



GRADE

2

LEARNER'S
BOOK

Platinum

Life Skills

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Platinum Life Skills Grade 2 Learner's Book

Maskew Miller Learning
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Welcome to our Learning Adventure



Dear Learner,

Welcome to this exciting Learner's Book! You will meet amazing characters; just like each character is special in their own way, you are too!



Thabo



Tuck Shop Lady



Lily



Sahil



Tebogo



Amina



Zara



Lulama



Lina



Aiden



Khaya


You will find the following in your Learner's Book, which will help guide you on a fun journey filled with learning and discovery.

Let us begin: Each topic starts with important information you will be learning about.

Time to explore: Fun activities that encourage you to explore new ideas, learn cool facts and solve puzzles.

New words: Learn new words that will help you grow your vocabulary.

Creative Arts: when you see this sign , it is time to use your imagination.

Physical Education: It is time to move your body when you see this sign. 

Let us check: At the end of each topic, complete these activities so you can be proud of how much you have learned!

Formal Assessment: This will test how well you have understood everything that has been taught throughout the term.

This Learners' Book will encourage you to work alone, and in groups. You will sing, dance and learn together. Be sure to prepare for every class and ask your teacher as many questions as you can.

Get ready to learn, play and create with your friends.

Happy learning.

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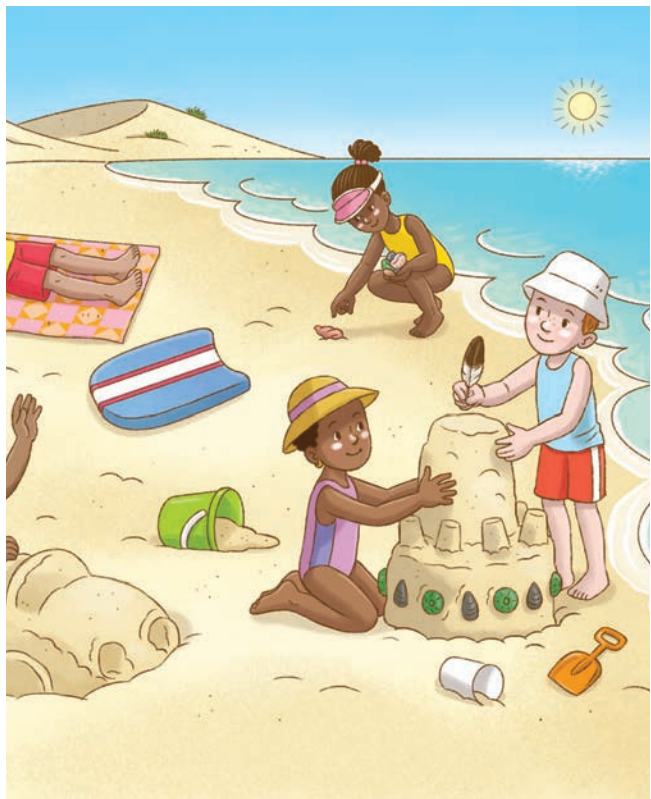
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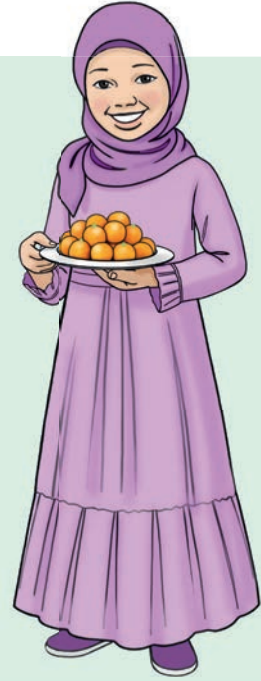
Topic 1 What we need to live



Topic 1 What we need to live

Let us begin

1. What is your favourite food?
2. Are these foods **healthy** or **unhealthy**?
3. Do you enjoy playing outside?
4. What games do you enjoy playing?
5. Throw and catch a bean bag or a ball with your friend. Count how many times you can throw and catch the bean bag or ball without dropping it.



