



# I can Take Care of Myself

A Self-Reliance Book  
for Pre- Nursery



Name: \_\_\_\_\_

Class: \_\_\_\_\_

Shift: \_\_\_\_\_

Gr #: \_\_\_\_\_

Subject: \_\_\_\_\_



**INSTITUTE OF LEARNING  
AND MENTORSHIP**

I can do this!

I can move on with  
little practice

I'm almost there.

I need more work  
on this.

I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#1

## USING A TISSUE PAPER



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A TISSUE PAPER

1. Take out the tissue.



2. Now wipe the hands slowly and carefully.



3. After that when your hands are dry throw the tissue into the bin.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

4. For cleaning nose, with the tissue in your hand, place it under your nose.



5. Now hold tissue with your fingers and take out mucous. Be sure to carefully fold up tissue and throw away after use.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A TISSUE PAPER

Write the correct sequence of the steps of using a tissue paper in the circles shown below:



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.

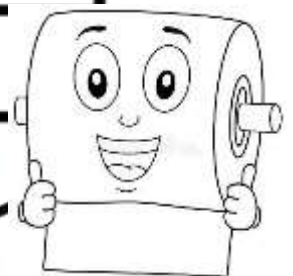
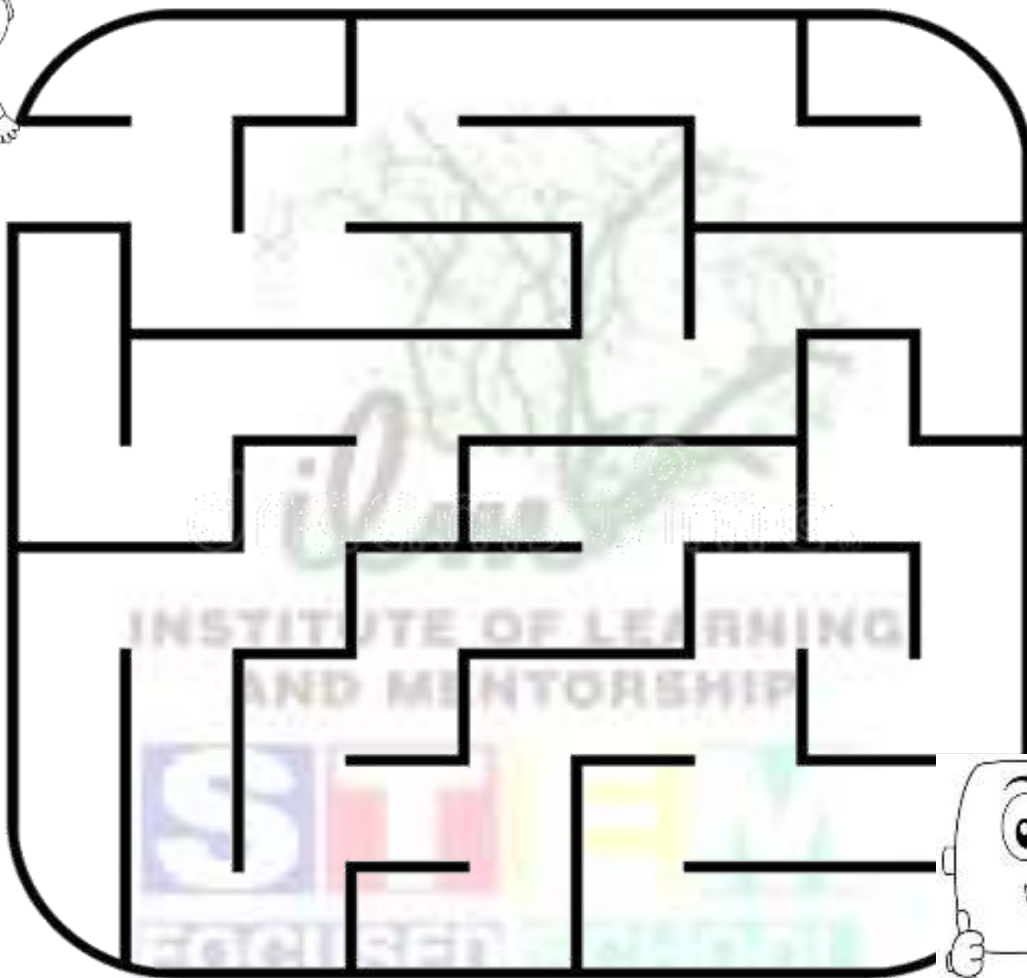


I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A TISSUE PAPER

Help the kid to get the tissue paper.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#2

## WASHING HANDS



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING HANDS

1. Wet your hands with water.



2. Apply soap.



3. Rub palms together.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

4. Rub the back of hands.



5. Interlink your fingers.



6. Clean the thumbs.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

7. Rub palms with your fingers.



8. Rinse hands with water.



9. Dry hands with a clean towel.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

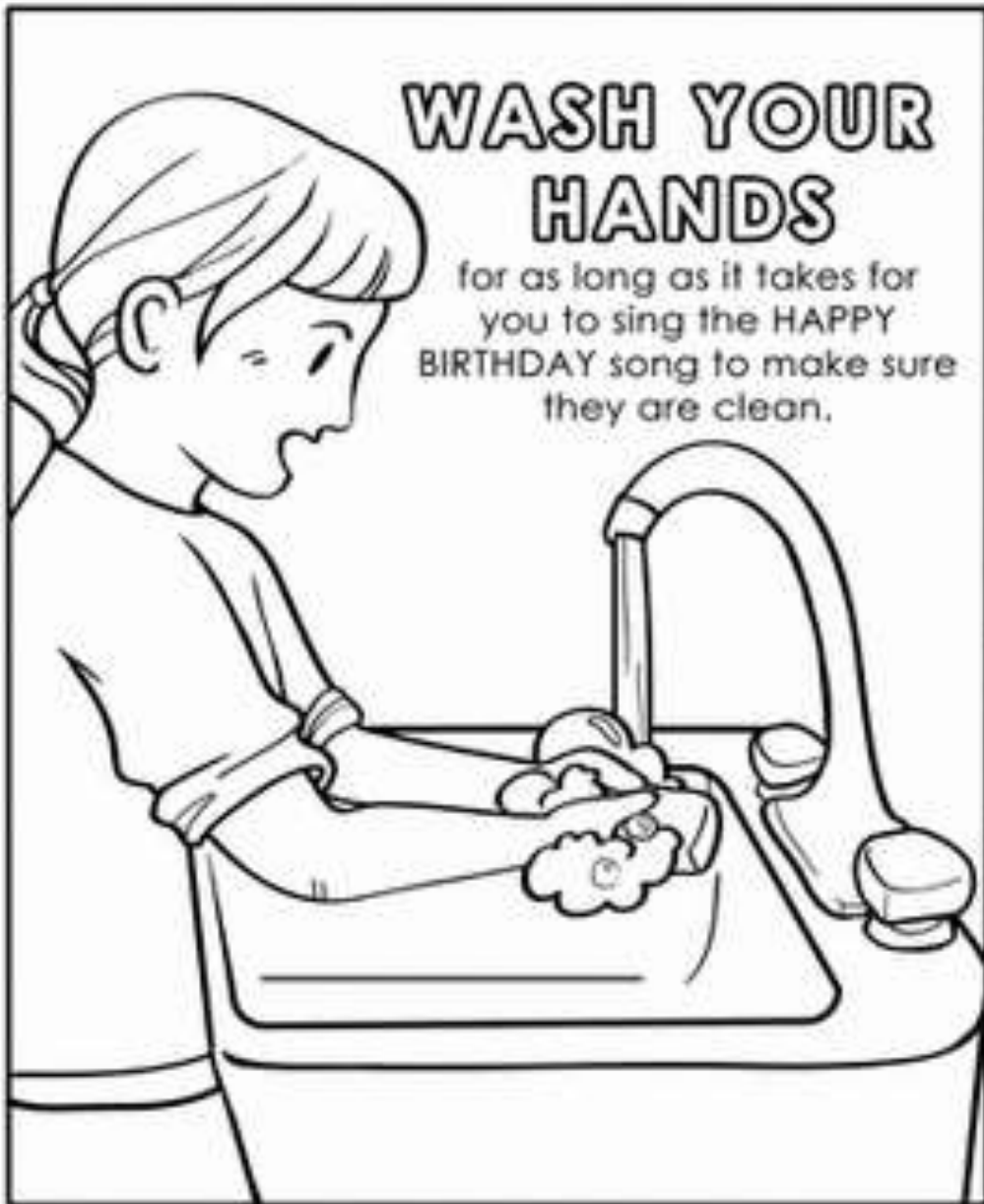


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING HANDS

Color the following picture.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

