



Let us lead a happy and healthy life



Sanduni and Chamari are two students of the same class. Sanduni's clothes are neat and tidy. She keeps her books in order. She is keen about her studies and sports. She is friendly with everybody and is quite pleasant and happy. On the other hand Chamari's clothes are untidy and her work is not methodical. She is not interested in sports or her studies. Often she is intolerant and appears to be irritable. It is clear to you now that Sanduni appears to possess good habits leading to a healthy and happy life out of the two girls.

In this lesson you can learn about the qualities of physical, mental, social and spiritual well-being required for a healthy life, and good habits to be followed to develop them.



Concept of health

A healthy life is not only the mere absence of diseases and disability but also reaching perfection in physical, mental, social and spiritual well-being.

1.1 Physical well-being

Physical well-being includes good health, minimizing of behavioural patterns which lead to ill health and maintain physical fitness.

Saman and Ajith are two healthy children. Saman's weight appears to suit his height but Ajith is some what fat. When these two children play, Ajith gets tired easily. Saman can play for a long time without getting tired. Saman appears to be more active in his daily activities as well.

You will note that Saman maintains a better physical well-being out of these two boys.



Factors and good habits required for proper physical well-being

1. Fresh air
2. Clean water
3. Hygiene and sanitation
4. Healthy food
5. Sports and exercise
6. Adequate rest and sleep
7. Good environment

1. Fresh air

Living in an environment with fresh air is important for physical well-being.

What has to be done to keep the air fresh?

- Maintaining vehicles properly to minimise emissions.
- Controlling smoke emissions from machinery.
- Avoid burning of polythene.
- Proper waste disposal and using household waste for producing compost.

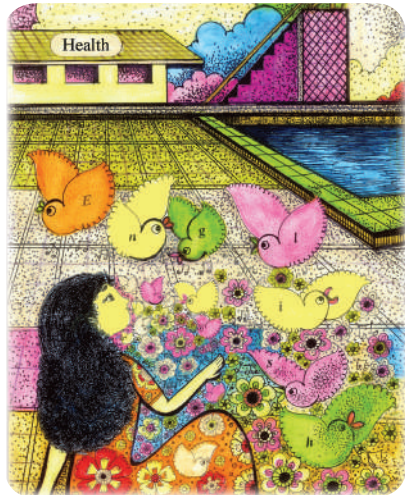


figure 1.1

By wearing a facial mask the harm caused to the lungs can be minimised in areas where the air is polluted. Pollution of the air can be reduced by growing trees etc. to maintain a clean atmosphere.

2. Clean water

The use of clean water is important for physical well-being. Clean water is required for drinking, bathing, washing etc. It is essential to prevent water from getting polluted and to treat water as a limited resource to be used with care. Boiled and cooled water is suitable for drinking, and water filters also can be used to purify water. A child of your age should drink between 1.5 - 2 liters of water per day. Water can be polluted due to contamination with micro-organisms as well as agricultural chemicals and factory waste.

3. Hygiene and Sanitation

Maintaining personal cleanliness is hygiene. Sanitation is a requirement that is necessary to maintain hygiene (e.g. presence of sufficient water, toilet facilities, waste management etc). As hygiene is affected by sanitation, special attention must be given to sanitation.

Engage in the following good habits and maintain your hygiene.

- Brush your teeth at least twice a day, after meals and before going to bed.
- Wash hands with soap after using the toilet.
- Wash hands with soap before preparing or consumption of food
- Wash or bathe daily.
- Trim your nails and keep them clean.
- Pay attention to cleanliness of your clothes, towels, and bed linen
- Keep utensils and personal items (plates, cups, combs) the toilet, kitchen etc. , clean.

Concept of water and sanitation

WASH

WA - WATER
S - SANITATION
H - HIGIENE

In order to maintain a healthy life, water, sanitation and hygiene are necessary. A clean and continuous water supply is important. The management of waste disposal, clean environment and adequate toilet facilities is important for good sanitation. The above mentioned good habits will result in a healthy life.



Figure 1.2

Get more information about this from your teachers.

Let us Learn More

The correct method of hand- washing.

- ★ Your nails must be kept short and clean.
- ★ Wet your hands with flowing, clean water.
- ★ Apply soap all over the palms.
- ★ Rub your hands.
 - ① Rub the palms together.
 - ② Rub the outer surface of the palms.
 - ③ Rub between the fingers.
 - ④ Rub the outer surface of the fingers.
 - ⑤ Rub the outer surface of the thumb.
 - ⑥ Rub the palm of one hand with the tips of the fingers of the other hand.
- ★ Wash hands with flowing, clean water.
- ★ Wipe with a clean cloth or paper serviette, or use an automatic hand dryer.



Figure 1.3 - correct way to wash hands.

4. Healthy food

Hygienically prepared balanced meal containing all the nutrients in correct proportion can be called a healthy diet. Attention should be paid to the following regarding the food we eat.

- Cleanliness
- Free from additives (natural)
- Freshness
- Hygiene

The amount of food to be eaten should be decided according to one's nutritional status.



Figure 1.4

5. Sports and exercise

Engaging in sports and exercise helps to achieve physical fitness and good health.

Benefits of engaging in sports and exercises:

- Strengthening of bones and muscles
- Strengthening of heart and circulatory system
- Development of sports skills
- Controlling weight
- Provides entertainment and fun.

In order to achieve the above, you should engage in sports and exercise at least for 30-60 minutes every day. Special exercise programmes should be done under correct guidance and supervision. It is also important to be involved actively in day-to-day activities e.g. taking stairs instead of the lift, walking as much as possible specially short distances. Correct postures should be used in day to day activities.



Figure 1.5

6. Adequate rest and sleep

Adequate rest and sleep are important to maintain physical well-being. A child should sleep at least 8-10 hours every day. The body undergoes growth and repair during rest and mental stress is relieved. Lack of proper sleep reduces the efficiency of the next day. It is better to take small breaks during working hours.

