



About Me

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[Digital Learning — NEP Guidelines]



Hello friends!
My name is **Reena**.
I am a girl.

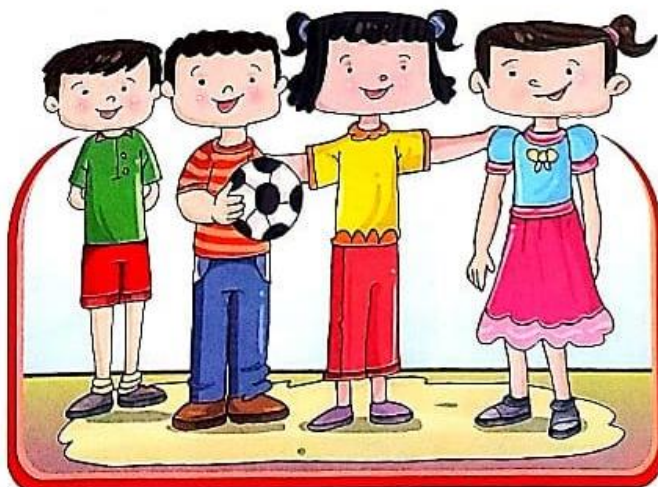


I am five years old.
My best friend is **Sheena**.



I love colouring pictures.

This is my brother, **Mehul**.
Mehul is a boy.
He is seven years old.
Hemant is Mehul's best friend.



We all play together.



PRACTICE EXERCISE – SECTION A

[According to NEP Guidelines]

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)



(Remembering)

Now, tell us about yourself.

1. My name is
2. I am a (**boy/girl**)
3. I am years old.
4. My **mother's** name is
.....
5. My **father's** name is
.....
6. The name of my **school** is
7. I am in **class** **section**
8. My **mother/father's mobile phone number** is
9. My **birthday** is on
10. is my best **friend**.

Paste your photograph here.



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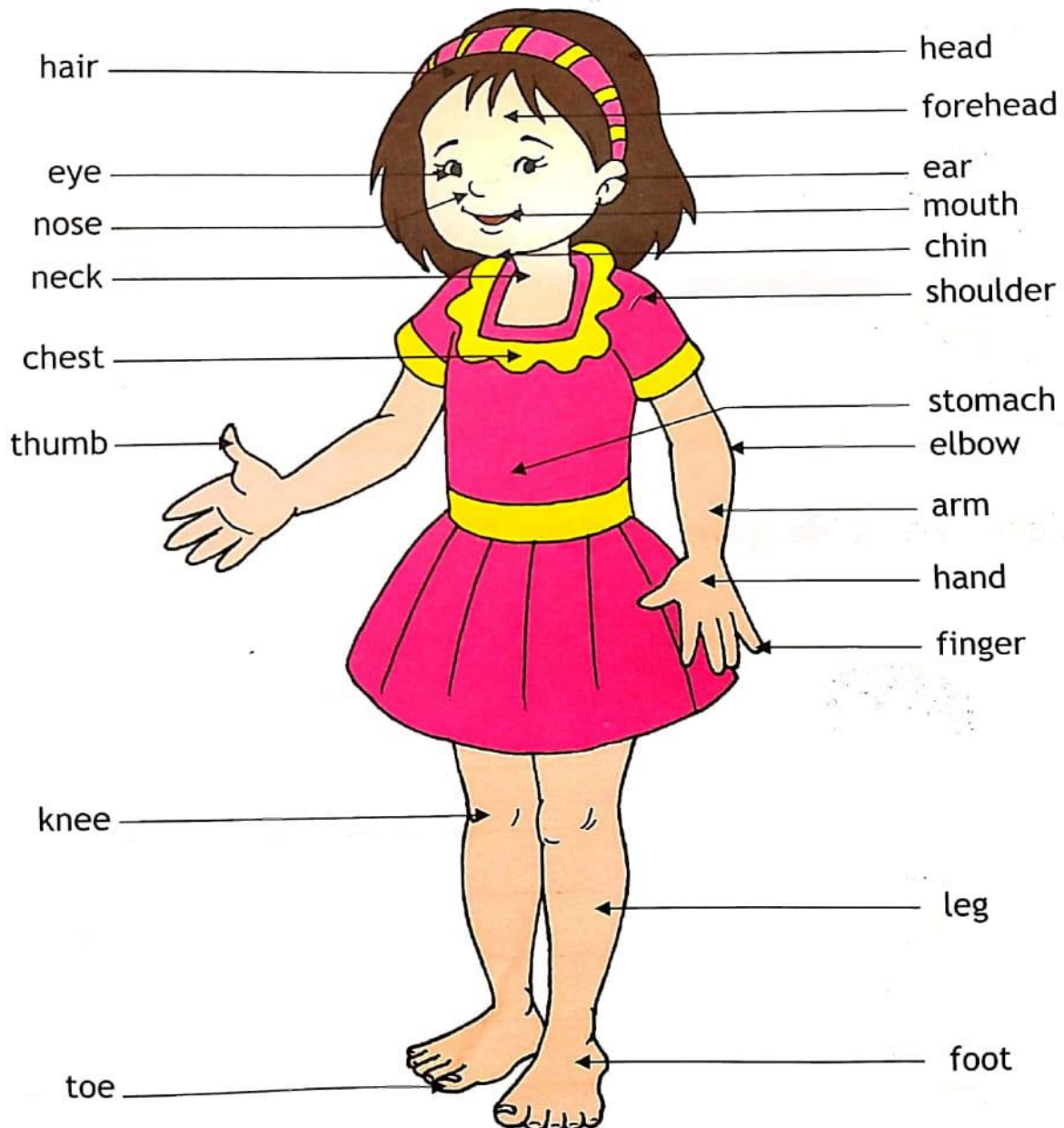


