



Vidura College – Colombo

Grade 2 – 2 nd Term

Environmental Studies

Unit 10- Our wellbeing

Student Note - 1

Dear parents,

1. Please guide your child to write the students' notes by following the guidelines given below.
2. Before writing the students' note, watch the lesson on You Tube.
<https://www.youtube.com/watch?v=B9lV9af0OqY>
3. Use the **ENV writing book** to write the students' note.
4. Guide the child to write the student's note as follows:-
 - (i) Date should be written on the first rule of the page.
 - (ii) Leave a line and write the topic as Our wellbeing-
 - (iii) Underline the topics using a green colour pencil.
 - (iv) Guide them to write the student note, draw and colour pictures or paste pictures.

Student Note

Unit 10

10.1 How to be a well disciplined student

1. The child should keep the books neat and clean.
2. The child should respect the teachers.
3. The child should be attentive to the teacher.
4. The child should not disturb his peers.
5. The child should be careful of the school goods

10.2 Things we should follow in the school.

1. Spend the interval time well.
2. Preparing for the next lesson after one lesson is completed.
3. Behave well after school.
4. Work according to the school rules and values.

10.3 How to keep books neat and tidy.

1. Put the covers to the books.
2. Write the name,subject and the class neatly.
3. Do not scribble on pages.
4. Do not tear pages.
5. Put them carefully into the school bag

10.4 Poems on Good Habits.

There are some songs and poems which depict good habits.

Eg:Sirimath

By Kumarathunga Munidasa

සිරිමත් මගෙ	සකි
යහපත්	ලමයෙකි
නුවණ ත්	අත්තෙකි
වැඩටත්	සමතෙකි

උදයම	පිබිදී
මුහුණට	දියදී
කුළදෙව්	නමදී
ගේ දොර	අමදී

පාඩම්	කරනට
පන පොත	ගෙන සිට
සිත වෙහ	දෙයකට
නොහරි	කිසි විට

10.5 What we achieve by doing good deeds

1. Self-satisfaction.
2. Winning numerous achievements in life.
3. Obtain leadership.
4. Receive awards.
5. Gain popularity.
6. Receive praise.