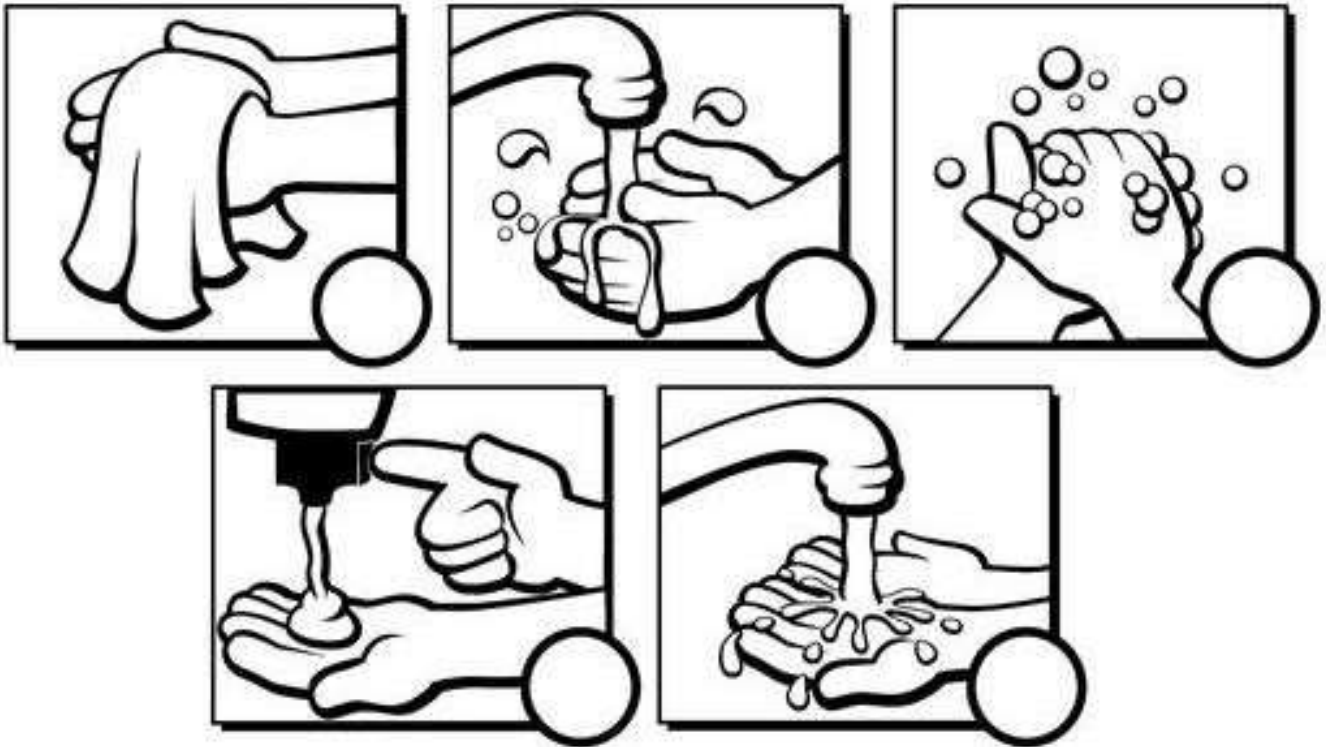


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING HANDS

Number the following pictures in their correct order.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#3

## WASHING FACE



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING FACE

1. Wet your face with water.



2. Get soap.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

3. Rub on your face and neck.



4. Rinse face with water.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING FACE

Match the pictures of the steps with their correct sequence.

1



2



3



4



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WASHING FACE

Color the following picture.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

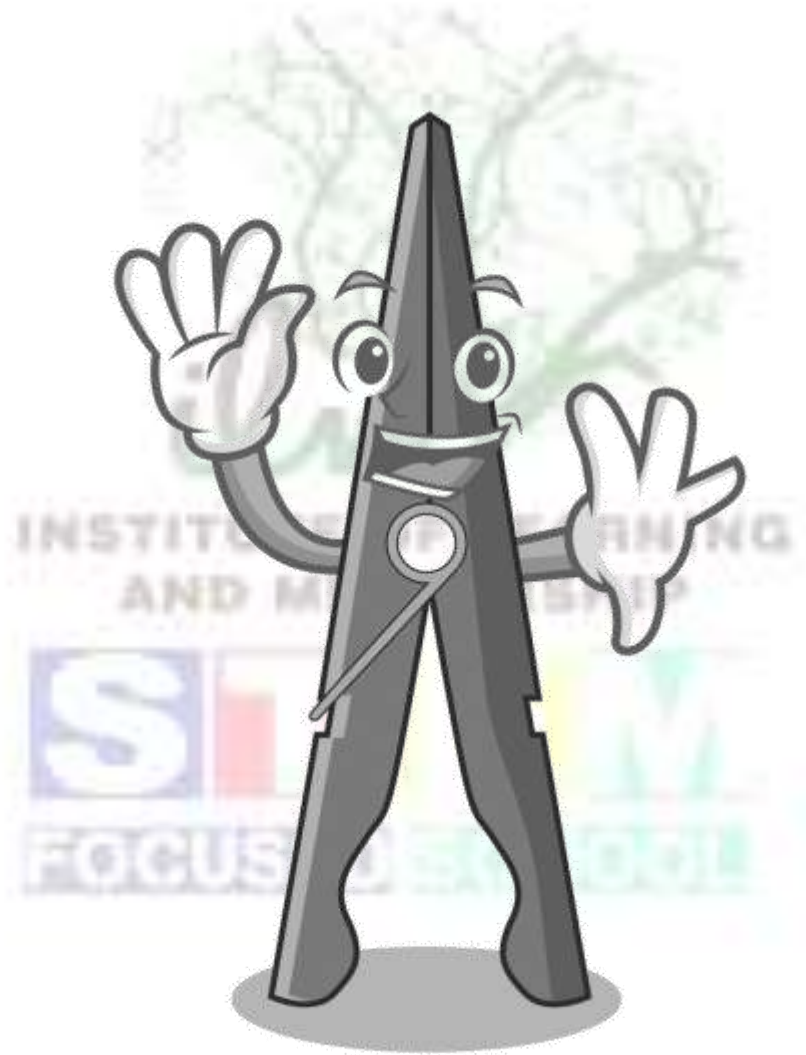


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#4

## USING PEGS



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING PEGS

1. Carry the tray to the table.



2. Use thumb and two fingers to hold pegs.



3. Squeeze the pegs.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

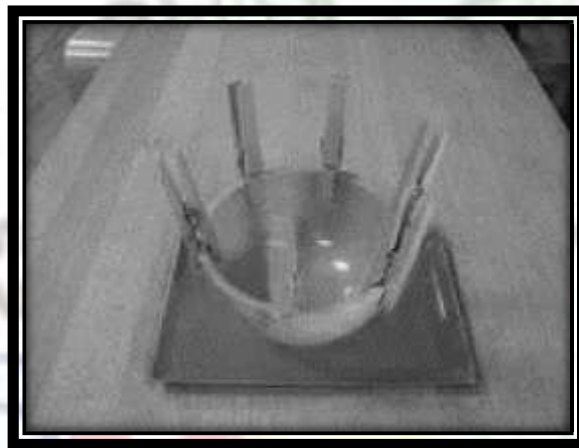


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_



4. Repeat with remaining pegs.



5. Remove the pegs one at a time and place them back in the bowl.



I can do this!



I can move on with little practice



I'm almost there.