Our Body Is Wonderful

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Our body is a living machine. It is made of different parts. Look at the picture given below. It tells us the names of the different parts of the body.



Our Body Helps Us

Each part of our body does some work.

Look at these pictures. They show what our **legs** and **feet** help us to do.



stand



walk



run



kick



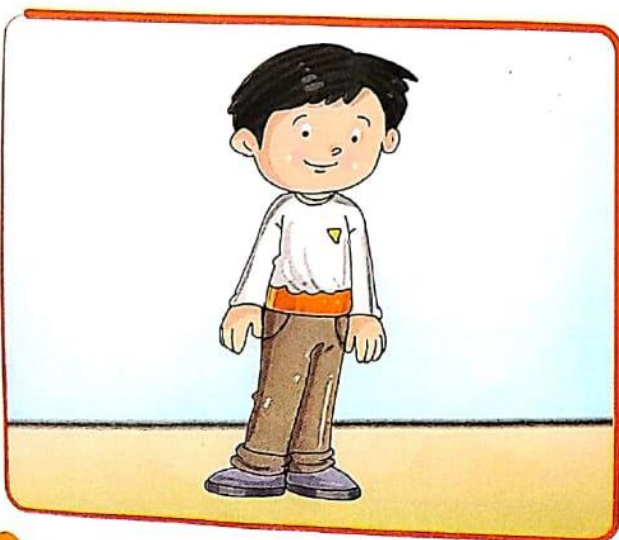
jump



skip

Complete the table given below. One is done for you.

(Remembering)



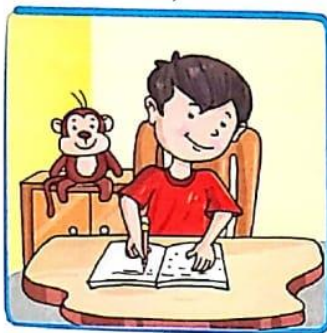
I use my legs and feet to

stand

Let us see what our **arms, hands** and **fingers** help us to do.



eat



write



hold



lift



carry



throw



paint



draw

Complete the table given below. One is done for you.

(Remembering)



I use my hands to

eat

We should take care of the different parts of our body to keep them in good condition.

DO YOU KNOW?

1. Our nails grow all the time.
2. The skin at the bottom of our feet is the toughest.



PRACTICE EXERCISE – SECTION A

[According to NEP Guidelines]

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Tick (✓) the correct answers.

(Remembering, Understanding)

1. Which is not a part of our body?

(a) hand (b) leg (c) pencil

2. When your hands are tied behind, you are not able to

(a) run (b) speak (c) hold books

B Name the parts of the body that rhyme with these words.

(Logical Thinking)

1. ROSE N 2. SAND H 3. REST C H



PRACTICE EXERCISE – SECTION B

[According to NEP Guidelines]

A Tick (✓) the correct answers.

(Remembering, Understanding)

1. We have nose.

(a) one (b) two (c) three

2. When your legs are tied to a chair, you are not able to

(a) speak (b) eat (c) walk

B Fill in the blanks with the words given below.

