

Good Habit or Not?

Think and tick

Name: _____ Date: _____

LEVEL 1 · GOOD HABITS

UKG · Ages 5–6

Habits are things we do again and again. Read each one with a grown-up. Is it a good habit? Tick one box.



Brush teeth morning and night

☐ good habit ☐ not good

Wash hands before eating

☐ good habit ☐ not good



Watch TV all day

☐ good habit ☐ not good



Sleep early

☐ good habit ☐ not good



Eat fruits and vegetables

☐ good habit ☐ not good



Leave the tap running

☐ good habit ☐ not good



Cover your mouth when you sneeze

☐ good habit ☐ not good



Eat chips every day

☐ good habit ☐ not good



Have a bath every day

☐ good habit ☐ not good

Put rubbish in the dustbin

☐ good habit ☐ not good

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Every Day or Treat?

Healthy eating

Name: _____ Date: _____

LEVEL 1 · HEALTHY FOOD

UKG · Ages 5–6

Every-day food helps us grow strong. **Treat food** is fine sometimes, but not every day. Tick one box for each food.



apple

☐ every day ☐ treat



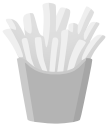
sweets

☐ every day ☐ treat



carrot

☐ every day ☐ treat



chips

☐ every day ☐ treat

banana

☐ every day ☐ treat



lollipop

☐ every day ☐ treat



milk

☐ every day ☐ treat



burger

☐ every day ☐ treat



corn

☐ every day ☐ treat



cake

☐ every day ☐ treat



grapes

☐ every day ☐ treat

ice cream

☐ every day ☐ treat

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Wash Your Hands

Four steps in order

Name: _____ Date: _____

LEVEL 2 · KEEP CLEAN

UKG · Ages 5–6

Clean hands keep germs away. These steps are mixed up. Write 1, 2, 3, 4 to show the right order.

Put soap on your hands. ☐

Rinse off the soap with water. ☐



Wet your hands with clean water. ☐



Rub palms, backs and fingers for 20 seconds. ☐

1 Trace the word.

wash wash wash

Safe or Not Safe?

Safety at home and outside

Name: _____ Date: _____

LEVEL 2 · SAFETY RULES

UKG · Ages 5–6

Stay safe! Read each sentence. Is it safe or not safe? Tick one box. Talk about why.



Play with a sharp knife.

☐ safe ☐ not safe



Wear a seat belt in the car.

☐ safe ☐ not safe



Put fingers near a plug point.

☐ safe ☐ not safe



Take medicine only from a grown-up.

☐ safe ☐ not safe



Play with matches or fire.

☐ safe ☐ not safe



Hold a grown-up's hand to cross the road.

☐ safe ☐ not safe



Go into deep water alone.

☐ safe ☐ not safe



Wear a helmet when you ride.

☐ safe ☐ not safe

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My Daily Routine

Morning to night

Name: _____ Date: _____

LEVEL 3 · ROUTINE

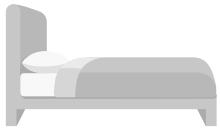
UKG · Ages 5–6

My day. What do you do first? Write 1 to 6 to put the day in order, from morning to night.



Wake up

☐



Go to sleep

☐



Go to school

☐



Brush my teeth

☐

Eat dinner

☐



Play in the evening

☐

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My Safety Card

Know who to call



Name: _____ Date: _____

LEVEL 3 · STAY SAFE

UKG · Ages 5–6

1 Learn these with a grown-up.

My name: _____

My grown-up's name: _____

My grown-up's phone number: _____

2 Emergency numbers in India

112	108	101	100
Emergency (all)	Ambulance	Fire	Police

112 is free to call from any phone. Call only in a real emergency.

3 Trace the numbers.

112 112 112

108 108 108

101 101 101

100 100 100

Answer Key

Sheets 1 to 6

ANSWERS

UKG · Ages 5–6

Sheet 1 · Good habit or not

Brush teeth morning and night: **good**	Wash hands before eating: **good**
Watch TV all day: **not good**	Sleep early: **good**
Eat fruits and vegetables: **good**	Leave the tap running: **not good**
Cover your mouth when you sneeze: **good**	Eat chips every day: **not good**
Have a bath every day: **good**	Put rubbish in the dustbin: **good**

Sheet 2 · Every day or treat

apple: **every day**	sweets: **treat**	carrot: **every day**	chips: **treat**
banana: **every day**	lollipop: **treat**	milk: **every day**	burger: **treat**
corn: **every day**	cake: **treat**	grapes: **every day**	ice cream: **treat**

Sheet 3 · Wash your hands

1 Wet your hands with clean water.	**2** Put soap on your hands.
3 Rub palms, backs and fingers for 20 seconds.	**4** Rinse off the soap with water.

Sheet 4 · Safe or not safe

Play with a sharp knife. **not safe**	Wear a seat belt in the car. **safe**
Put fingers near a plug point. **not safe**	Take medicine only from a grown-up. **safe**
Play with matches or fire. **not safe**	Hold a grown-up's hand to cross the road. **safe**
Go into deep water alone. **not safe**	Wear a helmet when you ride. **safe**

Sheet 5 · My daily routine

1 Wake up	**2** Brush my teeth	**3** Go to school
4 Play in the evening	**5** Eat dinner	**6** Go to sleep

Accept a sensible order that matches your child's real day.

Sheet 6 · My safety card

Check your child can say their name and your phone number aloud without looking. Trace 112.

For grown-ups: practise the phone number as a song in groups of digits. Rehearse a pretend 112 call with a toy phone, so a real call never feels strange.

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