



UNITED ARAB EMIRATES
MINISTRY OF EDUCATION



2025-2026

MORAL, SOCIAL AND CULTURAL STUDIES



Grade
02

Moral, Social and Cultural Studies

Student Book
Grade 2

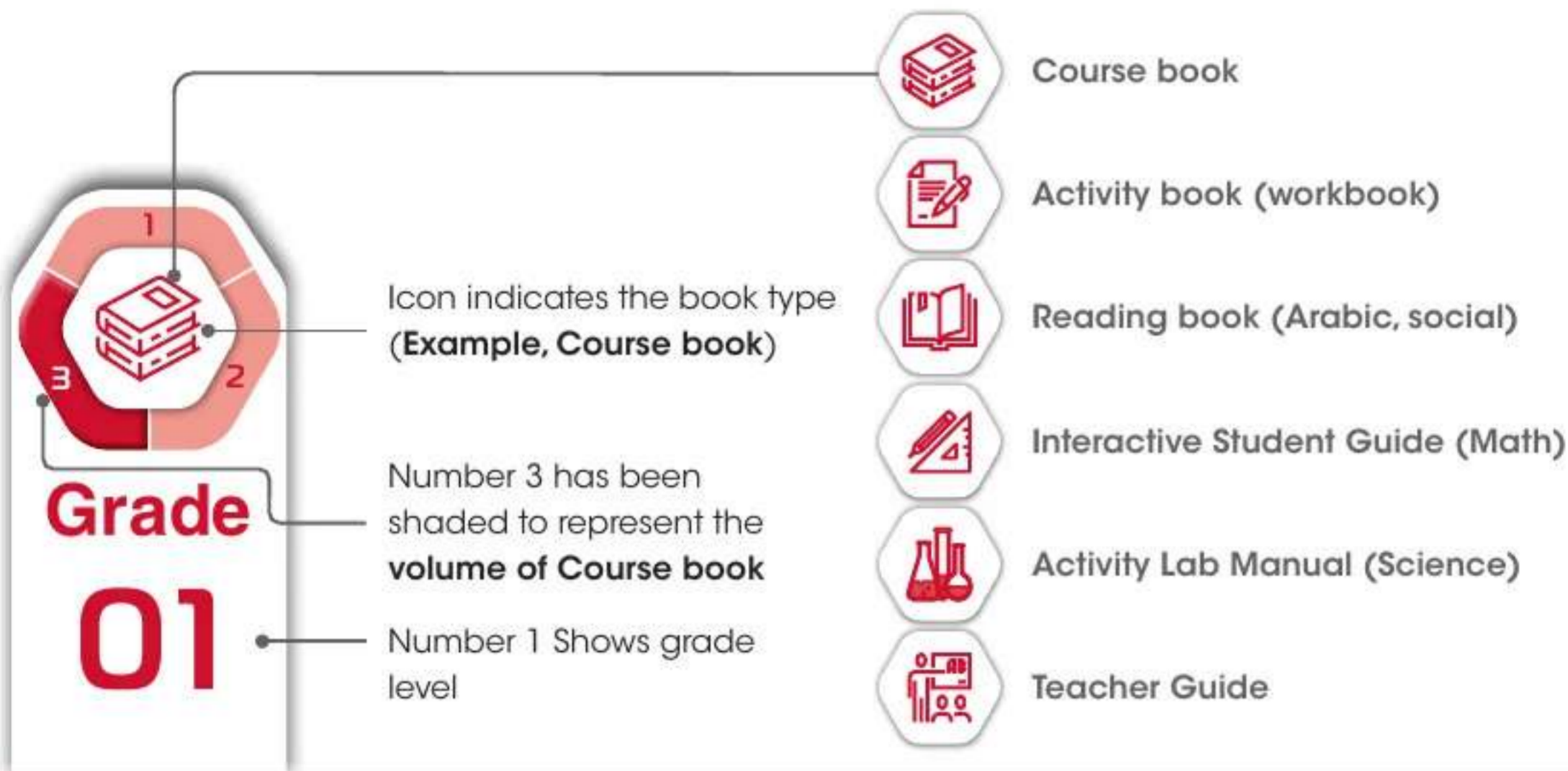
Volume 3

1446 - 1447 A.H. / 2025 - 2026



Cover label guide

Cycle 01 Color



Ministry of Education
Call Centre
For Suggestions, Inquiries
