Delhi Public School Gandhinagar
Academic session (2026-27)

Class: I

Study Material

OCTOBER: 2026

Subject: EVS

MONTH - OCTOBER

Chapter -10 My School

Sub-topics :-

❖ School	❖ People Who Help Us in School
❖ Rooms in a School	❖ Keeping the School Clean

Reading, Explanation and textbook ex. – Pg.no. - 55, 56, 57, 58 & 59



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

1. We study (study/sleep) in a classroom.
2. We find different kinds of books in the library (medical room/library).
3. We learn singing in the music (music/medical) room.
4. We should keep our school clean (dirty/clean).

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

1. We learn many things in school.	T
2. There are only five rooms in a school.	F
3. Teachers sit in the staffroom and do their work.	T
4. We should not plant trees in the school.	F

C. Think and write how these people help you in school. You may take help from your teacher or parents.

1. Teacher : My teacher teaches new things.
2. Librarian : The librarian helps me to find book.
3. Gardener : The gardener takes care of the plants.
4. Nurse : The nurse helps the sick people.

- **LEARNING IS FUN – H.W**
- **Word Search Puzzle**

Find the names of the objects we find in a classroom in the word search puzzle.			
DUSTER	CHALK	DUSTBIN	DESK
CHAIR	BAG	WINDOW	WATER BOTTLE
CUPBOARD	BLACKBOARD	NOTICE BOARD	TABLE



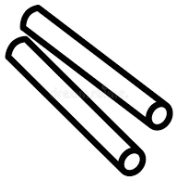






H	V	D	H	T	J	N	E	R	C	N	A	J	W
B	L	A	C	K	B	O	A	R	D	Z	X	N	A
A	E	C	T	V	E	T	H	E	U	F	X	A	T
G	C	K	U	J	U	I	E	X	F	G	H	J	E
D	E	R	T	Y	U	C	I	D	U	S	T	E	R
A	S	D	F	G	D	E	C	K	H	J	K	L	B
D	E	R	T	Y	U	B	Z	X	C	V	B	N	O
E	A	C	U	P	B	O	A	R	D	E	F	G	T
S	W	H	R	T	Y	A	D	A	U	G	R	J	T
K	E	A	N	R	G	R	U	I	S	O	S	F	L
H	T	I	I	O	J	D	C	M	T	A	B	L	E
Q	W	R	E	R	T	Y	U	I	B	A	S	J	L
Z	X	C	V	B	N	M	Q	R	I	Y	A	X	J
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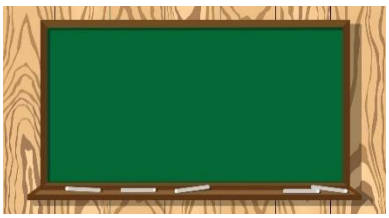


NOTEBOOK WORK

A. New words	
1. assembly	2. cupboard
3. medical	4. computers
5. chalk	6. gardener
7. duster	8. window

B. Give two examples.	
1.	**Things we learn in school.**
Ans.	**a) reading**
	b) writing
2.	**People helping us in school**
Ans.	**a) teacher**
	b) nurse

C. Answer the following.	
1.	**Why do we go to school?**
Ans.	**We go to school to study and learn new things.**
2.	**What is a medical room?**
Ans.	**A room where we go when we are unwell or get hurt.**

D. Draw, name and colour.	
1. A thing used by a teacher.	**2. A thing used to throw garbage.**
	
Blackboard	**Dustbin**

Chapter -11 People Who Help Us

Subtopics: - ❖ **Our Helpers**

Reading, Explanation and textbook ex. – Pg.no. 60, 61, 62 & 63

A. Write the helper you will go to in the following situations.

1. You want to get broken shoe mended. — **COBBLER**
2. You are sick. — **DOCTOR**
3. You want to get a shirt stitched. — **TAILOR**
4. You want to get a leaking tap fixed. — **PLUMBER**

B. Answer in one word.

1. Who takes care of patients? — Nurse
2. Who looks after the garden? — Gardener
3. Who brings letters and parcels? — Postman
4. Who washes clothes? — Washerman

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

1. Many people around us help us. — **T**
2. A farmer teaches in a school. — **F**
3. A carpenter makes furniture. — **T**
4. A milkman delivers letters. — **F**

- **Learning is Fun Textbook**
- **Word Search Puzzle (H.W)**

Unscramble the letters to identify the helpers. Then, find them in the word search puzzle.

