



Delhi Public School, Gandhinagar

Session : 2025 -26

STD - II

Subject – EVS

MONTH – AUGUST

Ch-7 Be Safe and Healthy

Ch-8 My School (Oral)

Ch – 7 Be Safe and Healthy

Subtopics: -

- Be Safe
- First Aid
- Be Healthy



Text Book work: -

- Reading and explanation of Text book Page no. 39 - 44

Text book Exercise :-

- Exercise on page no 45.

A. Write Yes or No to know if you stay safe and healthy.

(Yes or No)

1. Do you push others in a queue?
2. Do you eat a balanced diet?
3. Do you disturb the driver in a vehicle?
4. Do you exercise every day?
5. Do you maintain the correct posture while sitting?

No

Yes

No

Yes

Yes

B. Fill in the blanks.

(Words in Blanks)

1. We should not play with sharp objects like knives.
2. We should cross the road at the zebra crossing.
3. Exercising daily keeps our body and mind healthy and active.
4. We should not stoop while reading or walking.
5. We should sleep for eight hours every night.

D. Answer the following questions.

(Write and Learn)

1. Write any two healthy eating habits.
2. Write two safety rules each we should follow at home, in school and in a vehicle.
3. Why should we exercise daily?

ORAL

CBE Question (Written)

T.B Pg -46

Know These Signs

Road signs give us directions and help us to drive safely. Match the road signs below with what they stand for.

a. 	d	1. No parking	e. 
b. 	c	2. No left turn	f. 
c. 	b	3. No right turn	g. 
d. 	a	4. No entry	h. 
	h	5. No horn	
	e	6. Children crossing	
	g	7. Hospital ahead	
	f	8. No U-turn	

Skills • Observation • Critical and logical thinking • Identification

Practice work

My Healthy Routine

It is important to do things at the right time every day. Following a routine keeps us healthy. Write the time when you do these activities daily.

		
I wake up at _____ a.m.	I go to school at _____ a.m.	I eat tiffin at _____ a.m.
		
I go to play at _____ p.m.	I eat dinner at _____ p.m.	I go to sleep at _____ p.m.

Skills • Observation • Critical thinking

Notebook Exercises :-

A. New words:-

1. safety
2. healthy
3. stranger
4. pavement
5. stoop
6. comfortable

B. Answer the following questions:-

1. Write any two healthy eating habits.

Ans: The two healthy eating habits are as follows:

- a) Eat a balanced diet.
- b) Drink lots of water.

2. Why should we exercise daily?

Ans: We should exercise daily to keep our body and mind healthy and active.

C. Draw , name and colour.

1. First aid box



2. No Parking



CBE Question (Written)

1. What will happen if we watch television for a long time ?

Ans. If we watch television for a long time it can hurt our eyes.

CBE Question (Oral)

1. What will happen if we stoop when we sit or walk ?

Ans. If we stoop when we sit or walk, it can cause muscle tension, discomfort and fatigue.

CBE Question (Observation)

1. Write any two safety rules that we follow on road?

Ans. The safety rules that we follow on the road are as follows:

1. Walk on the pavement.
2. Cross the road at the zebra crossing.
3. Never go alone on the road.

Ch-8 My School (ORAL)

Subtopics:

- Learning in School
- Good Manners in School
- Celebrating together



Text book Work

- Reading and Explanation of Textbook page no. 47 – 50

**Delhi Public School,
Gandhinagar
Class-II
EVS Sample book work
Session :2025-26
Month- (July)**

Delhi Public School, Gandhinagar

EVS Sample book work

Session - 2025-26

Month – July

Topic- **Chapter - 5 (Clothes We Wear)**

Concepts:-

- ❖ Types of clothes
- ❖ Types of fibres
- ❖ Fibre to clothes
- ❖ Materials used to make clothes
- ❖ Special clothes
- ❖ Other uses of clothes



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 24 to 29.

Text Book Exercise:-

- ❖ Exercise on text book page no. 30.