& Complaints



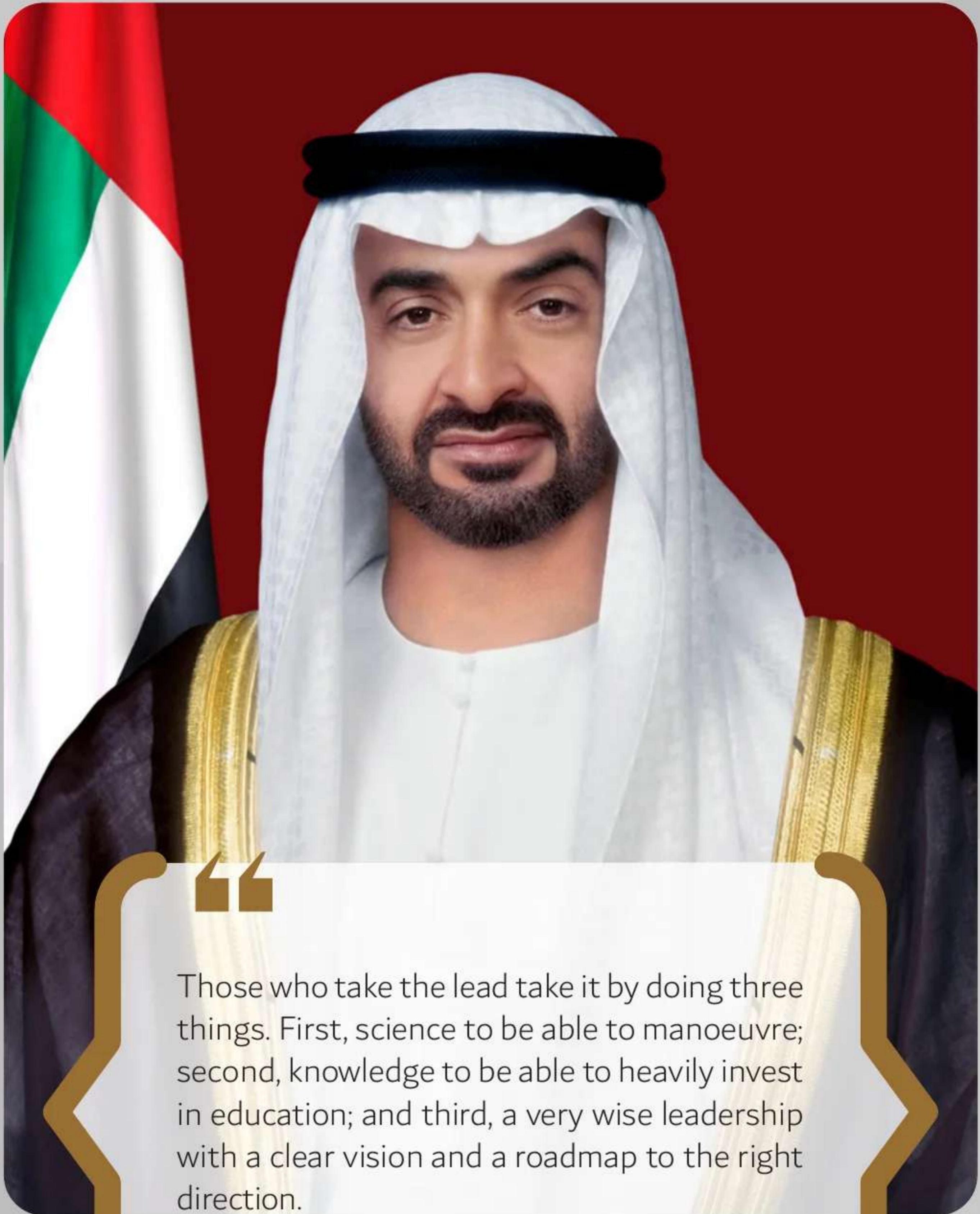
80051115



www.moe.gov.ae



ccc.moe@moe.gov.ae



Those who take the lead take it by doing three things. First, science to be able to manoeuvre; second, knowledge to be able to heavily invest in education; and third, a very wise leadership with a clear vision and a roadmap to the right direction.

