

Grade 1

Social Science





This book is to be used as a resource in the teaching of
Social Science at the Lower Primary.

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A Caring God

God cares for everything He has made - the plants, animals, and mankind. That means He gives His creatures everything they need to live.

He gives the plants sunshine, rain, and air to grow. He gives the animals food, water and places to live. For humans, God provides food, clothes, shelter, protection, families to love us, and things for us to enjoy. God placed everything on earth for us to use in order to live.



Psalm 23.1-3 and the story, 'Jars of Oil' reveal how God cares for us. The Bible shows God as a caring and loving Father. Jesus uses the story of "The Lost Son" to show God as a Father who cares, loves, and forgives. He does not want anyone to come to harm. (Luke 15:11- 32)



Made in God's Image

Everything God created is absolutely beautiful!



God is the Creator of the universe. He created the world in six days and rested on the seventh day. God created the sun, moon, stars, fish, birds, land, animals, and man.



The beauty of God's creation can be seen all around us. Words like 'awesome,' 'pretty' and 'splendid' can be used to describe the flowers, trees, animals, and mankind.

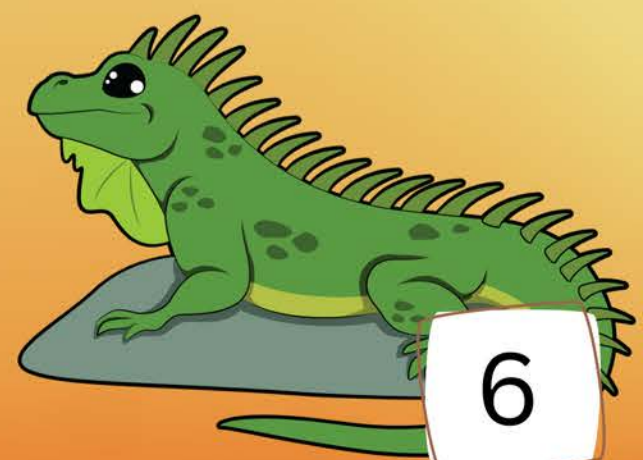


It is amazing how God, the Creator, made this beautiful world in six days.

Every creature is unique and wonderful. God could have made the world without colour, but He gave us colour and variety. He made this beautiful world for us to live in so that we can enjoy it.



God created man in His image and likeness. God created man from the dust of the earth and breathed into his nostrils. Man is a special being with the ability to think and speak. He can use his hands to write and make things.





I am Special

We were created in the image of God. He made everyone unique and special. Special means different from others. There are differences in the way people look, act, speak, and think. These are called traits.

Some physical traits that you can see and that make people unique (different) include:

- the colour of hair, skin, or eyes
- height – tall, short
- body size - big, small
- sex – male or female
- disabilities e.g. blindness, deafness, etc.

A young boy with dark skin and curly hair is sitting in a wheelchair, smiling. He is wearing a green t-shirt and khaki shorts. The room has light blue vertical stripes on the wall, a window with a white frame, and a green plant with large leaves. A spotlight is shining down on the text above.

People should be treated with respect and patience regardless of their individual differences.

God gives each individual special abilities or gifts. The talent God has given us is whatever we are good at doing. It may be leading, singing, dancing, reading, writing, excelling at sports or playing a musical instrument. Individuals can display their talents at church, at home, and at school.



Watch Me Grow

Human bodies grow and change every day.
They are on a mission to grow big and strong.



Infant

The journey begins as tiny babies. Infancy is when babies are just tiny bundles in their parents' arms. They do not have any teeth, and they sleep a lot. They learn to crawl and take their first steps.

Toddler

Then comes the toddler stage, where they start walking stronger, talking clearer, and exploring the world around them.

Childhood

Next is childhood, which is where you are right now. It is a time of curiosity, laughter and making new friends. Children at this age learn so many things in school, just like you are doing right now! They also learn how to take care of themselves.

It is incredible how we go through these different stages of growth. Each stage is special and brings new adventures and discoveries.



Adolescence

As children continue to grow, they will enter the teenage stage. This is when their bodies will go through big changes. At this stage, teenagers should be given responsibilities to help prepare them for adulthood.



Adult

Finally, there is adulthood. This means that the person in this stage is all grown up and can do so many 'adult' things. They might have jobs and families and continue to learn new things throughout their lives.



My Outside Body Parts

External Body Parts

The human body is made up of external and internal parts. The external parts are parts that you can see. Each body part has a function or special job.



Some parts help us to move.

Locomotion means movement. The legs are used for walking, running, swimming, and jumping. The arms are used for holding, lifting, throwing, pushing, and pulling.

Our heads house our brains. The brain is the control center of the body.

The torso, also known as the body trunk, is the area between the head and legs. The torso is used to bend and twist the body around.

The parts of the body covered by a swimming suit are private. Any secret touching or any touching that makes you upset, should be reported to a trusted adult.

Sense Organs help us to learn more about the environment.

EARS
for hearing

EYES
for seeing

TONGUE
for tasting

NOSE
for smelling

SKIN
for feeling





My Inside Body Parts

Internal Body Parts

The internal parts of the body are those parts that you do not usually see when you are looking at someone.

Brain



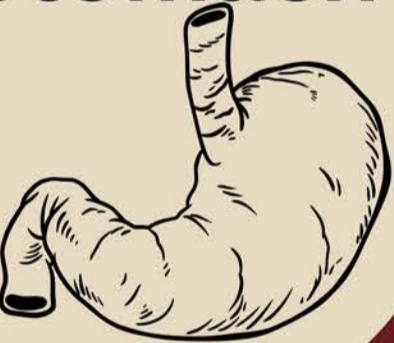
Helps us to think and make good decisions. It also controls what happens in our bodies.

Heart



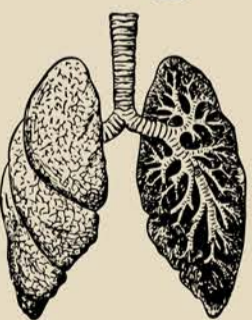
Helps to pump blood all through our bodies.

Stomach



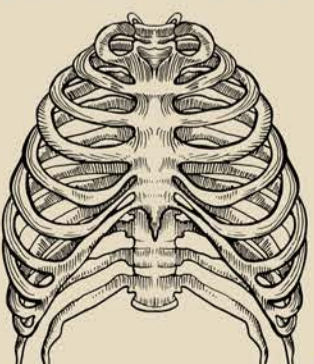
Helps to digest the food that we eat.

