STRAND 1 SOCIAL ENVIRONMENT.

1.1 Our Living Environment.

Locally available materials used as Beddings.

- The room where we sleep are called **bedrooms**.
- In a bed room there is a bed.
- A bed is used for sleeping.



Bedding materials and their uses.

Name	Local available material used as Beddings.	Use.
Mat.		✓ Use for lying on while resting.
Pillows		✓ It is a bag of cloth filled with soft materials. ✓ A pillow supports the head when sleeping or lying down.
Mattresses.		✓ A soft spongy, firm material covered with a cloth used for sleeping on.