7. Pleasant environment

Pleasant environment is very important for physical well-being. Features of a pleasant environment are:

- Fresh air/ adequate ventilation
- Adequate light
- Trees and vegetation in the environment
- Neat, tidy and clean surroundings.



Figure 1.6

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5S concept

This is a Japanese concept that is adopted to keep the living or working environment tidy. This will not only keep the environment clean, systematic and well organized, but also helps to improve productivity and efficiency.

1. Sort (Seiri)

Identifying necessary and unnecessary items and removing unnecessary items.

2. Systematize (seiton)

Arrange necessary items in order so that they can be easily available.

3. Shine (seiso)

Keep the place clean.

4. Standardize (seiketsu)

Maintain and improve on the above-mentioned actions at all times.

5. Sustain (shitsuko)

Educate others on this concept and continue to work to improve this.

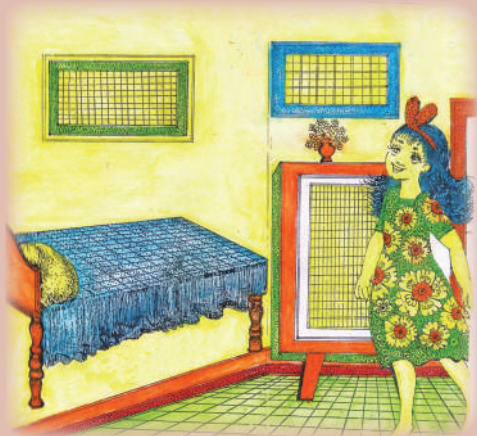


Figure 1.7

Let us put it into practice

Arrange your classroom and bedroom according to the 5S concept.



Features that determine physical well-being

Features that determine physical well-being are given below.

1. Nutritional status
2. Physical fitness

3. Immunity
4. Appearance
5. Being active

1. Nutritional status

The nutritional condition of a person is called Nutritional status, e.g. optimum nutrition, micronutrient deficiency, malnutrition, obesity.

The nutritional status differs from person to person due to changes in patterns of consumption of food.

Lack of nutrients results in undernutritional states such as short stature (short for age) and wasting (inadequate weight for height). Eating more food than required results in overnutritional states such as overweight and obesity. All these nutritional problems increase the risk of developing various illnesses. Undernutrition and overnutrition increase the risk of communicable and non-communicable diseases respectively. Consuming healthy food adequately will protect us from diseases, keep us active and ensure proper growth of the body. Thus it is important to maintain a proper level of nutrition in order to maintain optimum physical well-being.

The following indices are used to measure the physical growth.

- I. Height
- II. Body Mass Index
- III. Waist circumference

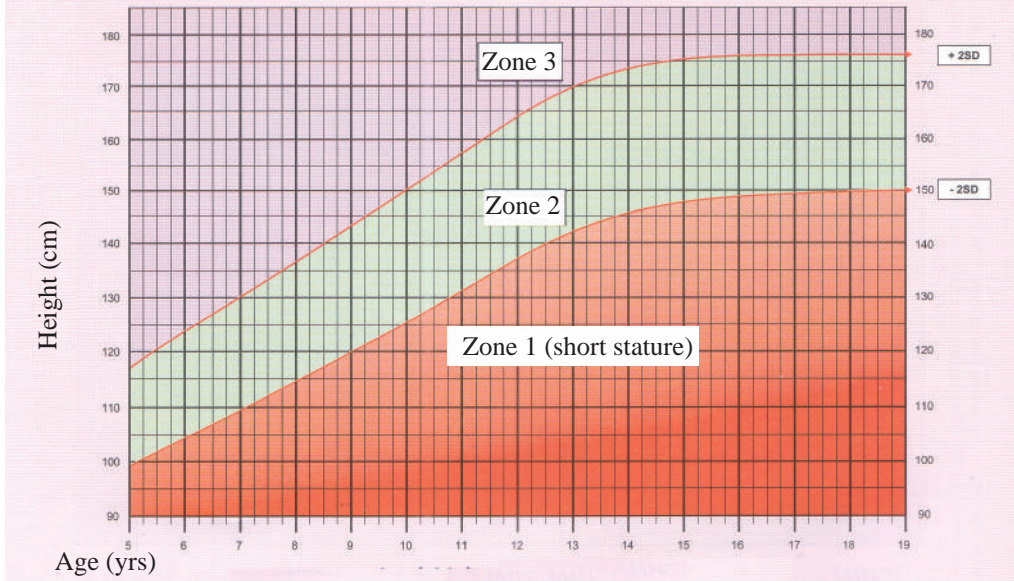
I. Height

You should have a height that suits your age.

Gender-based height-for-age charts are used to determine the suitability of height. Charts 1.1 and 1.2 give the height-for-age charts for girls and boys of 5-19 years respectively. These charts are available in the growth assessment book of your younger siblings.

Chart 1.1

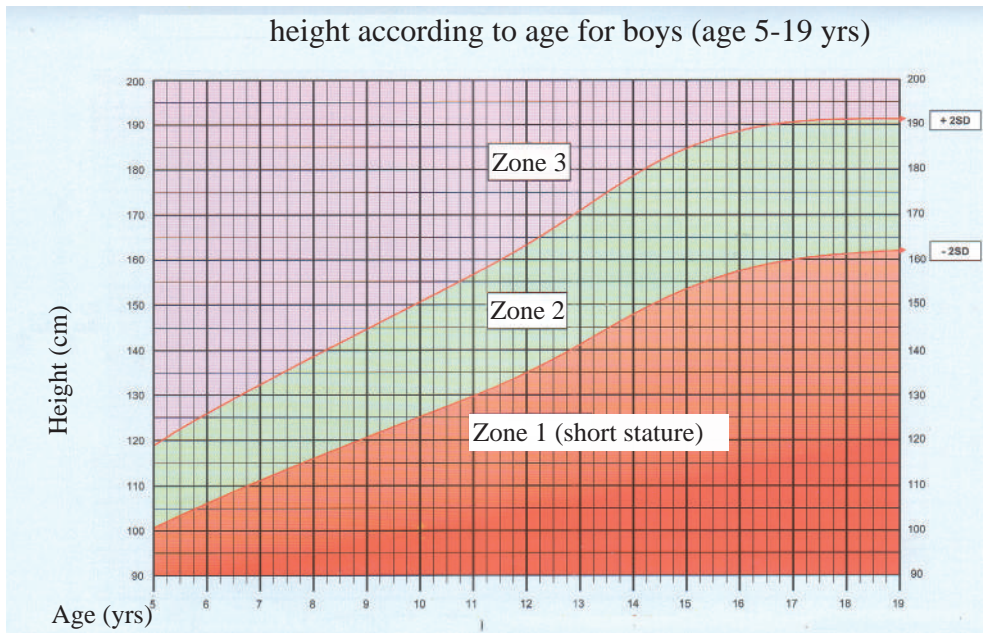
height according to age for girls (age 5 -19 yrs)



