

Name: _____

Date: _____



MYSELF – EVS WORKSHEET

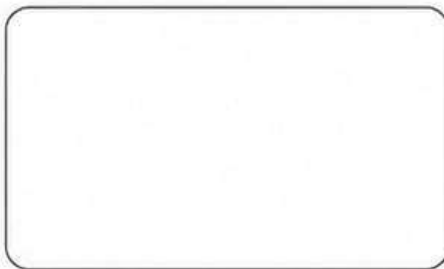
Class 1



1. Fill in the blanks.

- a) My name is _____.
- b) I am _____ years old.
- c) I am a _____ (boy / girl).
- d) I study in Class _____.
- e) I live in _____.

2. Draw and colour your picture and write your name below it.



My name: _____

3. Circle the correct answer.

a) I use my eyes to



see



hear



smell

b) I use my hands to



write



eat



hear

c) I use my legs to



clap

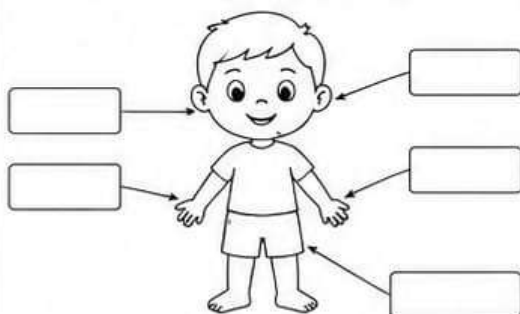


walk



write

4. Write the names of any five body parts.



5. Sense Organs : Write the sense organ used for each.



to see _____



to hear _____



to smell _____



to taste _____



to touch _____

6. Tick (✓) the things you like.



7. Tick (✓) the good habits.

- a) Brushing teeth twice a day.  ☐
- b) Bathing every day.  ☐
- c) Eating junk food always.  ☐
- d) Sleeping early at night.  ☐
- e) Keeping nails clean and short.  ☐

8. Tick (✓) the activities you can do by yourself.

- a) Getting dressed  ☐
- b) Tying shoelaces  ☐
- c) Making tea  ☐
- d) Packing your bag  ☐
- e) Eating your food  ☐
- f) Watering plants  ☐

9. Write 'Yes' or 'No'.

- a) I have two eyes. _____
- b) I have three hands. _____
- c) I use my nose to smell. _____
- d) I have ten fingers. _____
- e) I use my legs to walk. _____

10. Fill in the blanks using the words given in the box.

care clean healthy strong

- a) We should eat _____ food.
- b) Exercise keeps us _____.
- c) We should keep our body _____.
- d) We should _____ our body.

11. Draw a circle around the things you use to keep your body clean.



12. Draw a line to match.

Head

•



Eyes

•



Hands

•



Legs

•

13. Answer the following.

- a) What is your name?

- b) How old are you?

- c) In which class do you study?

- d) What do you like to do?

14. Draw or paste pictures of two healthy food items and two unhealthy food items.

Healthy Food

Healthy Food

Unhealthy Food

Unhealthy Food

15. Draw a happy face 😊 on the things you do and a sad face ☹ on the things you should not do.

- a) Helping your parents
- b) Saying thank you
- c) Fighting with friends
- d) Wasting water

