



Western Cape
Government

Education

Directorate: Curriculum GET

Quality
learning
@ home



GET Term 2 Take Home Package

Life Skills: PSW







Grade 4

Activity 1

Emotions:

- Understanding a range of emotions: love, happiness, grief, fear and jealousy.
- Understanding own emotions: appropriate ways to express own emotions.
- How to understand and consider others emotions.

Read the following facts about the Corona virus:

<p>The Corona virus is also called Covid-19.</p> 	<p>Covid-19 is contagious, which means I can get it from someone or someone can give it to me.</p> 	<p>It can spread through saliva and mucus droplets when someone coughs or sneezes.</p> 
<p>The virus has spread all over the world and that is why it is a pandemic.</p> 	<p>It makes people sick with fever, coughing and difficulty breathing.</p> 	<p>Almost everyone that gets Corona, gets better, but some people have died.</p> 
<p>Many countries have introduced lockdowns to stop the spread of the virus! Lockdown means that everybody was asked to stay at home and not go anywhere unnecessarily.</p>		

Let's see how well you read. Find the bold words from the passage in the word search below.

A T I S D F X S I E Y E L S Z F Z C I G
M S R I C V R O E O Z O W S Y I O S E D
K U E J S X U B K X X U Z T R R S T V V
F D C G A W D P H P J G J M O U S F E B
E U L U F X A H Z S Q K U N Y B F A Y S
K H A E S N A V I L A S A E E I Z S Y Q
Q N V M D L Y K O D J V B T A R B D U X
Z E S E D O H L G R I A T I W M X G C M
R E M P Y K F A E R M E U Y K S N M C B
W I H E X X Y J U I R W I N G I G X O U
C K X Y C N Q S R E T D Z A H F Z A V S
L O C K D O W N B W G I L G L V B Y I V
G N I H T A E R B Y T L U C I F F I D Z
V J Z V T I U K K T U O W S Y A C Q L X
L T V U S G W N K B C X Z H N N Q E T K

You also had to stay at home for many days during the National Lockdown. You had many emotions during this time. Design your own emoji for the following emotions:

SAD:	SCARED:	WORRIED:
UNHAPPY:	BORED:	ANGRY:

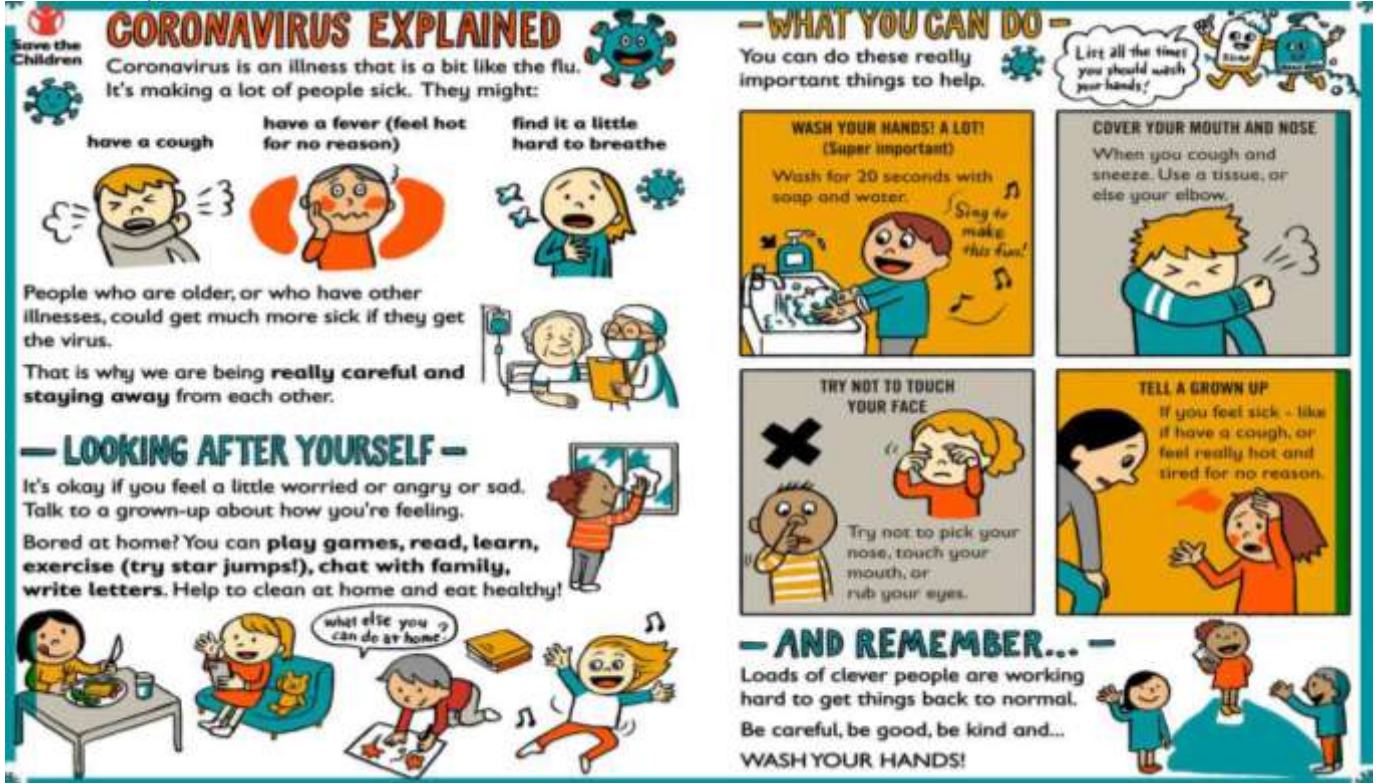
Write down three things that you can do when you feel sad, worried or scared?

