

CLASS 4

EVS

REVISION NOTES

Class 4 EVS Chapter 6 Happy and Healthy Living – Revision Notes

Class 4 EVS Chapter 6, Happy and Healthy Living, focuses on daily habits that keep the body and mind healthy -- personal hygiene, cleanliness, exercise, rest, and emotional wellbeing.

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Class 4 EVS Chapter 6, **Happy and Healthy Living**, focuses on daily habits that keep the body and mind healthy — personal hygiene, cleanliness, exercise, rest, and emotional wellbeing.

About Chapter 6: Happy and Healthy Living

Health is more than just avoiding illness — it includes physical fitness, cleanliness, adequate rest, and emotional wellbeing. This chapter connects these different aspects into a complete picture of what it means to live happily and healthily.

Key Concepts

1. Personal Hygiene

Regular habits like washing hands before eating and after using the toilet, brushing teeth twice a day, bathing daily, and keeping nails trimmed help prevent the spread of germs and illness.

2. Cleanliness of Surroundings

A clean home, school, and neighbourhood reduce the risk of disease-carrying pests and germs, and everyone shares responsibility for keeping shared spaces clean.

3. Physical Exercise

Regular physical activity — playing outdoor games, walking, running, or simple exercises — keeps the body strong, improves mood, and supports healthy growth.

4. Rest and Sleep

Adequate sleep allows the body to rest, repair, and recharge, and is essential for concentration, growth, and overall health, especially for growing children.

5. Emotional Wellbeing

Happiness and mental wellbeing matter alongside physical health — spending time with family and friends, expressing feelings, and managing stress are all part of healthy living.

Quick Recap

Personal hygiene habits (handwashing, brushing, bathing) prevent illness.

Clean surroundings reduce the spread of germs and disease.

Regular physical exercise supports a strong, healthy body.

Adequate sleep is essential for growth, health, and concentration.

Emotional wellbeing is just as important as physical health.

Common Mistakes to Avoid

Students sometimes think of health only in physical terms and overlook emotional wellbeing — this chapter’s broader definition of “happy and healthy” is worth emphasising explicitly. Another gap is treating hygiene habits as optional rather than daily necessities.

How to Practise This Chapter at Home

Create a simple daily routine chart together covering hygiene habits, exercise time, and sleep schedule, and track it for a week. Talk openly about feelings and stress as part of the daily routine, reinforcing that emotional wellbeing matters too.

Why This Chapter Matters

Building healthy daily habits early leads to lifelong wellbeing, and understanding health as a combination of physical, hygienic, and emotional factors gives children a more complete and useful picture of what “staying healthy” really means.

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