

## Grade – 06 B

### Health and Physical Education

Please Continue this note in your writing book

#### Skills and characteristics of a person with mental well being

1. Self-understanding and self-esteem
2. Decision making - choosing the best option when we do something
3. Problem solving
4. Coping with stress
5. Critical thinking - Thinking carefully, intelligently and logically
6. Creative thinking - developing new and novel ideas
7. Emotional balance
8. Being happy and lively
9. Self-discipline – Controlling feeling and emotions to suit the situation

1. What is self-esteem?

the trust that have in one's abilities

2. How to achieve self-esteem?

through self-understanding

3. Write 06 activities that can be practiced to cope with stress in life successfully?

- Sports
- Aesthetic activities
- Hobbies
- Time management
- Accepting an amount of work one can cope
- Meditation

4. What is an emotion?

powerful, sudden thoughts that come into one's mind

5. Write examples for pleasant emotions and unpleasant emotions?

pleasant emotions – happiness, sympathy, kindness

unpleasant emotions - anger, fear, sadness, jealousy and greed

6. What can you do when you have a harmful emotion?

- Avoid what is causing it
- Think of something different or distract yourself
- Count from 1 to 10 before you act
- Inhale and exhale deeply
- Drink a glass of water slowly

7. Write 03 examples for self-discipline.

Waiting in a queue even if you are getting late

Respecting road rules

Not dumping garbage everywhere.

## Social well-being

**Social well-being is to maintain good relationship with the people around us.**

good habits that can be practiced to develop social well-being

- Working as a team
- Listening to others' views
- Respecting others
- Being flexible
- Working cooperatively with different people.

Skills of a person with social well-being

Good interpersonal relationship

Productive communication - presenting one's ideas clearly and listening to others' ideas as well

Flexibility – adapting to others ideas and respecting them

Leadership -

Empathy - ability to understand another person's feeling

Followership - Working cooperatively with the leader in order to reach the goal

Being law-abiding

## Characteristics displays by a person with good interpersonal relationship

- more friends in the class
- more company
- more friendly talk with others
- more participation in domestic and public work
- less conflicts with people you associate

## Spiritual well-being

### The foundation factors of spiritual well-being

- Living happily
- having good interpersonal relationships
- understanding one's position in society
- growing with time and experience

### Basic factors that would help to build spiritual well-being

1. Enjoying environment
2. Engaging in aesthetic activities
3. Working collectively
4. Reaching inner peace through meditation, Yoga exercise
5. Engaging in a sport
6. Time management
7. Counselling
8. Living according to a religion

### Results of spiritual well-being

Friendliness

helping others in need

being happy at others' happiness

bearing happiness and sadness alike

## The qualities of a person who has spiritual well-being

1. Being respectful
2. Showing kindness
3. Being grateful
4. Being Optimistic
5. Being peaceful
6. Nature-loving
7. Living according to religious and moral values

## Lesson 03

### Let us improve personality through correct posture

1. What are the factors that affect personal appearance?

- Cleanliness
- Proper maintenance of teeth, nails and hair
- Cleanliness and neatness of books and the dress
- Well-built
- Smiling face and being happy
- Following correct postures
- Good health

2. What is a correct posture?

The correct way we keep our body during a certain situation or activity

3. What are the situations where we should maintain correct postures?

Standing

Walking

Sitting

Lying

#### 4. What are the several postures in standing?



##### Stand at attention

- when we sing the national anthem
- when we sing the school song
- when the national flag is hoisted



##### Stand at ease

When we are in an assembly



##### Stand ease

when we have to stay long as in an assembly or a lecture.

#### Correct walk



- The head and the body should be straight and relaxed.
- The toes are directed forward in the direction we walk.
- The sole must follow the heel ball toe action.
- One sole always touches the ground.
- The gap between each step (Stride) is almost equal.
- Hands are folded a little at the elbows, and moved forward and backward rhythmically.



## Correct sitting



- The head, shoulders and hips are in a vertical straight line.
- The body is straight and leaning against the back of the chair.
- Hands are on thighs or on the arms of the chair or elbows are kept on the desk.
- Hips, knees and ankles are bent at 90° at the joints.
- Both feet are kept steady on the ground.

## 5. What should we do when lifting and putting down heavy objects?



- Select a weight that suits our capacity.
- Bend from the knees and slowly lift the object with both hands.
- Keep the object close to the body as far as possible.

## 6. What are the things we should not do when lifting something heavy?

- Lifting the object keeping the knees straight.
- Bending the body from the waist.
- Using only one hand.

## 7. What should we do when pushing and pulling objects?

- Check the object can be movable
- Legs should be used to balance the body
- Both hands should be used

8. What are the **harmful effects of bad postures?**

- Muscles, bones and joints can be damaged.
- Meet with an accidents.
- It is difficult to correct them.
- Productivity and efficiency can decrease.

9. What are the **Instances where bad postures can be seen in day-to-day activities?**

- Standing on one leg.
- Hunching while walking and sitting
- Wearing high-heeled shoes.
- When walking, keeping the toes directed inwards or outwards.
- Sitting only on a smaller area of the chair.
- Rocking the chair while being seated
- Using inappropriate chairs when using the computer.
- Carrying a school bag of an unbearable weight (more than 10% of the body weight, and not carrying the bag on both shoulders).