New words

healthy – things that keep our bodies strong

unhealthy – things that make our bodies sick

Foods for growth, energy and health



Activity 1

Sahil buys sweets, chips and a pie at the school tuckshop.

Work in pairs.

1. What gives us **energy**?
2. What could Sahil do to get more energy?
3. Why do you think Sahil is getting tired?

energy – what we need for our bodies to be able to do work or play games

New word

Activity 2

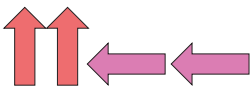
Work on your own.

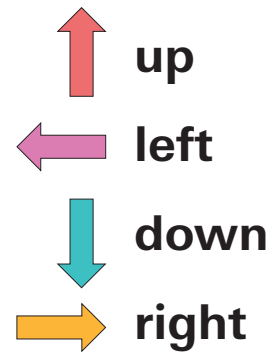
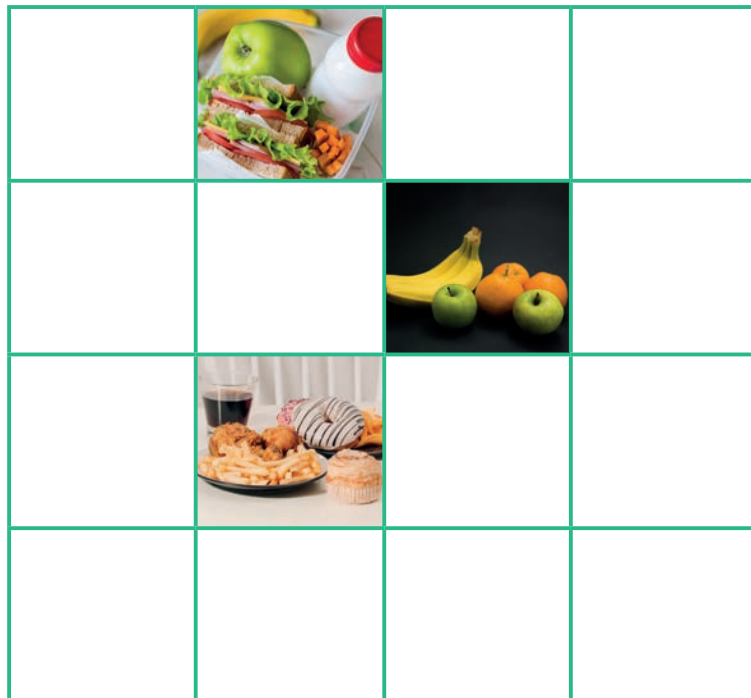
Sahil can move one block at a time. He can move up, left, down and right. Start at the yellow triangle.

Follow each set of arrows and see where it takes Sahil.

a. 

b. 

c. 



Why do we need water?

Activity 3

Work on your own.

1. Make a list of all the ways that Mbali uses water.
2. Write down two other ways that we use water.



Time to explore

Where does water come from?



1. Make a poster showing five places where we find water.
2. Use books and the internet to help you.
3. Tell the class what you have learned.

Clean air

People need clean air to live. Without clean air people would get sick.



Activity 4

Work in pairs.

1. What is happening in each picture?
2. Why is the boy holding his nose?
3. Why do you need clean air?
4. Do you think plants and animals need clean air? Why?