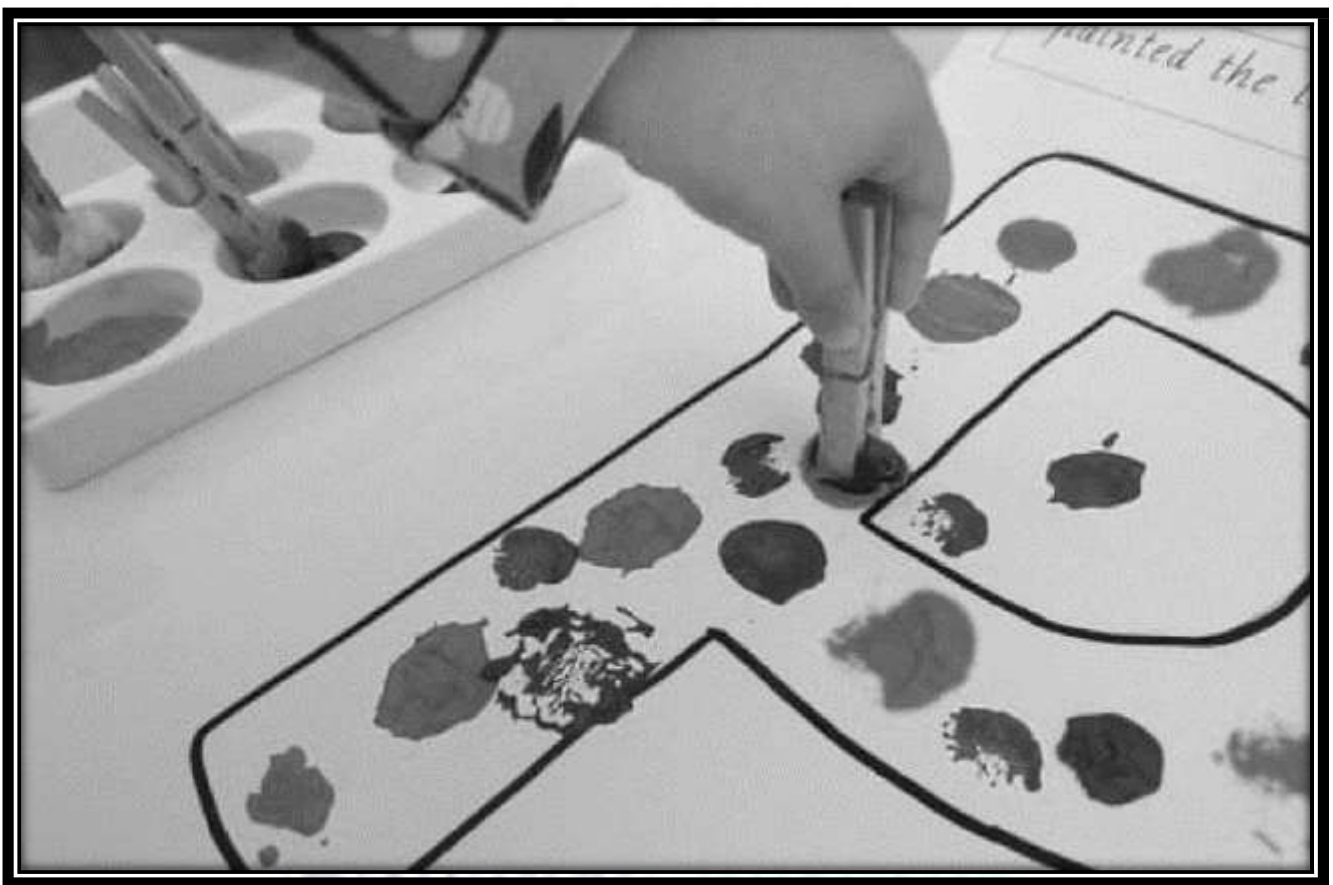
I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING PEGS ACTIVITY



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POM POM ACTIVITY

1. Use clothespins to hold the pom pom.



2. Dip the pom pom in the paints.



I can do this!



I can move on with  
little practice



I'm almost there.



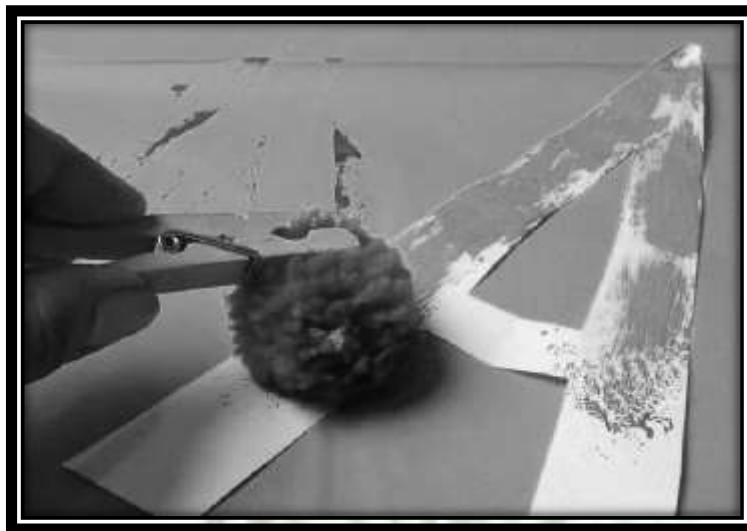
I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

3. Brush the paint onto the drawing surface.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POM POM ACTIVITY



I can do this!



I can move on with little practice



I'm almost there.



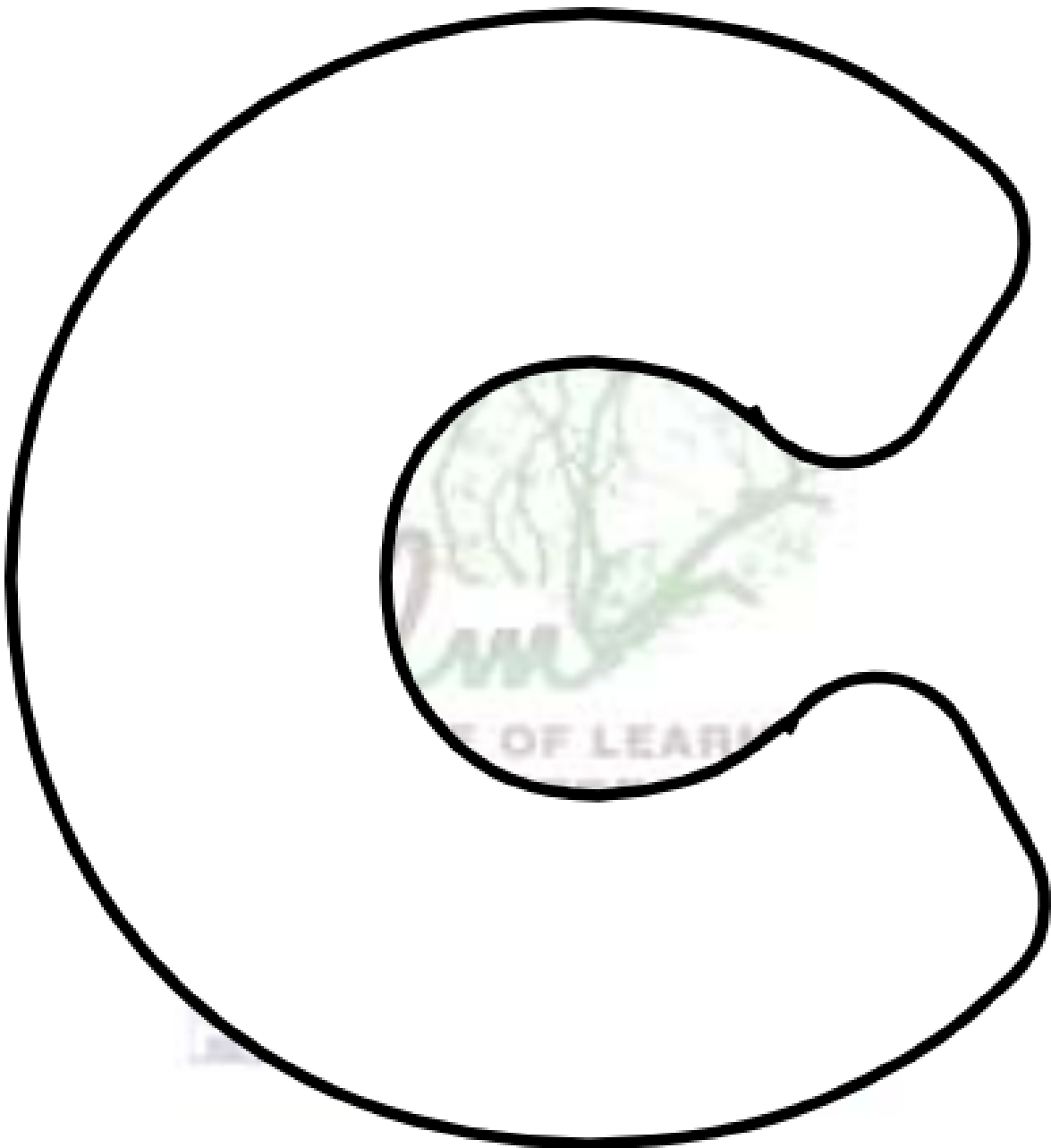
I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POM POM ACTIVITY



