



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 47 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

10. Let us be aware and face challenges.

❖ Answer the questions based on the lessons.

01. Write down everyday challenges or things you can do to cope them.

Ex:-

Challenges	Places of occurrence	What to do to cope successfully
- Lightning	<ul style="list-style-type: none">- When travelling outdoors.- In the use of electrical equipment.- When using iron tools on rainy days.	<ul style="list-style-type: none">- Avoid using iron tools during rainy seasons.- Avoid walking in open spaces.- Avoid using the phone.- Installation of lightning protection system.

02. What is a natural disaster?

03. What natural disasters do you know?

04. What are the measures that can be taken to protect against disasters?

05. How to protect yourself from abuse and awareness