A. Write three things we make from these fibres.

(Give Examples)

1. Cotton

shirt

curtain

napkins

2. Wool

sweater

cap

shawl

3. Silk

saree

frock

shirt

4. Jute

rope

handbag

sack

B. Look at the uniforms and write their profession.

(Uniforms of People)



doctor



pilot



sailor



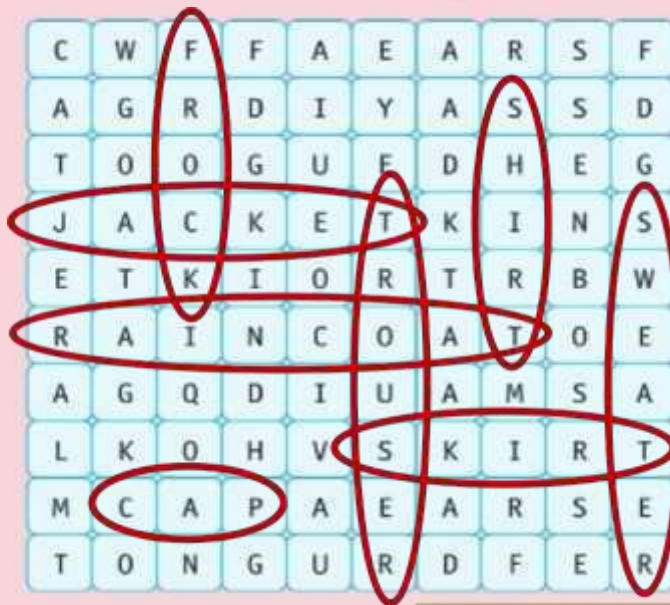
Air hostess

C. Fill in the blanks.

1. Cotton clothes allow air to pass through.
2. We get silk from a silkworm.
3. We get natural fibres from plants and animals.
4. Children wear uniform to school.

Word Search Puzzle

There are eight names of clothes hidden in the given puzzle. Find them.



Skills • Observation • Critical and logical thinking

Colouring Fun

Practice work

Colour the summer clothes blue and the winter clothes orange.



Skills • Observation • Critical and logical thinking



Note book work

I. New words.

1. fibres
2. umbrella
3. season
4. material
5. thread
6. natural

II. Answer the following questions.

1. Why do we wear clothes?

Ans. We wear clothes to cover our body and protect ourselves from heat, cold, rain and insects.

2. What are uniforms?

Ans. Uniforms are special clothes worn by people of same group at work or by children at school.

III. Write True or False.

1. The clothes we wear in summer are made of cotton. True
2. We get jute from a jute plant. True
3. A tailor dyes the clothes in different colours. False

IV. Draw, name and colour.

1. Any one summer cloth.



T-shirt

2. Any one thing used to protect from rain.



umbrella

CBE Questions (Written)

A. Who am I?

1. I am worn in rainy season to keep you dry.

Ans. Raincoat

2. I am a worm from where you get silk.

Ans. Silkworm

CBE Question (Oral)

1. What do you do with the clothes that do not fit you?

Ans. We give the clothes that do not fit us to the poor and people in need.

CBE Question (Observation)

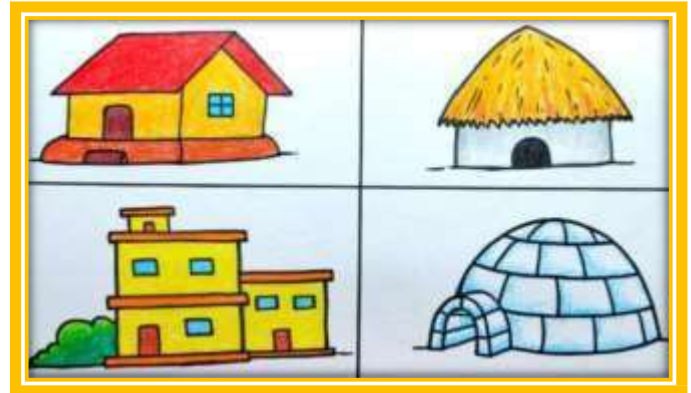
1. What will you do if you see a boy wearing only light clothes on a cold day?

