

Ears also help us to differentiate between loud sounds and gentle sounds. Very loud sounds are unpleasant and harmful for our ears.

How do we feel when a bus tyre bursts in front of us? We immediately cover our ears.



Skin

Activity:

- ◆ Ask the students to touch different things around them like the wall, bag, their clothes, desk, etc.
- ◆ Let them find out which things have rough surfaces and which ones have smooth surfaces.



For the Teacher: Ask the students to do this activity at home. Touch a piece of ice and slightly hot water to get to know the feeling of cold and hot.

Skin enables us to feel smooth and rough surfaces, hot and cold things and so on. We also get the feeling of pain when we are injured or bitten by an insect. The skin also helps to protect the parts of our body present below it.

Do You Know?

The largest organ of our body is the Skin.

Nose

Activity:

Collect few sweet smelling flowers like rose and vegetables like garlic. Put them in opaque bags and ask the students to identify them by smelling.

Our nose helps us to smell different types of 'smells' and 'fragrances'. It can differentiate between good and bad smells.



Eyes

Eyes are a wonderful gift of nature to mankind. They help us to see various objects around us.

Eyes also help us to get an idea of the distance of various objects. They help us to know whether a given object is near by or far off.

Eyes also help us to know the difference between various colours. It is our eyes that make us say that the rose is red and the leaf is green.

Our eyes also help us to express our feelings and emotions.

Do You Know?

All babies are colour blind when they are born. At that time they see all objects only as black or white.

Look at the faces below and match them with their feelings.



angry



scared



shy



happy



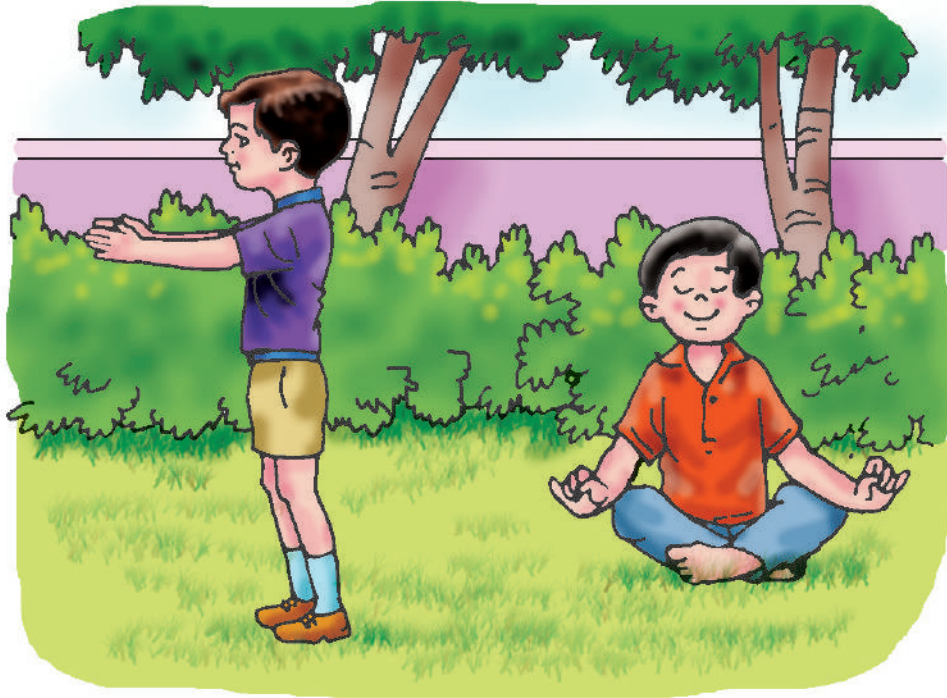
lonely

Taking Care of Our Sense Organs



- ◆ Clean your tongue with a tongue cleaner.
- ◆ Bathe daily to keep your skin clean.
- ◆ Avoid eating too hot or too cold things.
- ◆ Never touch or poke your eyes, nose or ears with any pointed object.

- ◆ Avoid reading in dim light.
- ◆ Avoid watching T.V., or working on computer, or playing video games for a long duration.
- ◆ Do meditation and exercise regularly.



Keywords

- ❖ **fragrance** nice smell.
- ❖ **meditation** staying calm and quiet.
- ❖ **sensitive** feels easily.
- ❖ **sense organs** the body organs which help us to sense various things around us.