Source - WHO

Chart 1.2

height according to age for boys (age 5-19 yrs)



Source - WHO

According to the above chart, if the height of a person is below the -2SD line (orange colour zone), that person is considered to be short for his age.

Let us Learn More

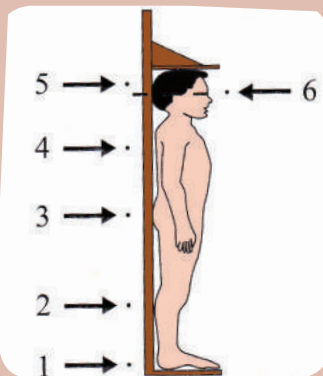
Measuring height

Equipment : Height can be measured with a measuring tape fixed to the wall

Method :

- ★ Remove shoes.
- ★ Remove hats, clips and hair styles on the crown to make it easy to measure the height up to the crown.
- ★ Stand up turning back to the tape hanging on the wall. Your ankle, calf, buttocks, back of chest and the back of the head should touch the vertical line. Keep head looking straight forward.
- ★ Another person should place a ruler or a wooden stick horizontally on the head (straight and touching the head). Read the height.
- ★ Note down the height in cm.

The following illustration shows how to measure the height correctly. The points of the body given below should touch the vertical line.



1. Heel
2. Calf
3. Buttocks
4. Back of Chest
5. Back of the head
6. Person must be looking forward

Figure 1.8 - measuring height

II. Body Mass Index

Body Mass Index is used to decide whether one's weight is appropriate for the height. To calculate the Body Mass Index, weight in kilograms is divided by the square of the height in meters.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

E.g : Imagine your weight is 29 kg and height is 1.4m. Then your BMI value is 14.8 kg/m²

$$\text{BMI} = \frac{29 \text{ kg}}{1.4 \text{ m} \times 1.4 \text{ m}} = 14.8 \text{ kg/m}^2$$

Gender based BMI-for-age charts can be used to determine the appropriateness of weight for height of a person of 5-19 years of age. (Charts 1.3 and 1.4)

Chart 1.3

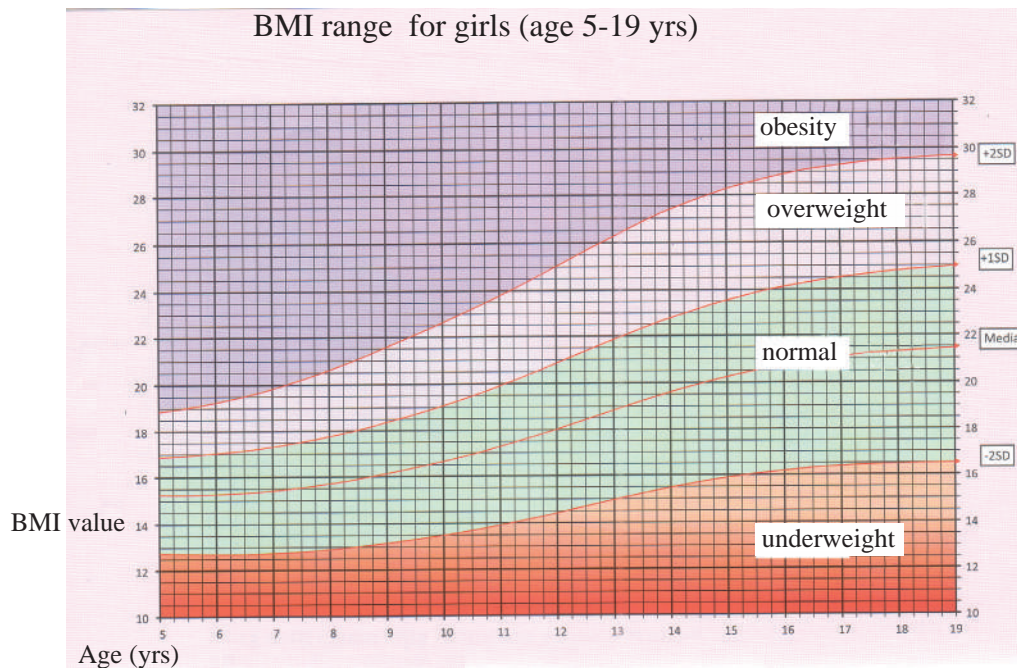
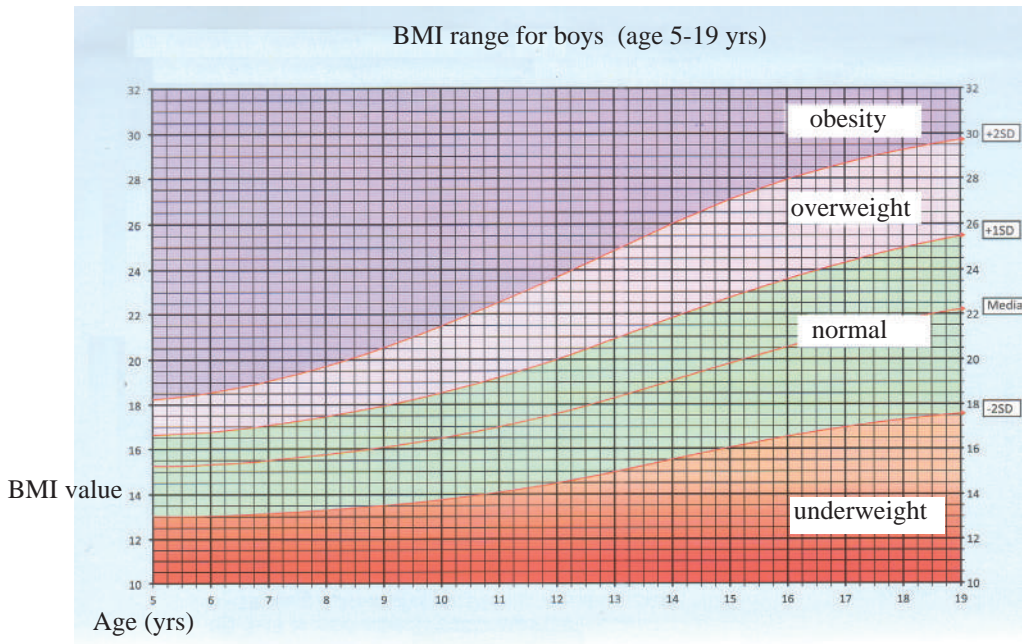