His Highness Sheikh Mohammed bin Zayed Al Nahyan

Table of Contents

Unit 7: Being Healthy	6
Lesson 1: Healthy Eating	8
Lesson 2: Exercise	16
Lesson 3: Changing Feelings	24
Lesson 4: Feelings	32
Lesson 5: Solutions	40



Unit 7

Being Healthy

Lesson 1: Healthy Eating.....	8
Lesson 2: Exercise.....	16
Lesson 3: Changing Feelings.....	24
Lesson 4: Feelings.....	32
Lesson 5: Solutions.....	40



How can I be healthy?

How can I feel good?

Why is it important to say how I feel?

How can I be a good friend?

How can I be kind to myself?

Lesson 1

Healthy Eating

Why is it important to be healthy?

How can we be healthy?

What is healthy food?



meal
diet
hungry





Activity 1

Think about the food you eat. Complete the table below.

Meal	Food
Breakfast	
Lunch	
Dinner	



Activity 2

Ready to Eat

Nada was hungry! She didn't have time for breakfast that morning.

'When will lunch be ready?' Nada asked.

'In an hour,' her mother replied. 'You'll enjoy it more if you're hungry.'

An hour! Nada's stomach was grumbling. She felt dizzy. She was only thinking about food. Maybe she could have a little snack...

Nada went looking for food. She found a chocolate bar in the kitchen. She ate it quickly.



'Yummy! But I'm still hungry!'

So, she ate another chocolate bar. Then she ate some sweets. Nada wasn't hungry anymore. In fact, she felt sick.

'Lunch is ready,' her mother said.

Nada didn't want any food. Her mother was right. Lunch tastes nicer when you are hungry.



Questions

- » Why do our bodies need food?
- » Why do you think Nada felt sick?



Let's Think

Why does food taste better when you are hungry?



Activity 3

Draw pictures of what you ate yesterday.

Breakfast



Lunch



Dinner



Activity 4

Look at the pictures. Do you think the food is healthy or unhealthy? Why? Write your ideas under each picture.