Lungs

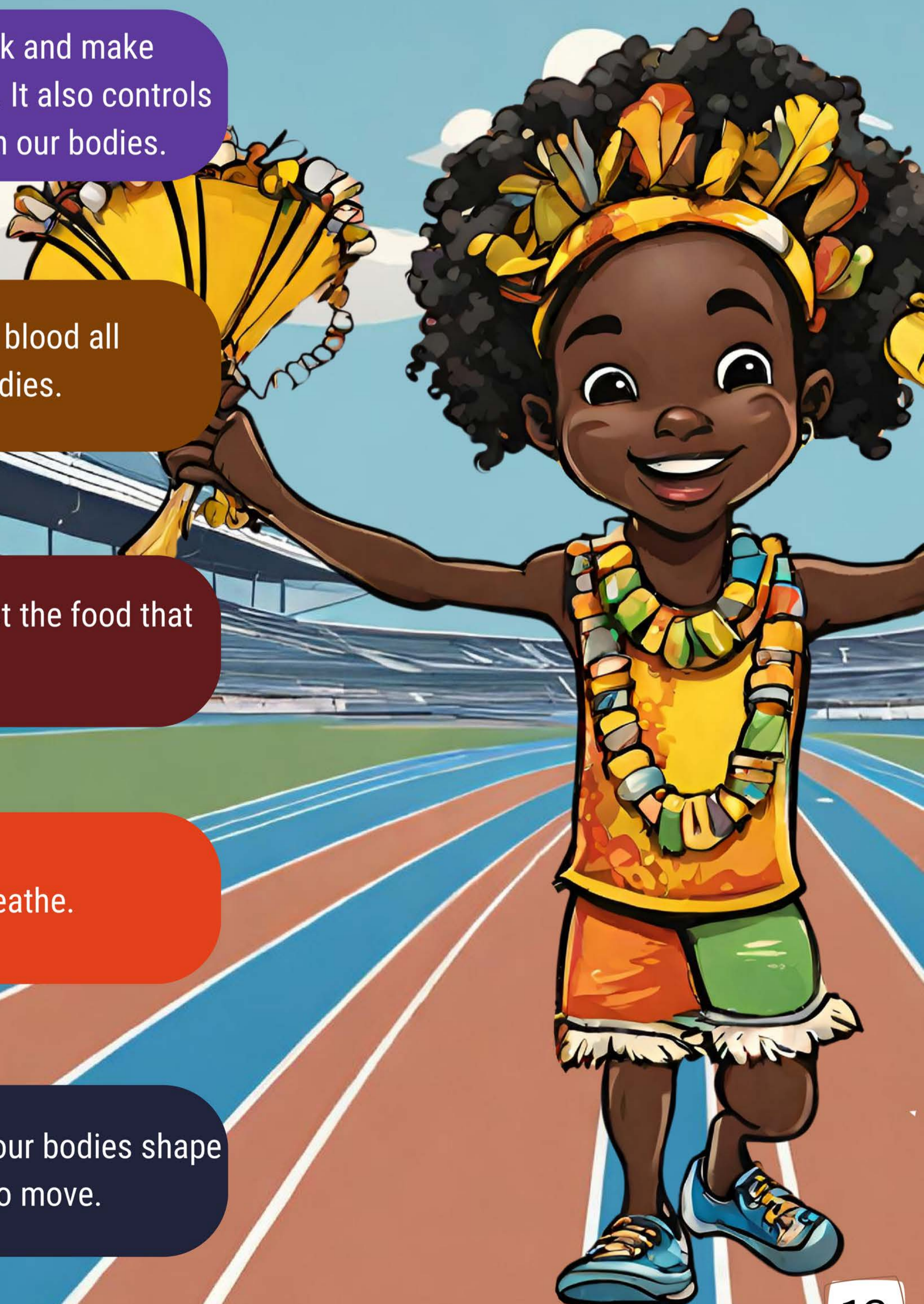


Help us to breathe.

Bones



Help to give our bodies shape and help us to move.





Taking Care of Me

Human beings must take care of the bodies God gave to them. The Bible tells us that our bodies are “temples of the Holy Spirit” and that we must glorify God with them (1 Corinthians 6:19-20). We must take care of our bodies to be strong, healthy, and happy.

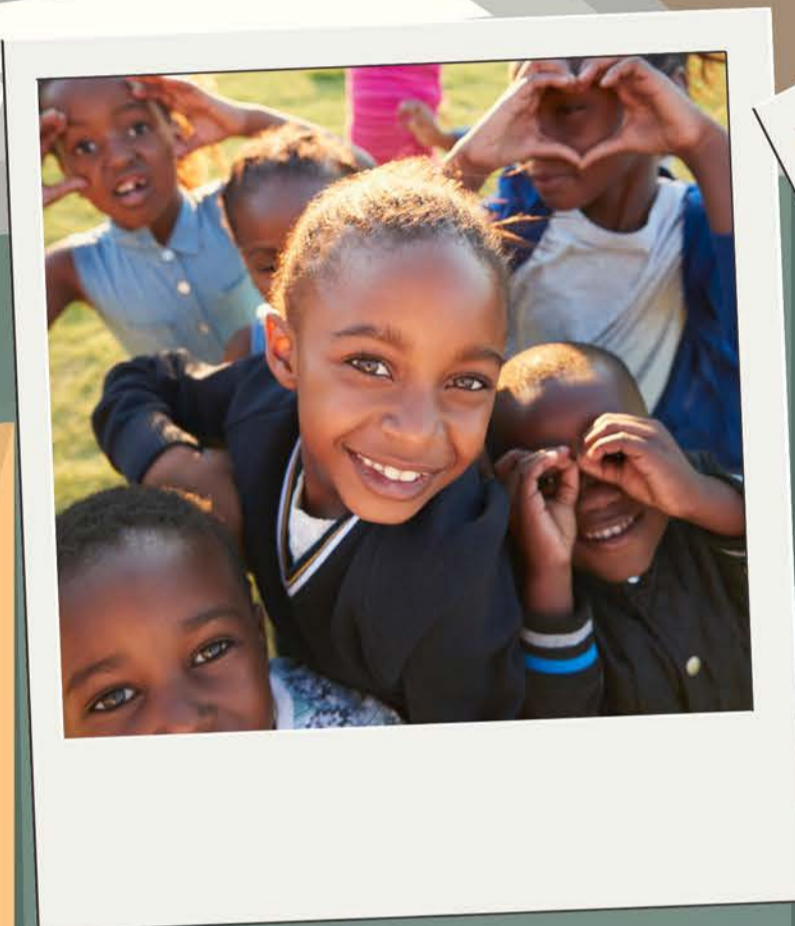


We should eat healthy foods, practice self-control, exercise, and keep our bodies clean.



Habits that can promote health are bathing, brushing teeth, and washing hands before meals, after meals, and using the restroom.

Exercise keeps the body healthy and fit. Being fit allows an individual to be active for a long time without getting tired. Exercise helps the lungs work better and gives us lots of energy. Exercise can also help our brains to work better.



When we are healthy, we will feel good about ourselves.



Germs

Germs are tiny organisms that are found everywhere. Germs are spread in the air by insects, and through body fluids like saliva and blood. Germs can be helpful to the body, but some are harmful. They can make us sick or cause diseases.



It is important to practice healthy habits to prevent the spread of germs. These include washing your hands regularly, especially after using the restroom and covering your mouth and nose when coughing or sneezing.



My Feelings and Emotions

Feelings are emotions that people experience when they are happy, sad, afraid or excited. Learning about them helps us to understand ourselves and our friends better.



When we are happy, our hearts feel light, and our faces might even light up with a big smile.



Silly and excited feelings make us want to laugh and jump around.



When we are shy, we might feel a bit quiet and maybe hide behind our hands.



When we are sad, our hearts might feel a bit heavy, and our faces might have a frown. It is okay to feel sad sometimes, but it is important to talk to someone we trust about how we are feeling.

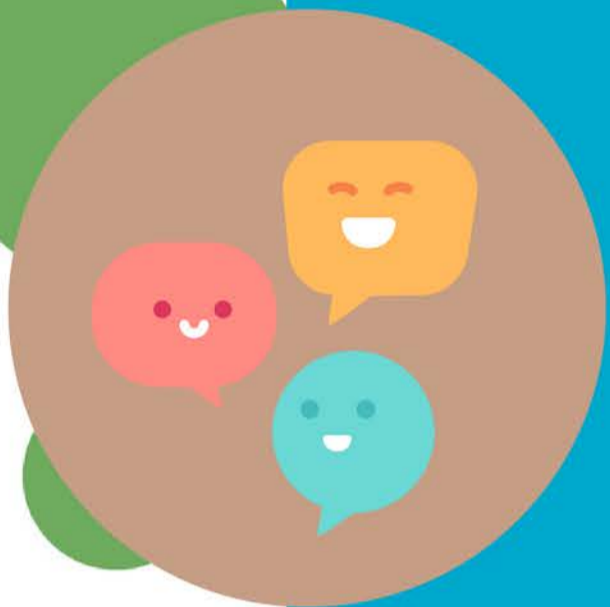
When we are mad, we might feel hot inside, and our faces might have a frown or even a little scowl. It is okay to feel mad, but it is important to find healthy ways to express and manage that feeling.



It is perfectly okay to feel all kinds of emotions!

I Have Rights and Responsibilities

Children have rights. These rights include the right to life, the right to speak, the right to food and shelter, the right to an education, and the right to be free from being abused.



According to Matthew 18: 5-6 and Ephesians 6:4, children are to be protected and respected

Respect should be shown for oneself and others. When individuals learn to respect each other, there will be greater harmony in our communities. The Golden Rule states: "Do unto others as you would have them do unto you."