Chart 1.4



Source - WHO

Mark your BMI value in the chart according to the age and gender. Your nutritional status can be decided based on the zone where your BMI value belongs.

Below -2SD	(Orange)	- Underweight
From -2SD to +1SD	(Green)	-Appropriate weight for height
From +1SD to +2SD	(Light Purple)	- Overweight
Above +2SD	(Dark Purple)	- Obesity

Let us Learn More

Measuring weight

Equipment: A scale

Method:

- ★ Wear light clothes.
- ★ Remove shoes and everything in pockets.
- ★ Remove coats or jackets worn over the school uniform.
- ★ Make sure the scale is at the value of 0.
- ★ Stand straight on the scale. Keep your hands free and relaxed by the sides of the body.
- ★ The body should not touch or lean against anything, and the head should be straight. Look forward (You should not look at the scale).
- ★ Read the value indicated on the scale with the help of another person (a friend).
- ★ Note down the weight in kg.



Figure 1.9 - measuring weight

Let us put it into practice

Measure your and your friends' height and weight and calculate the BMI Value.

Decide the nutritional status using the charts.

III. Waist circumference

Waist Circumference is the measurement taken around the waist. Fat is mostly deposited in the body around this area in the abdomen and this adversely affects our health. The deposition of fat around the abdomen is a major risk factor for the development of non communicable diseases. Therefore it is very important to maintain an appropriate waist circumference. The ratio between the waist circumference to the height can be used to determine the appropriateness of the waist circumference.

$$\frac{\text{Waist circumference (cm)}}{\text{Height (cm)}}$$

Waist to height ratio should be less than 0.5.

waist circumference should be less than half of one's height.

Let us Learn More

Measuring the waist circumference

Equipment : A flexible measuring tape

Method:

- ★ The following illustration (Figure 1.4) shows how to measure the waist circumference correctly.
- ★ On the vertical line coming down from the armpit, mark the lowest part of the ribs, the upper part of the hip bone, and the mid point between these two points. Do this on both sides of the body.
- ★ Keep the tape horizontally on these two positions marked. The person should be relaxed at this moment.

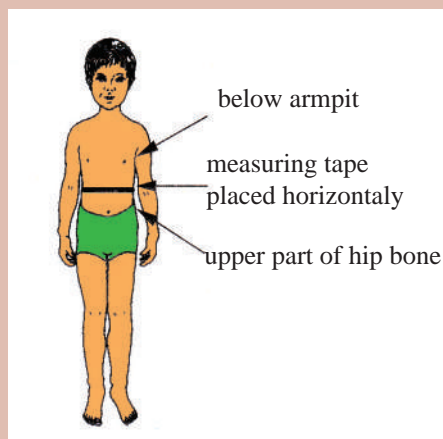


Figure 1.10
Measuring waist circumference

2. Physical fitness

Our ability to engage in daily routine activities effectively is called physical fitness.

When we do day-to-day activities, sports and exercise our body becomes tired. If we can do such physical activities for a long time and return to normal status quickly, that shows that we have a high degree of physical fitness.

If the physical fitness is high, one can do day-to-day activities easily and display higher talents in sports.

3. Immunity

Some students of the class often get absent because they fall ill. There are students who often fall ill but some do not. What is the reason for this?

Germes enter our body and cause communicable diseases. Immunity of the body protects the body against these germs. Good nutrition, healthy habits and exercise improve immunity.

4. Appearance

We can improve our appearance by maintaining the cleanliness of clothes, hair, teeth, nails, skin and also by adopting correct postures in day-to-day activities. Pleasant appearance is also a feature of mental well-being, and it improves social well-being too.



Figure 1.11

5. Being active

Engaging in day-to-day activities happily and enthusiastically without being lazy is a feature of a person with good physical well-being. Maintaining a correct posture helps to improve activeness. All factors mentioned above are also important for improving activeness.

1.2 Mental well-being

One day on the way home after school, Piumi and Amali met a stranger. He asked them for the directions to the school. After receiving the required information, the stranger gave them a bag full of toffees. Both Amali and Piumi had the desire to take it .

Then they had a discussion but they were careful not to let the stranger hear them.

Piumi: Let's take it.

Amali: No. Mother has told us not to take anything from a stranger

Piumi: But this person seems good. He only asked the directions to school.

Amali: But we don't know him quite well. So don't take it. Don't you remember, this morning our health teacher too advised us not to take anything from strangers.

Piumi: But how can we refuse now?

Amali: We have to have our lunch. So we don't want toffees now. Thank you very much.

Then both of them set out for home.

