm called a **cyclone**. This storm travels at a speed of at least **74** miles per hour. It is dangerous, as it produces torrential rains, high winds, storm surges and floods.

Name That Hurricane

Every storm that becomes a hurricane gets a name. **The World Meteorological Organization** produces the names that are used. There is a list of names for hurricanes every six years.

2022	2023	2024	2025	2026	2027
Alex	Arlene	Alberto	Andrea	Arthur	Ana
Bonnie	Bret	Beryl	Barry	Bertha	Bill
Colin	Cindy	Chris	Chantal	Cristobal	Claudette
Danielle	Don	Debby	Dexter	Dolly	Danny
Earl	Emily	Ernesto	Erin	Edouard	Elsa
Fiona	Franklin	Francine	Fernand	Fay	Fred
Gaston	Gert	Gordon	Gabrielle	Gonzalo	Grace
Hermine	Harold	Helene	Humberto	Hanna	Henri
Ian	Idalia	Isaac	Imelda	Isaias	Imani
Julia	Jose	Joyce	Jerry	Josephine	Julian
Karl	Katia	Kirk	Karen	Kyle	Kate
Lisa	Lee	Leslie	Lorenzo	Leah	Larry
Martin	Margot	Milton	Melissa	Marco	Mindy
Nicole	Nigel	Nadine	Nestor	Nana	Nicholas
Owen	Ophelia	Oscar	Olga	Omar	Odette
Paula	Philippe	Patty	Pablo	Paulette	Peter
Richard	Rina	Rafael	Rebekah	Rene	Rose
Shary	Sean	Sara	Sebastien	Sally	Sam
Tobias	Tammy	Tony	Tanya	Teddy	Teresa
Virginie	Vince	Valerie	Van	Vicky	Victor
Walter	Whitney	William	Wendy	Wilfred	Wanda

If you had to name a hurricane, what would it be?

1. _____

Work with your friends and create 5 more names, for a total of 6 names altogether. List your names in alphabetical order.

2. _____

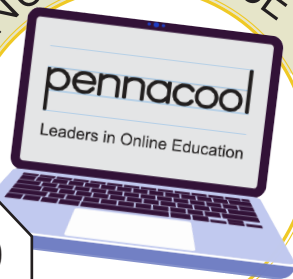
3. _____

4. _____

5. _____

6. _____

BONUS EXERCISE



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Tsunamis

A tsunami is a natural disaster in which _____ trees, vehicles, buildings and even entire towns. Before the wave comes in, the water draws back out far into the ocean.

Before the wave reaches the shore, you can see the ocean floor that was not visible before. This is a warning of the danger to come. To escape a tsunami, you need to go to high ground.

Word Unscramble.

Here are some words. The letters are not in the right order. Unscramble them and rewrite them on the lines given. Some letters are already in the correct spaces.

nsiutam _ _ u _ _ _ i

_____ _ a _ _

gdaern _ _ n _ _ r

_____ _ o _ d

_____ _ t _ r

Earthquakes

An earthquake is [redacted]. It is caused by the [redacted]. When there is an earthquake, there are steps we must take to ensure that we are safe.

Discuss these steps with your teacher and write them in the spaces below. [redacted]

Our Earthquake Drill

First:

Next:

Then:

Preparing for Disasters

Evacuation Routes

In an emergency, you should know the closest exits to get out of any building safely.

At home, interview your parents about their emergency evacuation plan. Discuss where the exits are and where are the meeting points outside the building.

Do the same with your teacher at school.

An illustration of a hallway with a double door. Above the door is a green sign with the word "EXIT" in white. The walls are light gray, and the floor is white. There are orange mats on the floor in front of the door. A blue arrow points to the right on the left wall.

EXIT

Natural Disasters are scary!

We must be " _____ "

Write the first letter of the names of the objects below to help you figure out the word above.



The most important items that people need after a natural disaster are food, water, shelter and first aid supplies.

Can you count the amount of water bottles in the picture below?



I counted _____ bottles.

Match the disasters to their names.



Story Time!

Write a story about a day you survived a natural disaster (hurricane, tsunami or earthquake). Say what the disaster was.

Give details on what you saw, heard, smelt and felt when the disaster happened. Lastly, write about how you survived!

Lined writing area for the student's story.

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SAMPLE

In Trinidad and Tobago, we depend on the and the to help us prepare for and manage the effects of natural disasters.

Can you complete these acronyms which will tell us who they are?

<input type="text"/>	_____	<input type="text"/>	_____
<input type="text"/>	_____	<input type="text"/>	_____
<input type="text"/>	_____	<input type="text"/>	_____
<input type="text"/>	_____	<input type="text"/>	_____

Send Help!

When people are affected by natural disasters, they need help. Some ways you can help is by donating your time, food items or medical stuff.

Help fill the donation bags to assist families.



Natural Disaster Tic-Tac-Toe

Look at the grid below. There are three correct answers in a row which relate to a specific natural disaster. Can you cross three in a row to make Tic-Tac-Toe?

Which natural disaster do you think we should follow these steps for?

Values, Character, and Citizenship Education

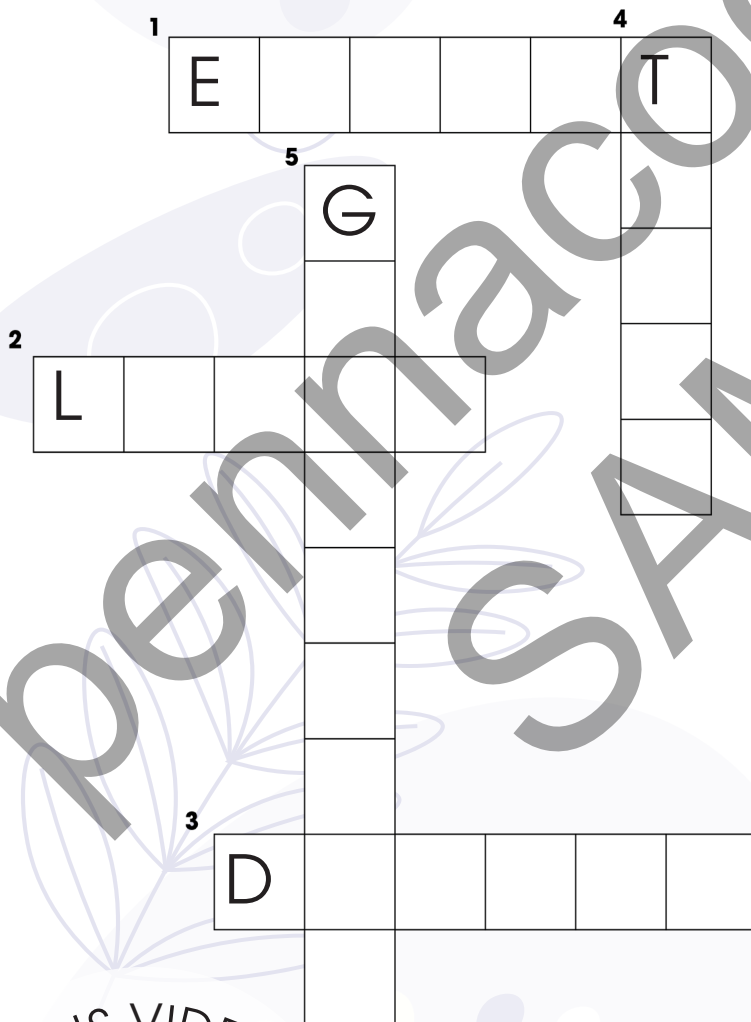
penmacool.com
SAMPLE

Trustworthiness

Building a Good Reputation

Being dependable means that you can be relied on to do what you say you will do.