1. _____



2. _____



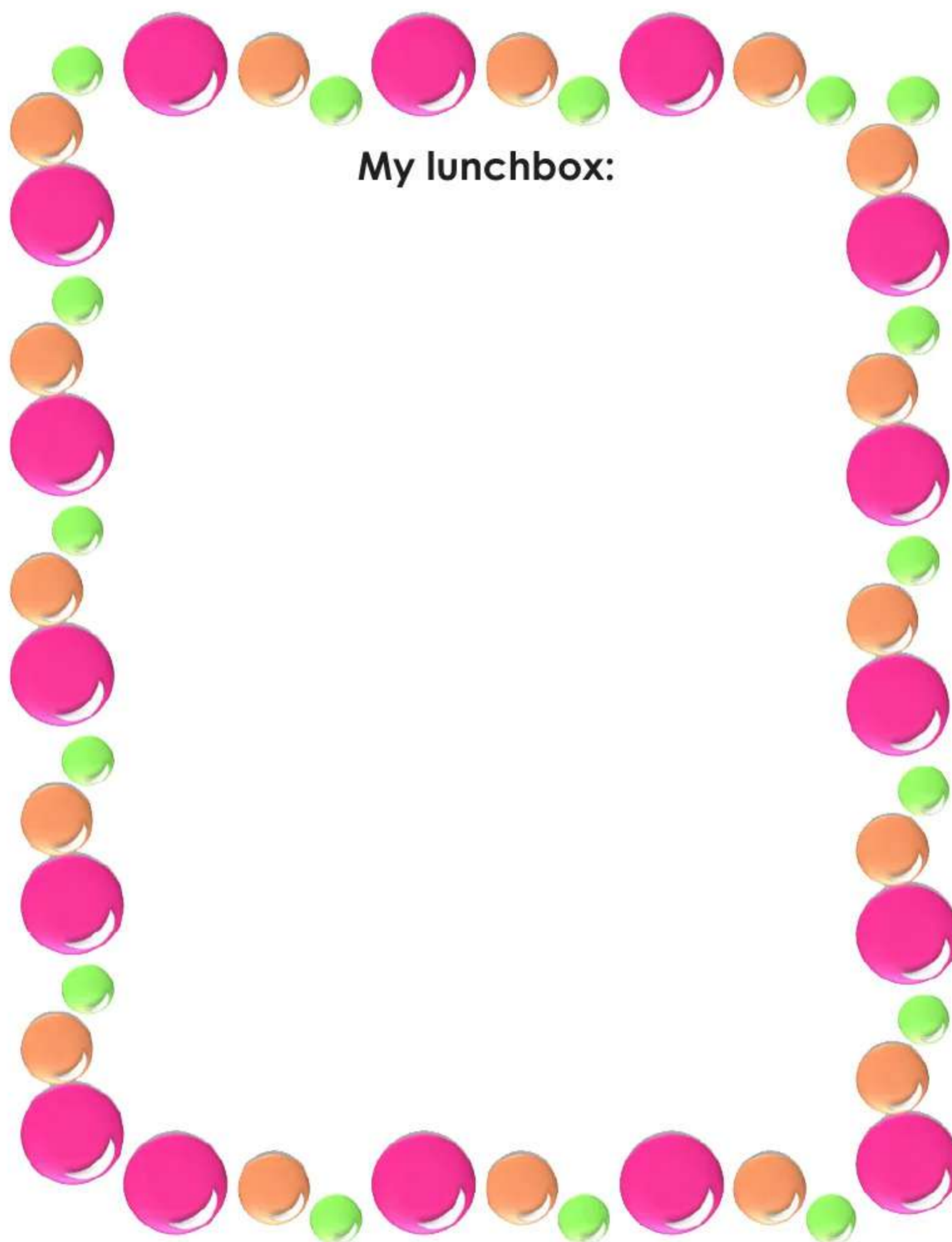
3. _____



4. _____

Activity 5

Plan a healthy lunchbox. Draw and label five foods in your lunchbox.





Lesson 2

Exercise

Why do people exercise?
What is your favourite exercise?
What sports do you like?



