****

**RECOVERY PLAN - LEARNING ACTIVITIES FOR LIFE SKILLS GRADE R – 3**

|  |  |  |  |
| --- | --- | --- | --- |
| **Grade R** | **Grade 1** | **Grade 2** | **Grade 3** |
| **Shapes and colours around us:*** Look and colour different shapes
* The shapes that make up different objects
* Look at and name different colours
* Shades of colours , e.g. light/dark

**\*DBE Workbook 1 Page 10,11,14 & 17** | **The weather:*** Regular observation of weather conditions (hot, cold, windy, cloudy, sunny, rainy, etc.)
* The weather and us (include clothes, food and activities)

**\*DBE Workbook 1 Term 1 Week 8 activities**  | **Healthy living:*** Protecting food we eat
* Things that harm us (smoking, alcohol, drugs)
* Good habits (regular exercise, limited television)

**DBE Workbook 1 Term 1 Week 7-8 activities**  | **Rights and responsibilities:*** Learners’ rights and responsibilities
* Rights and responsibilities of others (at home & school, in our community & in the environment

 **DBE Workbook 1 Term 1 Week 7-8 activities** |
| **Home:*** Who lives at home
* What I do at home
* Who works at home
* Different jobs we do at home

**\*DBE Workbook 2 Page 2-7** | **My family:*** What a family is
* Members of my family (immediate and extended)

**\*DBE Workbook 1 Term 2 Week 1 activities** | **Seasons:** The four seasons* Summer,
* Autumn,
* Winter and
* Spring

**\* DBE Workbook 1 Term 2 Week 1-3 activities**  | **Healthy eating:** Food groups* Vitamins (fruit & vegetables)
* Carbohydrates (bread, maize/mielie meal, etc.)
* Proteins (eggs, beans, meat,nuts)
* Dairy (milk, cheese, yoghurt)

**\*DBE Workbook 1 Term 2 Week 1 activities** |
| **Safety:*** How to be safe at home
* Safe places to play
* Unsafe places to play
* Being safe on the road

**\*DBE Workbook 2 Page 14-19** | **Safety in the home:** Dangers at home* When cooking
* When washing
* Lighting and electricity
* Outside areas
* Keeping safe when home alone
* Emergency number card

**\*DBE Workbook 1 Term 2 Week 2 activities** | **Seasons:** How seasons affect us* Clothes
* Food
* Activities

**\*DBE Workbook 1 Term 2 Week 1-3 activities**  | A balanced diet* Healthy and unhealthy food
* Good eating habits

**\*DBE Workbook 1 Term 2 Week 2-3 activities**  |
| **NB. DBE Workbooks should be used for activities under each topic in Life Skills** |