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

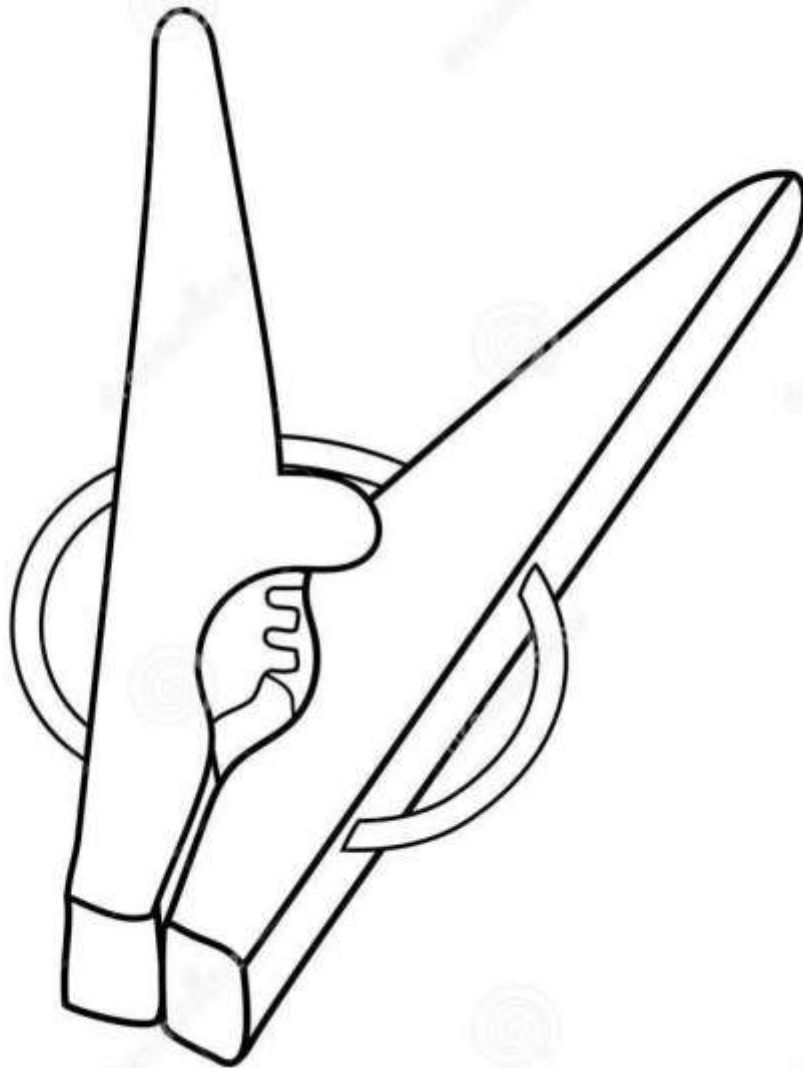


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING PEGS

Color the picture of a peg.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

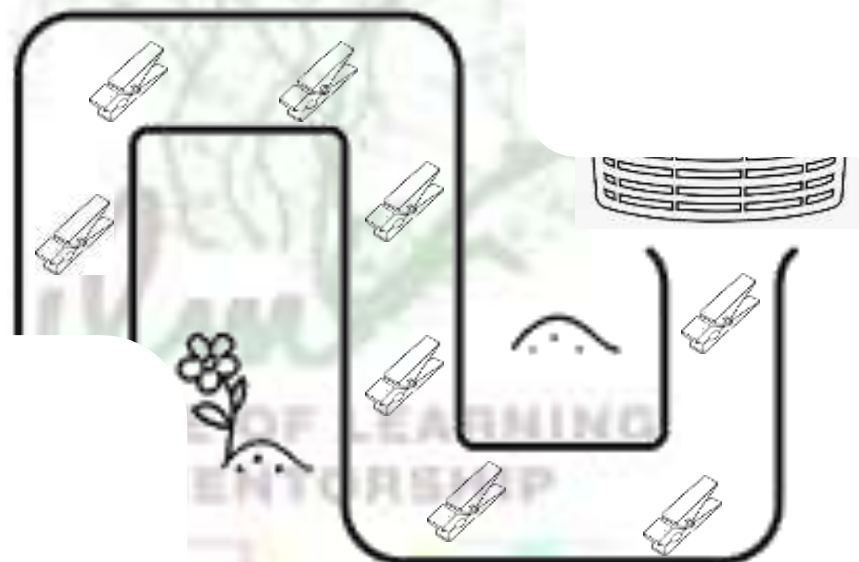


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING PEGS

Help the girl collect the pegs and collect them in the basket.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#5

## USING A SPONGE



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A SPONGE

1. Take the material to the table.



2. Press the sponge into the bowl of water.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



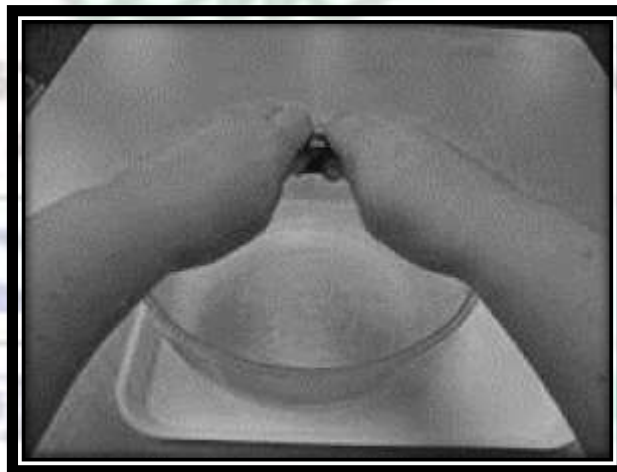
I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

3. Pick the sponge up and hold it over the bowl.



4. Squeeze the sponge over the bowl and watch for the drips.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

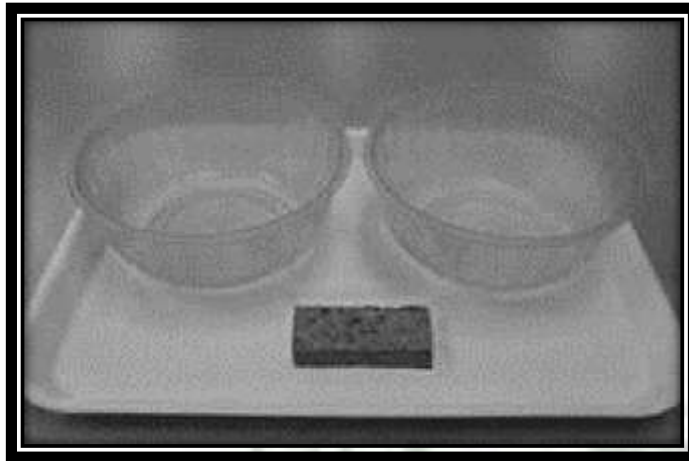


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## TRANSFERRING WATER FROM SPONGE

1. Set the materials on the table.



2. Press the sponge into the bowl of water.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

3. Hold it over the other bowl and squeeze it out.



I can do this!



I can move on with little practice



I'm almost there.



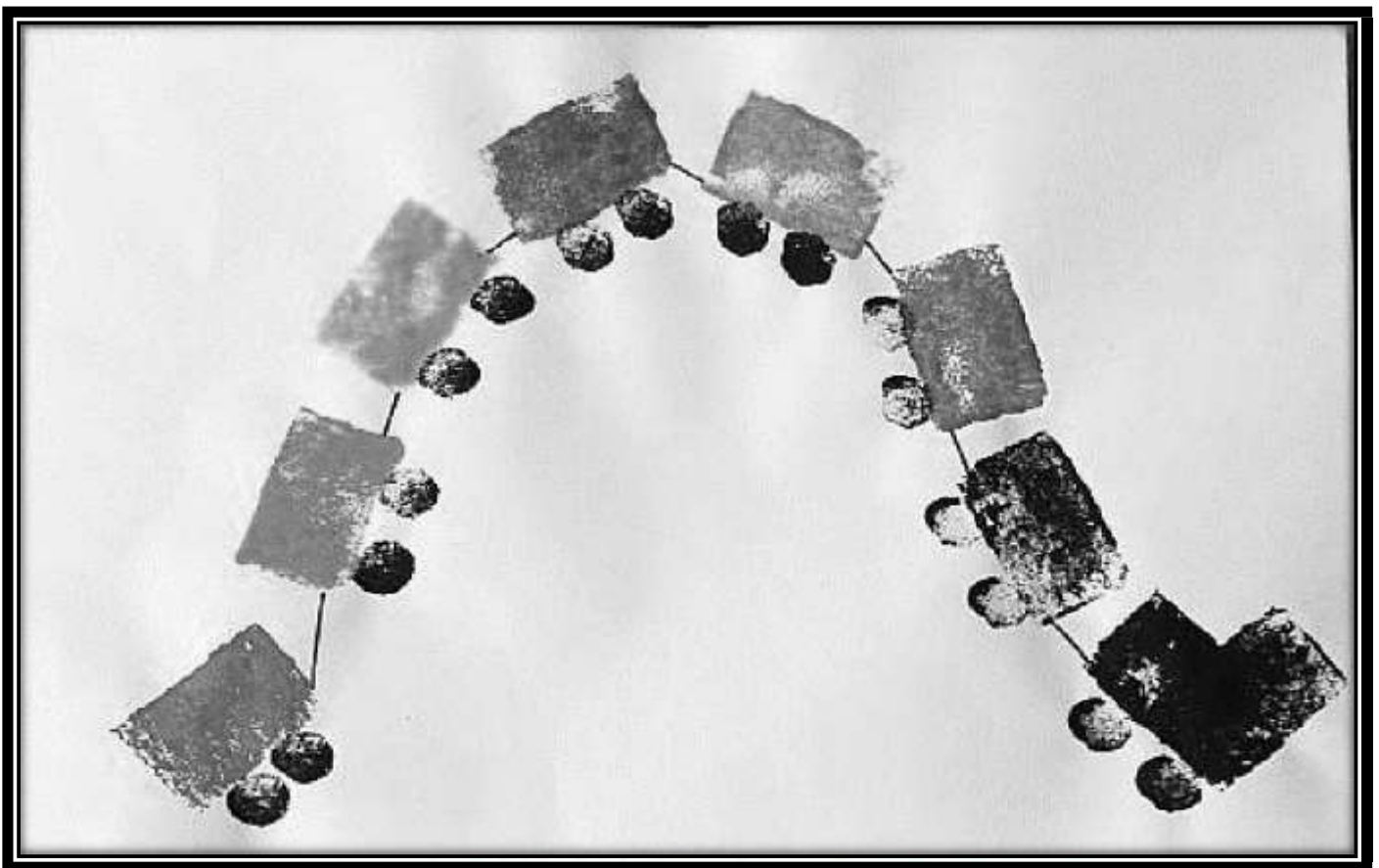
I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# USING A SPONGE ACTIVITY