RESPECT



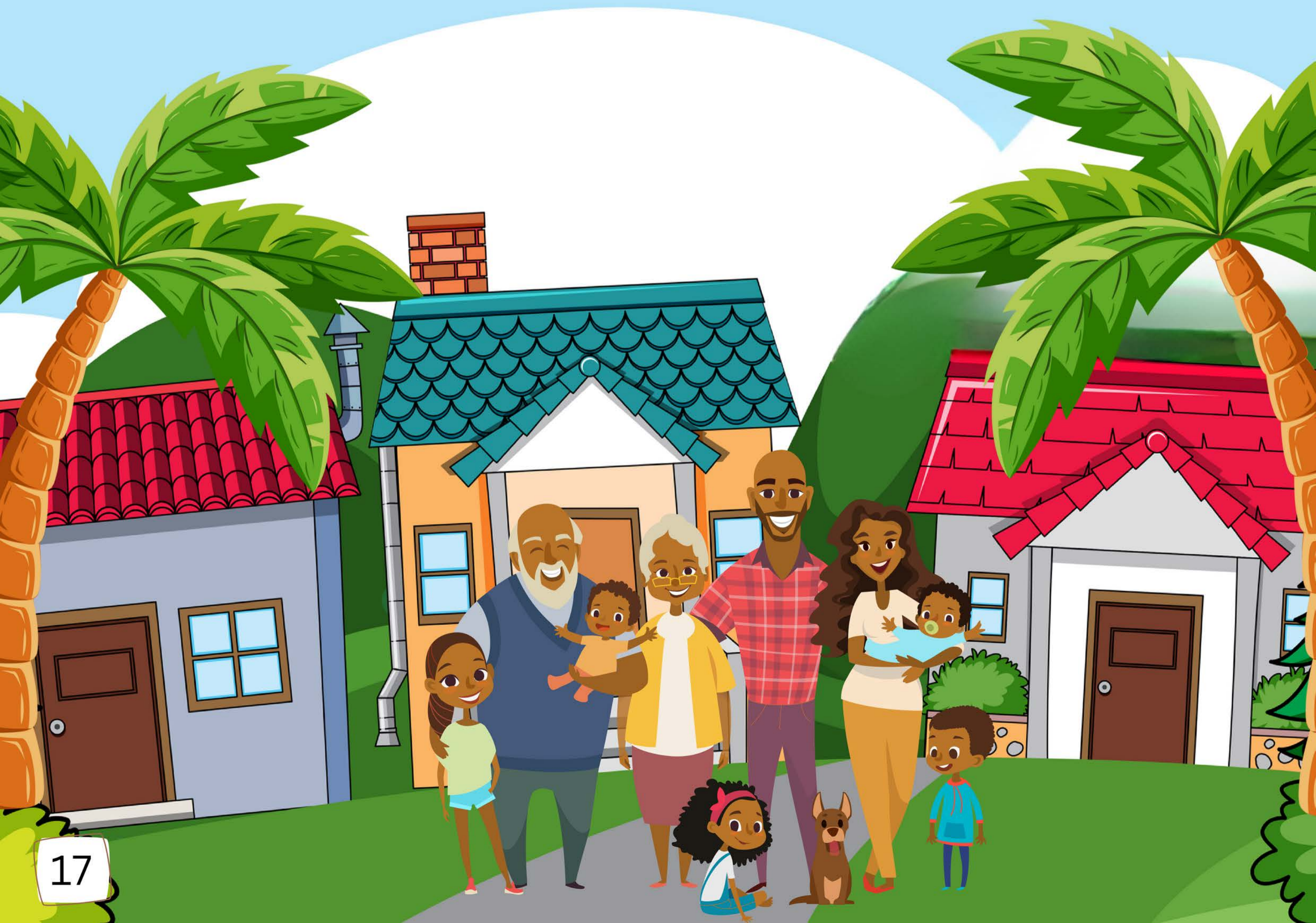
All countries do not protect the rights of children. Therefore, in The Bahamas, we should be thankful for these rights.



Families are Special

God created families. He wanted a group of people who would love and care for each other. Families come in all sizes. God created Adam and Eve. He blessed them and gave them children. They had Cain, Abel, Seth, and other sons and daughters (Gen. 5:4).

Today, families are composed of various members. Parents were made by God to raise children to be godly (Proverbs 6:22). They must also provide and care for their children. Children are to respect and obey their parents according to Ephesians 6:1.



There are many different types of families.



The single-parent family has a mother or father and a child or children.



The nuclear family consists of a mother, a father, and a child or children.



The extended family may include grandparents or other family members.



A blended family is formed when both parents make a life together with children from other relationships.



A foster family is a family that temporarily takes care of a child who is placed in their home by a social service agency.

Families help to meet the needs of each other. Some needs like food, water, clean air, a place to live, and clothing are physical. Some needs like love, security, a feeling of belonging, appreciation, and acceptance, are emotional and social. Some needs like learning to love God and others are spiritual.

Families are part of a community. A community is a group of people living and working in the same area, town, or settlement. Families produce good citizens with values and skills who can work and build up communities. They show people how to care for and serve one another with their time, talent, and money.



The Bible has many scriptures like Romans 12:9-13 that tell us how to live in a community. Scriptures tell us to love, share with, care for, live peacefully with, and be kind to each other.



Celebrating Easter

Easter is one of the most important Christian festivals. During Easter, we remember the death, burial, and resurrection of Jesus Christ.



When Jesus Christ was in the Garden of Gethsemane, the religious leaders had Him arrested. Jesus was later tried and sentenced to death. They took Him to a place called Golgotha, where He was crucified on a cross. Jesus was willing to die on the cross because He loved mankind. He knew that His death would bring new life to all who believed in Him.



Early Sunday morning, Mary Magdalene and other women found that Jesus' body was not in the tomb. Later, Jesus showed Himself to the women and told them to tell His disciples the news that He was alive!



The week in which Jesus died is known as Holy Week.

On Palm Sunday, Jesus rode a donkey into Jerusalem.



Thursday

Jesus observed Passover.



Friday

Jesus was crucified.



Saturday

Jesus' body laid in the tomb.



Sunday

Jesus rose from the dead.



Jesus was willing to die on the cross because He loved mankind. He knew that His death would bring new life to all who believed in Him.

Many Christian churches celebrate Holy Week with Palm Sunday parades, feet washing, and Good Friday services.

Many Bahamians go to church on Good Friday and Easter Sunday. On Good Friday, Bahamians eat lots of fish and hot cross buns. Easter Monday is a holiday, and many Bahamians go to the beach to play and relax.



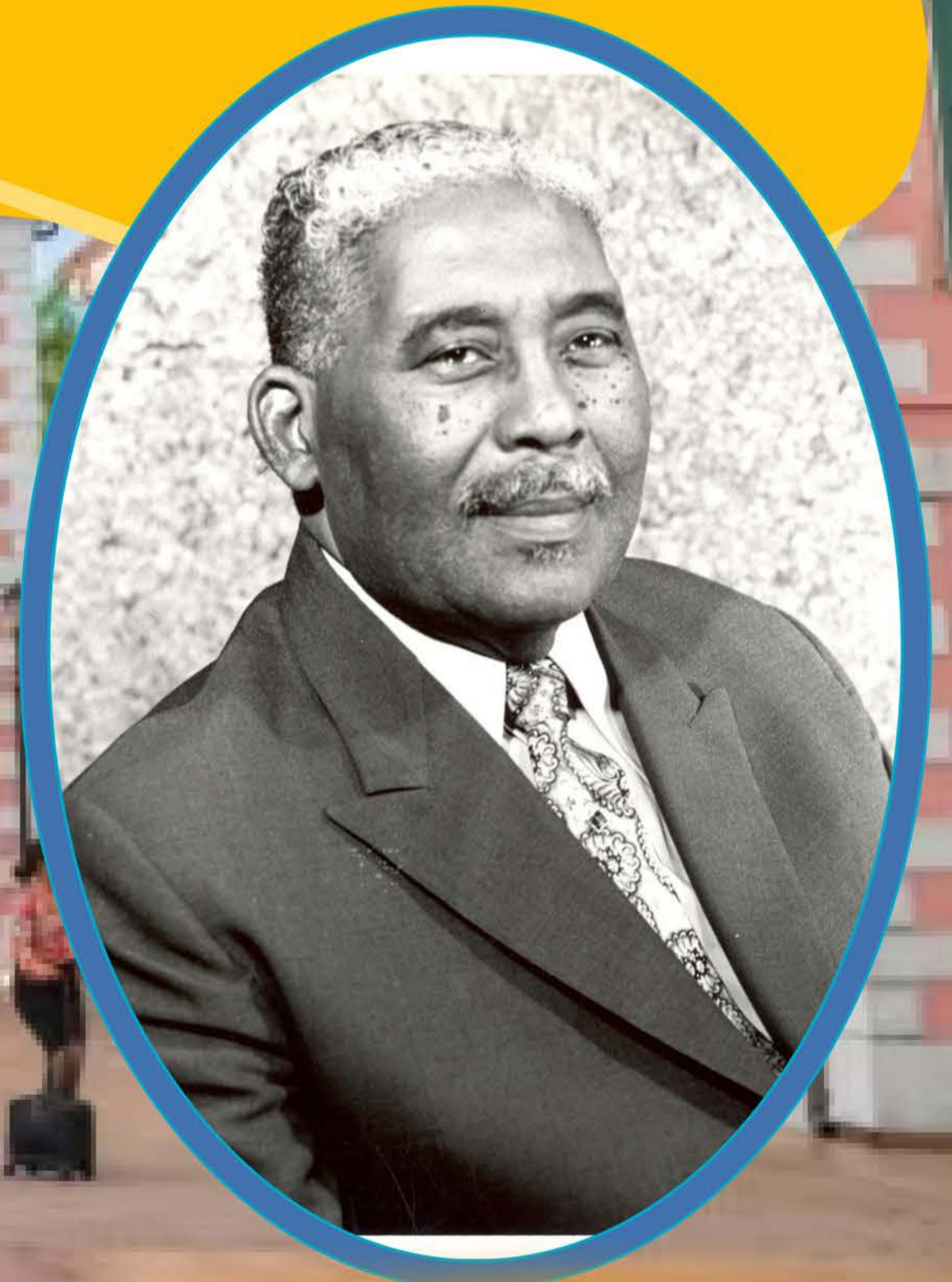


Leaders

A leader is a person in charge of a group of people. Your parent(s) are the leaders of your home. The principal is the leader of the school. The teacher is the leader in the classroom. The government leaders are the main leaders of the country. We have many government leaders in our country.