heart
tired
blood





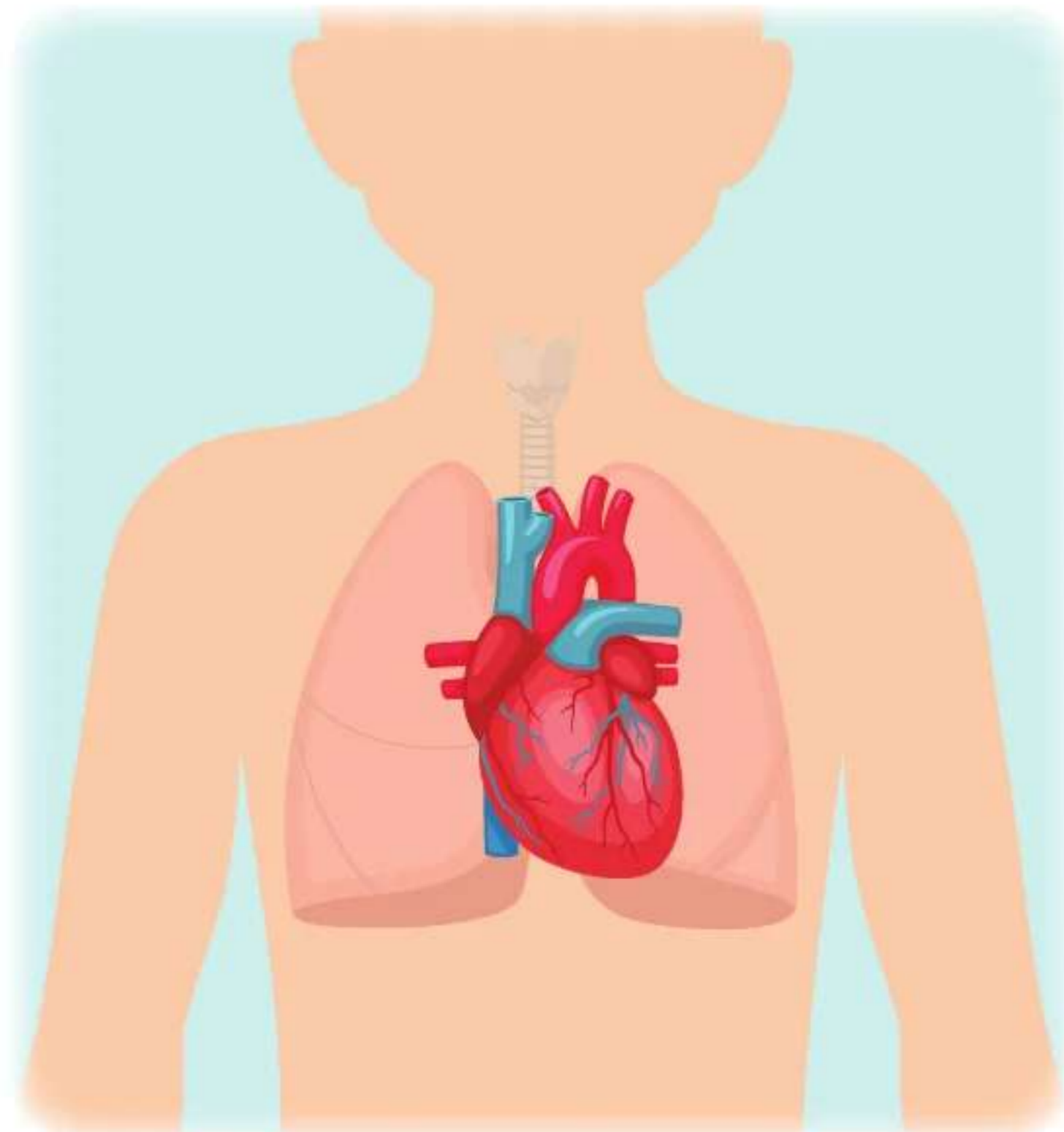
Activity 1

Look at the picture and answer the questions.

1. Where is your heart?

2. What does it do?

3. Where does blood go from the heart?



Activity 2

Nada on the Run

'Oh, I'm so tired,' Nada said.

Nada had a busy week at school. It was time to watch television. Or maybe read a book. Maybe she could play with her phone. She sat on the couch for a while.

'Do you know how long you have been on that couch?' her mother asked.

'Ten minutes, I think,' Nada replied.

'Three hours! Go out and play with your friends. Get some exercise!'

Nada walked to the park. She saw her friends.

They all started running around the park.

Nada forgot how tired she was. She could feel her heart beating as she ran.

She was having so much fun!

After playing, Nada went home.

'Do you know how long you were at the park?' her mother asked.

'Twenty minutes?'

Her mother laughed. 'No! Two hours!'



Questions

- » Why was Nada tired?
- » How did Nada feel when she was in the park?



Let's Think

Why did Nada forget about feeling tired? What does this teach us about exercise?

Activity 3

Look at the photos and answer the questions.

1. What makes your heart rate change?

2. What do you feel when you touch your wrist? Can you feel your pulse?



Activity 4

Do a challenge as a class. Your teacher will start a timer. Start jumping and stop when your teacher tells you to. Then answer the questions.

- 🌀 How many times did you jump in one minute?
- 🌀 What happened to your body?
- 🌀 How did you feel?



Activity 5

Write about the exercise you do every week in the table. Say how long you do each exercise for.

Day	Activities	How long
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Lesson 3

Changing Feelings

What different feelings do I have?

When do I feel good?

When do I feel bad?



emotion
feeling
share





Activity 1

Look at the faces. What feelings can you see in each face?



Activity 2

A Strange Feeling

Nada was upset!

'What's wrong, Nada?' her father asked.

'I don't know,' he replied.

'You look angry,' said her father.

No, Nada wasn't angry. Nothing annoyed her today. Sure, she didn't like her breakfast, but that didn't upset her.

'Are you worried?' her father asked.

No, she wasn't worried or scared. So, why did she feel like this?