You must have noticed how Amali and Piumi acted with intelligence and assertively during the incident and escaped a possible dangerous situation tactfully.

So, what is mental well-being? How can it be identified?

According to the World Health Organization, mental well-being is the ability to identify your skills, to face the challenges in day to day life successfully, work effectively, serve society and live happily.

Mental well-being helps us to live happily and successfully.



Good habits for mental well-being

There are good habits that can be practiced to maintain mental well-being. They are:

1. Engaging in sports activities
2. Engaging in aesthetic and creative activities
3. Engaging in a hobby
4. Leading a simple life style
5. Time management
6. Counselling
7. Meditation.



Figure 1.12

1. Engaging in sports activities

Working cooperatively with a team and accepting both victory and defeat happily can be learned through sports. We can also gain physical as well as mental comfort through sports. Sports improve health as well as prevent illnesses. Therefore, it is good to engage in a sport daily as a habit.

2. Engaging in aesthetic and creative activities

Aesthetic activities such as listening to music, singing, playing musical instruments, dancing or drawing soothe our mind and provide entertainment. Activities such as creative writing (poetry or short stories), stitching and other hand work make us happy.



Figure 1.13

3. Engaging in a hobby

For instance, cycling, swimming, collecting stamps, listening to music etc. or any good activity that brings one happiness.

4. Leading a simple life style

A simple life style means getting only what you need and being satisfied with it. If we can get used to a simple life style, we can avoid many problems. There are things that are not really essential but one may like to have them. These are called desirables. Desires are endless and craving for desires makes our life problematic. Therefore, leading a simple life helps to maintain mental well-being.

5. Time management

Understanding the daily activities well and planning them according to priorities within a given time frame is time management. You can get your parents' and elders' support for this. Working to a time table, avoiding postponement of work, timely preparation etc., help to manage time. When you complete a task on time you feel free and relaxed. This helps you to face challenges, especially examinations and competitions without stress.

6. Counselling

You may have to face various stressful or problematic situations in everyday life. In such situations, it is advisable to consult or discuss about them with your friends, teachers, parents or any other suitable elder and get their advice appropriately. “Suwa Sariya” of the Ministry of Health Education and “Mithuru Piyasa” in hospitals, provides counselling. You can also get the help of the counselling unit of your school.

Suwa sariya

Telephone - 0710107107 / Web Site-www.suwasariya.gov.lk

7. Meditation

You can commence meditation practice by relaxing in a comfortable posture closing your eyes and concentrating for a few minutes. Qualities such as concentration, paying attention and tolerance can be improved by engaging in meditation from a young age according one's religion.

Let us put it into practice

Meet the teacher of the special counselling unit of your school and discuss how you can receive that service.



A person with mental well-being displays the following skills and characteristics

1. Self-understanding and self-esteem
2. Decision making
3. Problem solving
4. Coping with stress
5. Critical thinking
6. Creative thinking
7. Emotional balance
8. Being happy and lively
9. Self-discipline



Figure 1.14

Think about other points that could be included.

1. Self-understanding and self-esteem

Self-esteem is the trust that you have in your abilities. It reflects your overall emotional evaluation of your own worth. You should have a correct evaluation of your emotions, ideas, expectations and talents. Self-esteem can be achieved through self-understanding. This self-esteem is

not mere arrogance, but a pride that comes from understanding one's talents and limits. A person who has self esteem can face challenges with confidence.

Your talents, skills, good qualities, pleasant behavior and association with good friends help you to develop your own value and self- esteem.

2. Decision making

Decision making is choosing the best option when we do something. When making a decision, think of the positives and negatives, advantages and disadvantages and how it would affect you and others. Make use of your knowledge, experience and what you learn from day-to-day incidents. When your knowledge is not adequate regarding a particular situation, it is always useful to consult a person with more knowledge and experience. You should be flexible and listen to others when a decision is made as a group. Avoid being emotional and hasty when making a decision.



Figure 1.15

Before making a decision

- Gather all relevant information before making the decision.
- Explore all the options available.
- One should be able to prove the decision with good reasons.

D e c i s i o n

After making a decision

- Take the responsibility for it.
- Examine the result.
- Respect the decisions made as a group

3. Problem solving

Problems faced by us in our day to day life should be solved calmly and intelligently. To solve a problem successfully, first it should be

identified correctly. There could be several options when solving a problem. You should explore all the options available and intelligently choose the best. You should also consider others' experience as well. When you cannot solve a problem by yourself, you can consult others.

Amali and Piumi faced a problem. They solved it through discussion.

4. Coping with stress

We have to face various challenges in day-to-day life. Situations such as facing an examination or a competition, being bullied after entering a new school, a friend leaving the school etc., can cause stress. First we should find the reasons for our stress and then find solutions for them. We can consult a trustworthy experienced person in finding a solution. It is important to have such a trustworthy person by us when we face a stressful situation. The person can be a parent, teacher, sibling or a friend.

We should be strong enough to accept things that cannot be changed in life and accept them as they are. We should be able to tolerate both victory and defeat alike and be happy at another's victory as well.

Activities that can be practised to cope with stress in life successfully

- Sports
- Aesthetic activities
- Hobbies
- Time management
- Accepting an amount of work one can cope
- Meditation



Figure 1.16

5. Critical thinking

Thinking carefully, intelligently and logically is called critical thinking. We should think of the good and the bad, advantages and disadvantages as well as different angles of looking at a situation. This is useful in making correct decisions.

6. Creative thinking



Figure 1.17

Creative thinking is developing new and novel ideas. Activity can be done more attractively and fruitfully. Creative thinking leads to inventions and productivity. Creative thinking can be used to face day-to-day problems and challenges successfully.

7. Emotional balance

An emotion is a sudden mental state which causes internal and external changes in a person. Emotions can be described as powerful, sudden thoughts that come into ones mind. There may be pleasant emotions such as happiness sympathy, kindness etc. and unpleasant ones such as anger, fear, sadness, jealousy and greed etc. Emotional balance is an adoption of a balanced behaviour by intelligently considering the facts without being over powered by emotions.