Complete the crossword puzzle below. Use the clues to help you.
The first letter of every word is given for you as well.



Clues

Across

1. You e_____ your family to take care of you.
2. Showing constant support and allegiance means to be l_____.

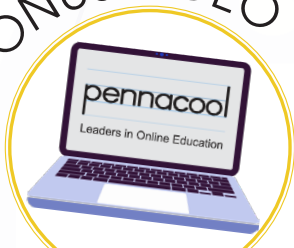
3. _____.

Down

4. If you t_____ someone it means you believe they are honest and sincere.

_____.

BONUS VIDEO



Match each word to its correct definition.

WORDS

DEFINITIONS

Good Reputation

Dependable

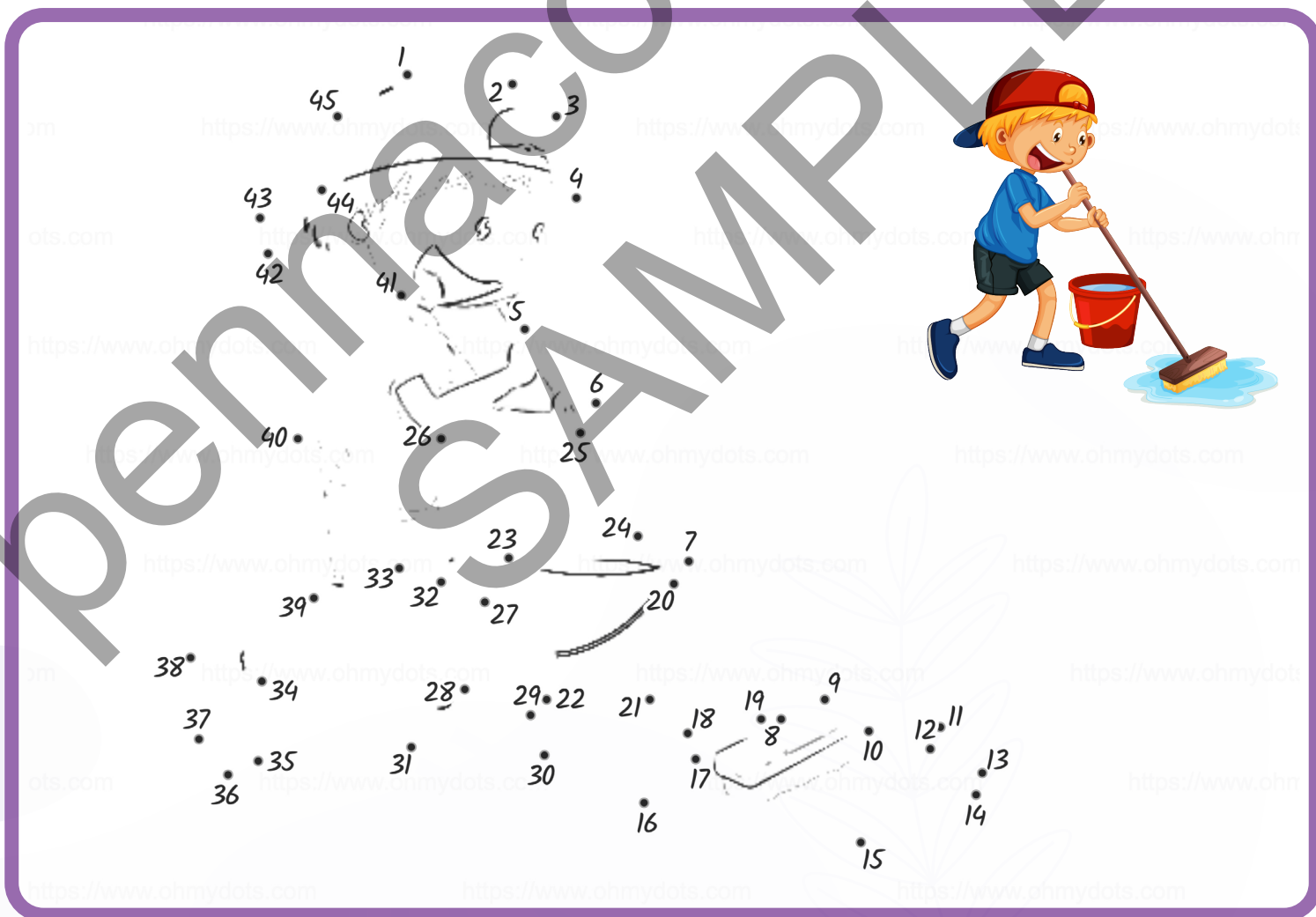
Community Spirit



At home, school and in my community, I can build a good reputation by ... (✓) for true statements and (X) for false.

- Being kind to my friends.
- Always acknowledging our principal and teachers at school.
- Not listening to parents/guardians.

Connect the dots to complete the picture.

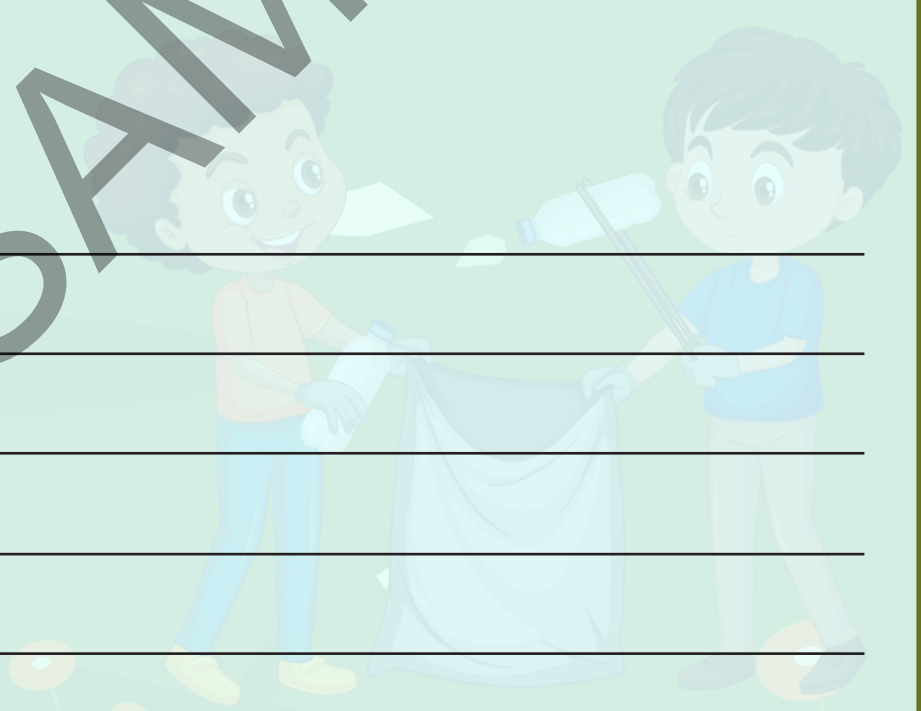


Organise with your classmates to clean an area of your school or a local park.



Write how you felt when you participated in the clean-up project from the previous exercise.

Dear Diary,



Every day is a great day for reading. Are you consistent? Let's check.




Write in the month and date for the calendar.