TECAEHR

FRAEMR

NRUES

PULBMRE

FRIEAMN

GRAEDNRE

CBOBELR

MLIKAMN

MSANO

CRAEPNRTE

C	A	R	P	E	N	T	E	R	I	H	T
O	A	D	L	Y	K	B	A	S	Y	P	E
B	O	I	U	U	Y	T	R	E	W	S	A
B	D	F	M	I	L	K	M	A	N	G	C
L	Z	X	B	M	L	K	A	J	U	H	H
E	C	V	E	B	N	M	S	Q	R	E	E
R	R	F	R	T	Y	U	O	I	S	O	R
A	S	A	D	F	G	H	N	J	E	K	L
F	I	R	E	M	A	N	Z	X	C	V	B
M	N	M	B	V	C	X	Z	A	S	D	F
G	H	E	J	K	L	Q	W	E	R	T	Y
G	A	R	D	E	N	E	R	U	I	O	P









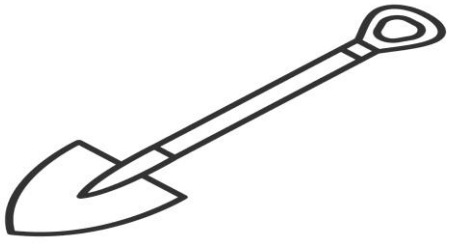



Notebook Work: -

A. New words.	
1. helpers	2. parcels
3. crops	4. teaches
5. furniture	6. country
7. delivers	8. repairs

B. Give two examples.	
1.	**People who treat us when we are sick.**
Ans.	a) doctor
	b) nurse
2.	**People who help us.**
Ans.	a) tailor
	b) farmer

C. Answer the following .	
1.	**What does a mason do?**
Ans.	A mason builds houses.
2.	**Who puts off fire?**
Ans.	Fireman puts off fire.

D. Draw, name and colour.	
1. A tool used by a farmer.	**2. A tool used by a painter.**
	
Spade	**Paint brush**

Delhi Public School Gandhinagar
Academic Session (2026-27)

Class: I

Study Material

SEPTEMBER: 2026

Subject: EVS

Revision

A. Give two examples:

1. Materials used to make clothes

Ans. **a. silk** **b. cotton**

2. Sources of food.

Ans. **a. plants** **b. animals**

3. Places to follow safety rules.

Ans. **a. school** **b. home**

4. Pukka house.

Ans. **a. apartment** **b. bungalow**

5. Places in our neighbourhood.

Ans. **a. bank** **b. park**

B. Write true or false:

1.	We go to a restaurant to play.	F
2.	We need food to grow.	T
3.	Raincoats keeps us warm.	F
4.	We should not lean over a balcony railing.	T

C. Fill in the blanks:

1. We go to a _ **bus stop** _ (school/bus stop) to take a bus.

2. A house gives us __ **shelter** _ (shelter/flowers).

3. Do not stand near the _ **door** _ (door/window) of a bus.

4. Dancers wear costumes while _ **dancing** _ (cooking/dancing).

5. We should eat __ **healthy** __ (healthy/unhealthy) food.

D. Answer the following:

Q.1 Name the three meals of the day.

Ans. The three meals of the day are:-
a) breakfast
b) lunch
c) dinner

Q.2 Who wears uniforms?

Ans. People who do the _**same kind of work**___ wear uniforms.

Q.3 What should you do before crossing the road?
Ans. Look to the _**right**, then to the **left** and **again to the right** before crossing the road.

Q.4 What is a pukka house?
Ans. A house made of things like **iron, concrete, cement, bricks and wood** is called a pukka house.

Q.5 What is a market?
Ans. A place where **people buy and sell things**.

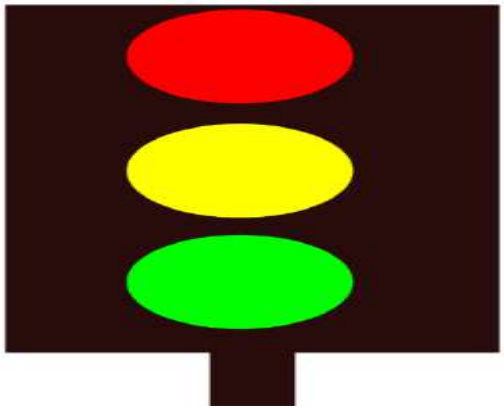
E. Draw, name and colour:

1. A milk product

ice-crean

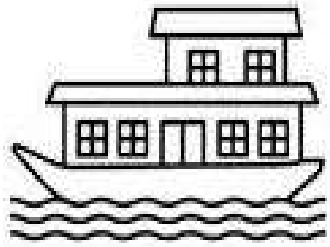


2. Traffic light



3. A special house

house boat



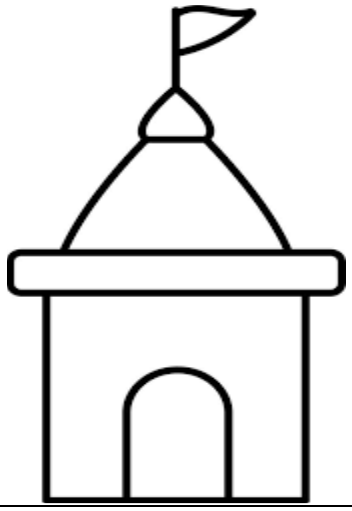
4. A thing used in rainy season.

umbrella



5. A place of worship.

temple



Half Yearly Examination Revision :

- **Revision worksheets in student buddy**
- **CBE Worksheet in student buddy**
- **Reflection worksheet in student buddy**
- **Model question paper in student buddy**
- **Revision in notebook**
- **Practice of spellings in P. book.**