**First Prime Minister
Sir Lynden Pindling**



**First Governor General
Sir Milo Butler**

Do you know the current Prime Minister and Governor General?



The Bahamas, My Country

I am proud to be a Bahamian.

I live in the Commonwealth of The Bahamas.
The Commonwealth of The Bahamas is a group of islands.

The Bahamas gained its independence from Britain on July 10th, 1973. This means that we can make our own laws.



Independence gave us our own identity. National Symbols help to identify a country. The national flag of The Bahamas is gold, black, and aquamarine.

During the National Anthem, we must stand at attention. During the pledge, we place our right hand across our left breast.



Flamingo



Blue Marlin



Lignum Vitae



Yellow Elder

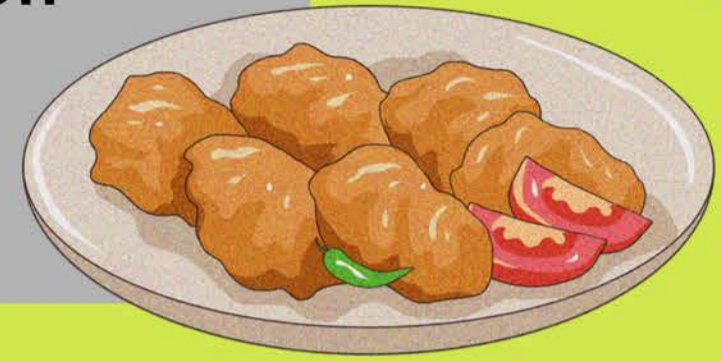


Do you see the Blue Marlin and the Flamingo on the Bahamian Coat of Arms?



Our Culture

Culture is the way a group of people act. It includes their food, music, language, clothes, sports and beliefs.



Bahamian ring plays are a part of our culture. They include “There’s a Brown Girl in the Ring”, “This is the Way a Bella-Be”, “R-A-T-T-L-E Spells for Rattle Snake”, “Hot Potato”, “Ma chillen, Ma Chillen” and “Biddie Biddie who got the Pawn”.



Telling stories are also a part of our culture. Brer Bookie and Brer Rabbee and Anansi the Spider are characters from traditional stories.



A number of our cultural practices are rooted in Christian celebrations like Christmas and Easter. During Christmas, we go to church on Christmas Sunday and give gifts. During Easter, we attend parades; Palm Sunday, Good Friday and Easter Sunday services; and eat fish and hot cross buns.



Christmas Day honours the birth of Jesus. Good Friday honours Jesus’ crucifixion. Easter Sunday honours His resurrection. Whit Monday holiday honours the celebration of Pentecost.





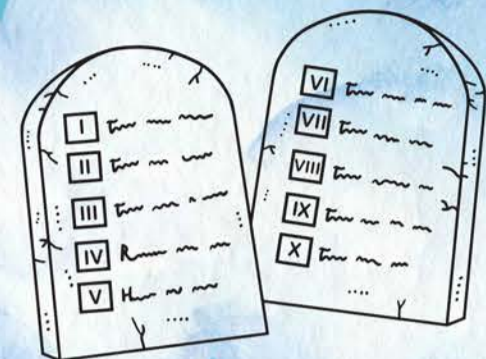
Being a Peaceful Citizen

There are many rules that should be followed at home and school. At home, children should go to bed on time, do chores, and play safely. At school, children should arrive on time, complete their assignments, and play safely.



Our actions affect us and the people around us. Right actions include playing fairly, telling the truth, being kind, and following rules. Wrong actions include lying, stealing, fighting, and disobeying rules.

In the Bible, God gave the Israelites the Ten Commandments to follow. These laws are found in Exodus Chapter 20. These Commandments help us know what is right and pleasing to God.



People must be kind to their family, friends, and others in their community. We must learn to work together. Fighting is not the way to resolve conflicts. Conflicts can be resolved by talking, discussing, and agreeing on the best solutions.



I Can Help, Too!

Human beings were created to help one another.

There are many people in our communities who help us.

Police Officers catch criminals, help and protect people, and keep our communities safe.

Police Officers direct traffic on the streets so that people walking and driving can use our streets in the right way. The police officer is a friend in the community.

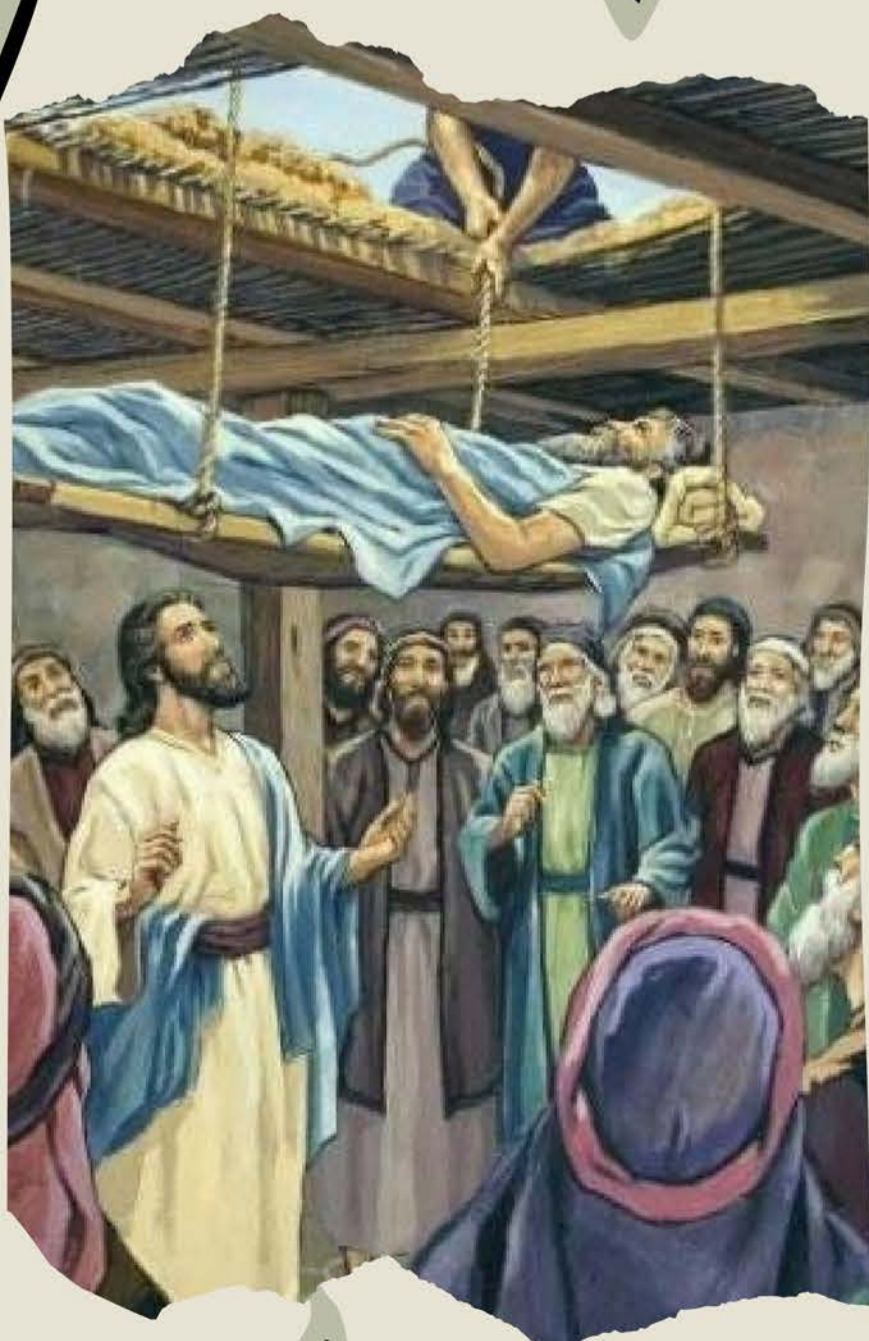


Source: www.BahamasLocal.com



Firefighters help to put out dangerous fires. They carry ladders on their trucks because some buildings are very tall. Firefighters have special fireproof suits. They wear hard hats and gloves. Firefighters keep us safe.