Tick the days that you have done your daily reading for at least 20 minutes.

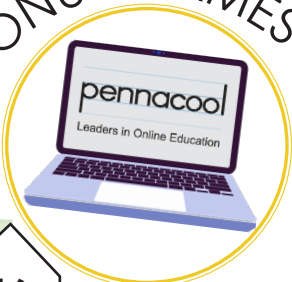
S	M	T	W	TH	F	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●



Draw the New Decisions

Scenario	Causes
<p>_____</p> 	<p>Jim did not study. He played on his iPad</p> 
Consequences/Effects	New Decisions
<p>_____</p> 	<p>What should Jim do next time?</p>

BONUS GAMES



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Now create your own scenario.

Scenario	Causes
Consequences/Effects	New Decisions



Finish the sentences below:

I am reliable because

I am responsible because

I am because



When you have community spirit, it means that you have pride in your community. This can be at your home, school, or neighbourhood.

Write at least two things that you can do to make your home, school and neighbourhood a better place for you to be.

Home

1. _____

2. _____



1. _____

2. _____

Neighbourhood

1. _____

2. _____



Community Spirit Door/Board Competition

Hold a door decorating competition and invite all the classes in your school to decorate their classroom door or blackboard with a special good-feeling theme.

The following is a list of suggested themes:

- "Believe in your class"
- "Festivals and celebrations"
- "_____"
- "_____"
- "_____"
- "_____"
- "Movies we've watched"

Or, any other theme your class desires

Discuss with your teacher the planning of the competition (rules, judges, deadlines, etc).

Fairness

Being Fair

Being fair means that everyone gets what they need. It is not always about having an equal amount. In order to be fair, some people may need more assistance than others in order for them to be successful.

Look at the pictures below. Write _____ each picture. Discuss with your classmates why you have chosen this answer.



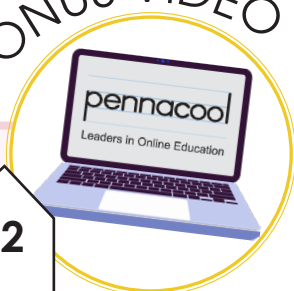
Write your reason for choosing this answer below.

Create a poster that brings awareness of the challenges of persons with disabilities. Give your poster a title. Include at least two sentences that encourage persons to be fair. Create your picture with pencils, crayons or paint.

Ensure that your drawing supports your message.

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SAMPLE

BONUS VIDEO



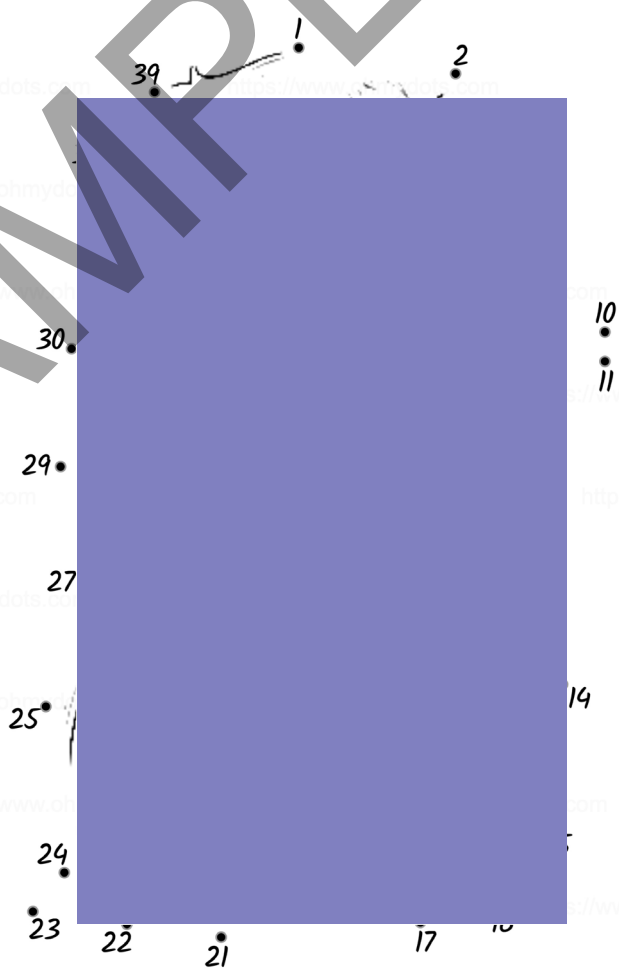
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We must treat everyone fairly, no matter how different they may be. Complete the dot-to-dot puzzle.

Do you think it is fair to allow persons with disabilities to play the same games that you do? _____ (yes/no)

Give a reason for your answer:

CONNECT THE DOTS TO MAKE THE DRAWING!



We are different, yet still the same.

Look at the pictures below. Can you spot differences between them both?



Fair and unfair classroom and playground practices

Look at the pictures below. Circle whether it is a fair or unfair practice.



Fair / Unfair

Write two sentences for each of the above scenarios and give your reasoning for your answers.

1 _____

2 _____

Understanding the Need for Rules

Rules are guidelines that tell us how to behave. They tell us what is right and wrong and help to keep us safe.

Does your school have rules? Are the rules for the classroom the same as the rules for playing outside in the yard?

Think about 3 rules for each. Write them in the spaces below.

Rules for 

1. _____
2. _____
3. _____

Rules for the playground

1. _____
2. _____
3. _____

Your Own Rules

Create rules for a game that you can play at school together with other students.

Eg. Jump-rope

Rule 1 - Everyone gets a chance to jump in the rope.

Rule 2 - Everyone gets a chance to turn the rope.

Every player will get a turn.

Your turn!

Name the game. _____

List two rules of the game:

Rule 1 - _____

Rule 2 - _____

Explain how the rules of the game can give each player a fair chance:

Respect for Rules

Let's work in pairs. Study the following pictures, then discuss which ones show respect for rules.

Circle only the pictures that show respect.

Shouting in someone's ear



Being quiet in the library



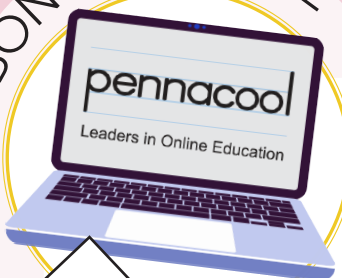
Standing in line



Pushing someone



BONUS EXERCISE



pennacool.com → Workbooks → Std 1 VCCE Workbook → Bonus Content

Respect

It is important that we show respect to everyone. It is something we expect that all should learn to appreciate and have.

Do I want others to show me respect? Do I want others to be polite and kind to me? Do I want others to listen to me?

Write an acrostic ladder poem about "RESPECT".

_____. _____ . The words should describe the word given.

Example:

M - Most

O - Outstanding

M - Mother

RESPECT:

R _____

E _____

S _____

P _____

E _____

C _____

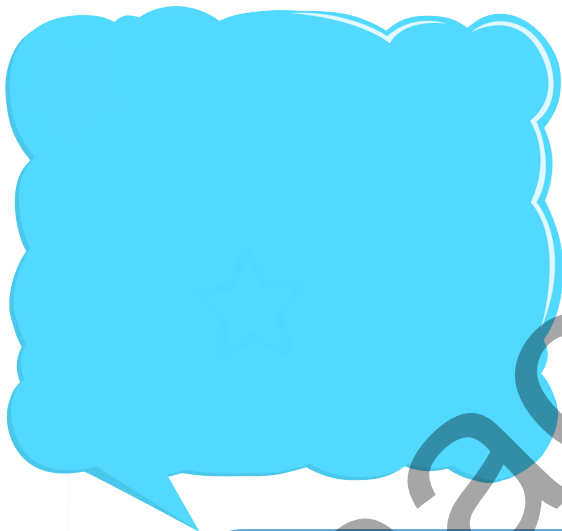
T _____

Respect for Authority

A person in authority is a person who has the power to give orders or make decisions. They can be from our home, school or community.