Delhi Public School Gandhinagar
Academic Session (2026-27)

Class: I

Study Material

AUGUST: 2026

Subject: EVS

Month – August

Chapter 8 -



Let's learn about:-

- ❖ Need of a house
- ❖ Types of houses
- ❖ Types of Roofs
- ❖ Rooms in a house
- ❖ A Good House





▪ Reading and Explanation :- Pg. No.43, 44 & 45

▪ Quick Check Pg.no. 46

A. Tick (✓) the correct answer.

1. **What is a *kutcha* house made of?**
   a) cement b) bamboo ✓ c) iron
2. **What is a pukka house made of?**
   a) mud b) dry leaves c) cement ✓
3. **Where are the houses with flat roofs found?**
   a) hot places ✓ b) cold places c) places with heavy rain
4. **What does a good house have?**
   a) lots of toys b) lots of plants ✓ c) Lots of waste

B. Fill in the blanks with the help of the given clues.

1. **A house gives us shelter (shelter/flowers).**
2. **We feel comfortable (uncomfortable/comfortable) in our house.**
3. **Bungalow is a pukka (*kutcha*/pukka) house.**
4. **Sloping (Sloping/flat) roofs help snow and rainwater to slide down the roofs easily.**

C. Name the roofs of the house with the help of clues. (NCF)

1. **We eat meals in this room.**
2. **Mummy cooks food here.**
3. **We take a bath in this room.**
4. **We sleep in this room.**

D	I	N	I	N	G		R	O	O	M
				K	I	T	C	H	E	N
			B	A	T	H	R	O	O	M
				B	E	D	R	O	O	M

▪ LEARNING IS FUN pg.no.47 (CBE)

▪ Put in the right column

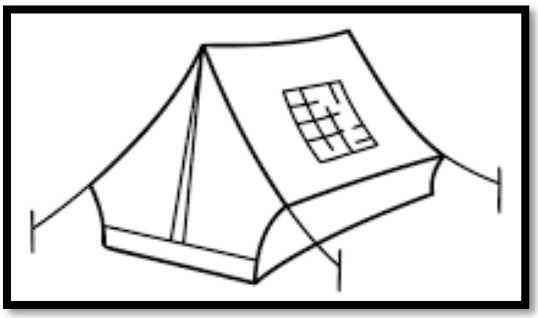
Write the names of the given items in the rooms where they are found.

bed	wardrobe	soap	shampoo	mixer
chair	sofa	quilt	wash basin	centre table
utensils	gas burner	bucket	pillows	pulses
carpet	bathtub	refrigerator	cushions	floor

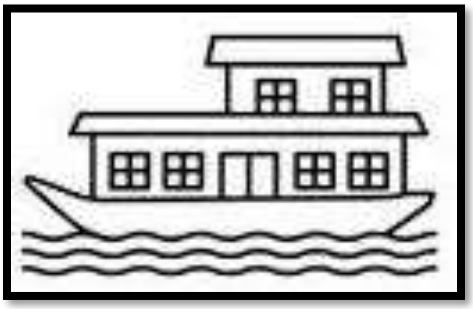
Drawing Room	Bedroom	Kitchen	Bathroom
chair	bed	utensils	bathtub
carpet	wardrobe	gas burner	soap
sofa	quilt	refrigerator	bucket
cushions	pillows	mixer	shampoo
centre table	floor	pulses	wash basin

▪ Fun with colours (HW)

These are the pictures of some special house. Read their names and colour them.



tent house

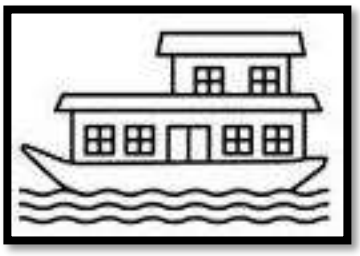


houseboat

NOTEBOOK WORK

A. New Words		
1. shelter	2. storm	3. comfortable
4. heavy	5. villages	6. kutcha
7. pukka	8. guests	

B. Give two examples.	
1.	**Kutcha house.**
Ans.	a. tent
	b. hut
2.	**Pukka house.**
Ans.	a. apartment
	b. bungalow
C. Answer the following.	
1.	**What is a pukka house?**
Ans.	A house made of things like cement, bricks, iron, concrete and wood is called a pukka house.
2.	What does a good house have?
Ans.	A good house has many doors and windows, lots of plants and dustbins to throw waste.