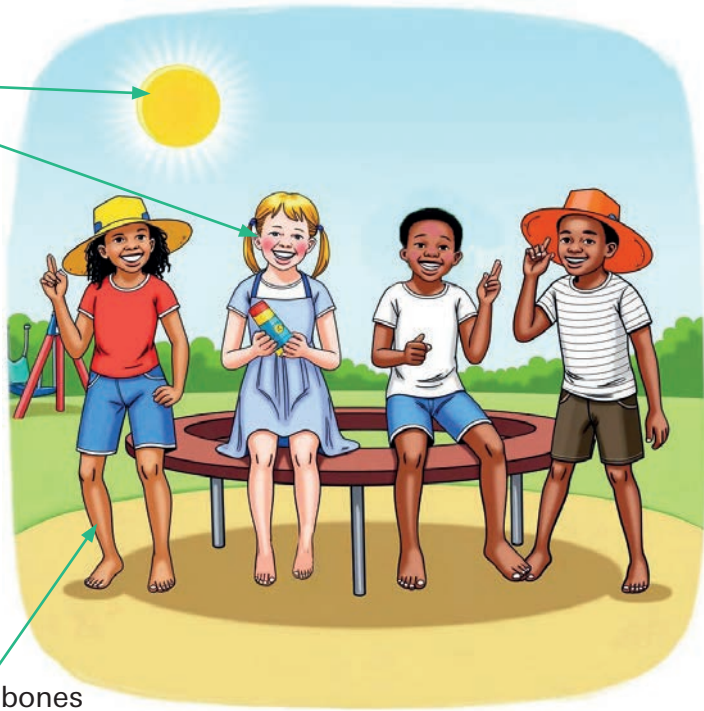
Sunlight

Vitamin D
sunburn

New
words

sunburn – sore skin caused by too much time in the sun

protect – to keep someone or something safe



healthy bones

Activity 5

Work on your own.

Look at the picture and read the labels.

1. Why is the sun good for us?

Start your sentence with: The sun is good for us because _____.

2. Why can the sun be bad for us?

Start your sentence with: The sun can be bad for us when _____.

3. How should you **protect** your skin from the sun?

Start your sentence with: I must protect my skin from the sun by _____.

Let us check

1. Which lunch is healthy?



2. Choose the correct word in the sentence:

We need to rub (**water/sunblock**) on our skin when we go into the sun.

3. Is this sentence **right** or **wrong**?

Car fumes help animals, plants and people to breathe clean air.

4. Draw a picture of how you use water at home.

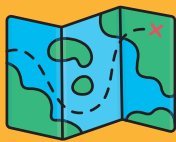


Topic 2 Myself and others



Let us begin

1. How can we be kind to other people?
2. How do you comfort a friend who is feeling sad?
3. Name three things you can do to make a new child feel welcome.



Time to explore

1. How do you feel when you help others?
2. How do you feel when someone helps you?

What makes someone a good friend?

Activity 1

Work on your own.

What **qualities** make someone a good friend?

1. Write down four qualities that make someone a good friend.
2. Write down four qualities that make you a good friend.

A good friend

_____.

A good friend

_____.

A good friend

_____.

A good friend

_____.

New words

qualities – the good things about a person that make them special

friendship – the relationship between people who spend time together because they like similar things

Activity 2

Work in pairs.

Complete the **friendship** poem by writing the qualities and actions that you think good friends should have.

Use the words in the box to help you.

My Friend

My friend _____ is the best person ever,
(friend's name)

They are _____, _____ and clever.
(quality) (quality)

My friend listens to my stories every day.

It makes me feel _____ when we play.
(feeling)

Always willing to _____ and share.
(action)

It shows how much they care.

Did I mention they are _____ too?
(quality)

A good friend to me and you.

Qualities: honest, fun, kind, patient, understanding, accepting, caring

Feelings: happy, loved

Actions: talk, listen, play, help

Activity 3

Work on your own.

Look at the pictures.

1. What is happening in each picture?
2. Which picture shows a good quality of being a friend?



People at school and at home

Mr. Anwar is a teacher at a school in Limpopo. He is the learners' favourite teacher because he is always kind, caring and listens to them. Everyone always has fun in Mr. Anwar's class.



New words

respect – being kind to people and following rules

disrespect – not treating people well and not following the rules

Activity 4

Work in pairs.

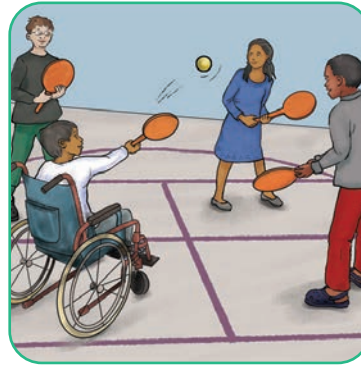
1. Which cards show **respect** to the teacher and the school?
2. Which cards show **disrespect** to teachers and the school?



