

# KNOWLEDGE TREASURE



JOURNAL  
FOR CLASS 1 & 2

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# ROAD SAFETY RULES

## 13 RULES TO ENSURE ROAD SAFETY FOR KID



### 1. Know Your Signals

- Green means 'go': Vehicles move ahead only when the signal turns 'green'.
- Red means to 'stop': When the signal turns red, all vehicles must stop.
- Yellow means slowing down: Vehicles should slow down and prepare to stop when the signal turns yellow.
- The 'Walk' or a walking man symbol at intersections are for pedestrians. Cross the road only if these signs turn green. But look to the left and right to ensure no vehicles are approaching.
- Never cross the road if the sign says 'Don't Walk' or if the walking man symbol turns red.

### 2. Stop, Look, And Cross

- Look to your right and then to the left and back to the right to see if there are any approaching vehicles.
- If yes, wait for the vehicle to pass and then cross the road.
- Never cross at bends.
- Never cross between stationary vehicles.

### 3. Pay Attention – Listen

- If they hear a horn, stop and look to the left and right to see if any vehicle is approaching.
- Listen for engine sounds nearby to know if there is a moving vehicle – explain how a loud noise indicates the vehicle is nearby, and a faint sound means it is away. The sound of tires also means that a vehicle is approaching.

#### **4. Don't Run On Roads**

- Children may not always have patience and may tend to run across the street to get to the other side. They may also run along the road in your neighborhood while playing. Tell your kids never to run across or along the road. Children can get distracted easily and leave their guardian's hands to run or sprint away.

#### **5. Always Use Sidewalks**

- Teach your kids to use the sidewalk when walking on the road. Set an example for them by using the walking paths yourself. Whether it is a busy street or not, encourage your kid to use the sidewalk to stay safe on the road.
- If there are no sidewalks, teach them to walk on the left side of the road to face oncoming traffic.

#### **6. Crossroads and Pedestrian Crossing**

- Kids have a tendency just to sprint across the street, anywhere they like. That can be dangerous as passing vehicles do not slow down unless there is a signal or a crossroad. Tell your kids to cross only at an intersection and use the pedestrian crossing. If they are in a small neighborhood where there is no crossroad or marked crossing, they should follow the rules mentioned above.
- Lessons on pedestrian safety for kids are important and should be included in school curriculum as well.

#### **7. Never Stick Hands Outside the Vehicle**

- Kids tend to put their hands out of the school bus even when it is moving. Some of them may even put their head out to look back and wave. This is common with students taking the school bus. It may seem like a fun idea but sticking hands or head out of a moving vehicle can be highly dangerous. If children are not careful, they could be hit by vehicles approaching from the opposite direction or they can be hit by things that are close to the road, like signs and trees.

#### **8. Never Cross Road At Bends**

- Bends are the blind spots for motorists. When you cross at a bend, you do not give the vehicle drivers enough time to spot you and stop the car. Tell your kid never to cross at a bend as that can increase the chances of them getting hurt.

#### **9. Staying Safe On A Bicycle**

- If you have an older kid who rides his bike to school or around the neighborhood, make sure he is aware of and follows the following cycling rules to stay safe on the road.
- Always wear a helmet when riding a bike.
- Check if the bicycle is in working condition before using it – check for breaks and light, if using at night.
- Always use the bicycle lane. In its absence, ride the bike on the extreme right or left side (whichever is right in your country) of the road and move along with traffic. Keep your eyes and ears open to make way for larger and faster vehicles behind you.
- Always use light in areas with poor visibility and at night, to be easily noticed by motorists. It is helpful to wear reflective material and flashing lights to help motorists notice you in the dark.
- Do not allow kids to ride a cycle on busy streets without parental supervision.

#### **10. Staying Safe Inside A Moving Vehicle**

- In a moving car, you can make sure that your kid is safe with the help of a car seat or seat belts. To see that they are safe in a moving vehicle without you, make sure they learn and follow these simple rules:
- Never stand inside a moving vehicle, especially a school bus or van.
- Students should not move around inside a moving school bus.
- Stay seated and hold on to the hand rail inside the bus for support, until the vehicle comes to a stop.
- Do not put any part of the body outside the window of a moving vehicle.

## 11. Always Get Out At The Curb Side

- If your kid takes the school bus every day, help them remember these safety tips.
- Start early and be on time to avoid running for the bus.
- Always stand in the queue when boarding and alighting the bus.
- Always get off the curb side when getting off a car or the bus to prevent being an obstruction to the other vehicles on the road.

## 12. Be Seen, Stay Safe

- Dressing in black may be a bad idea when you want to walk at night. It is important that vehicle drivers notice you if you want to stay safe. To be seen:
- Wear light-colored clothes or reflective material when walking or biking at night.
- Wear bright clothing during the day.
- Wear lights or flashing lights to help motorists see you at night.
- Wave your hand if you want to indicate your presence to an oncoming vehicle.