D. Draw, name & colour.			
1.	A pukka house		bungalow
2.	A special house		house boat

Chapter -9



Let's learn about:-

- ❖ **Neighbourhood**
- ❖ **Places in our neighbourhood**





▪ Reading and Explanation:- Pg.no.48, 49, 50 & 51

▪ Quick Check:- Pg.no.52

A. Complete the names of the places where you will go to do the following things.

1. **Visit a sick friend.**
2. **Post a letter.**
3. **Study and learn new things.**
4. **Buy toys.**

			H	O	S	P	I	T	A	L
P	O	S	T		O	F	F	I	C	E
					S	C	H	O	O	L
					M	A	R	K	E	T

B. Fill in the blanks with the help of the given clues.

1. **We go to a bus stop (school/bus stop) to take a bus.**
2. **We play in a park (park/auto stand).**
3. **We keep our money in a bank (hospital/bank).**
4. **We go to a hospital (school/hospital) when we are sick.**

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

1.	**We go to a restaurant to play.**	**F**
2.	**We take a train from a railway station.**	**T**
3.	**We go to a school to study.**	**T**
4.	**We must keep our neighbourhood dirty.**	**F**

- **Learning is Fun textbook pg.no.53**
- **Word Search Puzzle (H.W)**

Unscramble the letters to write the correct names of the places. Then, find them in the word search puzzle.

PRAK

HPTOSIAL

CUHCRH

GRUWDRAA

MRAEKT

RSETUARNAT

SOCHLO

BNAK

MSOUQE

TMEEPL

P	F	H	X	J	C	T	K	L	O	P	R
A	A	O	U	Y	H	J	A	M	N	W	U
R	E	S	T	A	U	R	A	N	T	Q	T
K	E	P	J	F	R	O	P	G	H	K	E
I	P	I	V	S	C	H	O	O	L	W	M
S	P	T	N	B	H	C	X	D	E	M	P
Q	B	A	N	K	O	I	U	Y	T	R	L
L	K	L	W	E	R	M	O	S	Q	U	E
J	H	Y	T	P	E	W	A	B	Y	C	Z
M	A	R	K	E	T	U	Y	T	F	C	A
E	Q	Y	R	C	K	A	D	M	B	T	U
F	H	S	X	G	U	R	D	W	A	R	A

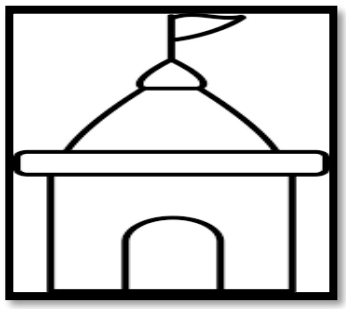
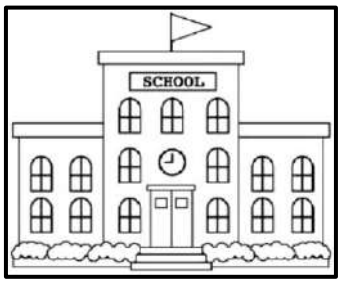
NOTEBOOK WORK

A. New Words		
1. neighbourhood	2. neighbour	3. market
4. useful	5. daily	6. envelopes
7. worship	8. bank	

B. Give two examples.	
1.	Places in our neighbourhood.
Ans.	a) park
	b) bank
2.	Places to take public transport.
Ans.	a) bus stop
	b) railway station

	C. Answer the following.
Q.1	What is a market?
Ans.	A place where people buy and sell things.
Q.2	Where do we keep our jewellery?
Ans.	We keep our jewellery in a bank.

D. Draw, name & colour.

1. Any one neighbourhood place.	2. A place where we go to study.
	
temple	bank

Delhi Public School Gandhinagar
Academic Session (2026-27)

Class: I

Study Material

JULY: 2026

Subject: EVS

Chapter 6 - Safety Rules

Let's learn about :

- Safety
- Safety at Home
- Safety at School
- Safety in a Playground
- Safety on the Road
- Safety in a Vehicle
- Safety in a Swimming Pool



- **Reading, Explanation and Textbook exercises on Pg. no.31 to 36**



- **Quick Check Pg. No. 35**

A.	**Tick (✓) the correct answer.**		
1.	Do not play with knives at home.		
	a) ludo	b) knives ✓	c) carrom board
2.	Leave school only with your parents.		
	a) friends	b) strangers	c) parents ✓
3.	Always obey the rules of a game.		
	a) rules ✓	b) lines	c) stories
4.	Use a swimming tube if you are learning to swim.		
	a) bucket	b) tube ✓	c) pipe

B.	**Fill in the blanks with the help of the given clues.**
1.	Always walk on the pavement (road/pavement).
2.	Do not stand near the door (door/window) of a bus.
3.	Never jump (sit/jump) on a bed or a sofa.
4.	Do not fight (fight/play) with other children.

C.	**Write true (T) or False (F).**	
1.	We should always cross the road at the zebra crossing.	**T**
2.	We should get into a moving vehicle.	**F**
3.	We should not lean over a balcony railing.	**T**
4.	We should push each other on the swings.	**F**

- **LEARNING IS FUN Pg. No.36**
- **Life Skills**

Why will you stop a child when you see her/him in the following situations?	
1.	Playing on the road.
Ans.	She / He may have an accident.
2.	Taking head out of the car's window.
Ans.	She / He may bump her/his head.
3.	Playing with a knife.
Ans.	She / He may get hurt.
4.	Going to the swimming pool without a swimming tube.
Ans.	She / He may drown.
5.	Fighting with other children.
Ans.	She / He may get hurt.
6.	Trying to get off a moving bus.
Ans.	She / He may get badly injured.