How can we show respect to the following people?

Write it in the speech bubbles below:



TEACHERS



NEIGHBOURS

What is Civility?

Civility is _____

Write a letter to someone you respect telling them why you have so much respect for them and post the letter.

Dear _____

Respect for Cultural and Religious Diversity

Throughout the entire year in Trinidad and Tobago, we celebrate many different cultural and religious festivals.

Fill in the blanks using the words in the boxes below.



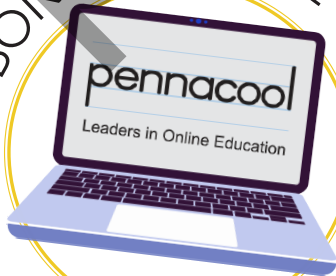
On December 25th, _____ celebrate Christmas.

Divali is known as the festival of _____.

Muslims look for the crescent _____ to end Ramadan.

Our country of Trinidad and Tobago celebrates _____ with a big street parade.

BONUS EXERCISE

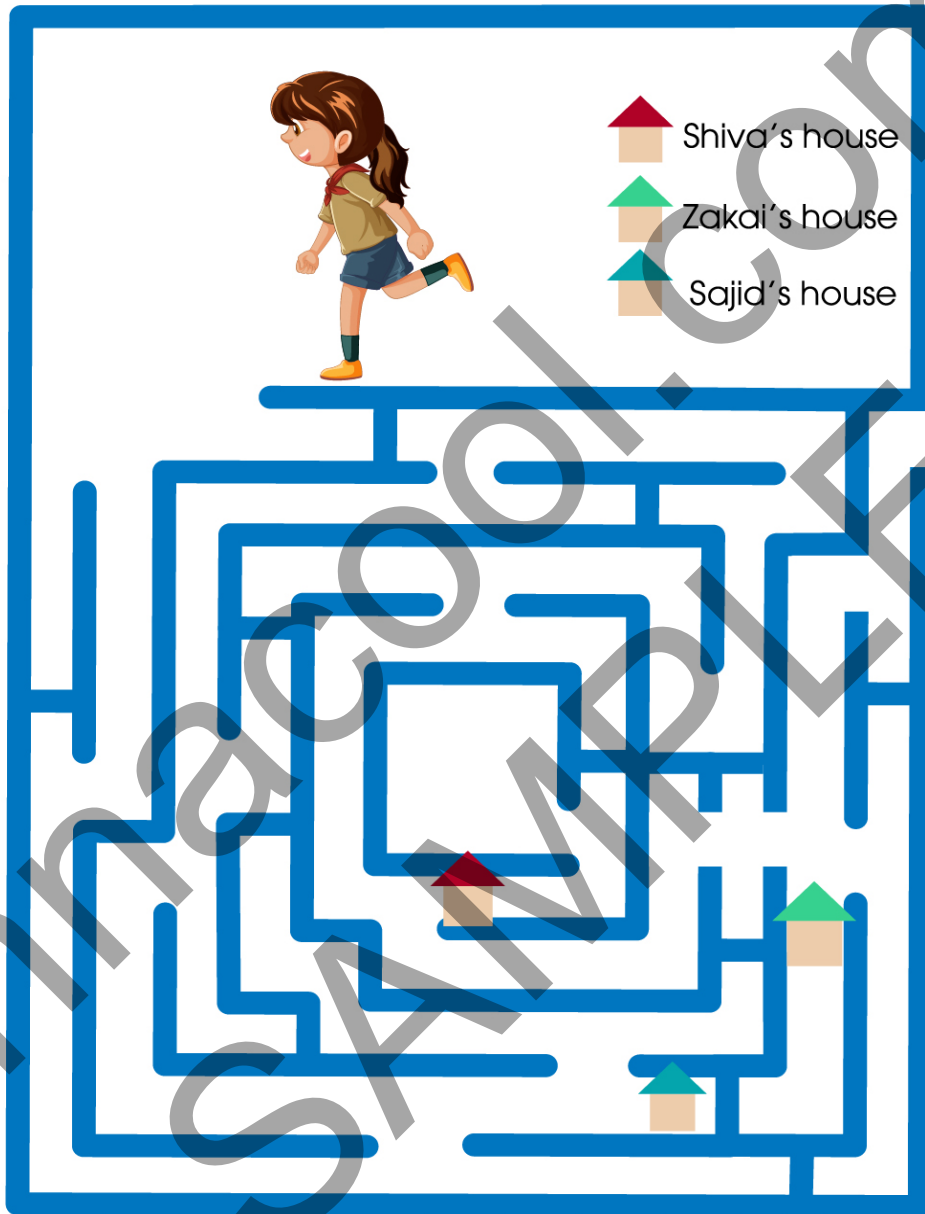


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Celebrating with Friends

My friends invited me to celebrate with them.

Here I go! Help me visit each friend's home before exiting the maze.



Shiva and her family celebrate they are _____.

Zakai and his family are and they celebrate _____

in

Sajid and his family always invite you to come they are

_____.

Stick or draw 4 pictures about your [redacted] that you would want to share with your class.

Let me share something about [redacted]:

When you experience different cultures, you will learn to have an appreciation and respect for everyone's beliefs.



Let's Do Some Research!

With your teacher's guidance, break up into groups and



Music



Food



Dance



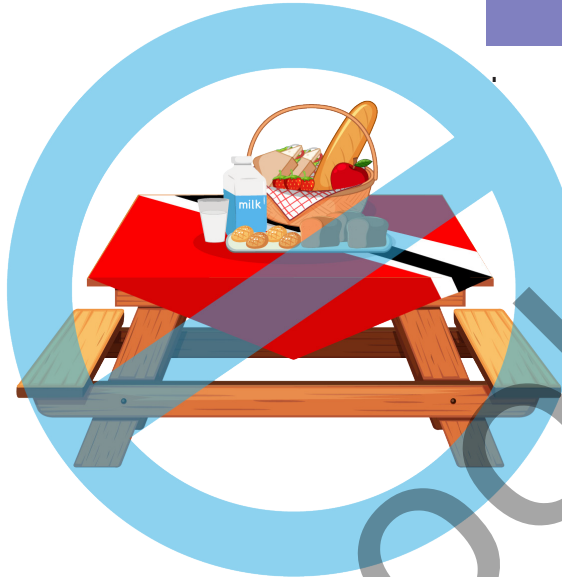
True Friendship Is Accepting Every Aspect of Each Other

Darren's blog always has mean things about some student's religion in his class. How would you respond to Darren if he did this to you? Write or draw your response.

Response area for writing or drawing.

Respect for the National Emblems

Three ways in which we can show respect for the national flag are;

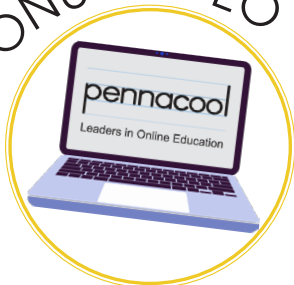


Keep the flag from touching the ground.