Children can be helpful at home and at school by completing tasks assigned to them. They can help by completing chores, and taking care of family members and others who may need help.



In the Bible, we find a wonderful story of four men who helped their paralyzed friend. They lowered him through a hole in the roof, down to Jesus. Jesus healed the man, and he stood up and walked.

Being helpful is a good way to show we care for others.



Transportation

Transportation is the movement of goods or people from one place to another. There are many different types of vehicles that can be used to transport goods.

On land there are cars, trucks, jeeps, motor bikes, buses, vans, bicycles, trains, jitneys, taxis, horse and carriages. A person's feet can also be used to move items from one place to another.



AIRPLANE



BUS/JITNEY



TRAIN



CAR



CYCLING/BIKING



HORSE AND CARRIAGE



SAILBOAT



MAILBOAT/FERRY



WALKING



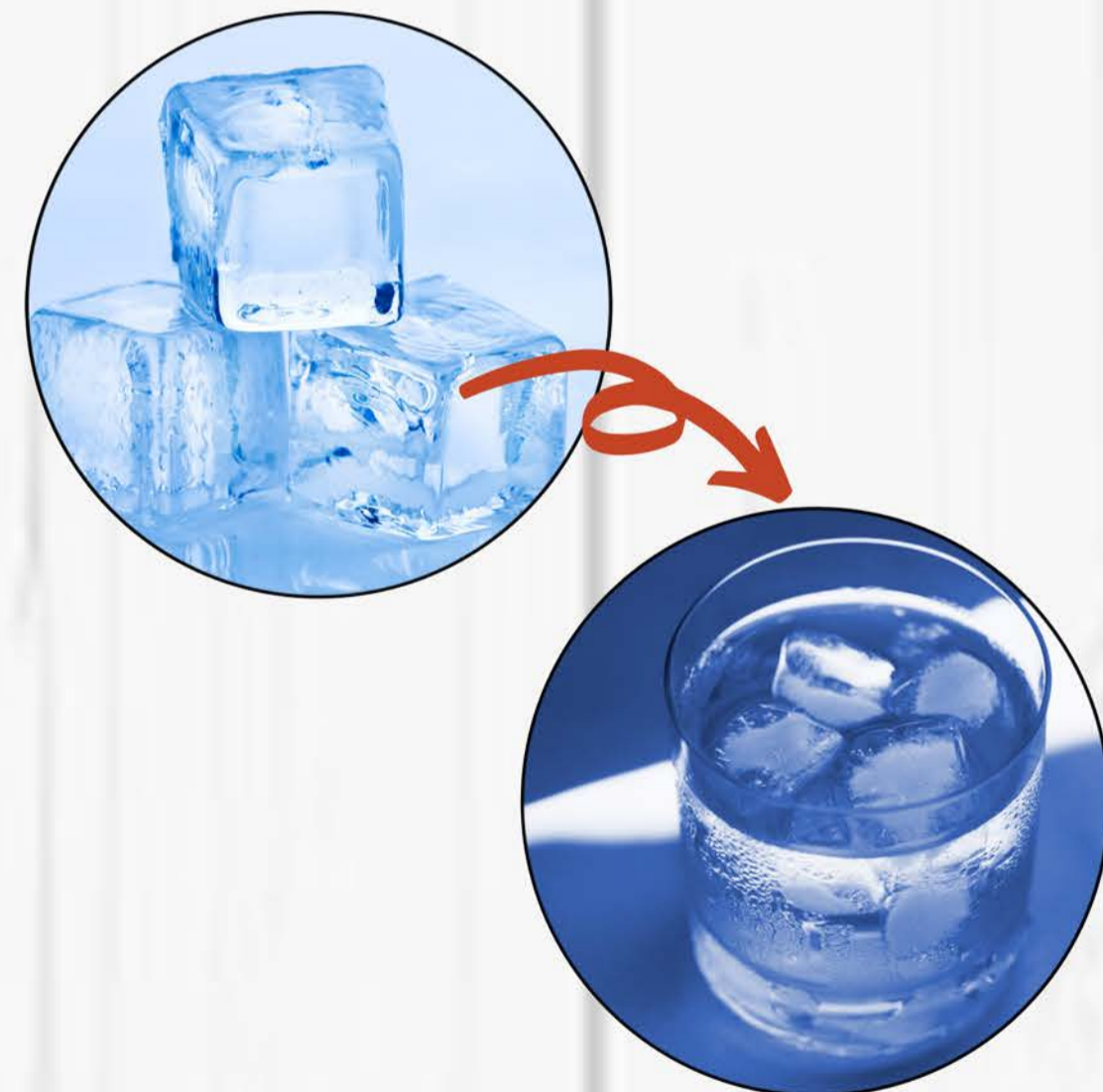
Matter

Matter is anything that has weight and takes up space.

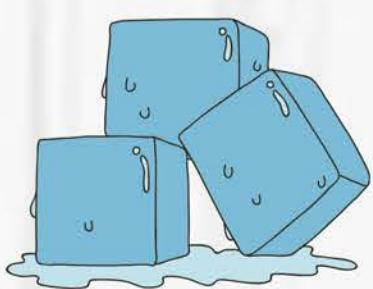


Through our senses, we become aware of the world around us. Our senses help us learn about things. Everything in our environment is called matter.

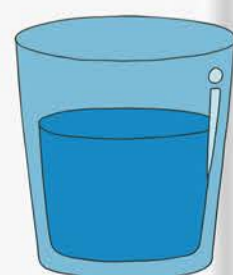
Matter can appear in different shapes, sizes, colours, textures and weight. We can change the size, weight, colour, shape, texture, state, etc. of matter. These changes are called physical changes. A physical change occurs when matter change forms.



The three states of matter are solids, liquids and gases.



SOLID



LIQUID



GAS



Living Things

Living things are things that can grow, move, breathe, reproduce and excrete.



Plants and animals are examples of living things.



Non-living things are things that cannot grow, move, breathe, reproduce or excrete. Rocks, water and cars are examples of non-living things.



Animals need air, food, water, and shelter to live.



Plants need light, water, air, warmth, and nutrients from the soil to live.





Uses of Plants

Plants are a valuable natural resource.

Plants provide food for animals and for people. People enjoy eating apples, mangoes, oranges, carrots, potatoes, etc.

We make cloth from some plants such as cotton. Cotton is used to make clothing.

Plants help to clean the air.

Plants are also used for medicine. Cerasee and sage bush are types of bush medicines. Cerasee is a bush that comes from a running vine. People can boil it and drink it to get rid of the cough, cold, or flu. They can boil the sage bush and bathe in it to help with Chicken Pox.

Plants are also used to beautify our surroundings.

Trees are used to make wood and paper products such as newspapers, tissue, cardboard boxes, plates, toys, furniture, and so much more.





Animals

Many animals live in The Bahamas.

Some animals found in The Bahamas only spend their winter or summer here. They are migratory animals. These include sharks, butterflies, sea turtles and birds.



Animals have a variety of body coverings that help them to live. These body coverings include fur, scales, hair, and spines. The body coverings of animals help to protect them from weather conditions and predators. Their body coverings can also help them to stay hidden. This is called camouflage.

FUR



SCALES



HAIR



SPINES



Animals are used for a variety of things. Some people use animals as pets. Others use them for work or to help them survive. Some dogs help to guide the visually impaired. Others are used to help the police. These dogs are used to find criminals or to sniff for drugs. There are some dogs that are used to herd animals or pull sleds. Horses, cows, and mules are used to pull carts.



Some animals are used for food. People eat the meat of some animals like sheep and cows. The Nassau Grouper and the Snapper are fish Bahamians like to eat. The conch is a snail that lives in a shell that is used to make conch salad. People catch fish, dive for conch and spear crawfish to sell and make money.