Ans. I will give a jacket or a sweater to him to keep him warm.

Topic- Chapter - 6 (We Need Shelter)

Concepts :-

- ❖ Types of houses
- ❖ Parts of a house
- ❖ People who build our house
- ❖ A good home



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 32 to 36.

Text Book Exercise

- ❖ Exercise on text book page no. 37.

A. Fill in the blanks.

(Words in Blanks)

1. Kutchha houses are **temporary** houses.
2. Campers and soldiers live in a **tent**.
3. **Igloos** are found in extremely cold places.
4. A **plumber** fits the water pipes, sinks and taps in our house.

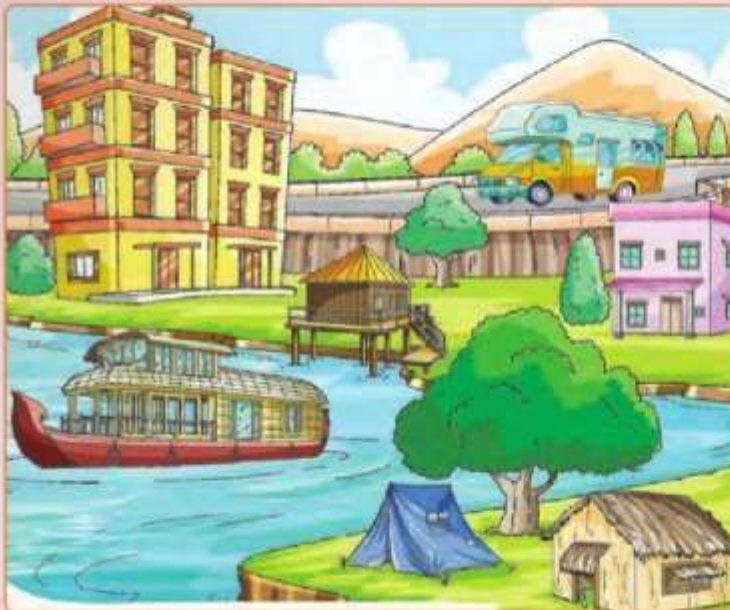
B. Read the clues and name the people who help to build a house.

(Naming People)

- | | |
|---|--|
| 1. He draws a sketch of the house.
A R C H I T E C T | 2. He lays the bricks.
M A S O N |
| 3. He makes things with wood.
C A R P E N T E R | 4. He paints the house.
P A I N T E R |
| 5. He fits electrical things.
E L E C T R I C I A N | 6. He fits the taps.
P L U M B E R |

Picture Study

Name the kinds of houses shown in the picture.



1. **apartment**
2. **tent**
3. **houseboat**
4. **caravan**
5. **hut**
6. **stilt house**
7. **double-storey house**

Skills • Observation • Critical and logical thinking

Note book work

I. New words.

1. protect
2. temporary
3. plumber
4. architect
5. carpenter
6. mason

II. Answer the following questions.

1. What are kutcha houses?

Ans. The houses made of wood, mud, clay, straw and bamboo are called kutcha houses.

2. What is a houseboat?

Ans. A houseboat is a portable house which floats on water.

III. Give two examples.

1. Parts of a house

Ans. a. Kitchen

b. Drawing room

2. Portable houses

Ans. a. tent

b. caravan

CBE Question (Written)

1. Name the place where you see kutcha houses.

Ans. We see kutcha houses mostly in villages.