(Understanding)

one four two legs

1. We have fingers in each hand.

2. We walk with our

3. We have toes in all.

4. We have nose.

C Answer the following questions.

(Remembering)

1. Which part of the body do you use to throw a ball?

2. Which part of the body do you use to draw?



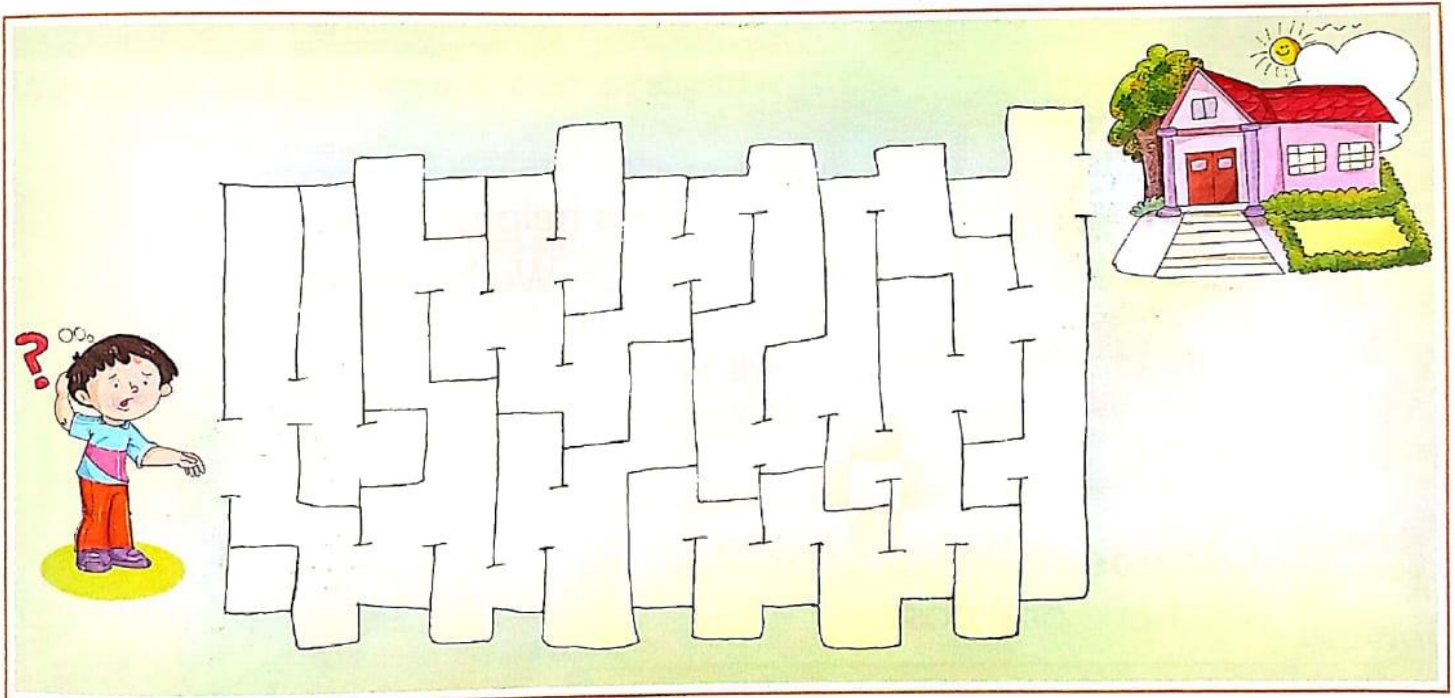


ENRICHMENT ACTIVITIES

- A. **Making A Peacock:** You can make a hand peacock on a sheet of paper with the help of your palm. Use green ink to colour your thumb, fingers and palm. Take the impression of your hand on a sheet of white paper. Complete the picture of the peacock by drawing its beak, crown and legs. *(Art Integration)*



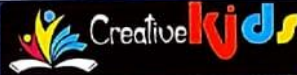
- B. Help Rajesh reach his home.



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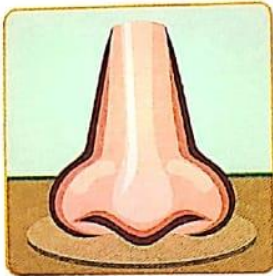
Our Sense Organs

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[Digital Learning — NEP Guidelines]

We have five sense organs. They are eyes, nose, tongue, ears and skin.



eyes



nose



tongue



ear



skin



seeing

Our **eyes** help us to see things around us. We have two eyes.

