

# Being Responsible and Safe



**1** Name of the activity:  
**I NEED TO KNOW...**

Preparation: Ask students to bring few empty packets of food items, chart papers.

How to do the activity:

- Let the children bring empty packets of food items on a particular day and place all the material brought by students in front of the class on the table the next day.
- Ask children what they should keep in mind while purchasing packed food product and why. Let the discussion continue for a few minutes.
- After this, hold one item in your hand, so that it is visible to all and tell them to look for:

Sr. no.	Food item	Date of Packing	Best before	Trade Mark	Ingredients used	Nutrient Content	Red/Green Dot	M.R.P.	(Any other..)	(Any other..)

- After showing two samples, ask them to note down the same points for other products and fill that information in the table.

The teacher should be prepared to answer questions like:

What are the trademarks? (F.P.O. or “AGMARK”)

What is meant by “best before”? (It indicates time before which it is required to be consumed)

What does red or green dot indicate? (Red indicates non-veg, and green dot indicates veg)



Learning outcome: Students will gradually learn to look for the right information before buying food items or eating something. They will gradually learn to be more alert and observant of the labelling in the food products they buy or are consumed at home.

**2**

Name of the activity:

**SAFETY FLIERS**

Preparation: Paper, colour pens.

How to do the activity:

- Divide the children into groups and assign them a topic like water safety, bus safety, fire safety and safety while walking etc.
- Guide them to enact their ideas in the form of a play after discussing it among them.
- Teacher can encourage students to re-enact the play during the school assembly or in the neighbourhood, if possible.
- If possible handouts could be prepared and distributed in the community.

The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.



Learning outcome: Students will learn the way to be safe and also help others to be safe.

**3** Name of the activity:  
**HOME SAFETY**

Preparation: Copies of “home safety checklist” that will include items like matches and loose wires to be kept out of reach of children.

How to do the activity:

- Give the copy of “home safety checklist” to every child.
- Ask them to walk through their home and check each item on the list. Instruct the children to bring back the filled checklist and discuss the safety measures that can be adopted in homes to bring down the possibility of accidents.
- Teachers can repeat this activity by asking students the safety measures they have adopted in home and can discuss it in class.



Learning outcome: Students will learn to be alert and bring down the possibility of accidents in their homes.