CBE Questions (Oral)

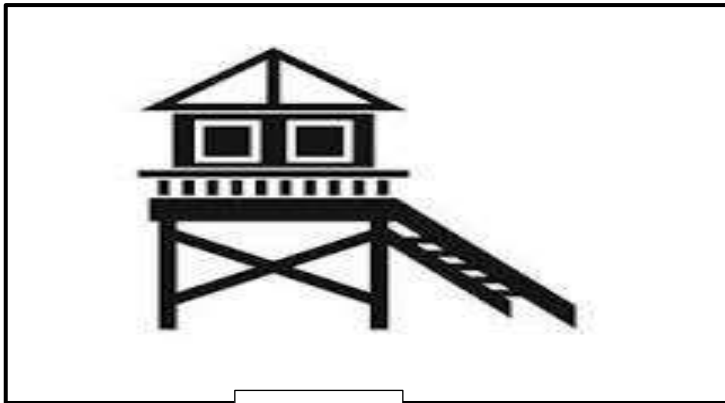
1. Why do multi-storeyed houses have lifts?

Ans. Multi-storeyed houses have lifts so that people can use them to move from one floor to another instead of climbing the stairs.

CBE Question (Observation)

Identify me and Draw, name and colour.

1. I am a house built on stilts.



Stilt house

2. I am a portable house on wheels.



caravan

CLASS: II



Delhi Public School

Gandhinagar

Academic session (2025-26)

Sample Notebook

(For the Month of June)

EVS

Delhi Public School, Gandhinagar

EVS Sample book work

Session 2025-26

Topic- Chapter - 3 My Wonderful Family

Concepts :-

- ❖ Nuclear family
- ❖ Joint family
- ❖ How members of a family are related
- ❖ Helping each other in a family



Text Book work:-

Reading and explanation of Text book Page no. 13, 14 & 15.

Text Book Exercise:-

Exercise on text book page no. 16 & 17

A. Tell us about your family.

Practice work

(My Family)

1. My father's name is _____.
2. My mother's name is _____.
3. I have a _____ (big/small) family.
4. My maternal grandfather's name is _____ and grandmother's name is _____.
5. My paternal grandfather's name is _____ and grandmother's name is _____.

B. Tick (✓) the activities you do to help your family.

(Helping My Family)



watering plants



dusting



keeping toys in place

C. Write True (T) or False (F).

(True or False)

1. We all live in a nuclear family.
2. We should respect our elders.
3. We should be rude to our family members.
4. We should keep our house neat and clean.
5. It is wonderful to have a loving family.

F

T

F

T

T

D. Answer the following questions.

(Write and Learn)

1. What is a joint family?
2. Write the names of any four relatives of yours. Also, write how they are related to you.
3. How do grandparents show their love for their grandchildren?

Oral

Oral

CBE Question

Word Search Puzzle

Find the words related to the chapter in the given word search puzzle.

FAMILY
PARENTS
GRANDPARENTS
COUSINS
UNCLES
SIBLING
AUNTS



Skills : Observation • Critical and logical thinking

Note Book Exercise:-

I. New words :-

1. members
2. joint family
3. cousins
4. nuclear family
5. obey
6. children

II . Answer the following questions: -

1. What is a family?

Ans. A family is a group of people related to each other.

2. What is a nuclear family?

Ans. A family in which parents and children live together is called a nuclear family.

3. What is a joint family?

Ans. A family in which grandparents, parents, uncles, aunts and cousins live together in the same house is called a joint family.

III. Give two examples.

1. Types of grandparents.

Ans. a. Maternal b. Paternal

2. Types of family.

Ans. a. Nuclear family b. Joint family

CBE Question (Oral)

1. What are cousins and how are they related to you?

Ans. Cousins are the children of your aunts and uncles. They are related to you because their parents are your parents' siblings.

CBE Question (Written)

1. Mr. and Mrs. Sharma live with their son. What kind of family do they have?

Ans. Nuclear family.