Our **nose** helps us to smell. We have one nose.



smelling



hearing

Our **ears** help us to hear sounds. We have two ears.

Our **tongue** helps us to taste.
We have one tongue.



tasting



feeling

Our **skin** helps us to feel.
We have skin all over our body.

These **five sense organs** are important to us. They are like our best friends.

We must take care of our sense organs.

DO YOU KNOW?

The skin on our eyelids is the thinnest.



PRACTICE EXERCISE – SECTION A

[According to NEP Guidelines]

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Tick (✓) the correct answers.

(Understanding)

1. Which sense organ tells us that the mobile phone is ringing?

(a) ear (b) skin (c) tongue



2. Which sense organ tells us that the desk is brown?

(a) tongue (b) eyes (c) skin



B Which sense organs do you use to know about the following features of your birthday cake?

(Understanding)

1. beautiful shape

3. sweet taste

2. nice smell

4. softness

C Match correctly.

(Understanding)

1. ear

(a) smell

2. nose

(b) see

3. eyes

(c) hear



PRACTICE EXERCISE – SECTION B

[According to NEP Guidelines]

A Tick (✓) the correct answers.

(Remembering, Understanding)

1. How many sense organs do we have?

(a) four (b) five (c) six

2. Which sense organ tells us that the rose has a nice smell?

(a) nose (b) eye (c) ear

B Which sense organ helps you to

(Understanding)

1. watch television?

2. smell perfume?

3. know that the kettle is hot?

4. listen to music?

5. know the taste of an apple?

C Our sense organs are our best friends. They help us. Do you help your friends?

(Value Corner)



ENRICHMENT ACTIVITIES

Play A Game

A. Cover your friend's eyes with a handkerchief so he/she does not see. Put things like, grapes, salt, toffee, orange, apple and banana on a table. Get your friend to taste one thing at a time and ask him/her to guess what it is. (Experiential Learning)



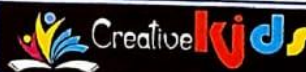
B. Collect a few things that have strong smell, such as garlic, onion and rose. Ask your blindfolded friend to smell one thing at a time and tell you what he/she thinks it is.

(Experiential Learning)



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My Family

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Hello, I am **Nancy**. I am a girl. **Amit** is my brother and I am his sister. We live in a house with our mother and father.

My mother and father are my **parents**. My brother and I are their **children**. I am their **daughter** and my brother is their **son**. We all live together. We are a family. There are four members in our family. Our family is a **small family**.

I love my parents. They love and take care of my brother and me.

Reena is Nancy's friend. She lives with her grandparents. Her aunt and uncle also live with them. There are many members in her family.



a small family



a big family

A family that has many members is called a **big family**.

A family lives together in a house. Members of a family look after and care for each other.

All the family members get together on different occasions like weddings, birthdays and festivals.



PRACTICE EXERCISE – SECTION A

[According to NEP Guidelines]

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Tick (✓) the correct answers.

(Remembering)

1. My father and mother are my

(a) daughters



(b) sons



(c) parents



2. My parent's son is my

(a) sister



(b) brother



(c) daughter



B Tick (✓) the correct statement and cross (X) the wrong one.

(Understanding)

1. A family lives together.



2. There are two members in a big family.



C Look at the picture and fill in the blanks.

(Remembering)

1. Nancy is her mother's

2. Nancy is Amit's

3. Amit is Nancy's



PRACTICE EXERCISE – SECTION B

[According to NEP Guidelines]

A Tick (✓) the correct answers.

(Understanding)

1. We are our parents'

(a) children



(b) cousins



(c) aunt



2. A family lives in a house.

(a) care

(b) together

(c) member

B Fill in the blanks with the words given below.

(Understanding)

care

small

big

1. Our parents love and take of us.

2. A family with four members is a family.

3. A family that has many members is called a family.

C Tick (✓) the pictures that show enjoying with family and cross (X) for those that are not. (Understanding)



ENRICHMENT ACTIVITIES

A. Match the following with their correct name.



small family

big family



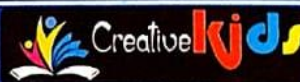
B. Follow these steps to make a picture frame:

- (i) Make a structure of cardboard that holds your picture in position.
- (ii) Stick coloured paper to one of the sides of the cardboard structure.
- (iii) Now, stick your picture into it.
- (iv) Make a cardboard stand and attach it to the frame. (Art Integration)



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