

Class  
**4**

# My **Happiness** and **Me**

A Series on Well-being, Health and Life Skills



Oxford University Press

## 1.5 Less Screen Time, More Free Time



This is Leena. She is 9 years old and spends almost all her free time on her tablet.



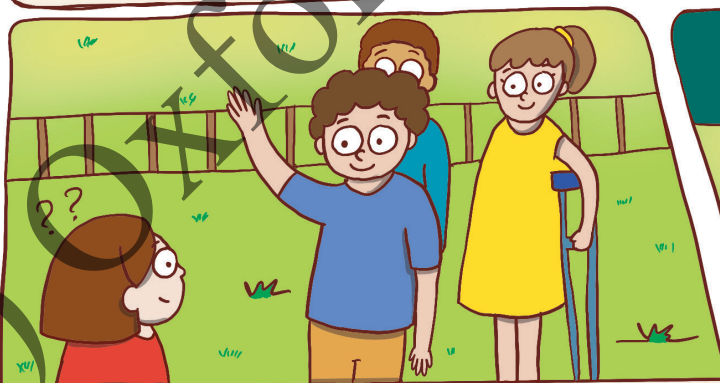
Her friends knock on her door every evening to get her to come out and play, but she always says no.



One evening, no one knocks. She puts her tablet down and goes to her window overlooking the park. All her friends are laughing and playing. They are having so much fun... without her.



She starts to get angry. Do her friends not care about her? But then she stops and remembers, they always ask her to play, and she always refuses.



She walks towards the park, looking worried. What if they no longer want to play with her? Suddenly her friend Rahul sees her. 'Leena is here!' he shouts with excitement and all her friends run up to her.



While running around and playing, Leena feels that she has not been this happy in a long time! She missed her friends and being outdoors.





## 2.3 Hygiene = Well-being

Hygiene is very closely linked to well-being. Good hygiene shows that we value ourselves and our well-being. Being clean and fresh can make us feel good about ourselves and help us face the day with a positive attitude.

Tick what is true and what is false.

True

False



	Washing your hands with soap and water is an important way to prevent the spread of germs.		
	It is okay to share your toothbrushes or towels with others.		
	Brushing your teeth only once a day is enough to keep them clean and healthy.		
	There is no need to cover your mouth and nose when you cough or sneeze.		
	Showering or bathing every day is necessary to maintain good hygiene.		
	It is okay to pick your nose.		
	It is important to wash your hands before and after eating.		
	It is ok to not brush your teeth sometimes.		
	It is safe to drink water from anywhere.		

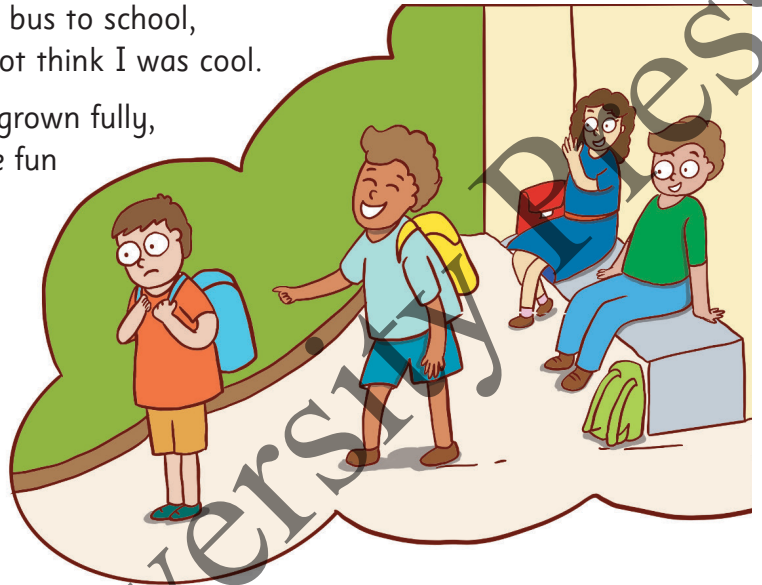




## 4.4 Say 'NO!' to Bullying

When I was a young boy, taking the bus to school,  
There was a group of kids who did not think I was cool.

I was short and skinny and had not grown fully,  
So they thought it was okay to make fun  
of me and bully.



They laughed and pointed and made me feel small,  
They said, 'you are 9, by now you should be tall!'

As the days and the months and the years went by,  
I grew up and became tall but those feelings did not die.

The memory of those days and how they made me feel,  
Is something I cannot forget, because it was a big deal.



But there comes a time when a choice must be made,  
I can hold on to hate and anger or let negativity fade.

What can I do to feel happier in my mind?  
I know what I must do, to myself I must be kind.

I can speak to the people in my life who support me,  
And surround myself with love and positivity.

