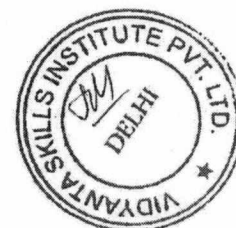


HEALTH & YOU

Class VI To VIII Standard Students

S. No.	TOPICS	CONTENT	SKILLS & EXERCISES
1.	General Health	<ol style="list-style-type: none"> Importance of personal hygiene Infection preventions Dental hygiene Body basics Sleep 	<ol style="list-style-type: none"> Hand washing Oral care Body mechanics Grooming & Dressing
2.	Growth & Development	<ol style="list-style-type: none"> Motor and Sensory Growth Medical Care Eating habits Communication Learning & Play Sexual Development 	<ol style="list-style-type: none"> Prepare model and charts on growth and development of human body. Communication skills Communication Practice session
3.	First Aid	<ol style="list-style-type: none"> Minor injuries Weather related situations Common illness Aches and pains Home accidents Safety away from home (vaccinations) Outdoor emergencies 	<ol style="list-style-type: none"> Wound dressing Bandaging Application of topical medicines Splinting
4.	Behavior & Emotions	<ol style="list-style-type: none"> Your Child's Habits & teaching Self-Control <ol style="list-style-type: none"> Bedtime Basics Binge Eating Disorder Nail Biting Cutting Obsessive-Compulsive Disorder ADHD Temper Tantrums Taming Tempers Teaching Kids Not to Bully Delayed Speech or Language Development Kids and Alcohol, Smoking and abuse 	<ol style="list-style-type: none"> Use of checklist for observing the behavioral problems



HEALTH & YOU

Class VI To VIII Standard Students (Continued)

S. No.	TOPICS	CONTENT	SKILLS & EXERCISES
5.	Common Infections	<ol style="list-style-type: none"> Common Childhood Infections <ol style="list-style-type: none"> Stomach Infections Cold & Flu Bacterial & Viral Infections Ear Infections Eye Infections Fungal Infections (Ringworm, Yeast, etc.) Lung & Respiratory Infections Parasitic Infections (Worms, Lice, etc.) Skin Infections & Rashes Immunizations 	<ol style="list-style-type: none"> Skills on infection prevention <ol style="list-style-type: none"> Use of mask Gloves Hand washing Eye care Nail care Ear care Skin care
6.	Nutrition & Diet	<ol style="list-style-type: none"> Healthy Eating & Your Family Food Pyramid Food and its contents BMI Calculator & Tools Weight & Eating Problems (obesity or underweight) Exercise Safety 	<ol style="list-style-type: none"> Model and charts preparation Diet preparation