Activity 2

Personal experience of working in a group:

- School: as member of a class, in a school or class or small group project or activity.
- Home: as member of a family, working and getting along with siblings.
- Benefits of working in a group.
- Challenges of working in a group.
- Useful responses to challenges of working in a group.

Read the poster below.



Doing group work can be very difficult when we should not get close to each other. This is called SOCIAL DISTANCING. We should stay at least 1, 5 meters apart from each other. We must have and use our own pencils, books, crayons, drinking bottles, etc. as far as possible. Everything that is shared between people, must be sanitized and washed before we use it. Write down 4 fun activities you can do with your friends, when you go back to school and still maintaining social distancing.

1.	2.
3.	4.

Match the words below with their correct meaning. Write only the letter of the explanation next to the correct word.

1. Social distancing	a. Personal protective gear
2. Groupwork	b. Things I can do by myself
3. Sanitize	c. Staying at least 1,5 meters apart from each other
4. Individual activities	d. Washing my hands or using a 60% alcohol based sanitizer.
5. Mask	e. Activity I do with friends and classmates.

Write down one rule you must remember when doing groupwork

Activity 3

Bullying:

- How to protect self from acts of bullying.
- Examples of acts of bullying.
- Appropriate responses to bullying: where to find help.

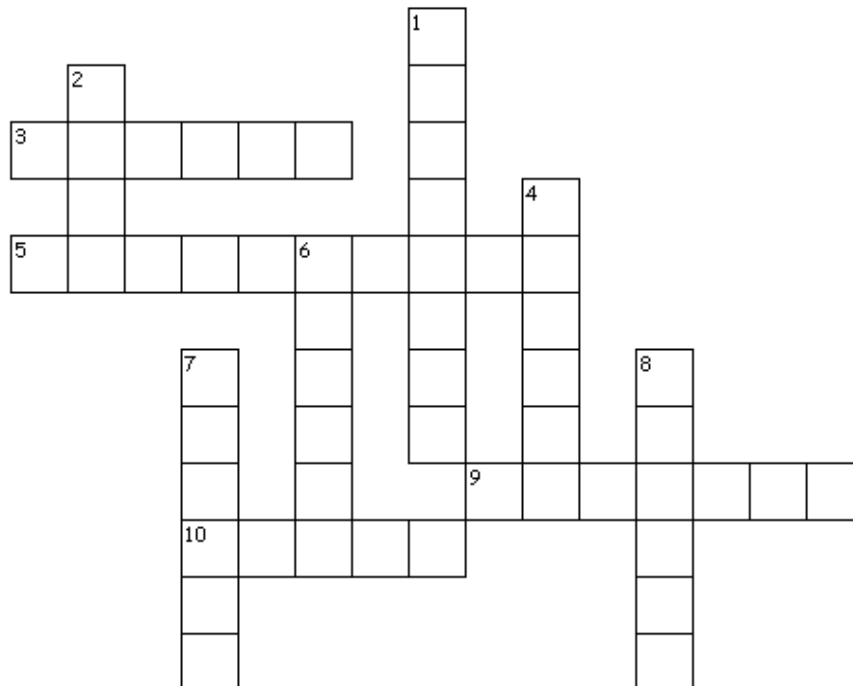


This term you learned about the different types of bullying and also what you must do when you get bullied or see someone being bullied,

Complete the table below by identifying what type of bullying is taking place and writing what action must take place to stop the bullying.