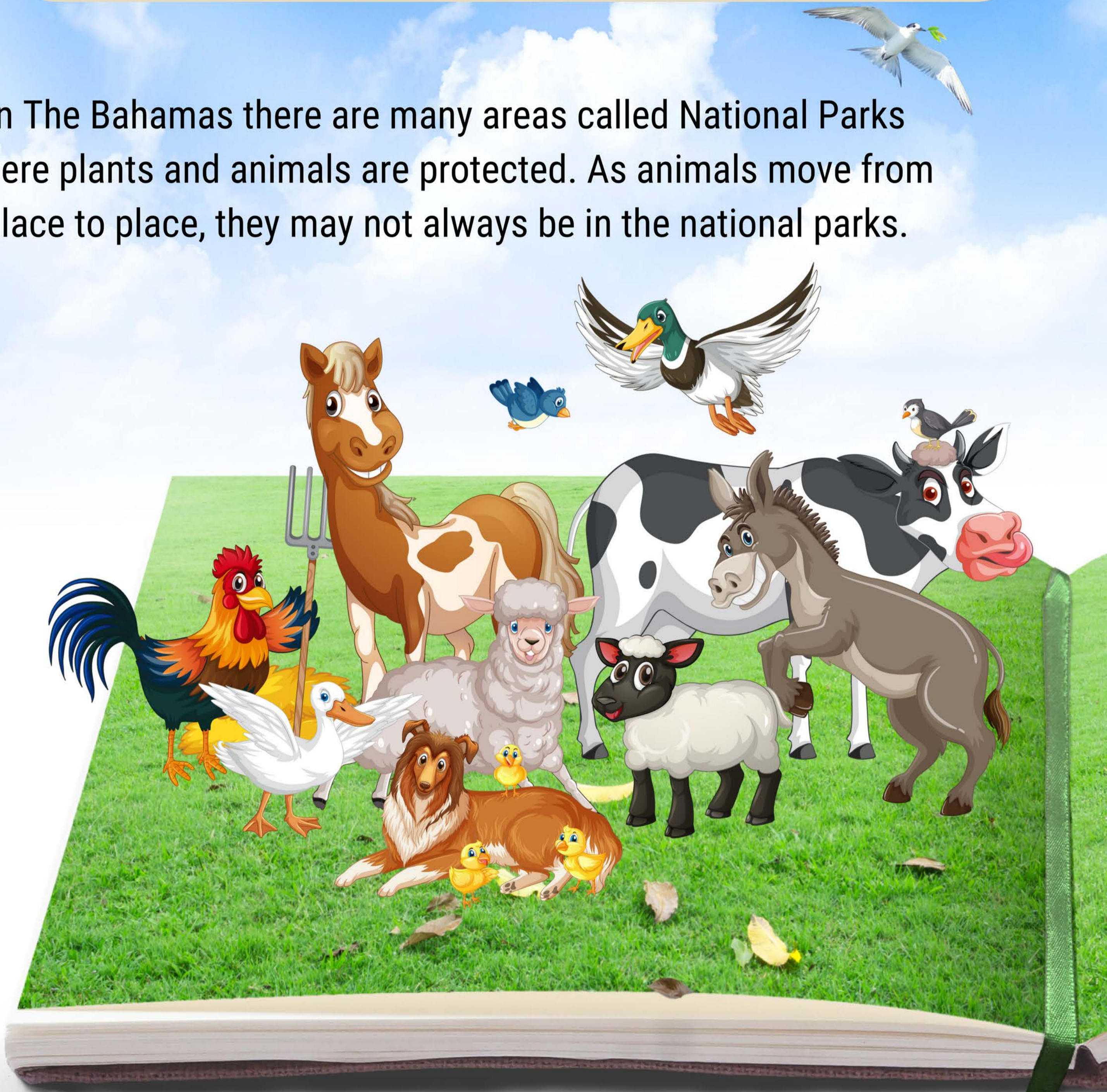
The skin and other body parts of animals are also used to make clothing, shoes and jewelry.





Protecting the Environment

In The Bahamas there are many areas called National Parks where plants and animals are protected. As animals move from place to place, they may not always be in the national parks.



People must do their part to keep the environment clean, whether it is at home, in the yard, in the classroom, on the street, or at the beach, so that when animals move around, they do not get sick from eating garbage or hurt from getting trapped by garbage. Fish and turtles are often harmed by the plastic materials that are thrown into the sea. Littering is also unhealthy for humans.

There are many things in the environment that we use to make our lives better. Trees, for example, are used to make paper. When paper is wasted, a natural resource is being wasted. It takes trees a long time to grow. Wasting paper uses up trees unnecessarily. Recycling paper instead of putting it in the trash will also help to save trees. People need to conserve natural resources and produce less waste.



People can take care of the natural environment by:

1. Picking up trash and putting it in the trash can.
2. Using the resources carefully and not wasting them.



The Earth

We live on planet Earth. A planet is an object that circles the sun. Earth is made up of land, water and air. Most of Earth is covered with water. The atmosphere is a blanket of air that surrounds the earth. Air is a mixture of gases.

God created people to care for the Earth. Caring for the earth means keeping it clean and safe for all living creatures. When we care for the Earth, it grows food for animals and people.

Not all land on the earth looks the same. A landform is any kind of structure that is solid, made of dirt (including soil and rock), and found on the earth's surface. Some earth landforms include **hills**, **valleys**, **mountains**, and **flatlands**. A hill is a raised area or mound of land. A mountain is the highest kind of land. Hills are formed when bits of rock, soil, and sediment get washed away and are placed in a pile somewhere else.



hill



valley



mountain



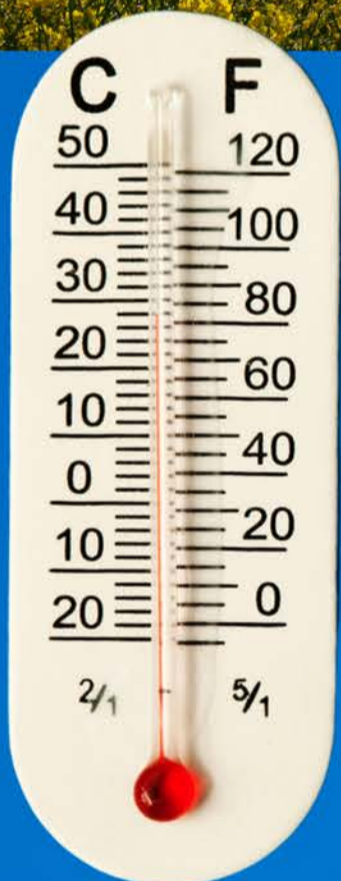
flatland



Weather and Seasons

WEATHER

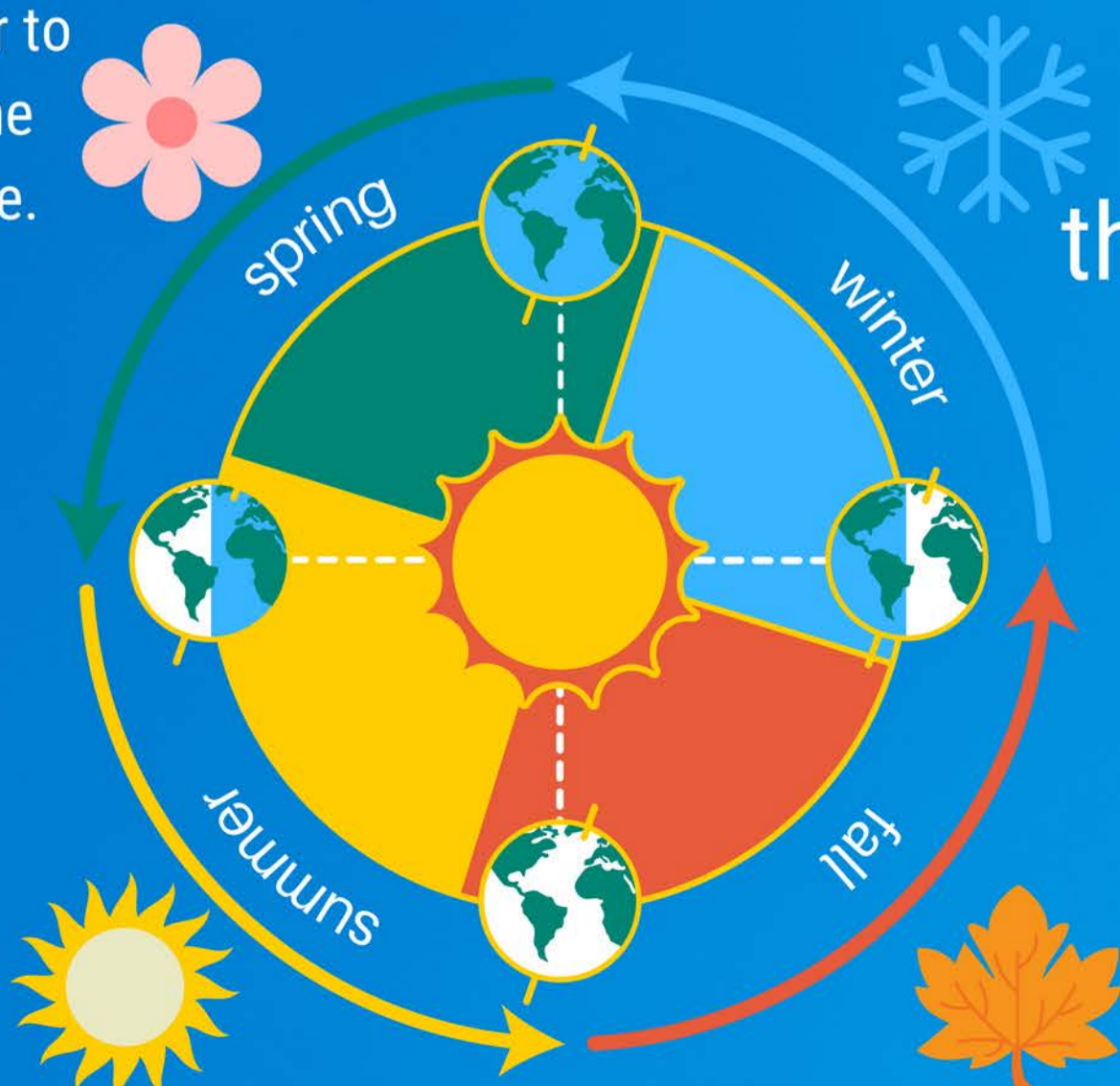
Weather is what the air outside is like. Weather is always changing. Weather can be warm, cool, snowy, windy, rainy, cloudy, or sunny.



