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

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| **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** | | | |