

## How to develop healthy & good relationship with others?

### **Instruction for teachers and parents / facilitators :**

- \* Teachers will encourage the students to speak with reasonable speed and to speak boldly.
- \* They will give stress on basic grammar structures to beautify construction and to make language simple, solid with fluent expressions.

### **Instruction for students:**

- \* Students will participate in discussion with great interest and will enjoy this activity by listening to the teacher carefully.
- \* They will use better pronunciation, intonation, accurate contain and simple but fluent expressions.

### **Learning Activity:**

#### **“Exercise regularly – live healthy life”**

**Atul :** Hi Pratik! Seems coming back from gym. Do you exercise regularly.

**Pratik :** Yes friend! One hour in the evening is dedicated for exercise regularly. It improves my mood and gives me improved sense of well being.

**Atul :** Good! But I don't get time to do so, even if I wish to do so.

**Pratik :** You should set apart an hour from your busy schedule. It will increase your energy level as well as strengthen your muscles.

**Atul :** That's right, buddy! Sometimes I feel bored. It will definitely improve my brain function.

**Pratik :** Yes you are right. Besides, it is good for your heart and will enhance your immune system.

**Atul :** Yes, you are absolutely right. I will join you from tomorrow.

**Pratik :** That's good you are welcome.

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**Solved Activity / Demo :**

Teacher will form pairs and will encourage students to enjoy the characters. Students will show great interest by speaking fluently with right pronunciation, intonation and appropriate vocabulary.

**Practice:**

- 1) What is the point of discussion?
  - 2) What are the benefits of exercise?
  - 3) Is it good to gain health by joining gym? Why ?
  - 4) Name the parts of the body mentioned in the content?
  - 5) Who is the adviser?
  - 6) What do you understand by immune system?
  - 7) Pick out and write three adverbs from the discussions?
  - 8) 'One word which means, engage'
  - 9) Why is health the greatest well?
  - 10) What lesson do we learn from this discussion?
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**Practice:****1) What is the point of discussion?**

**Ans:** the point of discussion is “**Exercise regularly – live healthy life**”

**2) What are the benefits of exercise?**

**Ans:** The benefits of exercise are It improves mood and gives sense of well being. It increase energy level as well as strengthen muscles.

**3) Is it good to gain health by joining gym? Why ?**

**Ans:** Yes, it is good to gain health by joining gym, because It improves mood and gives sense of well being. It increase energy level as well as strengthen muscles. It is good for heart and will enhance immune system.

**4) Name the parts of the body mentioned in the content?**

**Ans:** muscles, brain, heart

**5) Who is the adviser?**

**Ans:** Pratik is the adviser.

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**6) What do you understand by immune system?**

**Ans:** The immune system is a complex network of cells and proteins that defends the body against infection.

**7) Pick out and write three adverbs from the discussions?**

**Ans:** i) regularly ii) bored iii) absolutely

**8) ‘One word which means, engage’**

**Ans:** busy.

**9) Why is health the greatest well?**

**Ans:** Health is the greatest well because It improves mood and gives sense of well being. It increase energy level as well as strengthen muscles. It is good for heart and will enhance immune system.

**10) What lesson do we learn from this discussion?**

**Ans:** We learn: i) Health Is Wealth, ii) “Exercise regularly – live healthy life.”

**Extension Activity / Parallel Activity / Reinforcement:**

Teacher will instruct students to complete the dialogue with the help of two given questions below and will then tell them to continue a dialogue of four meaningful exchanges with the same theme.

A : What is your favourite book?

B : .....

A: What type of book is it?

B : .....

**Ans:**

A : What is your favourite book?

B : My favourite book is ‘Wings Of Fire’

A: What type of book is it?

B : It is autobiography of the greatest scientist A. P. J. Abdul Kalam.

## **Evaluation :**

### **Teacher will evaluate**

- 1) To express boldly and use correct pronunciation, intonation.
- 2) To communicate fluently in real life situations and to engage with each other and think collaboratively.

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### **My take away/ today I learnt.**

- 1) Students will learn to develop healthy and good relationships with others.
- 2) Learn by hearing each other's thoughts while observing facial and body expression that show emotions.

### **Questions:**

- 1) What is the role of intonation in dialogue writing?
- 2) How can you improve speaking and listening skills through dialogues/?
- 3) What are elements of dialogue writing?
- 4) How can dialogues improve our communication?
- 5) What different skills do we learn through dialogues?

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