FOCUSED SCHOOL



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## SPONGE PAINTED TRAINS

### ❖ MATERIAL:

- Mini sponge
- Paints
- White paper
- A black marker
- Cotton balls

### ❖ STEPS:

1. Cut sponge pieces.



I can do this!

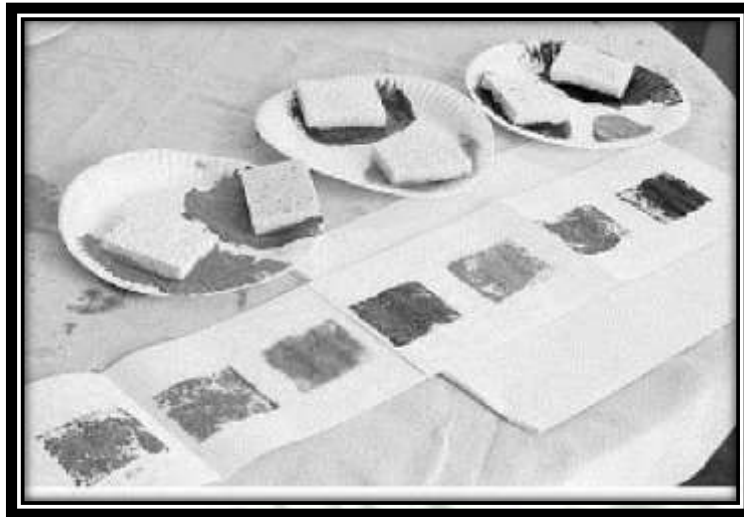
I can move on with  
little practice

I'm almost there.

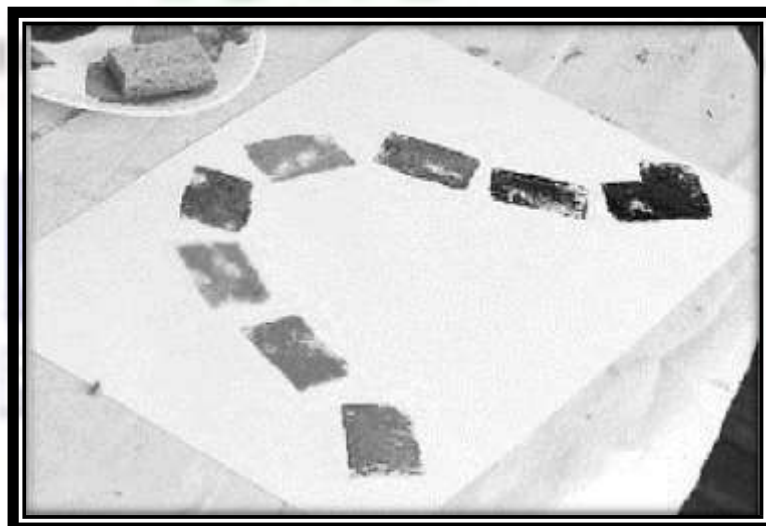
I need more work  
on this.I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

2. Put the sponges on the paints.



3. Stamp the sponge on the white paper.



I can do this!



I can move on with little practice



I'm almost there.



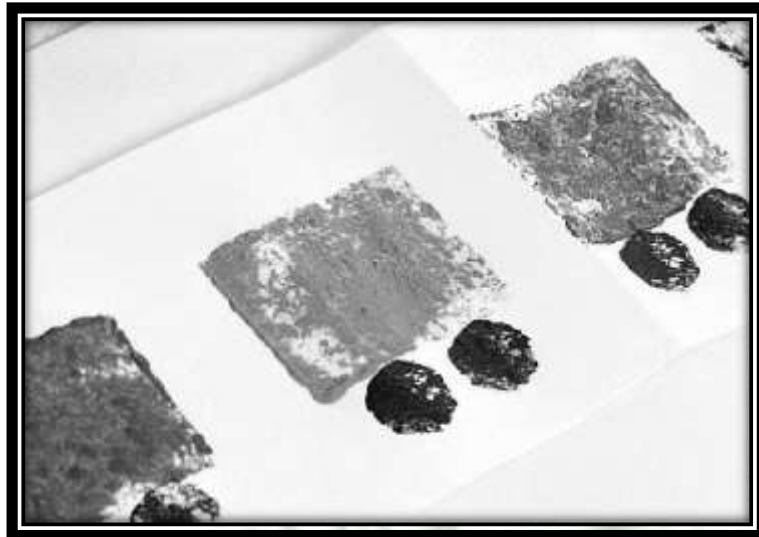
I need more work on this.



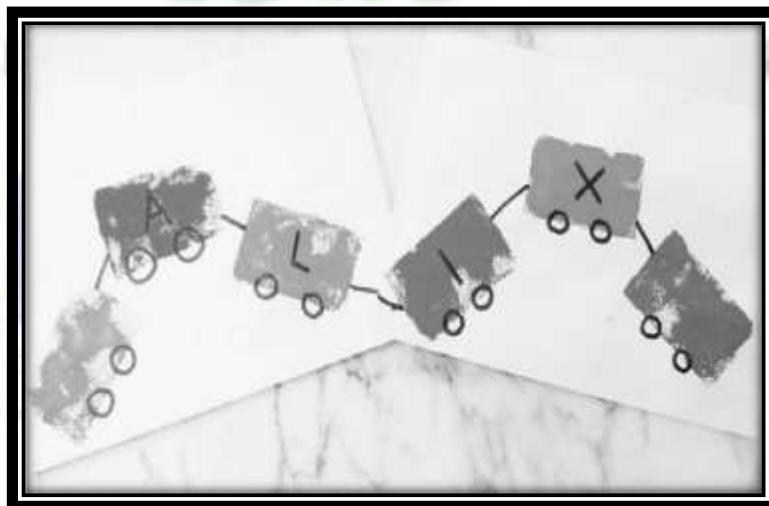
I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

4. Use the black marker to draw wheels.



5. Draw one letter in each train car.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#6

## GRIPPING A SPOON



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

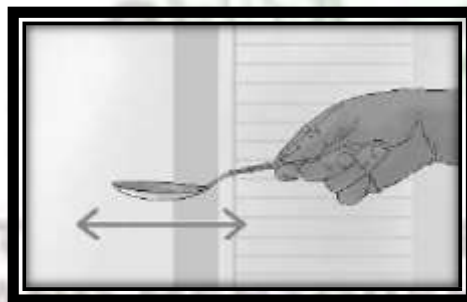
Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## GRIPPING A SPOON

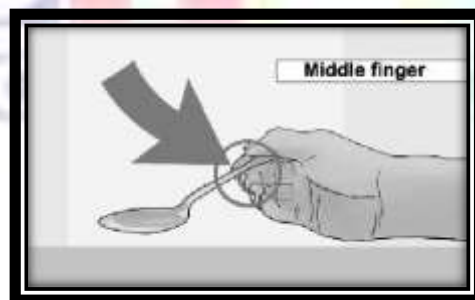
1. Use your dominant hand.