Do not use the flag to hold or carry anything

BONUS VIDEO



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Caring

Caring for My Country



I live in the beautiful island of _____.

One positive thing I would like the entire world to know about my island is

Create an illustration of your positive thing.

RESEARCH IT!



Outstanding Trinbagonian Contributions

An Outstanding Trinidadian

Name one Trinidadian who has won a  award.

Person

Award

This award was won in the category of:

I choose this person because:

An Outstanding Tobagonian

Name one Tobagonian who has won a award.

★

Person

Award

This award was won in the category of:

★

I choose this person because:

★

MY NOMINATION

Name one Trinidadian or Tobagonian who you think deserves a national award.



Person

Award

This award should be in the category of:

I choose this person because:

I am a proud Trinbagonian!

This is me. If I won a national award, it would be for:



This would be my award.

I am proud to be

because _____



In Trinidad and Tobago, a senior citizen is anyone who is years and older.

How do you appreciate senior citizens in your society?
Tick the things that you do.

Compare your answers with your classmates.

Checklist:

- Spend time with them
-
-
-
- Talk with them. Tell them that you care
- Offer to help them do a chore

Write two more things that you can do for a senior citizen you know.



Do something with someone special.

Find a senior citizen in your community. It could be a family member or a neighbour.

Have fun!



Responsibility

Understanding Responsibility

When we are responsible, we do the things which we are expected to do. It also means that we accept the consequences of our actions, whether good or bad.

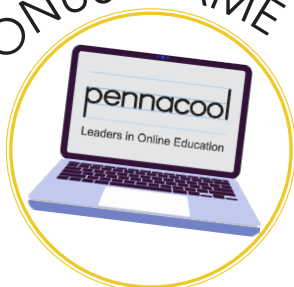
Can you find the words below?

N K A D B V D B X H F B L X B E E W
U N P V E C C R C J C Z O H R V S A
E E B L L Q B N G U Y T O U P E X F
T X O F E J H Q C J F B A A N H O E
T P R L Y D P X E U G O A C S D M R
C E H Y I H G L I F S H N S C W D V
L C N X C W R E T X H W V T M E K Q
S T I M A W I V B R I D G L T A P G
C X D C R Q H Z W S A Z T D A V L T
X V U B U I K F Q L G E H D F F H A
R E S P O N S I B L E G X S K G Y X
L B L T L B G O V G S K S M X E W U

Responsible
Pledge



BONUS GAME



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Who is a Responsible Person?

A Responsible Person is Persistent

Persistence is being able to continue doing a particular action even when it seems difficult or impossible.

When you persist through your challenges, you will find that some things that once seemed hard become easier.

Positive Affirmations – Things that I can say to myself.

Instead of saying ...

I can say ...

I cannot do that. It's too hard.

I can try, and learn from any mistakes.

I am not smart.

I am constantly learning and growing.

I give up.

It is enough to do my best.

They must hate me.

I can't control what others think of me.

They are better at this than me.

What can I learn from them?

Persistent Trinidadian Icon

Beryl McBurnie is a well-known Trinidadian icon known for her persistence in the development of West Indian culture.

Her persistence in teaching local dance is one of the reasons we have this subject in our schools today.

Do you know any local folk dances?
With the help of your teacher, name three of them here.

1. _____
2. _____
3. _____

Persistent International Icon

There was a world-famous scientist. He was thought to be a complete failure in his childhood. He didn't learn to speak until he was 4 and at the age of 16, he failed to pass the entrance exam into the Swiss Federal Polytechnic School in Zurich.

That is the same as failing both SEA and CSEC! Do you know who this famous person is?

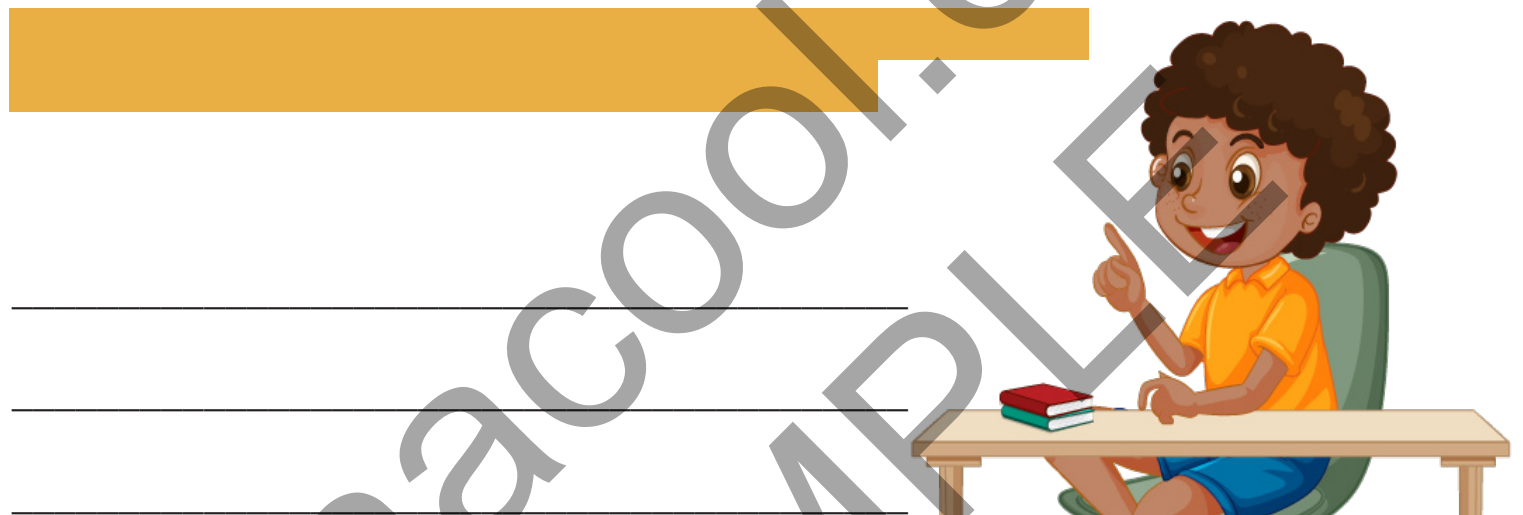
Research your answer and circle the correct person.



A Responsible Person is Resourceful

We do not always have the resources that we need to complete a job, but if we are responsible, we can find different ways of getting the job done.

Look at the scenarios and help the children find ways to solve their problems.



It's Zion's turn to clean the bookcase. However, he cannot reach the top. What should he do?



A Responsible Person Uses Resources Efficiently

How can you use school and personal resources responsibly?

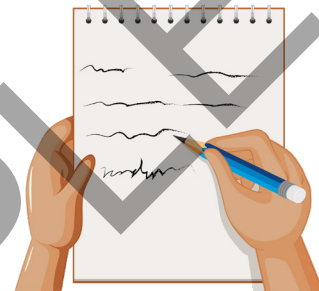
Jordon and Pooja are in the library. They are building towers with the library books. Are they using the library resources responsibly?