What is happening	Type of bullying	Action
A friend had the Corona virus, but is completely recovered. Now no-one wants to play with him.		
Classmates are teasing a girl on the WhatsApp group, because her father has the Corona virus.		
A friend's grandmother passed away, because of the Corona virus. A big boy is pushing him around on the playground and screaming at him to get away.		
A new girl, from another country, overheard other girls whispering that she has the Corona virus and that they shouldn't play with her.		

Complete the crossword on bullying



Down	Across
1. Hitting a person constantly.	3. Spreading untrue stories about a person.
2. Something fun that everybody laughs about.	5. What a person feels when they are bullied.
4. Bullying someone on social media.	9. Tell this person and ask for help.
6. Ignoring a friend.	10. The person that hurts others continuously.
7. Saying nasty and hurtful things to someone that is not true.	
8. The person that is being bullied.	

gossip | social | bully | joke | verbal | online | physical | depression | Teacher | victim

Activity 4

Children's rights and responsibilities:

- Name, health, safety, education, shelter, food and environment.
- Children's rights as stipulated in the South African Constitution.
- Children's responsibilities in relation to their rights.

Play a game with up to four friends.

1 START	2 You helped your mom with the dishes during lockdown. Move 3 spaces forward.	3 Name the right: You get sick.	4 MAKE A FUNNY FACE	5 You played in the streets during lockdown. Move 2 spaces back
22 Name the responsibility: You can go to school.	23 CLUCK LIKE A CHICKEN	24 You did not wash your hands. Move 3 spaces back.	25 RUN AROUND THE HOUSE	6 Name the right: They call you this.
21 You coughed into your elbow. Move 2 spaces forward.	FINISH 	WINNER	26 CHANGE PLACES WITH YOUR FRIENDS ON THE BOARD	7 You forgot to wear a mask. Move 3 spaces back
20 Name the right: The municipality fetches the rubbish.	35 You have a fever. Miss a turn.		27 You just recovered from the flue. Move 3 space forward.	8 JUMP UP AND DOWN 20 TIMES
19 DO 7 SQUATS	34 WALK LIKE A DUCK AROUND THE TABLE		28 Name the responsibility: Your teacher gives you a lesson.	9 You sympathized with a sick friend. Move 4 spaces forward.
18 You sneezed without using a tissue. Move 3 spaces back.	33		29 You used your friend's pencil without sanitizing it before and after. Move 4 spaces back	10 DO 10 JUMPING JACKS
17 Name the responsibility: You are not allowed to fight in a war.	32 You wash your hands for 20 seconds. Move 3 places forward.		31 Name the right: You may not work in a factory.	30 TELL A JOKE
16 You used 60% alcohol volume hand sanitizer. Move 3 places forward.	15 DO THREE PUSH-UPS	14 You never did any schoolwork during lockdown. Move 3 places back.	13 Name the responsibility: You get a meal at school.	12 YOU CAN ASK YOUR FRIEND TO DO SOMETHING FUNNY