We use a thermometer to measure the temperature.

SEASONS

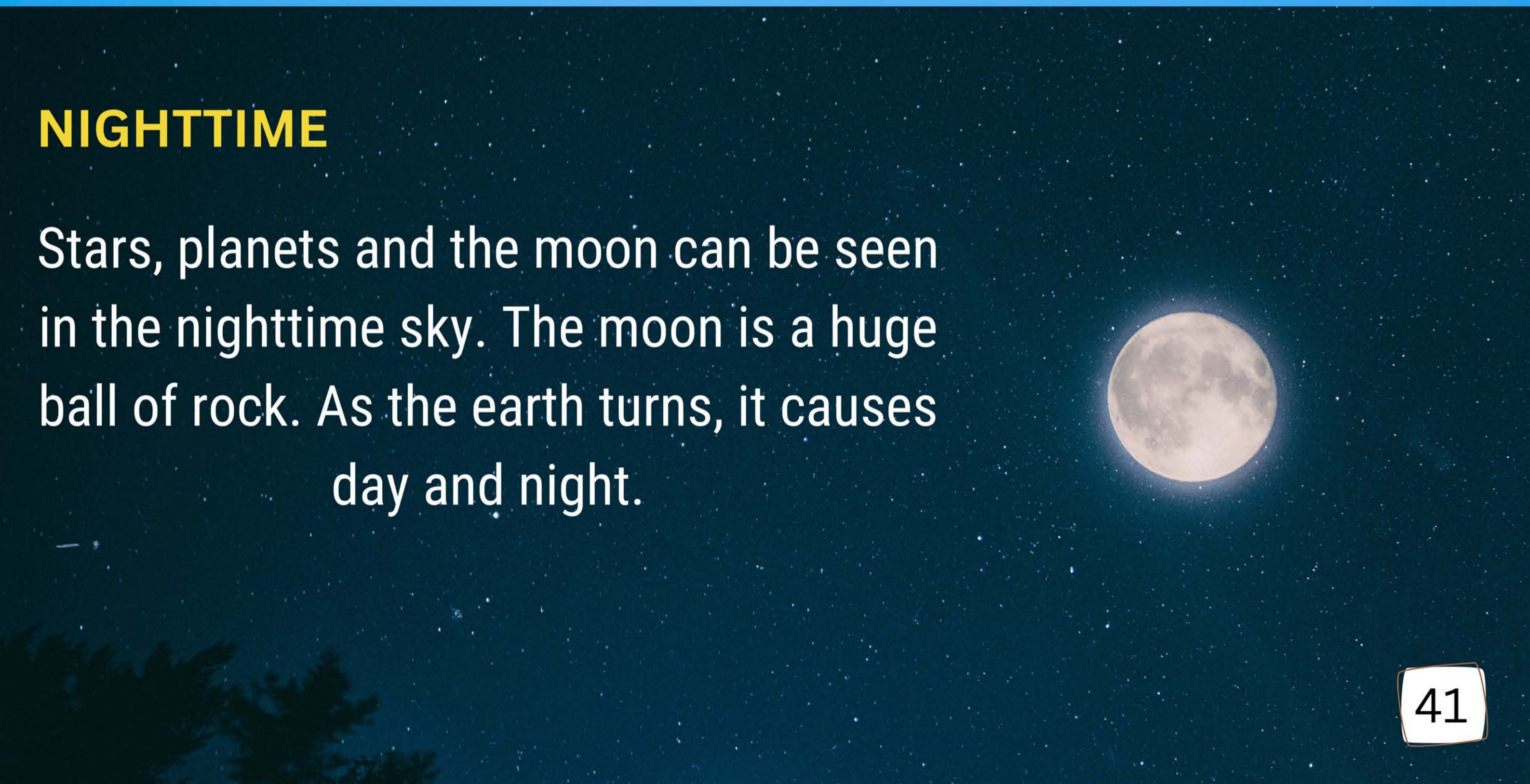
The four seasons are summer, winter, autumn (fall), and spring. The weather changes during each season. During the summer the weather is hot. People wear less clothing and go to the beach more often. During the winter the weather is cooler. People wear warm clothing. During the springtime, there is lots of rain. During autumn the leaves fall from the trees.





DAYTIME

The sun is a star found in the sky that gives off light. It is the closest star to the earth. During the daytime, the sun and clouds can be seen.



NIGHTTIME


Stars, planets and the moon can be seen in the nighttime sky. The moon is a huge ball of rock. As the earth turns, it causes day and night.



Let's Give Thanks & Worship



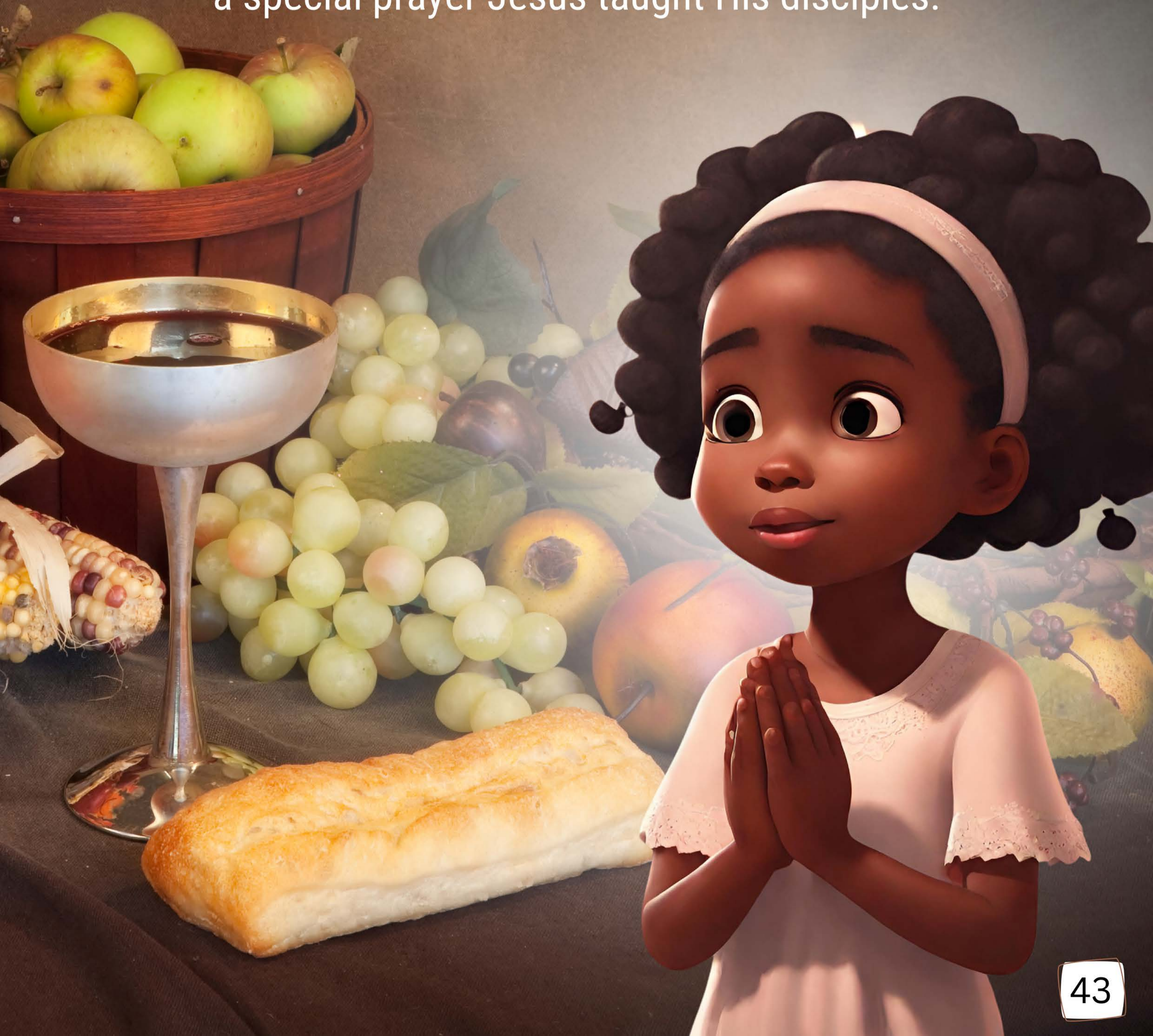
Harvest time is a special time! During Harvest time, we show thankfulness to God for His blessings on us as Bahamians.



