

# SHALINI CONVENT SCHOOL

## CLASS NOTES

CLASS : II

DATE : 26.04.2021

SUBJECT : VE

TOPIC : Chapter 2 - Good Habits

**Note: Write the following in your VE copy.**

**Fill in the blanks:**

1. Waking up early is a good habit.
2. Staying up late at night is a bad habit.
3. Others like us when we have good habits.
4. Having good habits makes us feel happy.
5. We can change our bad habits.

**Answer the following questions:**

1. What is a habit?

**Ans: A habit is something that we do regularly.**

2. How do we form a habit?

**Ans: We form a habit when we do something again and again.**

3. Why should we form good habits?

**Ans: We should form good habits because good habits make us feel happy.**

4. Why do we need to work hard to keep our good habits?

**Ans: We need to work hard to keep our good habits because it keeps us healthy and fit.**

**Note – Write these in your VE book only.**

5. Write down three of Deepak's bad habits in the table below. Also write what Deepak should start doing to change these. One has been done for you.

Deepak's Bad Habits	How Deepak Can Change These
Deepak wakes up late in the morning.	Deepak can wake up on time from tomorrow.
Deepak eats his breakfast in a hurry.	Deepak can eat his breakfast on time from tomorrow.
Deepak runs to catch the school bus.	Deepak can catch the school bus on time from tomorrow.
Deepak eats junk food.	Deepak can eat healthy food from tomorrow.

**Homework:****Values in Action:**

1. Here are some important habits that you should have. Put a 😊 (smile) next to the ones you practice every day and a ☹️ (frown) next the ones you don't.

<b>Some Important Habits</b>	<b>Do I practice these everyday?</b>
1. I wake up early.	
2. I exercise.	
3. I eat my breakfast.	
4. I eat healthy food.	
5. I eat my food at the table with my family.	
6. I brush my teeth in the morning and in the night.	
7. I sleep by 9:30 p.m. every day.	
8. I play outdoors with my friends in the fresh air.	
9. I put my toys, books and clothes in the cupboard after I finish playing or dressing.	
10. I throw waste in the dustbin only – whether I am at home or outdoors.	
11. I say 'Please' and 'Thank you' and 'Sorry'.	
12. I spend time with my family.	