Activity 5

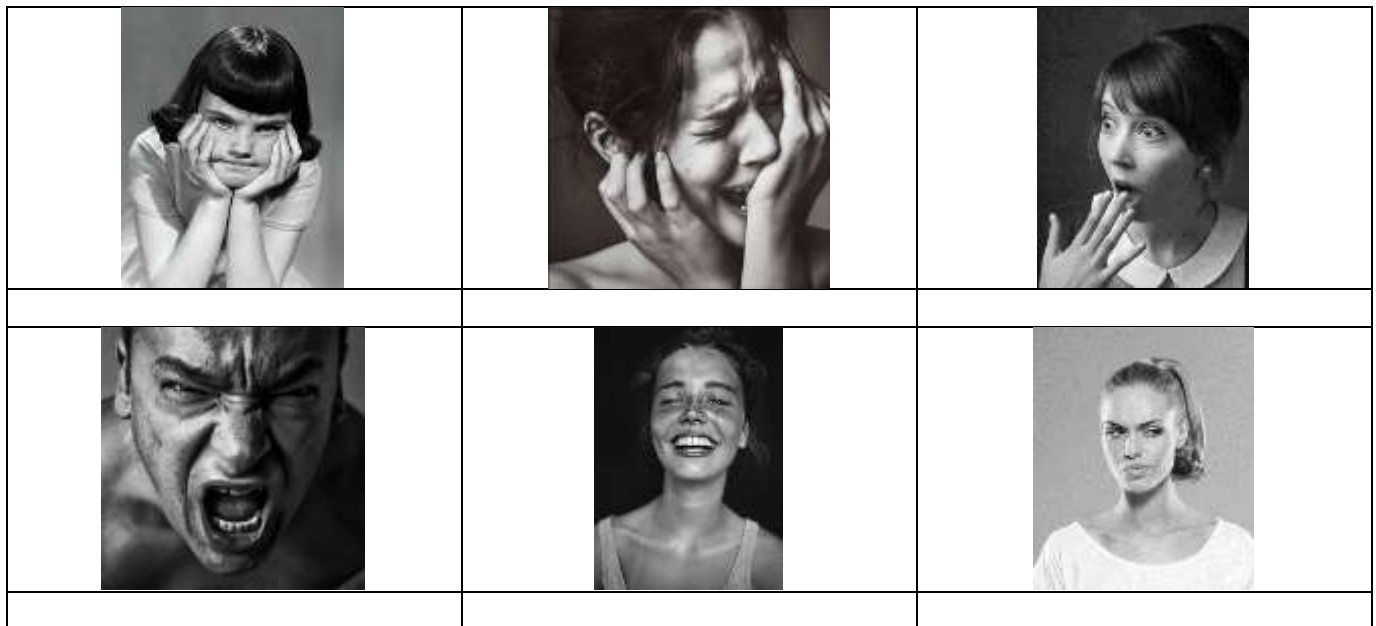
Emotions:

- Understanding a range of emotions: love, happiness, grief, fear and jealousy.
- Understanding own emotions: appropriate ways to express own emotions.
- How to understand and consider others emotions.

What would be an appropriate response be to the following situation?

Your friend fell and hurt the knee.	A friend's mother, who is a nurse in a hospital, has contracted the Covid-19 virus	A friend's mother and father might be getting a divorce.
Your friend did not do well in a test.	A friend's family member passed away due to Covid-19	Your friend got in trouble at school for not doing the homework, because he didn't understand the instruction.

Look at the pictures below. Identify the possible emotions these people are feeling.



Choose the emotion that you are feeling today and colour the picture.



Write a short paragraph explaining why you feel this way.

Activity 6

Personal experience of working in a group:

- School: as member of a class, in a school or class or small group project or activity.
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- Benefits of working in a group.
- Challenges of working in a group.
- Useful responses to challenges of working in a group.

Doing group work can be very difficult when we should not get close to each other. This is called SOCIAL DISTANCING. We should stay at least 1, 5 meters apart from each other. We must have and use our own pencils, books, crayons, drinking bottles, etc. as far as possible.

Everything that is shared between people, must be sanitized and washed before we use it. Create rules for groupwork, starting with the following letters. The first one has been done for you.

G	Get along! Compromise!
R	
O	
U	
P	

What do you think the job of each of these members of a group will be when doing groupwork?

Group leader	
Time keeper	
Material manager	
Scribe	
Encourager	
Reporter	

Read the passage below:

Tips for Being a Good Team Member

1. Don't cherry-pick projects. It can be tempting to choose only those projects that seem easier. If you choose more difficult projects, and accept what's offered to you, you'll earn a reputation for being a hard worker. It will pay off in the long term.
2. Support other people on your team by offering positive feedback, and providing help if they need it.
3. Share information and resources with your team. Remember, you're all there for one purpose – and by keeping everyone informed, you contribute to that goal. They'll appreciate the help.
4. Keep a positive attitude. If you complain, delay, or give the tough assignments to others, people will notice – and they may start to avoid you. A positive attitude can be a refreshing change, and it will help others stay focused and productive as well.

P O S I T I V E F E E D B A C K N I R X
W D W G K K R R T S C G G A E O O N E I
W U E U X A C U Z O K I H U C Z I F K C
F K J S H P B I M G Z O U R Z F T O R I
Y Y I S U I R P P D I O I B F M A R O L
K H X J R C L O E Y Q G F C P D T M W N
P B L T V A O F D X R Z C Z Y A U E V Q
T I N Z I G B F I U N R Z D R A P D E S
T O O N S Y T U Q P C W E L W Q E U W J
C Z G Z M O G K H K K T X H V D R M F Q
M C Q Y K E Y L Q E L R I D C K W H S R
A P P R E C I A T E L O A V O I D D O G
S F W P V O D N L N H P G I E D X I R V
U C G T O Q K Y T R O P P U S A G A I Q
E D U T I T T A E V I T I S O P I E S A