Yes No

_____?

Yes No



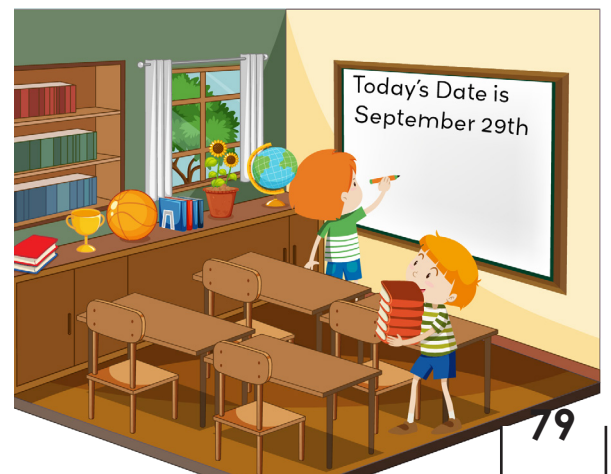
Kerwin and William are playing a game of catch with the class globe. Are they using the classroom resources responsibly?



Yes No

_____?

Yes No



A Responsible Person Preserves the Environment

Being responsible means that we protect and preserve our environment. Our environment is our home and we get everything we need from it.

Jasmine went for a walk up Mount St. Benedict. On the trail up the mountain, she found items that did not belong there.

Can you find all seven items?



Natural and Man-Made Resources

Some materials are natural and some are man-made.

Can you tell the difference?

Sort the words in their correct categories using the words in the boxes below.

Natural	Man-Made

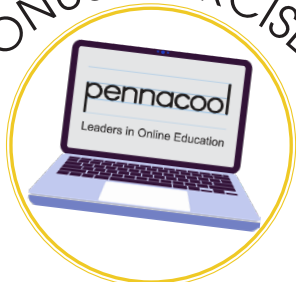


When we are responsible, we consider the impact that we make on the environment.

Things we can do to help our Earth are:

- 1) dispose of rubbish properly
- 2) close taps after use
- 3) reduce, re-use and recycle everyday items
- 4) participate in environmental projects

BONUS EXERCISE



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Trash Sort

The iCARE team ONLY collects properly bagged, clean, empty beverage containers

These include:

Glass bottles

PET Plastic bottles

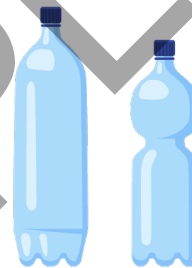
Drink cartons

Aluminium cans



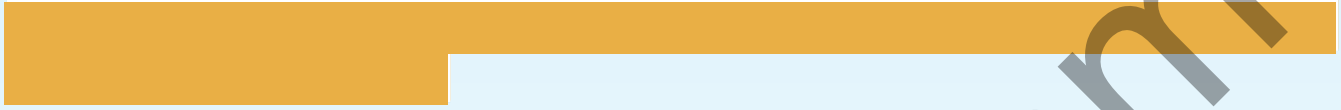
We do not place general waste in these bins, as they can attract pests.

Draw a line to place the correct trash in the bin provided.



Water, water everywhere, and not a drop to drink.

Kyra is very keen on preserving our environment. She sees that her family does not feel the same way.



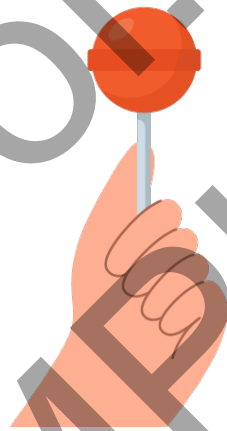
A Responsible Person Leads a Healthy Lifestyle

Having a healthy lifestyle means that we make the right choices for our lives. We can have things in moderation.

Circle only the pictures below which show examples of children choosing healthy lifestyles.



3. Reading a book



2. Eating a large lollipop



4. Playing on a tablet



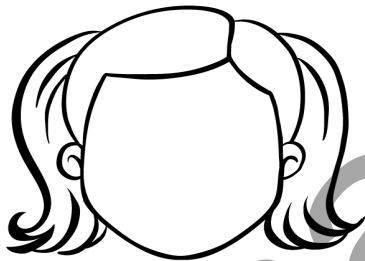
Being Responsible with Our Feelings and Emotions

A feeling is something that we feel inside of our body. It is also called an emotion. Depending on how we feel inside, we usually show this on the outside, on our face and through our body language.

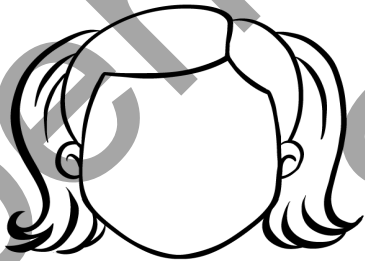
Natalie has different emotions.

Can you draw her face to show the emotion and write one or two other body reactions through which she shows the emotions?

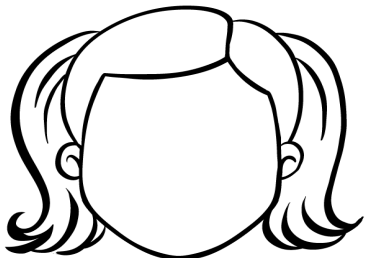
(A body reaction is what the rest of your body does that helps you figure out how the person feels)



Body Reactions



Body Reactions



Body Reactions

Understanding Conflict

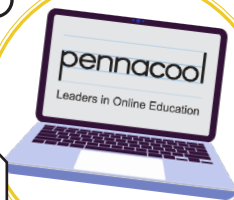
Conflict occurs when two or more people strongly disagree with each other on a particular subject.

To deal with conflict, here are a few steps that we can take.

1. Identify what you are feeling at that moment.
2. Take a deep breath to calm yourself down. Shouting and jumping up and down only makes the situation worse.
3. Talk about what the problem is with the other person and let them know how you feel. Use "I" statements. Example: I feel angry.
4. Apologize if you were wrong.
5. You can ask an adult for help to work through your conflict.
6. If there is still a problem, you can walk away. Do something else.



BONUS VIDEO



Anya and Elizabeth are in class. They are quarrelling with each other.

Colour the emotion words which can describe how they feel.



Agitated	<input type="checkbox"/>	Annoyed
Elated	<input type="checkbox"/>	Excited
Relaxed	<input type="checkbox"/>	Happy
Overwhelmed	<input type="checkbox"/>	Sad

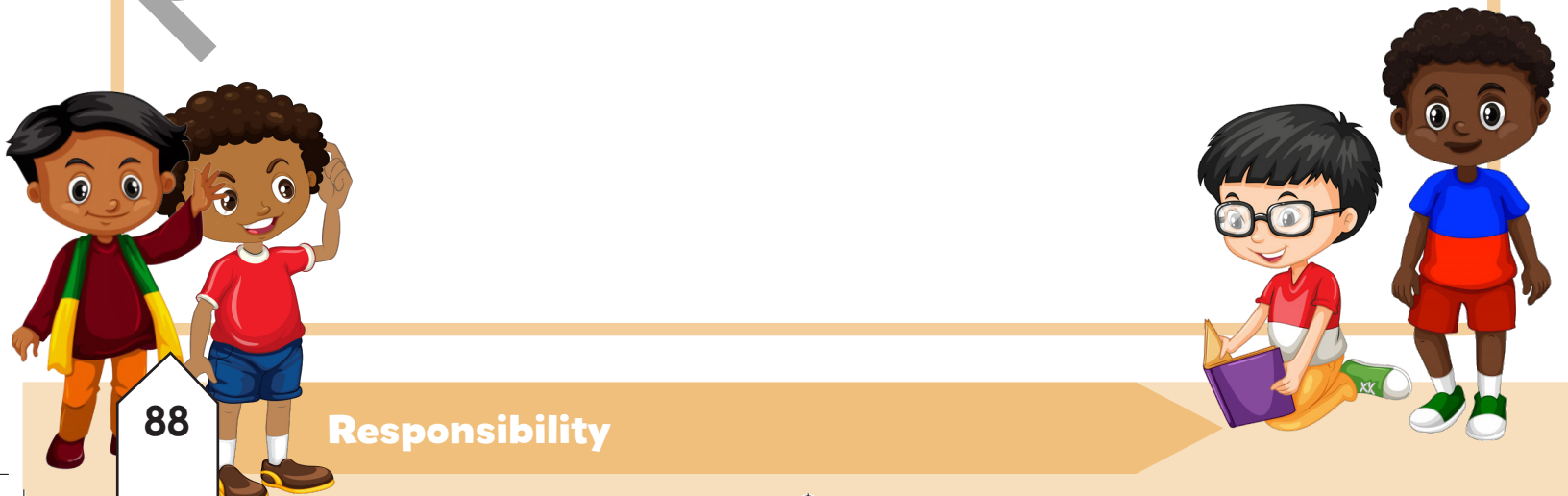
When we are angry with each other, there are different things we can do to stay calm. Talk with your friends about ways that you can stay calm in different situations.