NOTEBOOK WORK

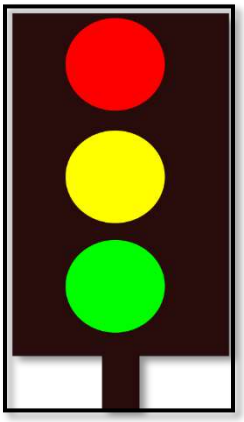
A. New Words		
1. safety	2. pavement	3. sharp
4. medicine	5. stairs	6. crossing
7. queue	8. helmet	

B. Give two examples. (CBE)	
1.	**Places to follow safety rules.**
Ans.	a. School
	b. Home
2.	**Safety rules at home.**
Ans.	a. Do not touch electric wires.
	b. Do not jump on a bed or sofa.

C. Answer the following.	
1.	**What is safety?**
Ans.	Safety means staying safe from getting hurt or any kind of danger.
2.	**What should you do before crossing the road?**
Ans.	Look to the right, then to the left and again to the right before crossing the road.

D. Draw, name & colour.

Traffic light



Red says "stop"

Yellow says "wait"

Green says "go"

Chapter -7 My Family (Oral)

Delhi Public School Gandhinagar

Academic session (2026-27)

Class: I

Study Material

JUNE: 2026

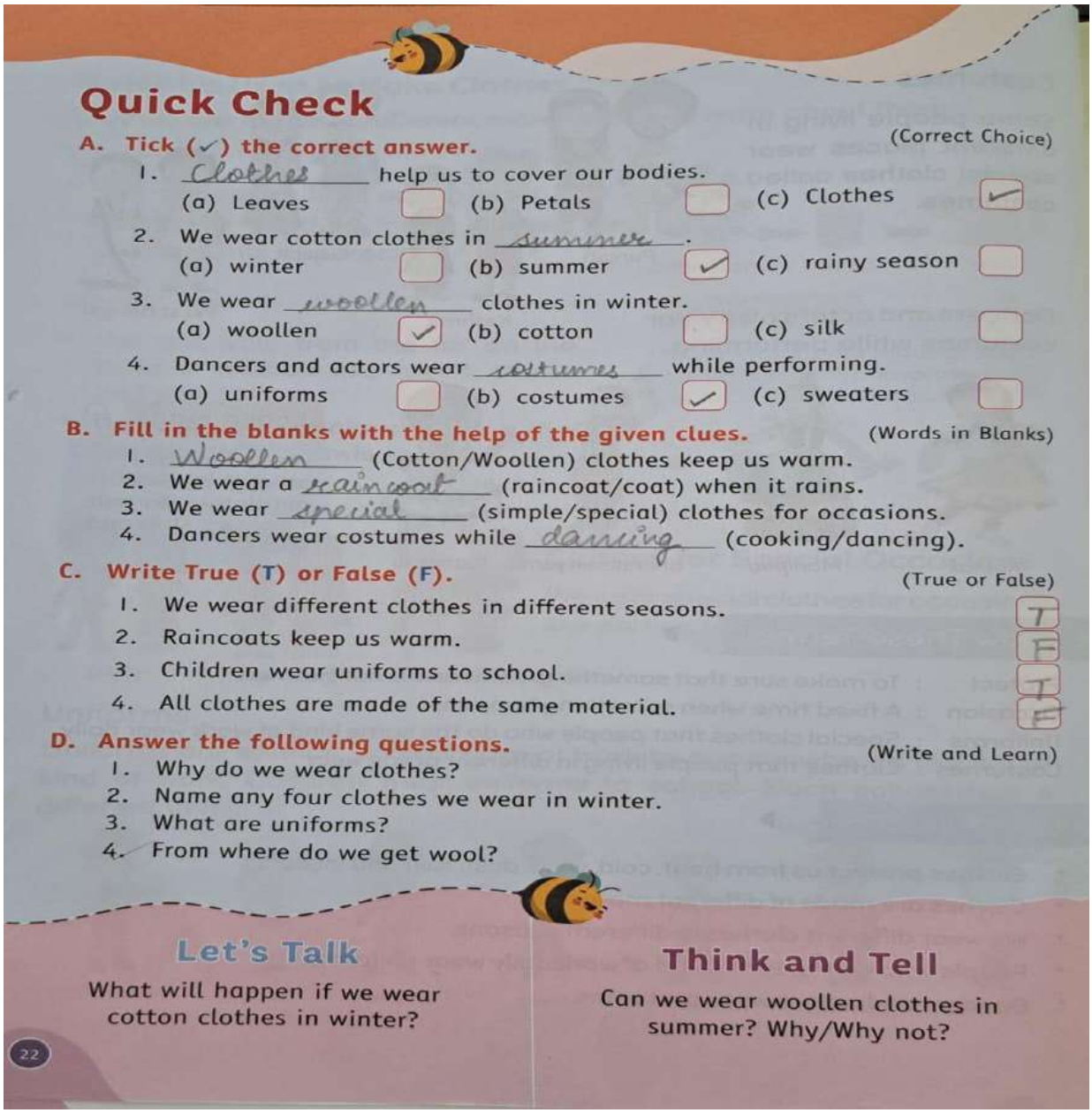
Subject: EVS

Chapter - 4 Clothes We Wear

Subtopics:

- **Types of Clothes**
- **Materials Used to Make Clothes**
- **Uniforms**
- **Costumes**

Reading, Explanation and Textbook exercises on Pg.no. 18 to 23



Quick Check

A. Tick (✓) the correct answer. (Correct Choice)

1. Clothes help us to cover our bodies.
   (a) Leaves ☐ (b) Petals ☐ (c) Clothes ☑
2. We wear cotton clothes in summer.
   (a) winter ☐ (b) summer ☑ (c) rainy season ☐
3. We wear woollen clothes in winter.
   (a) woollen ☑ (b) cotton ☐ (c) silk ☐
4. Dancers and actors wear costumes while performing.
   (a) uniforms ☐ (b) costumes ☑ (c) sweaters ☐

B. Fill in the blanks with the help of the given clues. (Words in Blanks)

1. Woollen (Cotton/Woollen) clothes keep us warm.
2. We wear a raincoat (raincoat/coat) when it rains.
3. We wear special (simple/special) clothes for occasions.
4. Dancers wear costumes while dancing (cooking/dancing).

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

1. We wear different clothes in different seasons. T
2. Raincoats keep us warm. F
3. Children wear uniforms to school. T
4. All clothes are made of the same material. F

D. Answer the following questions. (Write and Learn)

1. Why do we wear clothes?
2. Name any four clothes we wear in winter.
3. What are uniforms?
4. From where do we get wool?

Let's Talk

What will happen if we wear cotton clothes in winter?

Think and Tell

Can we wear woollen clothes in summer? Why/Why not?

22

LEARNING IS FUN

Word Search Puzzle

Unscramble the letters to write the names of different clothes we wear. Then, find them in the word search puzzle.

FORKC — FROCK

SOHTRS — SHORTS

SIHTR — SHIRT

JCAEKT — JACKET

SEWTAER — SWEATER

MFUFELR — MUFFLER

RIACNAOT — RAINCOAT

GMUOOBST — GUMBOOTS

R	A	I	N	C	O	A	T	G	S
R	T	L	B	I	E	F	X	O	W
H	A	J	A	C	K	E	T	Y	E
E	M	O	R	F	H	H	R	N	A
G	U	M	B	O	O	T	S	R	T
L	F	Y	O	G	A	A	H	S	E
T	F	R	O	C	K	D	I	E	R
H	L	Y	H	V	C	L	R	A	N
Y	E	A	S	H	O	R	T	S	O
G	R	S	X	A	R	T	X	O	E

Skills • Observation • Decision-making

Life Skills

Which of the two girls takes care of her clothes and keeps them properly? Tick (✓) the correct picture.



Skills • Social and emotional skills • Logical thinking

Scrapbook Fun

Paste pictures of clothes you like to wear in your scrapbook. Use old magazines, books or newspapers to get the pictures.

Skills • Observation • Creativity

Note Book Work: -

A. New Words.

1. clothes	2. summer
3. winter	4. umbrella
5. materials	6. special
7. uniform	8. costume

B. Give two examples.

1. Animals that give us wool

Ans. a. sheep b. yak

2. Materials used to make clothes

Ans. a. cotton b. silk

C. Answer the following

Q.1 Who wears uniforms?

Ans. People who do the same kind of work wear uniforms.

Q.2 Why do we wear cotton clothes in summer?

Ans. Cotton clothes keep us cool in summer.