'Why are you frowning, Nada?' he asked.

Oh! Nada was feeling sad. She wasn't crying, but she did feel... unhappy.

Yesterday, Saif said he was moving to a different town.

'Saif will be leaving soon. I will miss him,' Nada said.

'No. I spoke to Saif's father. His family decided to stay,' her father said.

'Really?' Nada smiled. She could feel her heart lift. 'I'm so happy!'

They both started laughing.



Questions

- » How did Nada's father know she was upset?
- » When Nada was happy, what happened in her body?

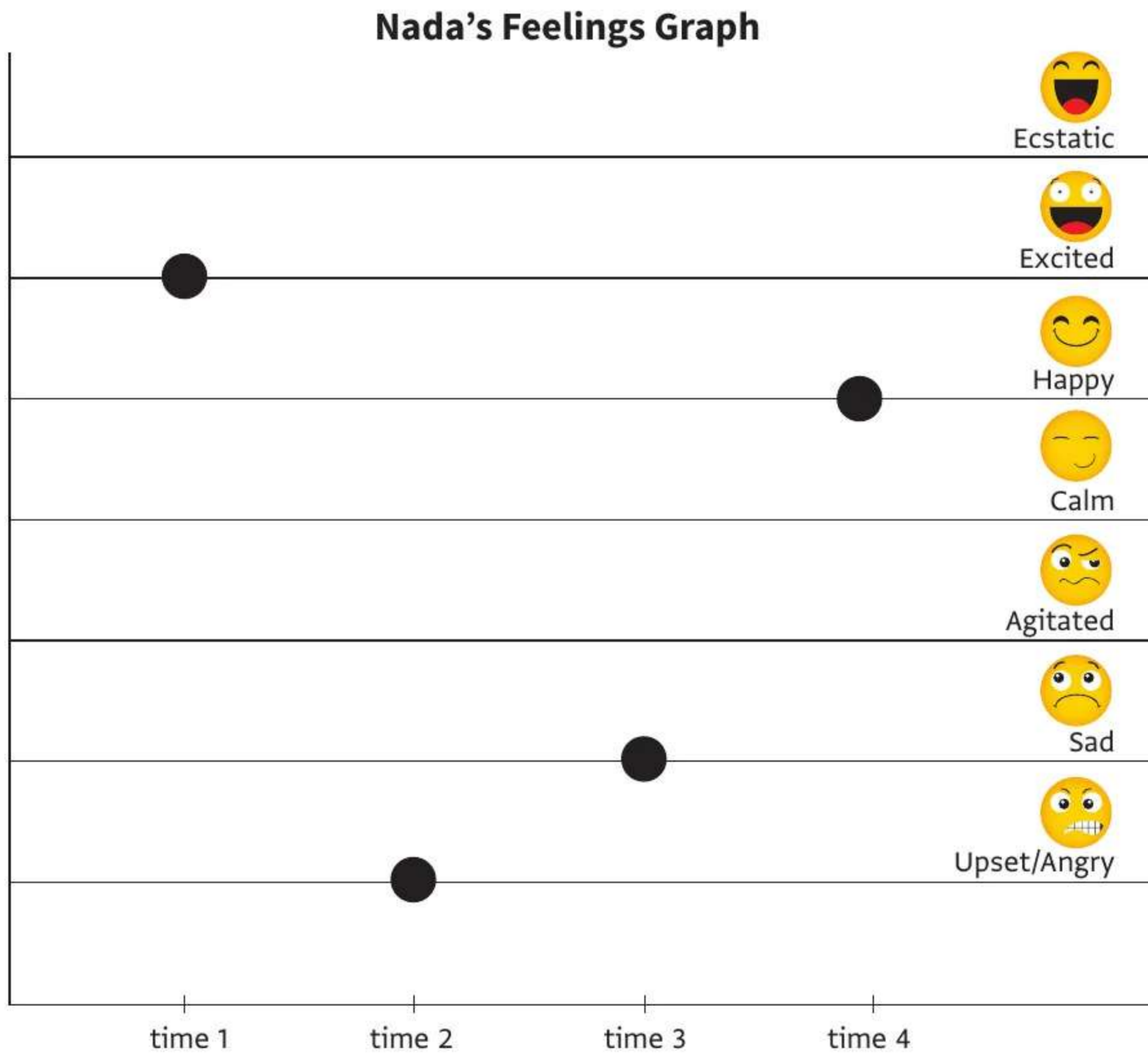


Let's Think

What do you think Nada learned about her emotions?