A Small Disagreement

Johnathon, Anil, Lee and James have an assignment for class. They have to build a model terrestrial habitat for local wildlife. However, they do not agree on the same animal.

Jonathon wants to build a habitat for an ocelot. Anil wants to make it for an anteater. Lee would rather build one for a quenk and James wants to create it for a deer.

How can the boys work together to complete this assignment?



Peer Pressure

Friends are people who you can have fun with. Friends usually like the same things you do, such as games, books, movies and even food. They are great to have, most of the time.

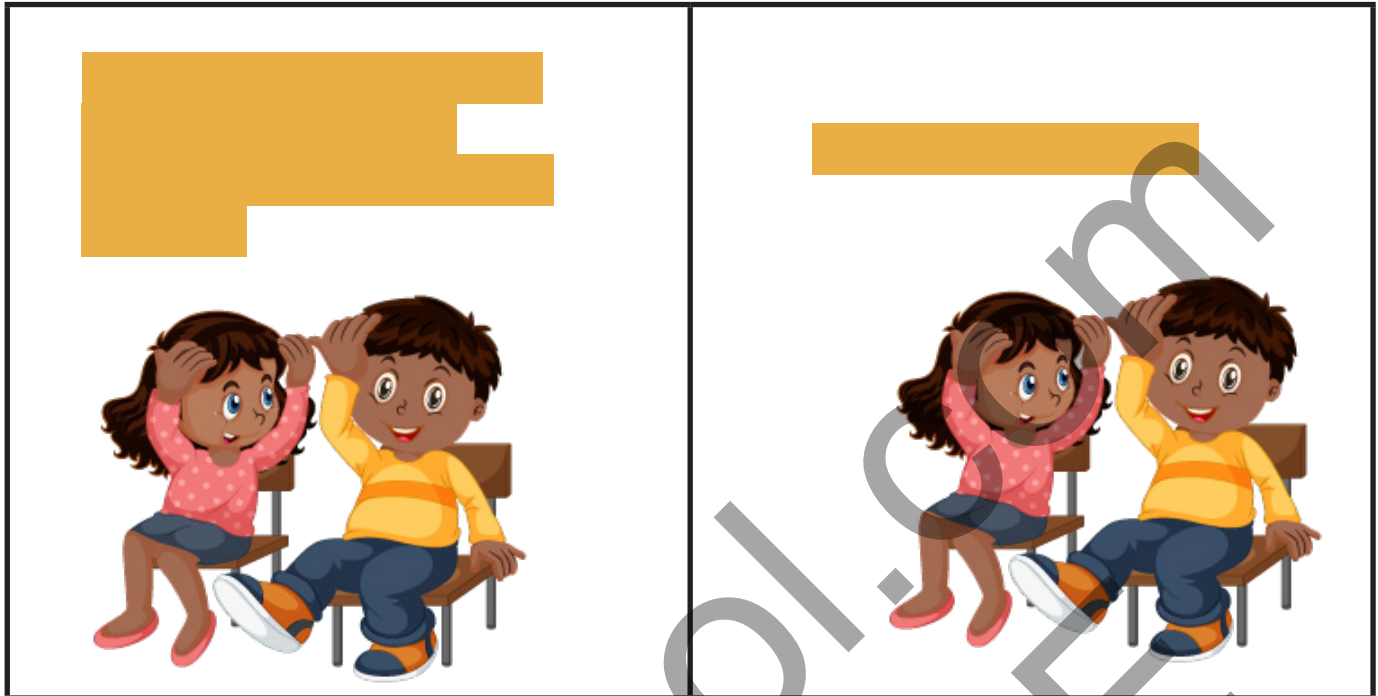
However, a friend may want you to do something that you do not like or are not comfortable with.

This is called peer pressure.

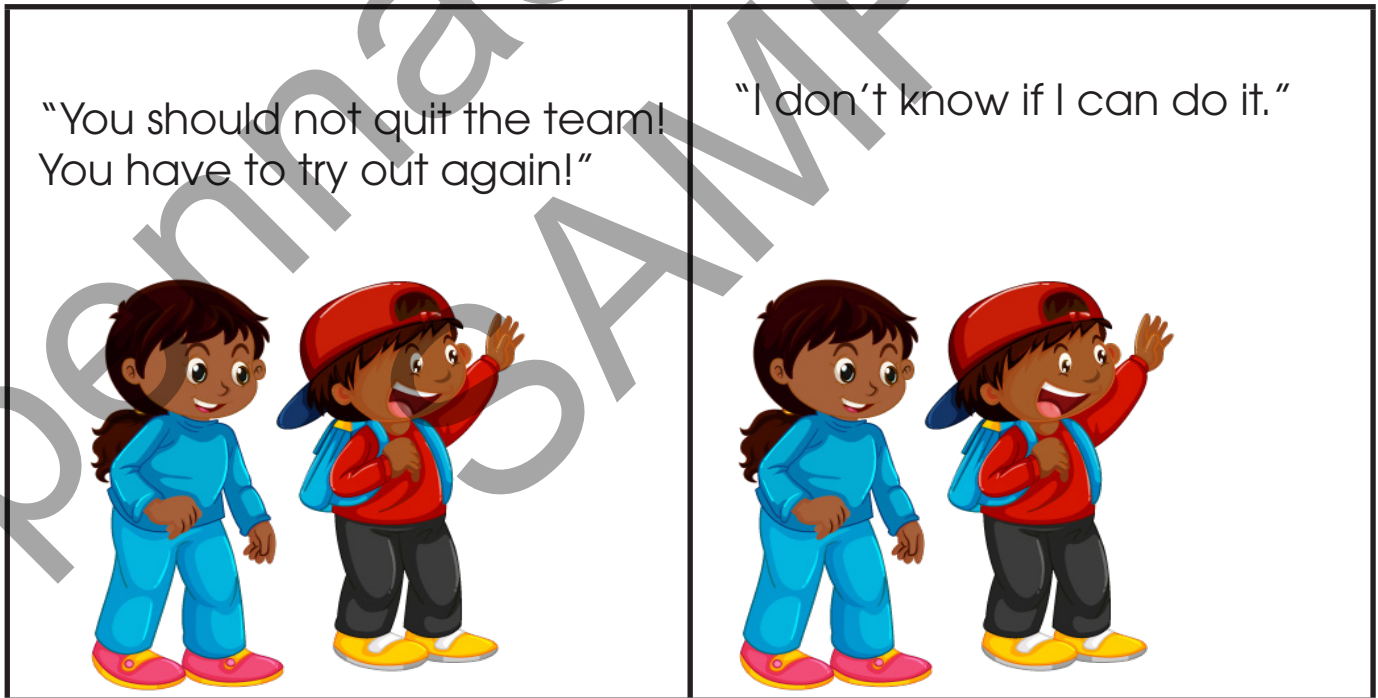
Peer pressure can be both good and bad. Look at the cartoons below and say whether it is **good peer pressure** or **bad peer pressure**.