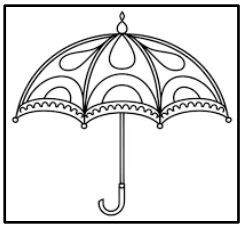
D. Draw, name & colour

1. A woollen cloth



cap

2. A thing used in rainy season.



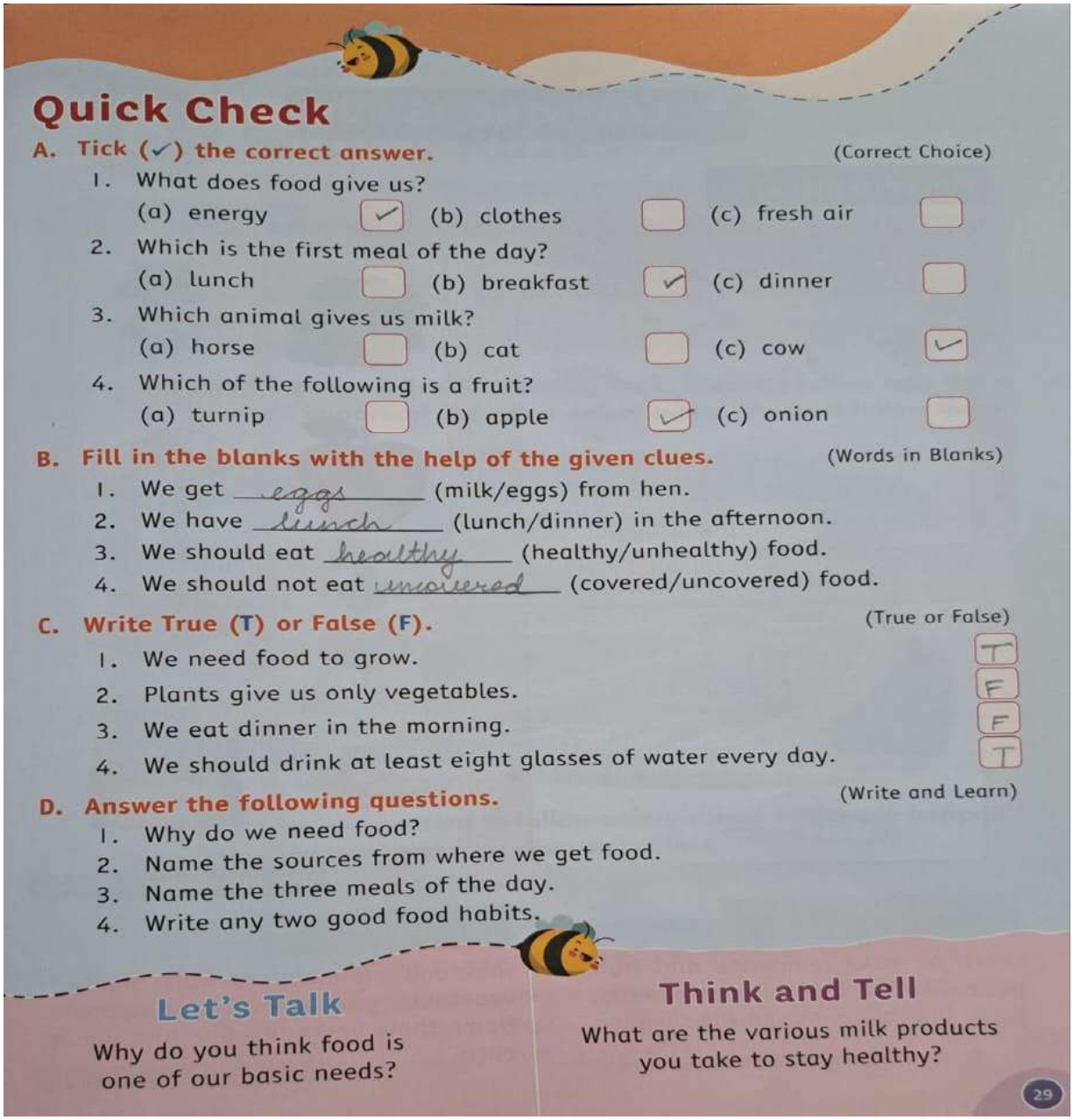
umbrella

Chapter -5 Food We Eat

Subtopics: -

- **Food**
- **Kinds of Food**
- **Milk Products**
- **Meals We Eat**
- **Good Food Habits**

Reading, Explanation and Textbook exercises on Pg.no. 24 to 30



Quick Check

A. Tick (✓) the correct answer. (Correct Choice)

1. What does food give us?
   (a) energy ✓ (b) clothes ☐ (c) fresh air ☐
2. Which is the first meal of the day?
   (a) lunch ☐ (b) breakfast ✓ (c) dinner ☐
3. Which animal gives us milk?
   (a) horse ☐ (b) cat ☐ (c) cow ✓
4. Which of the following is a fruit?
   (a) turnip ☐ (b) apple ✓ (c) onion ☐

B. Fill in the blanks with the help of the given clues. (Words in Blanks)

1. We get eggs (milk/eggs) from hen.
2. We have lunch (lunch/dinner) in the afternoon.
3. We should eat healthy (healthy/unhealthy) food.
4. We should not eat uncovered (covered/uncovered) food.

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

1. We need food to grow. T
2. Plants give us only vegetables. F
3. We eat dinner in the morning. F
4. We should drink at least eight glasses of water every day. T

D. Answer the following questions. (Write and Learn)

1. Why do we need food?
2. Name the sources from where we get food.
3. Name the three meals of the day.
4. Write any two good food habits.

Let's Talk

Why do you think food is one of our basic needs?

Think and Tell

What are the various milk products you take to stay healthy?

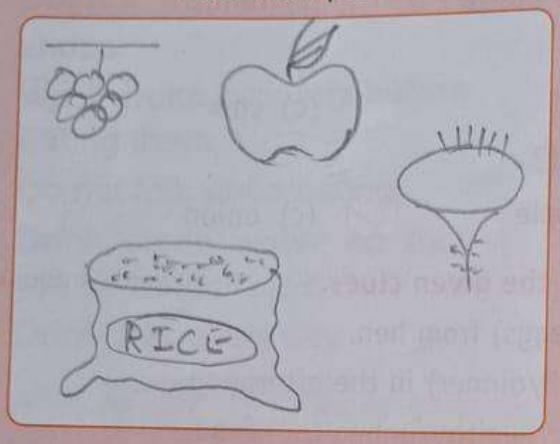
29

LEARNING IS FUN

Fun with Pictures

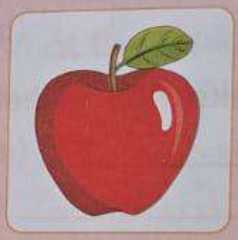
Draw and colour pictures of the given food items in the correct boxes.