## 13. Don't Rush

- Children can get excited and rush in an attempt to get to a place or meet someone. That can be dangerous. Teach your kids to:
- Do Not rush when getting into or off a vehicle as it can be hazardous.
- Do Not get distracted or suddenly drag the parent or guardian in a particular direction as this can throw the adult off guard.
- Stay calm and do not rush when walking on the street.
- Do Not open the car doors suddenly as they get into a habit of opening the doors only after you say so.
- Do not play in the bus bay or on the roads.

# A PLATE OF GOOD HEALTH FOR KIDS

- Along with filling half of our plate with colorful **vegetables** and **fruits** (and choosing them as snacks), split the other half between **whole grains** and **healthy protein**:

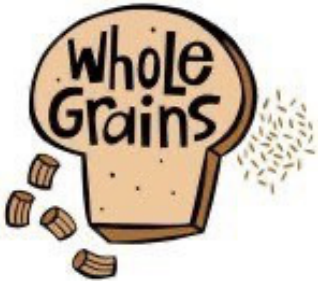


- The more veggies – and the greater the variety – the better.
- Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.

- Eat plenty of fruits of all colors.
- Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).







- Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.
- Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.

It's also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and healthy oils from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils):

- Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.
- Limit butter to occasional use.



**Dairy foods are needed in smaller amounts than other foods on our plate:**

- Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.
- Milk and other dairy products are a convenient source of calcium and vitamin D, but the optimal intake of dairy products has yet to be determined and the research is still developing. For children consuming little or no milk, ask a doctor about possible calcium and vitamin D supplementation.

**Water should be the drink of choice with every meal and snack, as well as when we are active:**

- Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.
- Limit juice—which can have as much sugar as soda—to one small glass per day, and avoid sugary drinks like sodas, fruit drinks, and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.



**Finally, just like choosing the right foods, incorporating physical activity into our day by staying active is part of the recipe for keeping healthy:**

- Trade inactive “sit-time” for “fit-time.”
- Children and adolescents should aim for at least one hour of physical activity per day, and they don't need fancy equipment or a gym—The Physical Activity Guidelines for Americans suggest choosing unstructured activities for children such as playing tug-of-war, or having fun using playground equipment.

# BE A LITTLE SCIENTIST AND TRY THESE EXPERIMENTS IN FRONT OF YOUR PARENTS AND TEACHERS

## 1. Find out which objects are attracted to magnets

Two sheets labeled Magnetic and Not Magnetic with small u-shaped magnet and a basket of small objects. Equip students with magnets and send them out to explore and discover which objects the magnet will stick to and which it won't. Record their findings on the free printable worksheet.



## 2. Experiment with marshmallow Peeps

Three cups labeled water, vinegar, and soda, each with a pink marshmallow bunny floating in it. Peeps used to be an Easter treat, but these days you can find them in different shapes throughout much of the year. Use them to practice making predictions and recording observations with this sweet experiment.

## 3. Spark excitement with static electricity

Pink balloon with a scrap of yellow tissue paper stuck to it labeled Static Electricity Experiment for Kids (First Grade Science). No doubt your first-grade science students have already encountered static electricity by rubbing a balloon on their hair. This experiment takes things a step further, letting kids explore which objects an electrically-charged balloon can pick up and which it can't.





#### 4. **Talk through a paper cup phone**

Two green paper cups connected at the bottoms by long pink string (First Grade Science Experiments). This classic experiment will help your first grade science class understand that sound travels in waves, through the air, or across other objects. Watching their faces light up when they hear whispers in their cups will make your day!

#### 5. **Turn a plastic bag into a greenhouse**

House made of green paper, with zip top plastic bag containing paper towel and sprouting seeds (First Grade Science Experiments). Turn your first grade science class into gardeners! Use a damp paper towel in a plastic bag to allow them to see a seed sprouting and growing roots.



#### 6. **Discover how plants drink water**

Three glasses of water dyed different colors with a celery stalk in each (First Grade Science Experiments). Capillary action is the name of the game, and your first grade science kiddos will be amazed at the results. Place celery stalks in cups of colored water, and watch as the leaves change color!

#### 7. **Build a bird feeder**

Platform-style bird feeder built from colorful wood craft sticks and filled with mixed seed (First Grade Science Experiments). Set young engineers loose with wood craft sticks, glue, and string to create a bird feeder. Then research the best seeds to fill them with, and hang them outside your classroom window to draw in some feathered friends.