Answer: _____



Answer: _____



Answer: _____

Have you ever been in a situation where someone was trying to get you to do something bad that you did not want to do?

If not, can you think of a situation where this may happen? Write it here.

The situation:

If you do not agree to do this, what can the benefits involved be?

Why?

Citizenship

Rights vs. Responsibilities

Rights are something that someone has that should not be taken from them.

Responsibilities are things that we should do or duties we have to carry out.

Discuss these questions with your class:

- Why do you think it is important for us to have rights?

Three red horizontal bars for writing answers.

- Does everyone need to obey laws?
- Should everyone have a chance to vote?
- Why should every child go to school?



Can you think of any other right or responsibility you may have and why it is or is not important?

Majority Wins

Get your class teacher to assist with this game.

Five people will get a turn to ask the following questions and each student will raise their hand to vote. The majority wins.

(a)



(b)



(c) Would you prefer do a magic trick or tell a joke?

(d) Would you prefer to draw/paint something you like or create something you like?

(e) Would you prefer five minutes of extra break or five minutes of extra lunch?

Even though you may like something, when it comes to being democratic, it is the majority that wins.



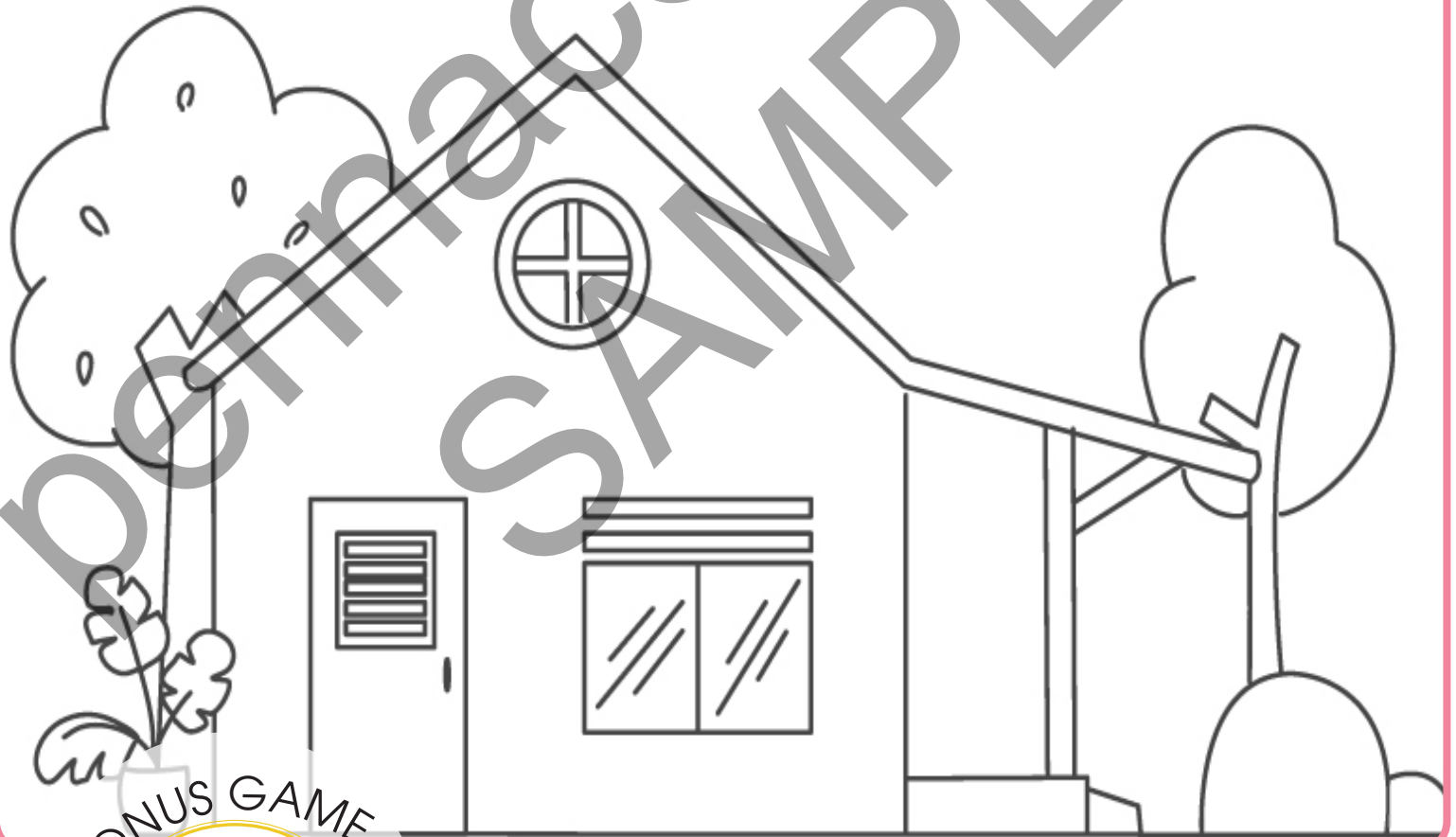
Telling jokes is a great way to make people laugh.

Can you tell jokes?

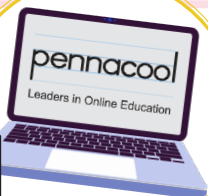
Why not have a joke telling competition with your friends?
When you have learned a couple good ones, you can also share them with your friends and family in your neighbourhood.

It is always nice to be nice.

Knock, knock.
Who's there?
Justin.
Justin who?
Justin the neighbourhood and thought
I'd come over!



BONUS GAME



Nation Building

Community development is important because it teaches people to think about the places they live, what surrounds them, and how to protect their neighbourhoods.

What would you like in your community? Draw in five places that you want in your community on the map provided.

Below is a list of buildings you may want to add. Choose wisely. Only five things can be added to the map.

Things you can add:

- School
- Library
- Health center



You can also choose an item that is not on this list.



Why did you choose these five places?

Building Community Spirit

Do you know that you can be a member of various national celebrations?

They look smart in their uniform and everyone cheers for them. They display national pride.



My Community/My Country

I live on the island of _____.

My address is _____

One thing I like about my community is:

One way I can make my community/country better is:



Voluntary Organisations

A voluntary organisation is a group of individuals who volunteer to work together for a purpose. Some organisations help children, some help families, others help only adults. This help can make you a better person or get you an item that would make your life better. Look at the organisations below.



In the empty column write whether the organisation assists children, adults or both. Discuss your answers with your teacher.

Just Because Foundation	
Red Cross	
Girl Guides/Brownies	
Boy Scouts	

You can get involved in voluntary organisations such as 4H, Brownies, Scouts and the Red Cross in school.

Colour the organisations' logos and write their names underneath them.



Draw and colour a picture of any other volunteer group that you know about.

