

**ST THOMAS SCHOOL, DHURWA, RANCHI**

SECOND TERM , SESSION 20201– 2022

CLASS : II      SUBJECT: ENVIRONMENTAL STUDIES

**CHAPTER – 12 Healthy Body And Mind (Answers)**

*Text Book (Exercises A and B to be done in the text book itself. Only Question and Answer to be done in note book.)*

**Ex A). Answer the following.**

**Ans1. In our free time, we do things which we enjoy doing and which make us happy. This is called recreation.**

**Ans 2. Rest is important for us because it gives us energy and makes us fresh again.**

**Ans 3. We need to sleep because a good sleep helps both body and brain to develop and grow.**

**Ans 4. Outdoor games help us to make stronger muscles and bones.**

**Ans 5. Indoor games help to refresh our mind and body as they are a part of recreation.**

**Ans 6. i. cricket, football**

**ii. ludo, carom**

**iii. playing in the parks, playing on swings**

**iv. drawing, painting**

**Ex B). Fill in the blanks.**

1) strong

2) refreshes

3) Yoga

4) kids

5) relaxing

**Ex C). Outdoor/ Indoor Activity**

**Outdoor Activities** – Cricket, Swimming, Cycling

**Indoor Activities** – Reading book, Painting, Playing with toys,  
Watching TV, Ludo, Video games

**WORKSHEET: To be done in the book.**

**Ex 1. Fill in the blanks.**

- a. rest and fun.
- b. refreshes
- c. 10 to 11
- d. body
- e. muscles and bones
- f. unhealthy and overweight

**Ex. 2 and Ex 3 to be done with the help of the guardians.**

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