Showing respect and helping others



We show respect by helping people.



We respect people who may be different from us.



We show respect by keeping our classroom and homes tidy.



We show respect by caring for older people.

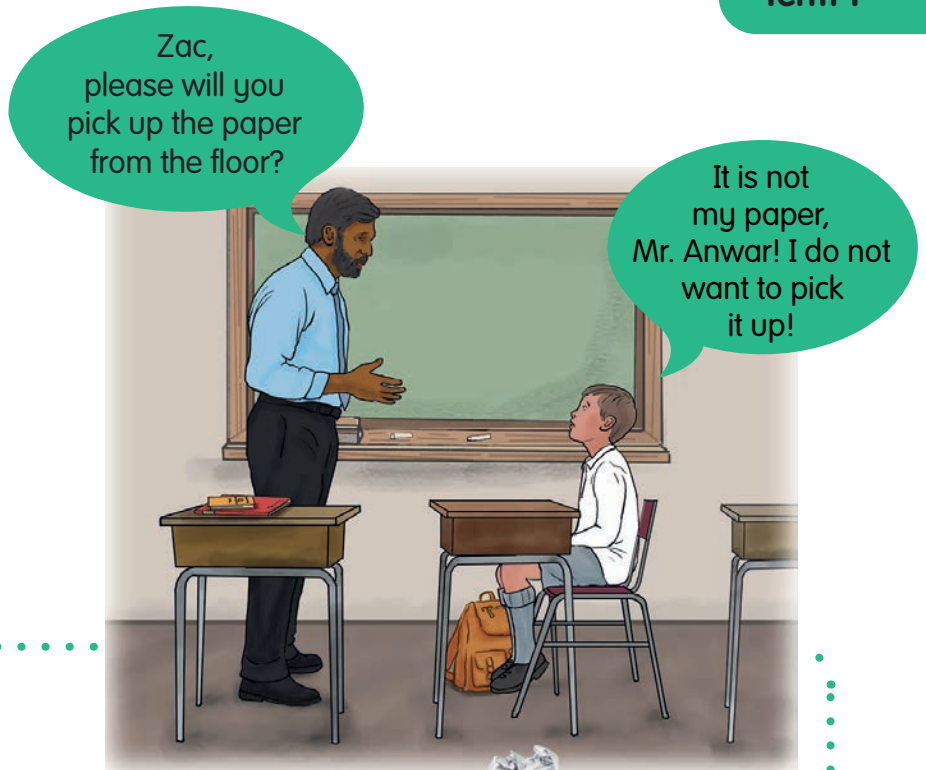
Activity 5

Work in pairs.

1. How are the children showing respect to other people?
2. Make a poster to show respect. Choose one of the ideas from these pictures, or use your own idea.
3. Tell the class about your poster.

Sometimes we do not show people respect.

When we do this, we need to say sorry to those people.



Activity 6

Work on your own.

1. Is Zac showing respect or disrespect to Mr. Anwar?
2. If you were Mr. Anwar, would you be happy with Zac's answer?
3. What should Zac do next?
4. Pretend to be Zac and make a card for Mr. Anwar.

What to add in your card:

- Say sorry to Mr. Anwar
- Promise Mr. Anwar that you will not speak to him like that again
- Draw a picture that will make Mr. Anwar smile

Activity 7

Work on your own.

1. Trace your hand into your book.
2. Write down five acts that you can do that will be helpful and show respect to others.
3. Write one act on each finger.



Time to explore

If you have helped a friend, should you expect something in return?

Bullying and self-esteem

Bullying is when someone says hurtful things or hurts your body.

When people are bullied, it makes them feel bad about themselves.

How we feel about ourselves is called our self-esteem.

Activity 8

Work in pairs.

1. What is happening in the picture?
2. How would you feel if other children did this to you?
3. Who can help us if we are being bullied?
4. How can we make people feel better about themselves?