During Harvest we can express thanks to God in many ways. We can bring fruits, vegetables, and other food items to share with others. We should remember to give God thanks every day.

We were made to worship and praise God our Creator. We should worship, bow down, and kneel before the Lord, our Maker. We worship God through song, dance, praise, the playing of musical instruments, quiet time with God, and prayer.

Prayer is “talking to or having a conversation with God. When we pray, we should thank and praise God. We should ask Him to forgive us and provide for our needs. The Lord’s Prayer is a special prayer Jesus taught His disciples.






It's Christmas Time!

During the Christmas season, we celebrate the birth of Jesus Christ. Christmas is not about presents, the Christmas tree, and the lights. Christmas is about Jesus Christ. We can share the joy of Christmas by spending time with family and friends, giving gifts, as well as by being kind to others. More importantly, we should share the story of Jesus Christ's birth and the joy He brings to us.

Jesus Christ is the Son of God who came to earth from heaven. Jesus Christ was born on Earth as a baby. Mary and Joseph were His parents. He grew up in a family with brothers and sisters. Individuals can show gratitude to Jesus Christ for coming to Earth through praise and thanksgiving and by asking Jesus to come into their hearts so that they can become Christians.

Junkanoo is a festival used to celebrate Christmas. The major groups are Saxons, Valley Boys, One Family, Roots, Music Makers, and the Prodigal Sons. The New Year's Day Junkanoo parade is held on the first day of the year. Boxing Day Junkanoo parade is held on the day after Christmas Day.



Christmas Day is celebrated on December 25th. A Bahamian Christmas involves lots of family gatherings, a great feast and Junkanoo.

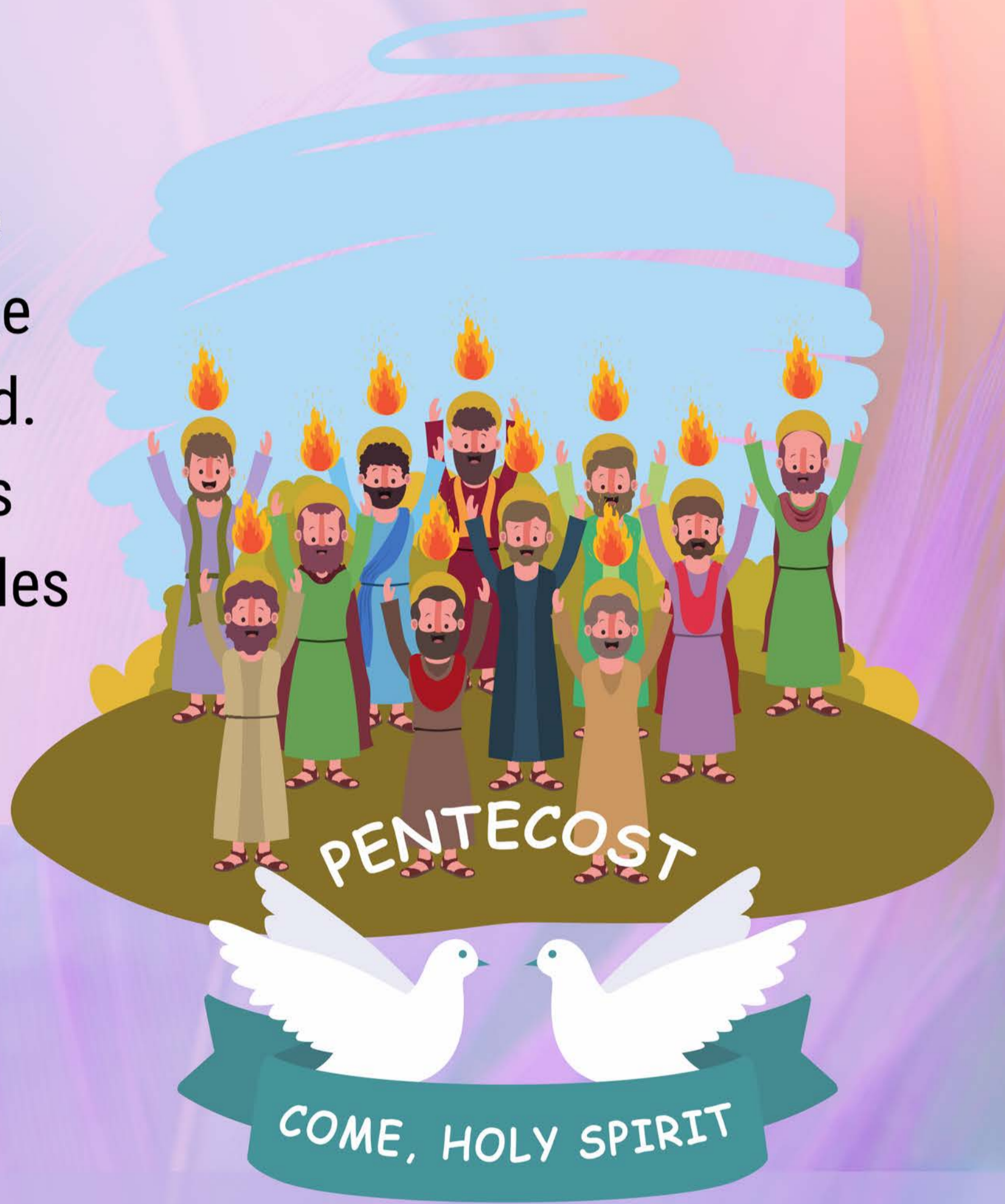




Pentecost & The Holy Spirit

Pentecost or Whit Sunday is celebrated fifty days after Easter Sunday. It is a time to remember the coming of the Holy Spirit on the disciples in Jerusalem.

The disciples were gathered in the Upper Room in Jerusalem when the Holy Spirit came like a mighty wind. The Holy Spirit looked like tongues of fire on the disciples. The disciples were filled with the Holy Spirit and spoke in other languages.



Jesus Christ had promised to send the Holy Spirit to His disciples to be with them and to comfort them after He went back to heaven. The Holy Spirit gives courage and boldness so that we do not have to be afraid. The unseen Holy Spirit guides us in truth if only we would listen. Christians are thankful that the Holy Spirit guides, helps, and gives courage. We can express thanks in our prayers and worship. We must also obey the Holy Spirit.



The Bible



HOLY BIBLE

The Bible is a guide that helps individuals to live good and peaceful lives. It is a special book from God written by many different people. The Bible teaches us many things about God. God is our Father who lives in heaven (Matt.6:9). God's eyes see everything we do (Prov. 15:3). God does not get tired or go to sleep (Psalm 121:4).

The Bible is one big book that is made up of sixty-six smaller books. There are two major parts of the Bible, the Old Testament and the New Testament. Each book of the Bible has a special name. Genesis is the first book in the Bible and the book of Revelation is the last.





Bodies of Water



Three-fourths of the Earth is covered with water. Most of the earth is covered with salt water and the rest is covered with freshwater.



Oceans: a large body of salt water.



Ponds: a smaller body of water. There are saltwater ponds and freshwater ponds.



Lakes: a still body of fresh water that is surrounded by land.

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