



Good Habits and Safety – EVS Worksheet

Class 1



1. Fill in the blanks.

- a) We should brush our _____ twice a day.
- b) We should always wash our _____ before eating.
- c) We should keep our body _____ and healthy.
- d) We should say "_____" and "Thank you".
- e) We should always tell the _____ the truth.



2. Look at the pictures. Tick (✓) the good habits.



3. Circle the correct answer.

- a) We should drink:
i) dirty water ii) clean water iii) muddy water
- b) We should sleep for about:
i) 4 hours ii) 8 hours iii) 2 hours
- c) We should keep our nails:
i) long ii) dirty iii) short and clean
- d) We should wear:
i) clean clothes ii) torn clothes iii) dirty clothes
- e) We should eat:
i) junk food ii) healthy food iii) only sweets

4. Match the following.

1. Brush teeth • •
2. Wash hands • •
3. Drink water • •
4. Exercise • •
5. Keep clean • •



5. Write 'Good Habit' or 'Not a Good Habit'.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

6. Tick (✓) the things we should do.

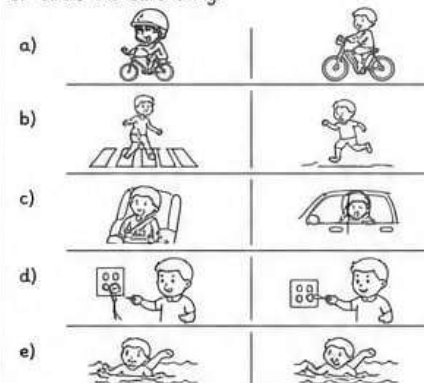


7. Write 'Yes' or 'No'.

- a) We should cross the road on zebra crossing. _____
- b) We should play with sharp objects. _____
- c) We should keep windows open while bus is moving. _____
- d) We should touch electric switches with wet hands. _____
- e) We should talk to strangers. _____



8. Circle the safe thing.



9. Write the safety rule.



10. Circle the odd one out.

- a) Brush Comb Soap Book
- b) Milk Egg Burger Apple
- c) Bed Pillow Blanket Chair
- d) Helmet Seat belt Toy Life jacket

11. Tick (✓) the correct option.

- a) Do you wash your hands before meals? Yes ☐ No ☐
- b) Do you keep your surroundings clean? Yes ☐ No ☐
- c) Do you wear your seat belt in the car? Yes ☐ No ☐
- d) Do you take help from elders when needed? Yes ☐ No ☐

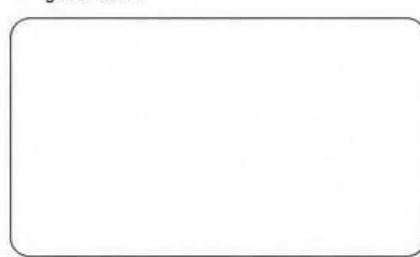
12. What should you do if...?

- a) you see a fire? _____
- b) you get hurt? _____
- c) you are lost in a market? _____
- d) someone unknown asks you to go with them? _____
- e) you see an electric wire fallen on the road? _____

13. Draw a smiley ☺ on good habits and a sad face ☹ on bad habits.



14. Draw and colour your favourite good habit.



15. Answer the following questions.

- a) Name any three good habits.
1. _____ 2. _____ 3. _____
- b) Why is it important to keep our body clean?

- c) What are two safety rules you follow every day?
1. _____
2. _____



Good habits make us healthy and happy.
Safety rules keep us safe every day.