Activity 9

Work in groups.

Make a message chain.

You will need:

- Different colour paper
- Colour pens
- Scissors
- Stapler



You must:

1. Cut the colour paper into 5 strips.
2. Write down either:
 - One way to prevent bullying.
 - One way to show respect to others.
3. Bend each strip into a link. Use a stapler to join all the strips together to make a chain.
4. Decorate the classroom with your message chains.

Let us check

1. Name three qualities that a good friend must have.
2. How can you show respect to others?
3. Choose the correct word: Bullying makes people feel (**good/bad**) about themselves.
4. How can you stop a bully on the playground?
5. Work with a friend to balance on one leg.
6. Balance on one leg on your own. First balance on your right leg, then balance on your left leg. Count for how long you can balance on each leg.



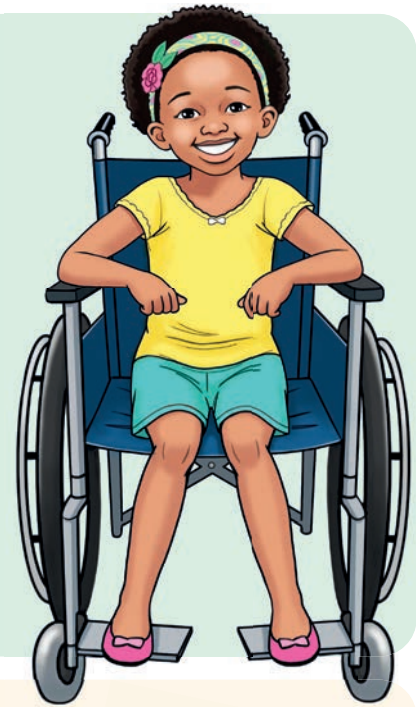
Topic 3 Everyone is special



Let us begin

Look at the pictures.

1. What makes the people in the pictures **special**?
2. What makes you special?
3. What makes your friends special?



Time to explore



No one has the same **fingerprints** as you.

Work in pairs.

1. Paint your fingertip with watercolour paint and press it onto a page.
2. Look carefully at your fingerprint and your friend's fingerprint.
3. Do they look the same?

New words

special – something that makes us different to other people

fingerprint – a pattern of marks made by our fingertips

People are similar and people are different

Activity 1

Work on your own.

Walk around the classroom and find things that are **similar** and **different** among you and your classmates.

1. Find a person who has the same hairstyle as you.
2. Find a person who plays different sports to you.
3. Find a person who wears glasses.
4. Find a person who is the same height as you.

