



Relaxation And Recreation

Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.

Tia and Dia have worked

Quick Revision

Multiple Choice Questions (MCQs) – Tick (✓) the correct answers.

1. Hockey and football are outdoor games.
- | | | | | | |
|------------|--------------------------|-------------|-------------------------------------|----------|--------------------------|
| (a) indoor | <input type="checkbox"/> | (b) outdoor | <input checked="" type="checkbox"/> | (c) both | <input type="checkbox"/> |
|------------|--------------------------|-------------|-------------------------------------|----------|--------------------------|
2. A relaxed mind and body keep us happy.
- | | | | | | |
|--------------|--------------------------|-------------|-------------------------------------|----------|--------------------------|
| (a) restless | <input type="checkbox"/> | (b) relaxed | <input checked="" type="checkbox"/> | (c) both | <input type="checkbox"/> |
|--------------|--------------------------|-------------|-------------------------------------|----------|--------------------------|

like to relax or only like to work.

TEST YOURSELF

Tick (✓) the correct answers.

1. What should we do when we are tired?

(a) relax

☒

(b) cry

☐

(c) talk

☐

(d) shout

☐

2. Which of the following can be used to relax your mind and body?

(a) sitting on the big swing

☐

(b) feeding birds and animals

☐

(c) playing ludo

☐

(d) (a), (b) and (c)

☒

Answer The Following

Multiple Choice Questions (MCQs) – Tick (✓) the correct answers.

1. What happens when we take rest?

(a) We feel tired.

(b) We cry as we can't do anything.

(c) We feel good.

(d) None of these.

☐
☐
☒
☐

2. Which of the following is important?

(a) only hard work

☐
☒

(b) long hours of work

☐
☐

(c) work and play

(d) only play

B. Answer the following questions.

1. How do you relax at home?

2. Why do we play indoor and outdoor games?

3. Why is it important to relax your mind and body?

C. Higher Order Thinking Skills (HOTS) Question

What do you do for relaxation? Do you think relaxation is good for us?

D. VALUE CORNER

Tick (✓) what you think are good ways to relax.

(a) Reading a book.

☒

(b) Reading a book loudly and disturbing others.

☐

(c) Watching TV with high volume.

☐

(d) Painting a scenery.

☒

Activity

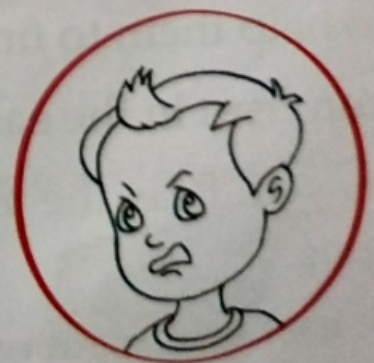
We all love to draw and colour. Did you know that drawing and colouring are also ways to relax? So, colour the pictures given below to learn about expressions and relax at the same time.



sad



happy



angry

Life Skill

Play games and be healthy.

15-11- Relaxation and Recreation

Answer the following questions :-

Ques-1- What is Recreation?

Ans-1- Recreation means all those activities that people do to enjoy themselves. Example of recreation activities are swimming, playing indoor and outdoor games, dancing, reading, drawing and colouring etc.

Ques-2- Name five indoor games and five outdoor games.

Ans-2- Indoor games - 1. Carrom
2. Ludo
3. Table tennis
4. Scrabble
5. Chess

Outdoor games - 1. Football
2. Cricket
3. Badminton
4. Hockey
5. Hopscotch

Ques-3- How do you relax at home?

Ans-3- We relax ourselves by playing indoor games, reading books, drawing and colouring etc.

Que. 4- Why do we play indoor and outdoor games?

Ans. 4- We play indoor and outdoor games because they are good for our health and mind. They boost up our stamina.

Que. 5- Why is it important to relax your mind and body?

Ans. 5- It is very important to relax our mind and body because it refreshes us and gives us more energy and happiness.