Activity

A. Paste your family photograph:-



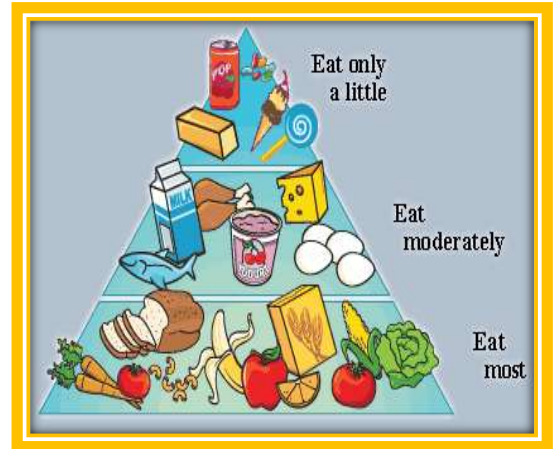
Topic- Chapter - 4 (We Need Food)

Concepts :-

- ❖ Types of food
- ❖ Balanced diet
- ❖ Meals
- ❖ Golden food habits

Text Book work:-

Reading and Explanation of Text book Page no. 18, 19, 20 & 21.



Text Book Exercise:-

Exercise on text book page no. 22

A. Circle the odd one out.

(Odd One Out)

- | | | | |
|-----------|-------------|---------------|--------|
| 1. butter | <u>milk</u> | rice | potato |
| 2. grains | pulses | <u>fruits</u> | meat |
| 3. fruits | vegetables | <u>sugar</u> | milk |

B. Colour the given foods. Also, write E for energy-giving food, B for bodybuilding food and P for protective food.

(Colour and Classify)



P



P



E



B

Practice work

C. Write Yes or No.

(Yes or No)

1. Do you drink milk every day? _____
2. Do you eat fruits every day? _____
3. Do you drink 6–8 glasses of water every day? _____
4. Do you follow golden food habits? _____

D. Answer the following questions.

(Write and Learn)

1. Why do we need food?
2. Where do we get food from?
3. Name the three types of food we eat.
4. Why should we drink lots of water?
5. What is a balanced diet?

Oral

Oral

Note Book Exercise: -

A. New words: -

1. vegetarians
2. body building
3. protective food
4. balanced diet
5. strong
6. overeat

B. Answer the following questions: -

1. Why do we need food?

Ans. We need food to grow, become strong, healthy and get energy to work and play.

2. Where do we get our food from?

Ans. We get our food from different sources like plants and animals.

3. Which are the three different types food?

Ans. The three different types of food are:

- a. Energy – giving food
- b. Body - building food
- c. Protective food

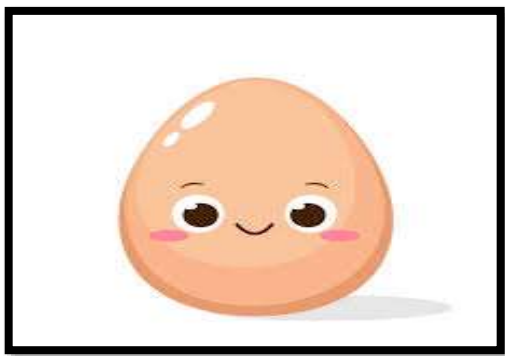
C. Fill in the blanks.

- 1. A diet which contains all types of foods in the right amount is called a balanced diet.
- 2. Chew your food properly.

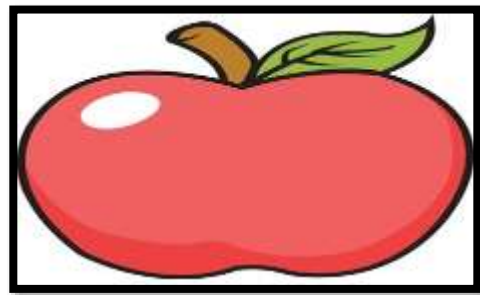
D. Draw, name and colour.

1. Any one bodybuilding food.

2. Any one protective food.



egg



apple

E. Give two examples.

1. Meals of a day.

a. breakfast b. lunch

2. Energy - giving food.

a. potato b. sugar

CBE Question (Oral)

1. Which type of food should we eat when we are sick?

Ans. When we are sick, we should eat energy – giving and easily digestible food.

Eg: Fruit juice.

CBE Question (Written)

1. Which food items do we eat without cooking?

Ans. Fruits and vegetable, salads, Tubers and nuts.