Activity 3

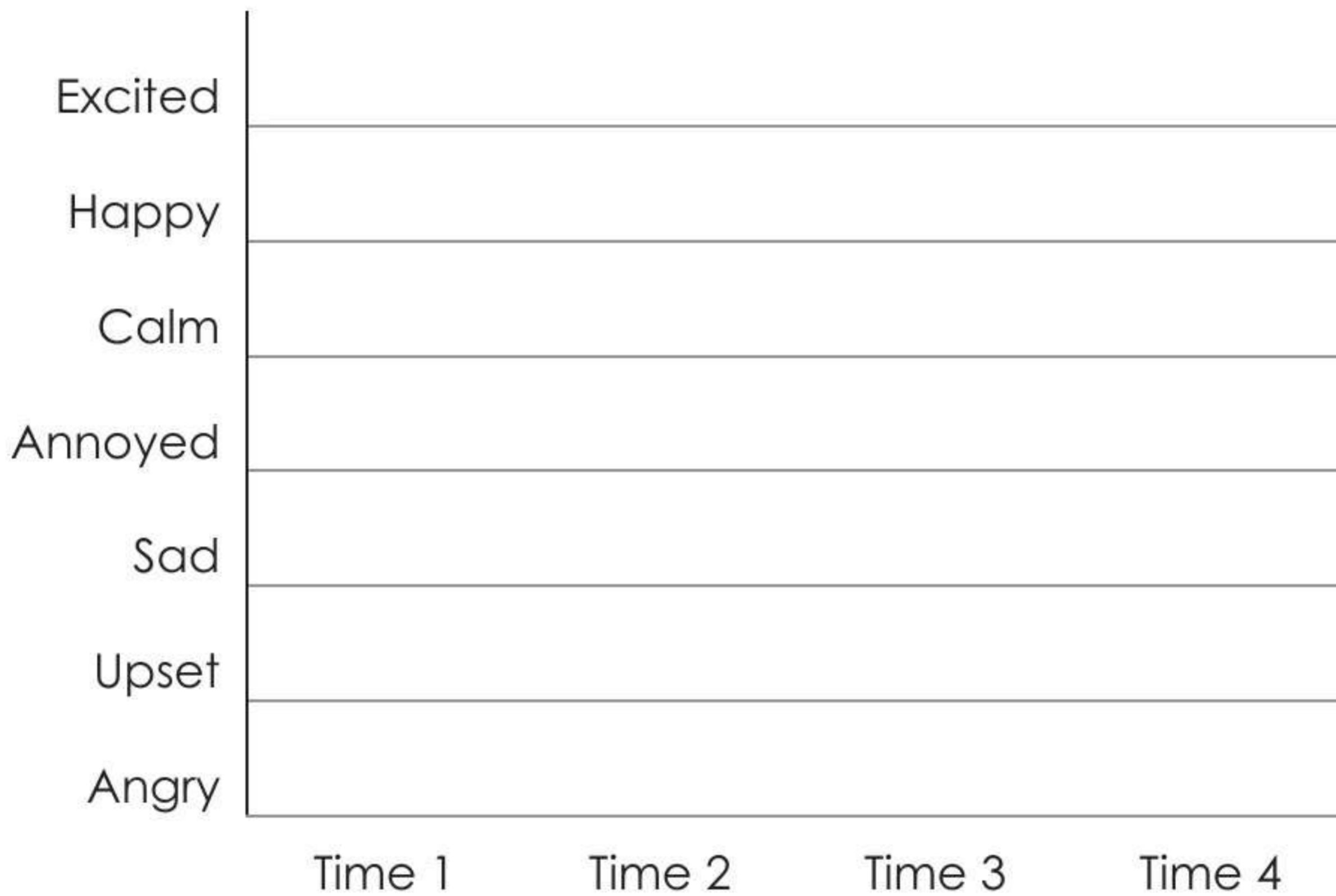
We feel different emotions every day. Look at the graph below. It shows Nada's feelings. Join the dots on the graph. See how the lines go up and down.