What can you do when you have a harmful emotion?

- Avoid what is causing it
- Think of something different or distract yourself
- Count from 1 to 10 before you act
- Inhale and exhale deeply
- Drink a glass of water slowly

Your reactions to pleasant emotions such as happiness should not affect yourself and others.

8. Being happy and lively

Being lively is the mental readiness to work actively without being lazy. Then one's work can be done more efficiently and productively. If you are happy it can have a pleasant effect on those around you.

Being happy is a positive, pleasant emotion. Behaving without causing trouble or being a nuisance to others and being satisfied with what you do will make you happy.



Figure 1.18

9. Self-discipline

Every thought that comes in to your mind may not be right. Controlling feeling and emotions to suit the situation, moral values, culture and society can be considered as self-discipline. In simple terms, one should not be a slave to feelings and emotions, but should act suitably according to the situation.

- E.g. Waiting in a queue even if you are getting late
- Respecting road rules
- Not dumping garbage everywhere.

We should obey rules, not because we are afraid of rules, but because behaving this way makes us happy. It is the way of living without being a nuisance to others.



Figure 1.19

Let us put it into practice

1. Mention how the following talents and characteristics displayed in the incident encountered by Amali and Piumi. Discuss them in front of the class.

Talent / Characteristic	Situation in which it was displayed
1. Decision making	
2. Problem solving	
3. Critical thinking	
4. Self discipline	
5. Creative thinking	

2. Explain an instance when you solved a problem through discussion among friends.
3. Describe a situation where a friend faced an unfavorable emotion.
4. Explain an instance when you or a friend took a wrong decision and mention a better decision you could have taken.

1.3 Social well-being

Social well-being is to maintain good relationship with the people around us.

As the new term started, the sports meet became the hottest and the most favourite topic among all, at school. Gemunu House scored the lowest points at the last sports meet. Therefore, this time the sports meet was very special to its members. The teacher in charge of Gemunu House and the students worked hard with dedication, determined to do better this year.

Captain of the Gemunu House -

Upul : If we work hard together this time, we will be able to win.

Kasun : Whether we win or not, let's try our best.

Indika : How shall we decorate the house tent this time?

Upul : Yes, we should think about that too, because the best decoration is given points.

Ramani : Shall we collect money from neighbours to spend for the decorations?

Kasun : No, let's organize a fair in the school.

Upul : That's a good idea. What do you say?

All : Yes, that's a good idea.

Aswar : What are we going to sell?

Indika : Let's bring some home-made food items. I'll bring Aggala.

Ramani : Ok. I'll bring boiled manioc.

Gawri : I'll bring Laddu. Fathima, can you bring Bundhi?

Upul : Kasun, please take over the leadership.

Kasun : Ok. Let's have the fair next Friday during the interval. Everybody should bring food items. There's something else we almost forgot. Since this is held inside the school, we have to get the principal's permission.

Upul : I'll first discuss this with our teacher in charge. Then we can ask for the principal's permission.

Kasun : Thank you very much. Fathima, can you please prepare an attractive poster? We can display it on the notice board after we get permission.

The fair was a great success and the students of the Gemunu House managed to collect Rs. 2000/-. They decorated their house beautifully using the money and their creativity. Gemunu House won the first place this time.

In the above story, the success was due to their commitment by working together as a team.

You could see how the students could avoid difficulties and gain victory at the end. We have different relationships with different people in day-to-day life; with our family members, friends and teachers at school, and with many others we meet on the way etc. The success, productivity and friendliness of these relationships display social well-being.



There are good habits that can be practised to develop social well-being. They are:

- Working as a team
- Tolerating and accepting others' views
- Being flexible
- Respecting others
- Understanding the diversity among people.

Working not as an individual but as a team is a significant feature of social well-being. When we work as a team, we should listen and learn to respect others' ideas. Sometimes, we may have to work according to others' ideas. We should always respect others.



Figure 1.20

People are diverse in appearance as well as in their actions and ideas. If you work cooperatively and peacefully with those diverse people, you'll be able to live happily. It is important to work cooperatively and respectfully with the opposite gender and be united without any gender difference.

A good concept that can be used to improve social well-being is not treating others in a way we don't like to be treated.

Let us put it into practice

Name the members of your family. What are their diverse qualities? Dramatize in groups a situation in which all the family members worked together.

We can see the following features of a person who demonstrates social well-being. Decide whether the students of Gemunu House displayed those characteristics.



A person with social well-being displays the following skills and characteristics

1. Good interpersonal relationship
2. Productive communication
3. Flexibility
4. Empathy
5. Leadership
6. Follower ship
7. Being law-abiding

Think about other points that can be added to this list

1. Good interpersonal relationships

This is about various types of relationships we have with various people we meet in every day life. We have to have relationships with helpers and workers as well as friends and parents. Patience, tolerating others' weaknesses, cooperation and flexibility help to build good relationships. If you can maintain relationships with different people appropriately, you will become a pleasant person appreciated by everyone.

If you maintain good interpersonal relationships, you will have:

- more friends in the class
- more company
- more friendly talk with others
- more participation in domestic and public work
- less conflicts with people you associate.



Figure 1.21

See whether you have such features.

2. Productive communication

This includes presenting one's ideas clearly and listening to others' ideas as well. This is very important for good interpersonal relationships.

The way how the students of Gemunu House presented their ideas and listened to one another is a good example of this.



Figure 1.22

3. Empathy

The ability to understand another person's feeling is empathy. If you were empathic, you

- help those who need help
- do not tease the persons with weaknesses
- understand the feelings of a person who is in trouble and act to comfort him
- join in and share others' happiness.



Figure 1.23

4. Flexibility

Flexibility is adapting to others ideas and respecting them and acting accordingly. You cannot work just on individual wishes when we work as a team, e.g. in the story, Ramani agreed with the majority since they did not agree with her idea.