2. Hold the spoon horizontally.



3. Rest the handle across your middle finger.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

4. Hold the spoon in place with your thumb and index finger.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# GRIPPING A SPOON ACTIVITY



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## EGG SPOON RACE

1. Pick up a spoon.
2. Place the matching colored egg on the spoon.



3. Carry the egg and spoon across the grass without dropping the egg towards the target.
4. Upon reaching, drop the eggs in.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## GRIPPING A SPOON

Trace the following:



INSTITUTE OF LEARNING  
AND MENTORSHIP

spoon



FOCUSED

spoon



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

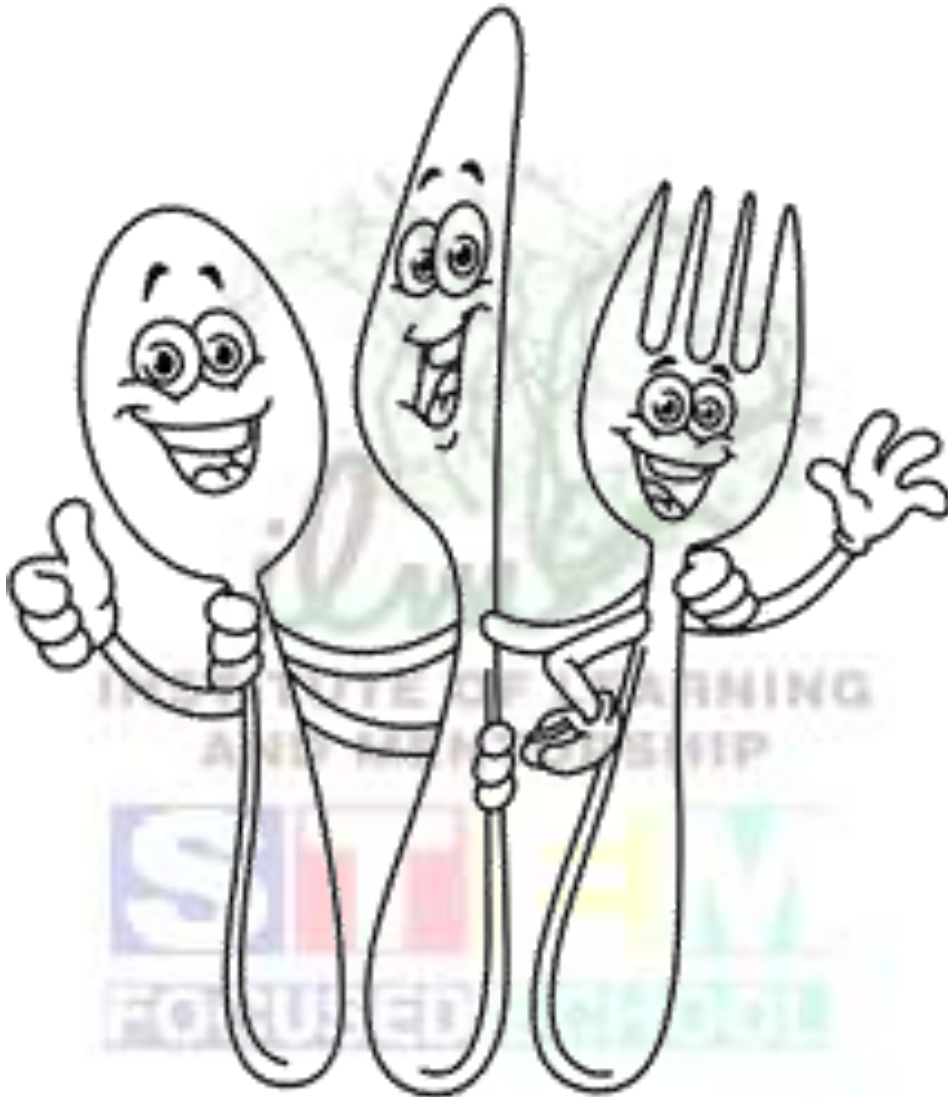


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## GRIPPING A SPOON

Color the following picture:



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#7

## CARRYING A GLASS



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## CARRYING A GLASS

1. Bring the hand down to just above the tray
2. Tilt the wrist so that the bottom of the glass at the side where the fingers are touches the tray.
3. Lower the underside of the glass in a clockwise direction bringing the whole bottom surface of the glass onto the tray.
4. Ask the child if they heard any noise
5. To raise using the right hand place the index, middle and ring finger pads on one side of the glass.
6. Place the thumb at the opposite side of the glass
7. Move the hand up slowly



I can do this!

I can move on with  
little practice

I'm almost there.

I need more work  
on this.I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WATER RACE

1. Position a bucket of water at the start and an empty bucket at the finish line.



2. Next, organize the children in to teams. Give the first person to go a plastic cup.



3. On the word 'Go', the first child fills their plastic cup from their bucket at the start line and then races to the other bucket and empties it in.



4. The race continues in the same way until all of the water has moved from the bucket at the start line to the one at the finish line.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## CARRYING A GLASS

Trace and color the picture of a glass shown below:



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.

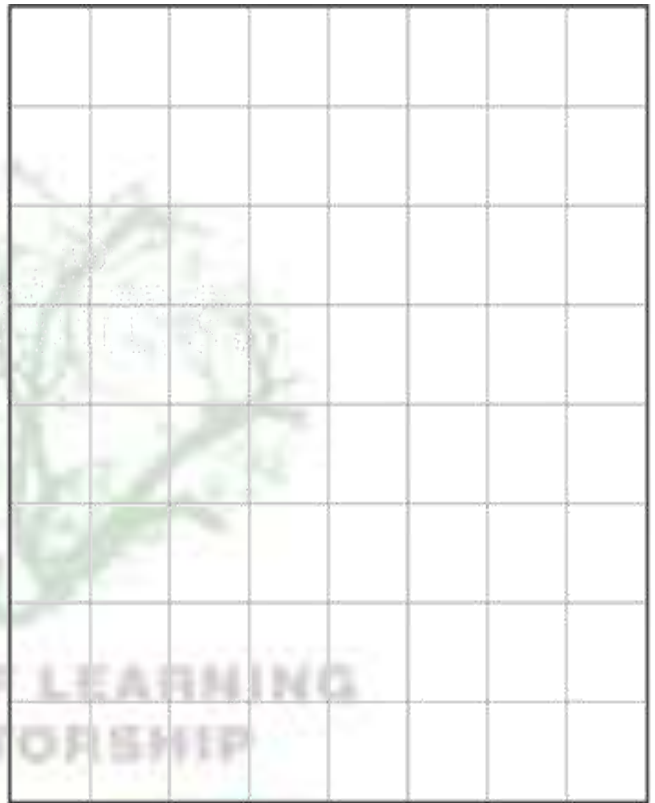
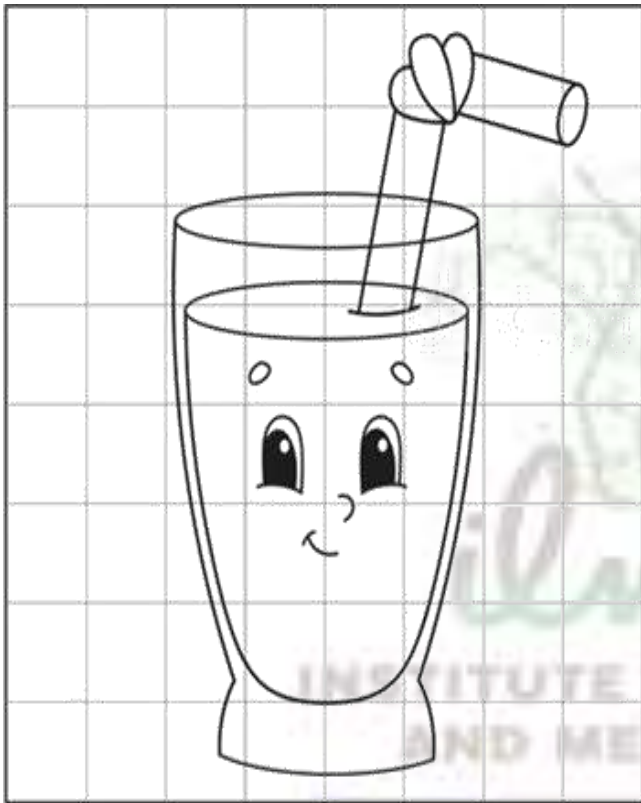


I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## CARRYING A GLASS

Copy the picture in the box shown below:



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#8

## CONTAINERS AND LIDS



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

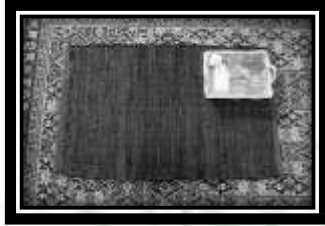


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## CONTAINERS AND LIDS

1. Take the basket to a mat or table. Place it in the upper right corner.



2. Lay out the containers along the left edge of the rug.



3. Take the first container and remove the lid.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

4. Set the container back in the same spot, set its lid to the right of it.



5. Open the other containers.



6. Put the lids back on starting with the first one.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

7. Continue until all of the lids have been replaced.



I can do this!