Delhi Public School
Gandhinagar
Academic session (2025-26)

EVS

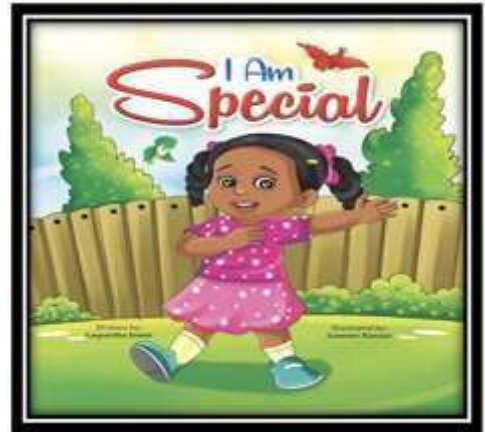
Sample Notebook

(For the Month of
April & May)

Topic- Chapter -1 (About Me)

Subtopics:-

- ❖ Self-introduction
- ❖ Likes and dislikes
- ❖ Address



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 01

Text Book Exercise:-

- ❖ Activity on text book page no. 02
- Rahul introduced himself. He wants to be your friend and wants to know you. Tell him about yourself. (Oral)

Hello Rahul!

I am Soham.

I am a six year old boy. (girl/boy)

My birthday is on 26th June.

I study in Delhi Public School in Class II.



➤ My Family

My father's name is Mr. Ramesh.

My mother's name is Ms. Kavita.

My address is Kudasan, Gandhinagar.

➤ This is my family photograph.





Quick Check

(Correct Choice)

A. Tick (✓) the correct answer.

1. We become _____ as we grow.
(a) taller ☒ (b) younger ☐ (c) shorter ☐
2. A/An _____ card gives important information about us.
(a) identity ☒ (b) library ☐ (c) memory ☐
3. Each person is _____.
(a) same ☐ (b) unique ☒ (c) alike ☐

(Words in Blanks)

B. Fill in the blanks with the feelings.

happy sad angry scared

1. I feel happy when I go for a picnic with my family.
2. I feel angry when someone breaks my toy.
3. I feel scared when the light goes off and it gets dark.
4. I feel sad when I fall and get hurt.

C. Write True (T) or False (F).

(True or False)

1. An identity card does not have our name.
2. Each one of us is unique.
3. We feel the same all the time.
4. We have different likes and dislikes.

F
T
F
T



Let's Talk

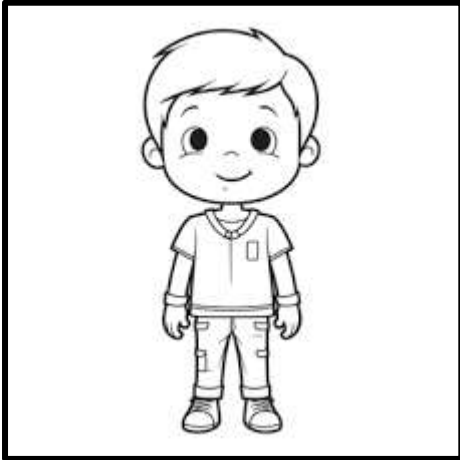
1. Which two things make you different from your parents?
2. Why should you carry your identity card to crowded places?