Figure 1.24

5. Leadership

In day-to-day life you may have to work as a team leader or under a leader as a member of a team. A good leader guides others to achieve a common goal. A leader has to listen to the ideas and opinions of the other members of the team as well.

The students' effort to do the fair successfully under Kasun's leadership is a good example of this.

6. Followership

Working cooperatively with the leader in order to reach the goal is followership. This means that, we get together to reach the goal successfully under the guidance of the leader when we work as a team,

e.g. The support given to Kasun by the students of the Gemunu House displays their follower ship.



Figure 1.25

7. Being law-abiding

We should work according to the accepted rules and regulations at school and in the society. Abiding by the law enables us to live as good citizens,

e.g. When students organize fairs, they must get permission according to the rules of school. See the way they faced the situation.

1.4 Spiritual well-being

Living happily, having good interpersonal relationships, understanding one's position in society, growing with time and experience are the foundation factors of spiritual well-being.

Spiritual well-being creates a peaceful and happy person and he/ she will keep the people around him/her also happy.

There are several basic factors that would help to build spiritual well-being.

1. Enjoying environment, e.g. beach, mountains
2. Engaging in music, art or any other aesthetic activities
3. Working collectively
4. Reaching inner peace through meditation, Yoga exercise etc
5. Engaging in a sport
6. Time management
7. Counselling
8. Living according to a religion



Figure 1.26

Friendliness, helping others in need, being happy at others' happiness and bearing happiness and sadness alike are results of spiritual well-being.

Tharindu and Supun are very good at their studies. Tharindu's ambition is to be a doctor and cure the helpless patients. Supun does not have a clear ambition. Tharindu often takes part in religious activities with his parents. He is very kind and peaceful. He respects elders and teachers. Supun is different. He is not interested in religious activities. He is always sad and moody, and often quarrels with other students.

Can you see the difference between the two students?



Good habits for spiritual well-being

From your childhood make a habit of respecting elders at home and in the neighbourhood.

Stand up when you see an elderly person. Do not retort to them. Help them wherever possible.

Engage in religious activities with your parents every day. Participate in religious rituals and activities in religious places. Going to Dharma school is very important too.

Act according to the moral values that are based on your religion and culture, e.g. worshipping parents.

Man is part of nature. Nature is essential for man's existence. Therefore, it is our responsibility to protect the environment. By enjoying the beauty of nature, it relaxes our mind and we gain mental happiness.



Relax, sit down keeping your back straight and close your eyes. Concentrate on inhalation and exhalation. Inhale and exhale consciously.

Stay in any posture and close your eyes. Imagine you are in the middle of a small circle. Wish yourself happiness, contentment and good health. Then expand the circle a little and think that your family is within it. Wish them goodness and comfort. Now expand the circle step by step and increase the number of people within the circle. Thus, wish goodness and comfort to your village, city, country, world and finally the universe.

Sit in a comfortable posture. Close your eyes. Imagine there is a waterfall before you. Enjoy the picture in your mind. Now concentrate on the sound of the waterfall. Feel the water drops scattering from it. Listen to the singing of a bird on a tree close by.



Worship according to your religion with everybody at home every day. Allocate a little time for that. Shift the responsibility of leading the prayers or worshipping from member to member daily (one person per day).



The qualities of a person who has spiritual well-being

1. Being respectful

Respecting elders, teachers, friends and everybody.

2. Showing kindness

Being kind to helpless old people, animals or any other being.

3. Being grateful

Being grateful to those who helped you.

4. Being Optimistic

Always thinking positively.
Attempting to get advantage from a disadvantageous situation.



Figure 1.27

5. Being peaceful

Always working peacefully with everybody, and disliking aggressive behaviour.

6. Nature-loving

Willingness to enjoy the beauty of nature and protect the environment.



Figure 1.28

7. Living according to religious and moral values

Living peacefully and humanely according to whatever the religion one's believes in.



Figure 1.29

Although we have learnt about mental, physical, social and spiritual well being as different components, one cannot differentiate the characteristics as they overlap, e.g. a pleasant appearance is a quality of both physical and mental well-being.

Let us read and enjoy the following story with the purpose of confirming what you learnt in this lesson to develop mental and social well-being.

Bathiya ran in to the class room at the end of the interval.

Sumeda was sleeping with his head on the desk.

"Sumeda, Sumeda, wake up, the bell rang."

Sumeda lifted his head up. Tears ran down his cheeks.

"Sumeda, why is this? What happened?" Bathiya sat by Sumeda.

Interpersonal relationships

Sumeda was in great pain of mind. He was trying to say something.

Stress and emotions

Nirmali who was sitting on the chair in front of him looked back.

"Bhathiya, Sumeda said that he had a headache. He didn't eat either."

Bathiya picked up the pen on the floor and put it in Sumeda's pencil case.

Empathy and interpersonal relationships

"Sumeda, I'll sit next to you."

Bathiya sat next to Sumeda till the next period. He helped him to write the essay too.

Empathy

"Bathiya, I have a big problem." Sumeda told Bathiya on their way to the playground.

Bathiya held Sumeda's hand and smiled.

Interpersonal relationships

"Sumeda, who doesn't have problems? Even right now my mother is taking treatment at the cancer hospital. Today she is not at home. Father and I steamed a jack fruit before coming to school for myself and my sister to eat when we return after school."

Self understanding, decision making, coping with stress,
problem solving and critical thinking

Sumeda was shocked. Bathiya spoke again. "Let's go Sumeda, teacher asked us to bring two volleyballs from the sports room."

Emotional balance

Sumeda looked at Bathiya very carefully. Bathiya had a very calm and thoughtful look.

Decision making, emotional balance and coping with stress.

Bathiya joined the physical education lesson enthusiastically with the other students. Because of this, Sumeda too had forgotten his problems. In the last period, Sumeda did all the sums even before Bathiya.

"Bathiya, how can you smile and live happily like this while you have such a serious problem?"

Sumeda asked Bathiya on their way home along the gravel path. Bathiya smiled.