I can move on with little practice



I'm almost there.



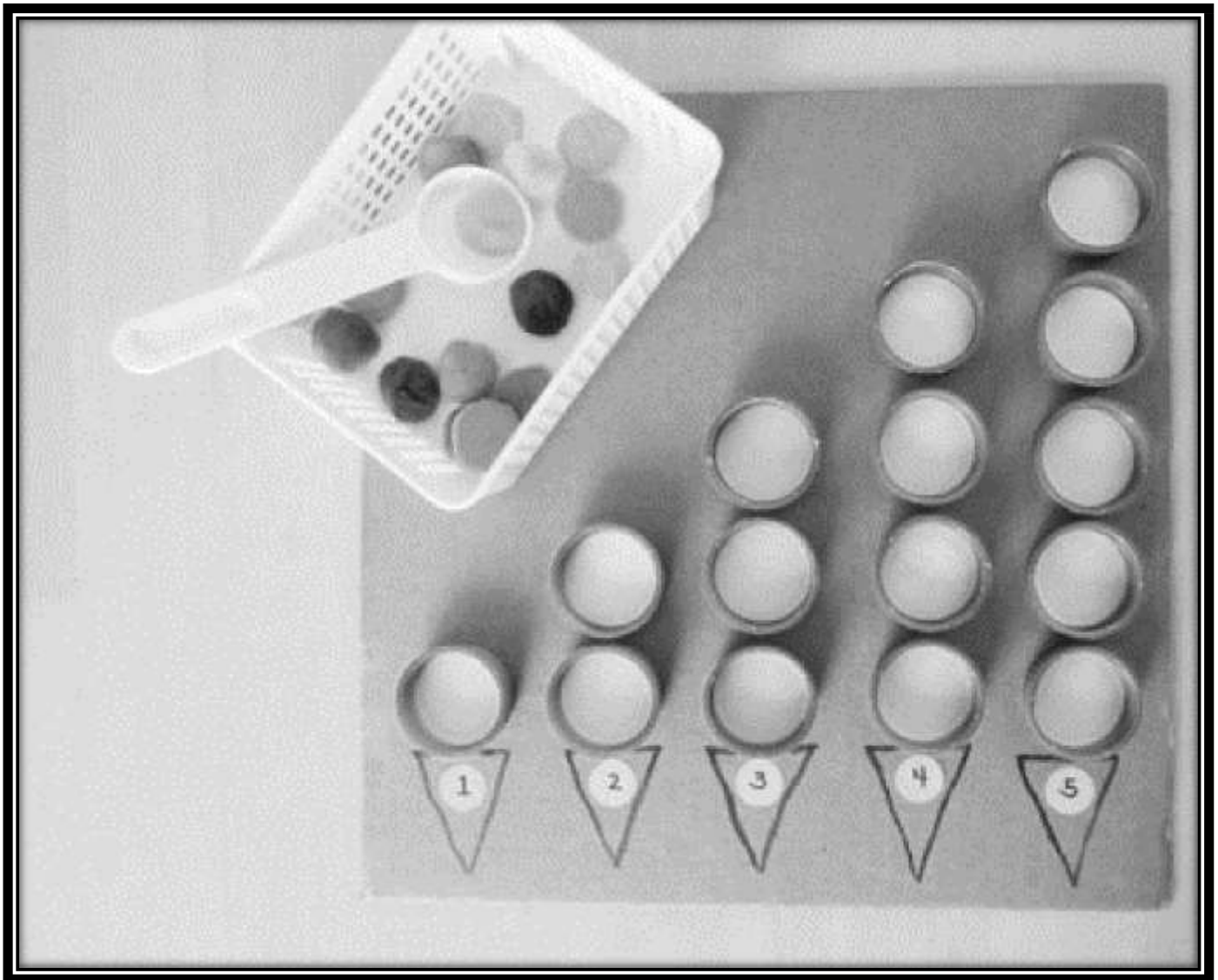
I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# GRIPPING A SPOON ACTIVITY



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.

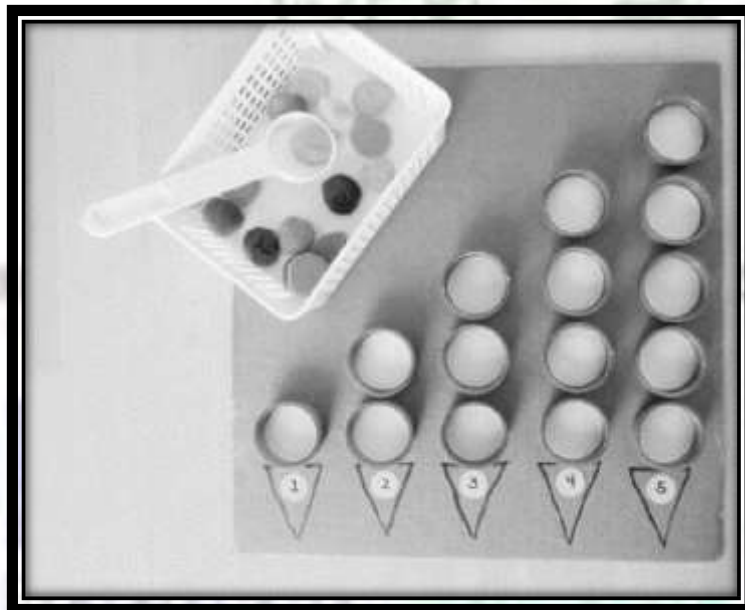


I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## COUNTING BOARD

1. Draw 5 ice cream cones on the cardboard. Write number 1 to 5 on the ice cream cones.
2. Stick bottle caps (use glue dots) above the ice cream cones, according to the numbers.
3. Set out this counting board with 15 pompoms and invite your child to scoop and count!



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#9

## LIQUIDS SPOONING AND POURING



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## LIQUIDS SPOONING

1. Carry the tray to a table.



2. Take the spoon and show how to gently dip it in to get a spoonful of water.



3. Move the spoon so that is centered over the right bowl. Lower the spoon a bit and tip it to pour the water out.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POURING LIQUIDS

1. Ask the child to unfold the cloth and keep it at the left top corner
2. Place the fingers inside the handle of the jug and the thumb on the top or outer edge of the handle
3. Carry it to the other jug
4. Raise the jug slightly higher than the height of the jug
5. When the jug is above the center of the jug indicate this by drawing a line in the air with the left index finger
6. Rotate the wrist and begin to pour
7. Stop when the jug empty, wait for the last drop
8. Wipe the jug with the cloth from base to spout
9. Repeat the same movements with the other jug



I can do this!

I can move on with  
little practice

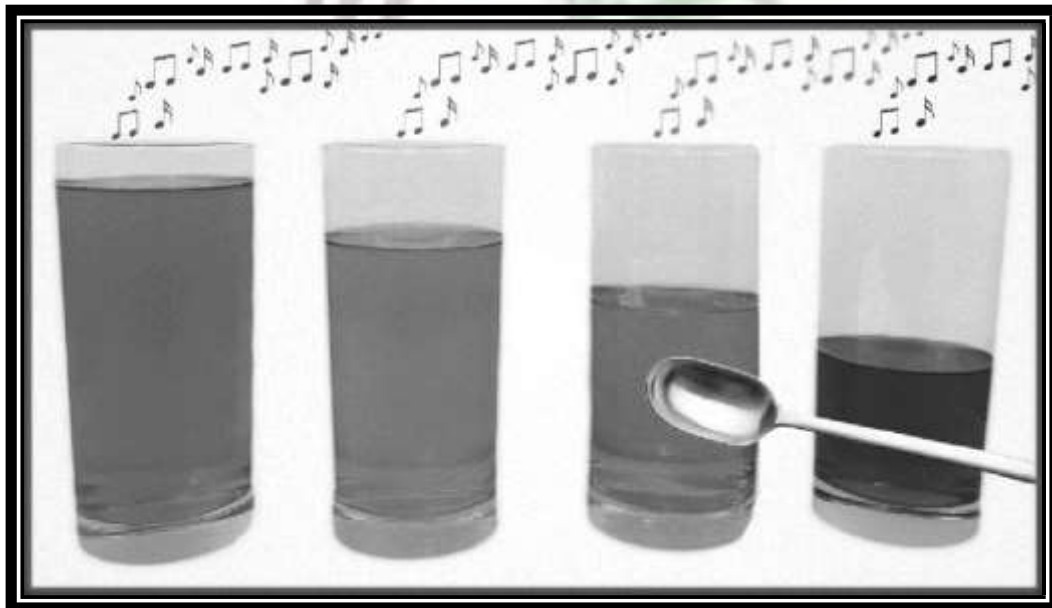
I'm almost there.