similar – things that are the same

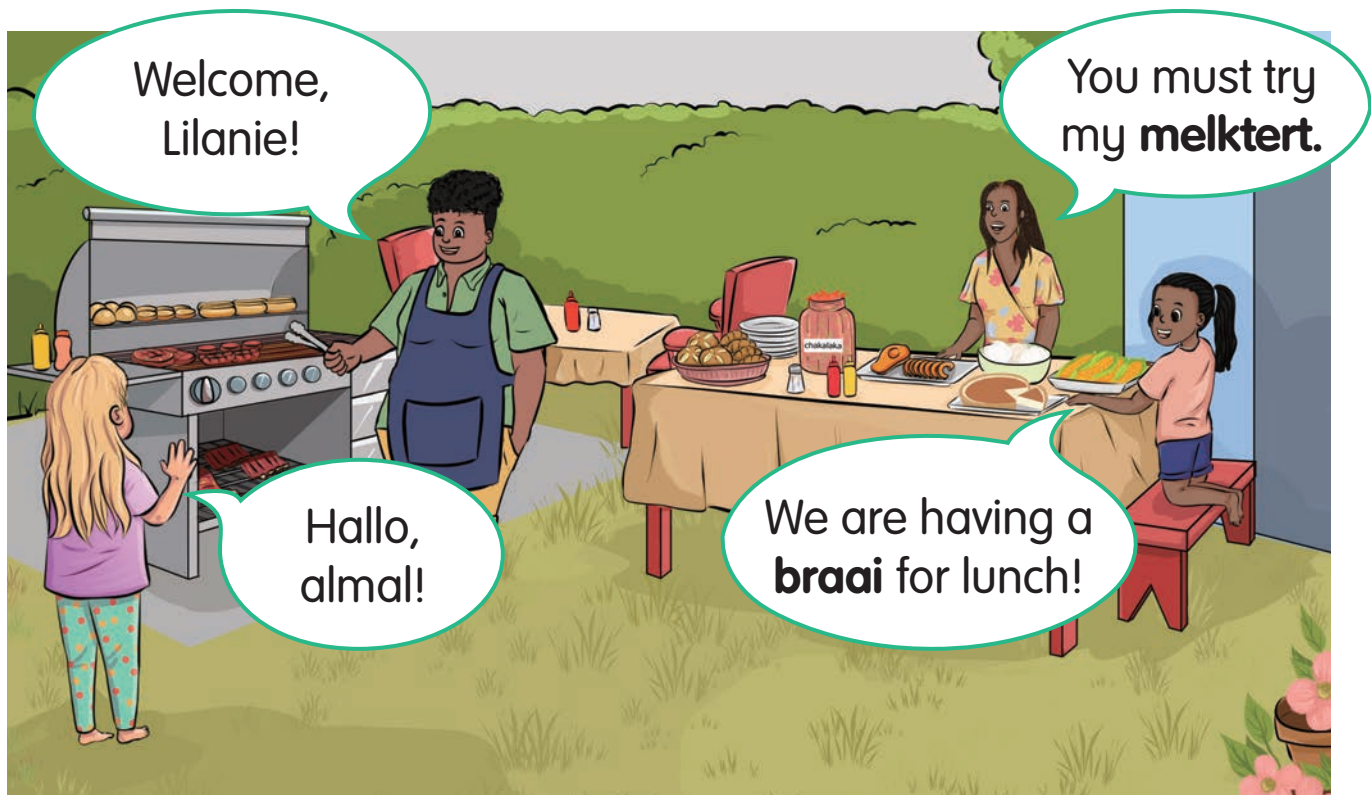
different – things that are not the same

braai – to cook meat over open coals

melktert – a South African dessert with a sweet pastry and custard filling

A yellow sticky note icon with the text "New words" written on it in black.

Lilanie and Entle's families love spending time with each other. They have learned that their families may be different, but they are the same in many ways too.



Activity 2

Work in pairs.

1. Name the language that Lilanie is speaking.
2. What language do you speak at home?
3. What foods on the table do you like eating?

Things that help people

Activity 3

Work in pairs.

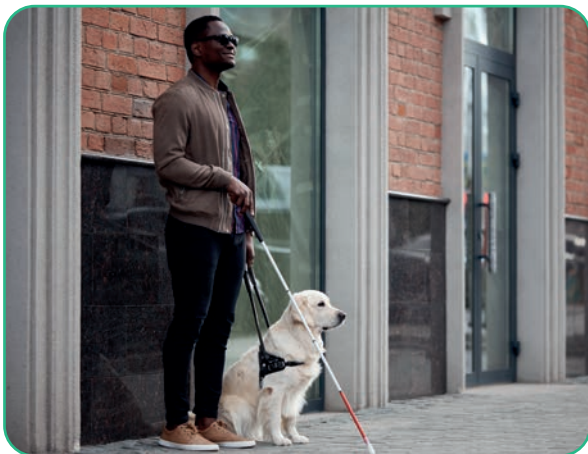
How do these things help people?



Glasses for reading and seeing things far away



A walker used for walking



A service dog and cane



Hearing aids



Time to explore

Find out about successful South Africans who have a disability. Use newspapers, magazines or the internet to help you.

Share what you find with your class.

Activity 4

Work in pairs.

Blindfold game

You will need:

- A blindfold
 - A ball or a stick
1. Blindfold your friend. Make sure they cannot see anything.
 2. Place the ball or stick somewhere that your friend needs to find it.
 3. Stand with your blindfolded friend.
 4. Tell your friend how to get the ball or stick. Give them directions.