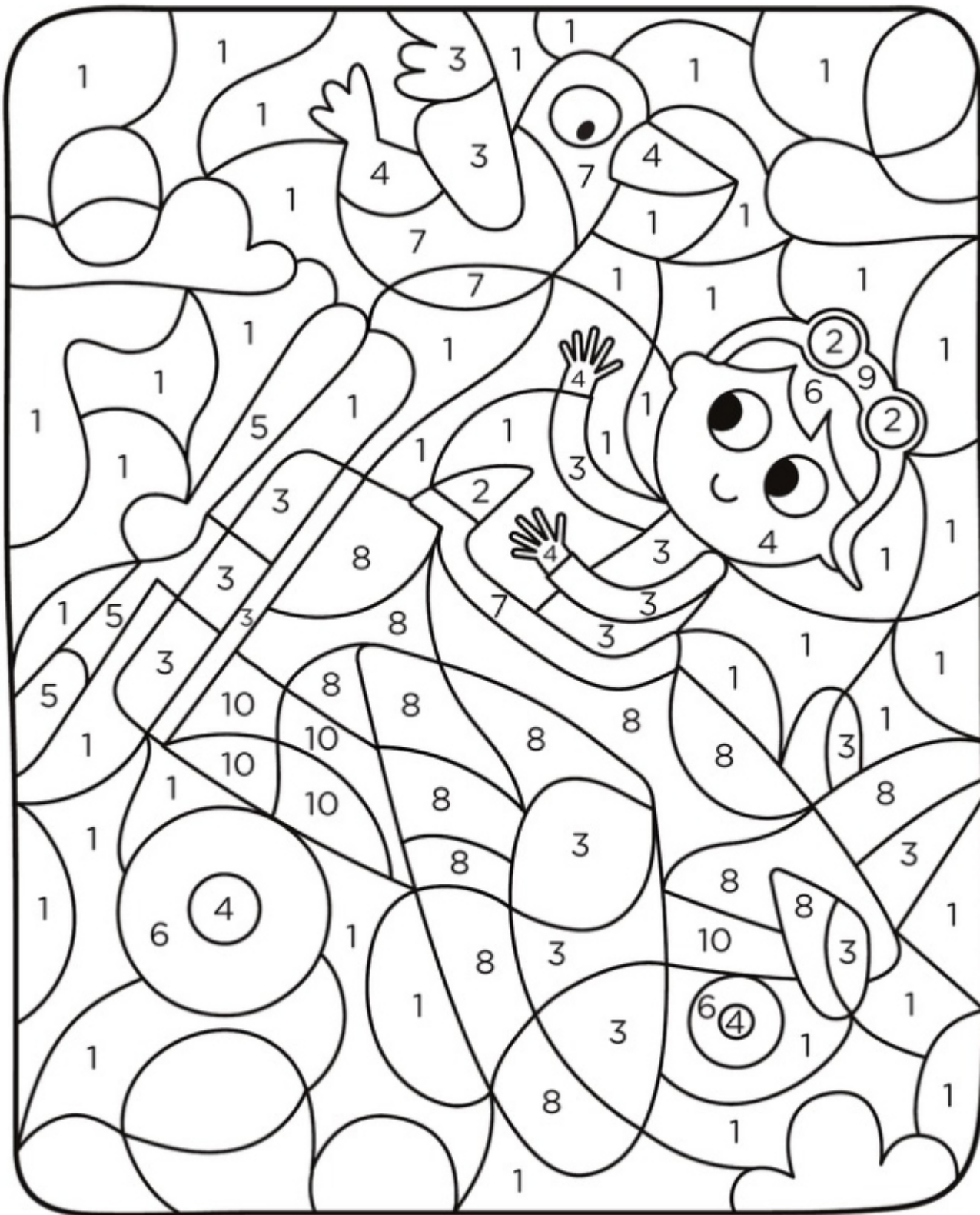
#### 8. **“Bend” a pencil using light refraction**

Mason jar of water with a pencil in it, viewed from the side. Tell your students you’re going to bend a pencil without touching it. Drop it into a glass of water and have them look at it from the side. Light refraction makes it appear to be in two pieces!



# FUN ACTIVITY

Let's play with numbers and colors, according to instructions color the picture.



# BRUSH UP YOUR KNOWLEDGE

**1. How many teeth does an adult have?**

Ans. 32 teeth

**2. How many bones are there in the human body?**

Ans. 206

**3. What does Sheep give us?**

Ans. Wool/ Milk

**4. Paper is obtained from which plant?**

Ans. Bamboo

**5. Which type of plant is a money plant?**

Ans. Climbers

**6. What is the smallest two-digit number?**

Ans. 10

**7. Which shape has no sides and corners?**

Ans. Circle

**8. Which shape has all four of its sides equal?**

Ans. Square

**9. What is the largest two-digit number?**

Ans. 99

**10. What is the smallest even number?**

Ans. 2

**11. What is the place value of 4 in 654?**

Ans. Ones

**12. The baby frog is known as?**

Ans. Tadpole

**13. Rainbows consist of how many colours?**

Ans. 7 colours

**14. How many days are there in a year?**

Ans. 365 days (not a leap year)

**15. How many minutes are there in an hour?**

Ans. 60 minutes

# STUDY OUR SOLAR SYSTEM AND CUT AND PASTE THE CORRECT PLANET AT ITS CORRECT PLACE



Jupiter

Neptune



Uranus



Earth



Saturn



Venus



Mercury



Mars