I need more work  
on this.I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# LIQUIDS POURING ACTIVITY

1. You would need 3 glasses and two spoons at each place.
2. You can start filling empty glasses at each place and a pitcher of water on the table in the middle.
3. Once the glasses are filled, add the color.
4. Explore sounds using the spoons. (try wooden sticks, also, as they produce different sounds.)



I can do this!

I can move on with  
little practice

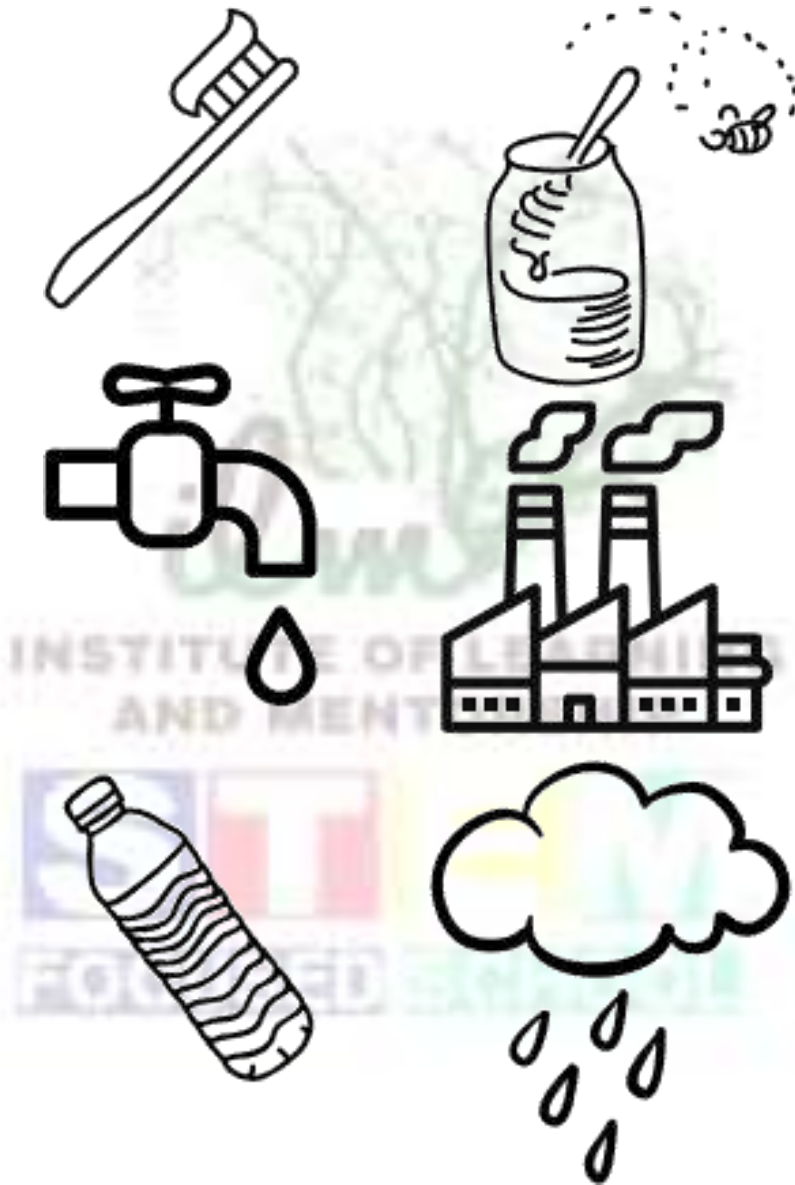
I'm almost there.

I need more work  
on this.I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POURING LIQUIDS

Identify and color the liquids.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## POURING LIQUIDS

Color the following picture.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#10

## WATERING PLANTS



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WATERING PLANTS

1. Water Where the Roots Are.



2. Water in the Morning.



3. Water Slowly. Don't Overwater.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

#### 4. Don't Let Them Go Dry.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# WATERING PLANTS ACTIVITY



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## GARDEN ACTIVITY

1. Go to the garden. Bring your shallow buckets of soil.
2. Gently put their fingers in the soil of the garden bed without disturbing the plants.
3. Take turns watering with the watering can if the soil feels dry.
4. Retest the soil with their fingers to feel the difference in how it feels after watering.
5. Select three children as "watering leaders" each week.



I can do this!

I can move on with  
little practice

I'm almost there.

I need more work  
on this.I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WATERING PLANTS

Color the following picture.



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## WATERING PLANTS

Draw a plant in the pot.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.

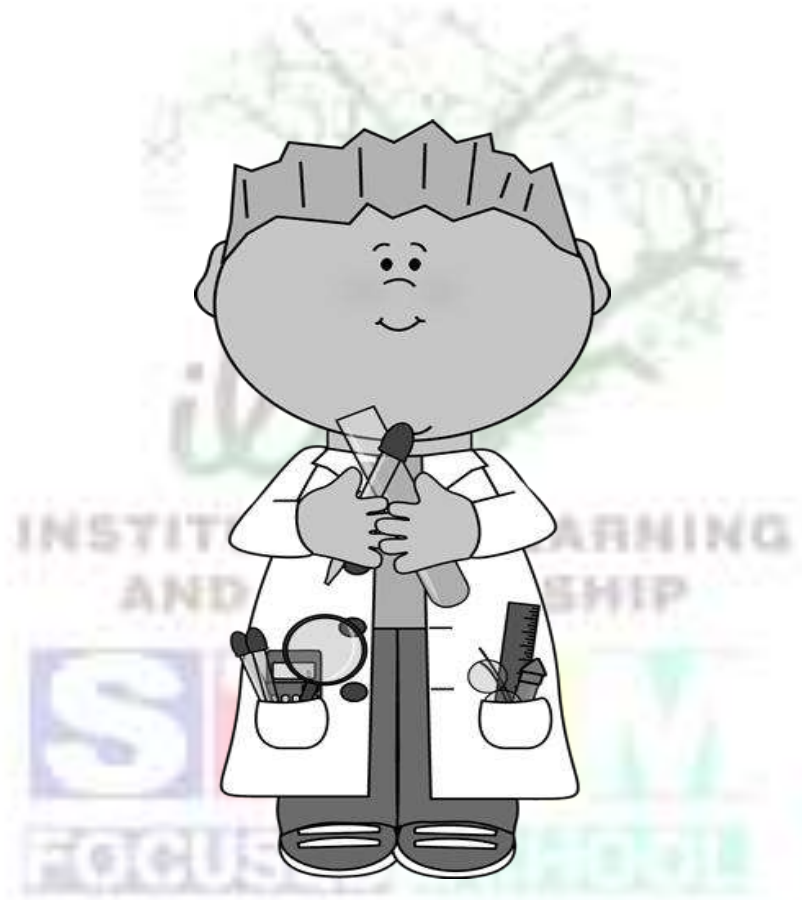


I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#11

## USING A DROPPER



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A DROPPER

1. Take the dropper and put the end in the water.
2. Squeeze the bulb until bubbles appear in the water.
3. Then release the bulb so the water will be drawn in.
4. Move the dropper over the other glass and squeeze the water out.
5. Repeat until all the water has been moved to the other glass.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# USING DROPPER ACTIVITY



FOCUSED SCHOOL



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## USING A DROPPER

1. You are going to have different sizes of bottle caps.
2. Fill the caps with water with the help of dropper.
3. This activity can be done by groups or individually .



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

# CHAPTER#12

## GREETING PEOPLE



I can do this!



I can move on with little practice



I'm almost there.



I need more work on this.



I don't understand this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## GREETING PEOPLE

1. Say, "Hello, how are you?"
2. Ask the child to repeat those words back to you.
3. When he/she does, reply "I am very well, thank you."
4. Turn to another person and repeat, "Hello, how are you?"
5. Repeat until all of the other people have greeted at least one other person.



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Teacher's Sign: \_\_\_\_\_

## SHAKING HANDS

1. Stand near the person you want to shake hands with. Extend your right hand.
2. Grasp their hand.
3. Pump their hand 2 or 3 times.
4. Release their hand and lean back.
5. After you finish shaking hands, release the other person's hand and return to your original position



I can do this!



I can move on with  
little practice



I'm almost there.



I need more work  
on this.



I don't understand  
this.



## ABOUT THE BOOK

The Self-Reliance book series is one of the known products of ILM. The book series teach the self-reliance steps for the pre-schoolers and kindergartners in great detail. The ability to get self reliant is presented along with the skills necessary for basic character building of a child.

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