Decision making, emotional balance and coping with stress

"Sumeda, the biggest challenge before me now is raising my sister, helping my father and doing studies well to have a better life in society. I think everything is in my hands. I think from every angle. If I weep, our whole family will lose."

Critical thinking, decision making, productive communication,
self understanding, creative thinking and coping with stress

Sumeda revealed his problem to Bathiya before saying good bye near his home.

"Bathiya, my father was working abroad and he returned yesterday. It was only then that my mother told him that I had failed the scholarship exam."

Communication

"Father got very angry and shouted at me. He told me that he wouldn't give me the bicycle he had brought. Now I don't feel like going home."

Stress and emotions

Bathiya looked at Sumeda's home. His father came out.

"Hello, Bathiya putha, come in."

Both stepped in. The new bicycle with many ribbons tied around its handle was behind the cabinet.

Sumeda's mother gave a big bar of chocolate to Bathiya. Sumeda's father stroked his head tenderly.

"I heard that Bathiya passed the scholarship exam well. Now are you leaving the school to join one in the town?"

"Oh, no uncle. I didn't leave our village school."

"Ah! Why is that?"

Communication, interpersonal relationships and decision making

Bathiya described about his mother's condition and his responsibility of his younger sister. This is how he finished .

"..... Do you know uncle? Last year one student from our school got selected to the medical college. But he had not passed the scholarship exam."

Problem solving, critical thinking, creative thinking, communication and interpersonal relationships

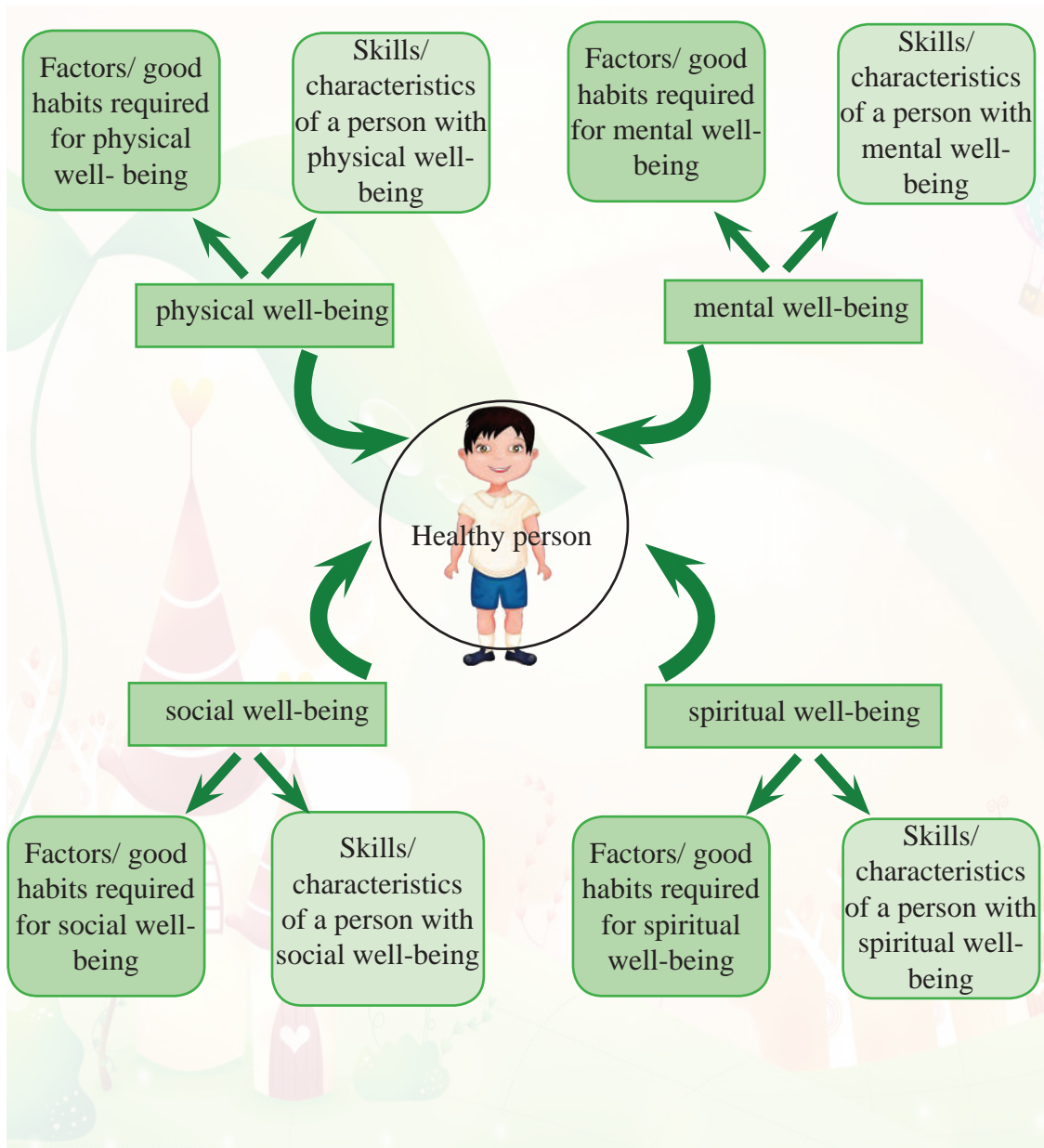
Bathiya stood up to say good bye.

"Wait Bathiya, have some lunch" said Sumeda's mother.

Sumeda's father took out the beautiful bicycle.

"Putha, drop him home on this bicycle."

Now we know....



One should develop proper mental, physical, social and spiritual well-being in order to lead a healthy life. A person with such well-being displays unique characteristics. We should practise good habits and develop life skills to experience that well-being.

Let us test our knowledge

1. Mention three characteristics that can measure physical well-being.
2. What are the three indices that can be used to measure the nutritional status?
3. Mention three good habits one should practice to maintain mental well-being.
4. Name four skills which a person with social well-being displays.
5. Give three characteristics of spiritual well-being.