Activity 4

Make your own feelings graph.

- Write down your feelings at different times and places.
- Draw your graph.
- Talk about the feelings you had in different situations.



Activity 5

Write down different feelings and put them in a bag. Then choose a feeling from the bag and mime it. Write the feelings you mime in the table.

Feeling	Have I felt it before? (Yes/No)





Lesson 4

Feelings

How can I care for others?
How can I be a good friend?
Who are my closest friends?



support
upset
excited





Activity 1

Think about the last lesson. Answer the questions.

1. What happens in a feelings graph?
2. Can you name the feelings in the pictures below?



Activity 2

New Things

Nada's cousin Saif was upset.

He wasn't crying. But his eyes looked sad. He ate his apple slowly.

'What's wrong, Saif?' asked Nada.

'I'm okay.' Saif said.

'I know you. I know when you're sad,' Nada replied.

'I thought we were moving to a new city. But we're not. I'm stuck in this boring city with this boring apple.' Saif cried.

'This isn't a boring city! Remember the park we went to last week?' Nada said.

'That was last week.' Saif said.

'We can still see lots of new things! We can play new games! We can read new books!' Nada stood up, getting excited.

'That sounds fun.' Saif smiled.

Nada handed her cousin a shiny new apple.

'Here is something new for you!'





Questions

- » How did Nada know that Saif was upset?
- » How did Nada cheer up her cousin?



Let's Think

Do you think Nada is a good friend? Why?

Activity 3

How can you be a good friend? Write three ideas below.

1. _____

2. _____

3. _____



Activity 4

Do a role play. One person is the main character. Two students are nice friends. Read the situation below and do the role play.

Role play: A friend is upset. Show support and help your friend.

Activity 5

Make a poster about a feeling. First, choose a feeling. Then use words and pictures to describe the feeling. You can find pictures in magazines or newspapers, or you can draw.

Write your ideas below.

Draw your poster below.







Lesson 5

Solutions

How can I deal with changes?

How can I be calm?

When do I feel calm?



relax
breathe
calm





Activity 1

Think about different situations and how you were feeling.

Write your feelings next to each situation below.

🌀 First day at school: _____

🌀 First day of the holidays: _____

🌀 Reading your favourite book: _____

🌀 Seeing the doctor: _____

🌀 Winning a game: _____



Activity 2

The Medal

Nada was angry. She sat down on the couch.

'Is something wrong, Nada?' her father asked.

'Ingrid and her stupid poster!' Nada said angrily. 'And her stupid medal.'

Nada stamped her feet. She threw the cushion on the floor.

'My poster was much better!' she shouted.

'Try to relax, Nada. Let's take a few deep breaths,' her father said.

Nada breathed in deeply. Every time Nada breathed out, her father cuddled her. Soon Nada was smiling with every breath.

'Was Ingrid's poster nice?' her father asked.

'It was okay,' Nada said.

'I'm sure you made a nice poster too. But you won a medal for your poster last week,' her father said.

Nada forgot about that!

'You should be happy when your friend wins a medal.'

Nada thought about the lovely colours in Ingrid's poster. It was like the cushion.

Nada cuddled the cushion. She hoped she hadn't hurt it.



Questions

- » Was Nada controlling her emotions? How do you know?
- » Why was Nada smiling with every breath?



Let's Think

Why did Nada worry about hurting the cushion?

Activity 3

Look at the pictures. Talk about what you should do in each situation. Then share your ideas with the class.



A



B



C



D

Activity 4

Do you ever feel angry or sad? If this happens, it's good to take a moment. Breathe slowly. Calm down. Now answer the questions.

Think about a time when you felt angry or sad.

- 🌀 How did you feel?
- 🌀 What happened?
- 🌀 Did you stop to breathe?
- 🌀 What would you do differently now?



Activity 5

Imagine someone is angry or upset. Talk about what they should do to calm down. Then draw a picture of someone being calm.