Caring for people with disabilities

Read Lina's story.

Lina is an 8-year-old girl who uses a wheelchair because she cannot walk. She moved to a new school where she needs to use **ramps** to get to class. Lina sometimes stays in class during break because she is too tired to use the ramps. It is difficult for Lina to make friends because she stays alone in class at break.



New words

disabilities –

when you are not able to use a part of your body

ramp – a sloped part of the floor that makes it easier for a person to push their wheelchair instead of using the stairs.

Activity 5

Work on your own.

1. If Lina was part of your class, how would you help her?
2. Should Lina stay on her own during break? Why?
3. How would you feel staying alone in class during break?

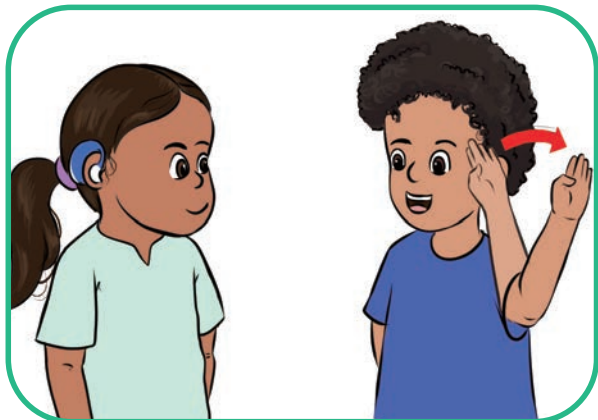
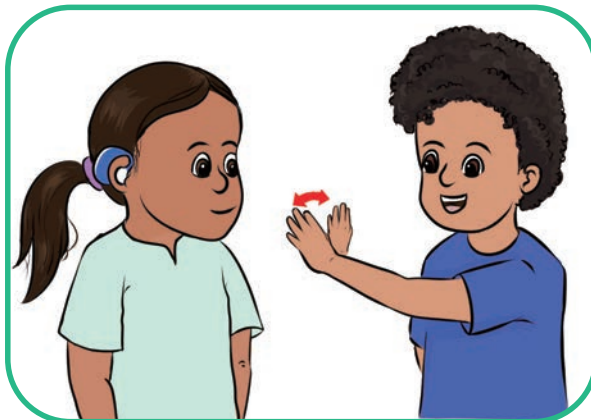
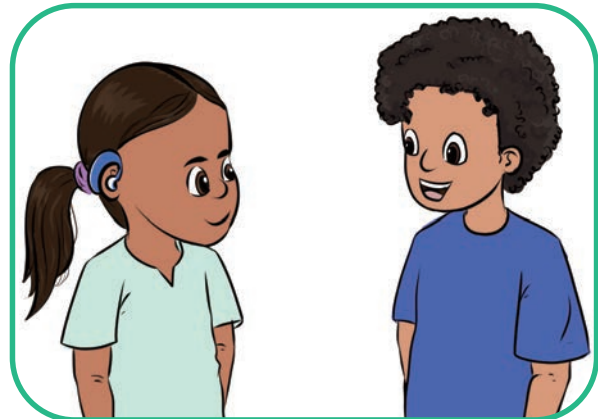
Activity 6

Jayden has a friend, Kiara, who cannot hear very well. Kiara can hear people speak when she uses a **hearing aid**. Sometimes Kiara uses **sign language** to talk to people.

Work in pairs.

Look at the pictures below.

How does Jayden talk to Kiara?



New words

hearing aid – something you wear in or behind your ear that helps you hear

sign language – using your hands and other parts of your body to talk

I can be a hero

Activity 7

Work in pairs.

1. What is a hero?
2. Do you need to be older to be a hero?
3. How can you be a hero now?

Activity 8

Work on your own.

Look at the pictures.

How can you be a hero?



I can be a hero by _____.



I can be a hero by _____.



I can be a hero by _____.



hero – someone who does or says things that help other people