Think and Tell

1. Name two things that make you happy.
2. Name two things that make you sad.

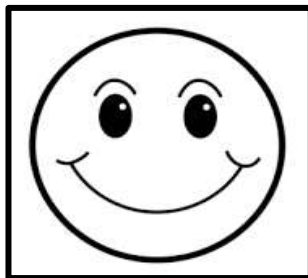
Note book work

A. Name and paste your photograph.



B. Draw the following:

1. A happy face



2. A sad face



Topic : Lesson -2 Human Body

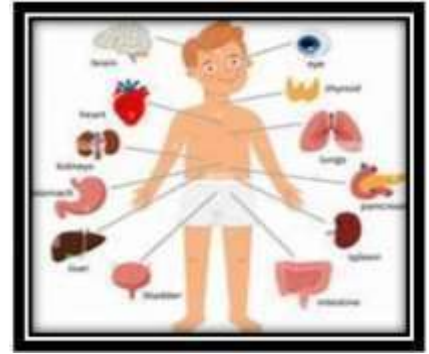
Concepts :-

External organs

Internal organs

Sense organs

Growing older



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 05 to 10

Text Book Exercise:-

- ❖ Exercise on text book page no. 11 & 12

Pg. no.11

A. Fill in the blanks with the help of the clues.

(Words in Blanks)

back tongue babies brain breathe

1. Our tongue is covered with tiny taste buds.
2. Our back helps us to bend forward.
3. Our brain helps us to think and work.
4. We breathe with our lungs.
5. All humans are born as babies

B. Match the columns.**Pg. no.11****Column A**

1. ears
2. eyes
3. skin
4. nose
5. tongue

Column B

- (a) taste things
- (b) feel things
- (c) see things
- (d) hear sounds
- (e) smell things

ANSWER KEY: 1-d, 2-c, 3-b, 4-e, 5-a**C. Write True (T) or False (F).****Pg. no.11****(True or False)**

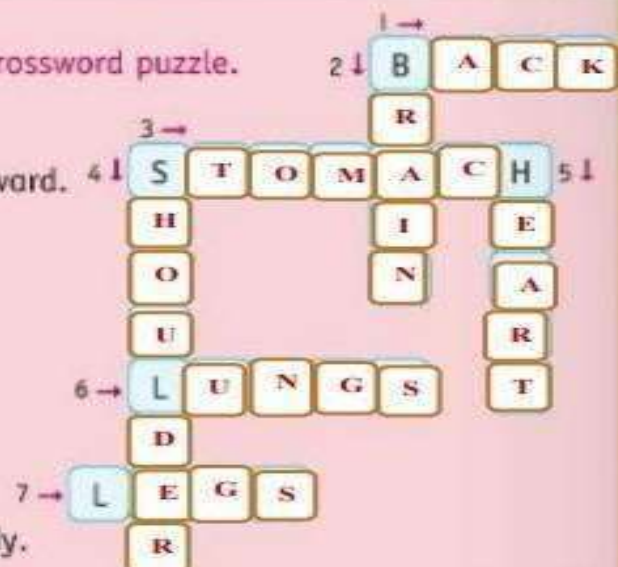
1. Sounds can be soft or loud.
2. Our hands help us to stand straight.
3. Nose help us to digest food.
4. Our neck helps us to turn our head from side to side.

T**F****F****T****Pg. no.12****Crossword Puzzle****Using the given clues, fill in the given crossword puzzle.****ACROSS**

1. It helps us to bend forward and backward.
3. The food we eat goes to this part.
6. They help us to breathe.
7. They help us to jog.

DOWN

2. It helps us to think and work.
4. It helps us to carry things.
5. It pumps blood to all parts of the body.

**Skills • Critical and logical thinking • Identification**

Note book work

A. New words

1. together
2. shoulders
3. organs
4. tongue
5. digest
6. stomach

B. Answer the following questions:

1. What help us to stand straight?

Ans. Our back helps us to stand straight.

2. Name five sense organs.

Ans. The five sense organs are tongue, eyes, nose, skin and ears.
(TENSE)

C. Give two examples of the following:

1. Internal organs
 - a. Brain
 - b. Heart
2. External organs
 - a. Nose
 - b. Eyes

D. Draw, name and colour.

1. Any two sense organs.

	
Eye	Nose

CBE (Oral)

1. Why do you think it is important to take care of our sense organs?

Ans: It is very important to take care of our sense organs as they help us to connect with our environment. They help us to see, smell, hear and taste.

CBE (Written)

1. Which is the largest sense organ?

Ans. Skin is the largest sense organ.

Observation

1. Which sense organ helps us to smell?

Ans. Nose