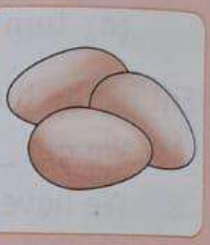
Food from plants



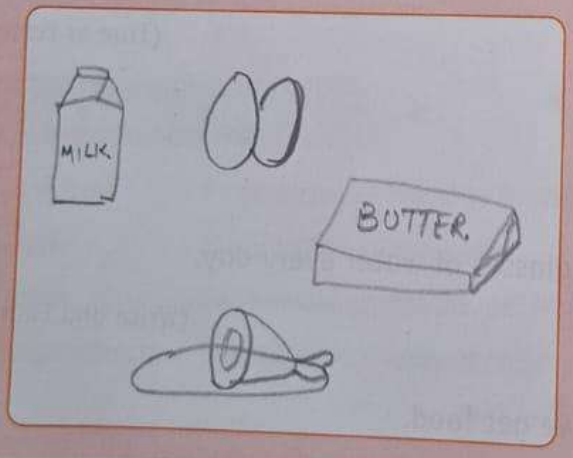








Food from animals











Skills • Observation • Creativity

Yummy Lemonade

Learn to make lemonade and fruit juice with the help of your parents. Enjoy the cold drinks during summer.

Skills • Interpersonal skills • Experimentation

Scrapbook Fun

Draw and colour any two fruits and two vegetables you like in your scrapbook. Name them and write one line about each.

Skills • Creativity • Observation

Note Book Work: -

A. New words: -

1. plant	2. healthy
3. energy	4. meal
5. habits	6. supper
7. products	8. brunch

B. Give two examples.

1. Milk products

Ans. a. curd b. butter

2. Sources of food.

Ans. a. plants b. animals

C. Answer the following.

1. Name the three meals of the day.

Ans. The three meals of the day are:

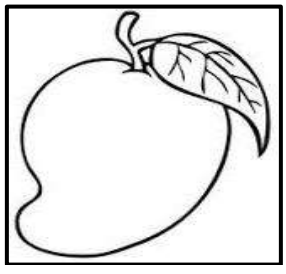
a) breakfast
b) lunch
c) dinner

2. Define a healthy meal.

Ans. A meal with all kinds of food in the right amount is called a healthy meal.

D. Draw, name and colour.

1. A fruit



mango

2. A milk product



ice cream

Delhi Public School Gandhinagar

SESSION – 2026-27

SUBJECT – EVS

Sample notebook

Month – APRIL/MAY



Syllabus:-

Ch.1 About Me
Ch.2 My Body
Ch.3 Looking after My Body



Chapter -1 (About Me)

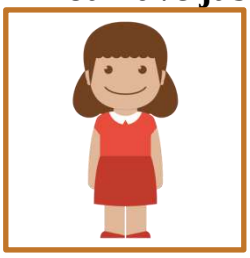
Subtopics :-

- **Introduction to Self**
- **I Am Special**
- **My Birthday**
- **What I Like**

Text Book work: - Page No. 1

Activity

- **You have just got to know Raima and Rohan. Now tell us about yourself.**



. My name is Sita. (students will write their name)

. I am a boy/girl. ✓ (students will write their gender)

Text Book work: - Page No. 2

Activity

- **Draw candles on the cake to show how old you are. Write your age and birthdate in the blanks.**



. I am 6 years old.

. My birthday is on _____ (students will write their birthdate **)**

Text Book work: - Page No. 3

Activity

- **Rub some water colour or ink on your fingers. Now press your fingers in the box given below.**



Text Book work: - Page No. 4

Reading and explanation

Text Book Exercise:- Quick Check

❖ Exercise on text book page no. 5

A. Tick (✓) the correct answer.

1. On which day do you cut a cake?

a. holiday ✓ b. birthday c. Sunday

2. We make fingerprints with our fingers.

a. legs b. hair ✓ c. fingers

3. Hobby is the thing we like to do the most in our free time.

✓ a. free b. school c. sleep

B. Fill in the blanks with the help of the given clues.

1. The day we are born is called our birthday. (school day/birthday)

2. We all are different (different/ same) from each other.

3. The thing we like more than the others is our favourite (disliked/ favourite) thing.

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

1. I am unique. T
2. My friend has the same fingerprints as me. F
3. I do not have any favourite thing. F

❖ LEARNING IS FUN

❖ Fun with Pictures

❖ Draw and colour or paste pictures of the following topics.

Your favourite fruit	Your favourite vegetable

❖ My favourites

Food	_____	Game	_____
Colour	_____	Animal	_____
Cartoon	_____	Character	_____
Toy	_____	Place	_____

⟶ Children can write their own answers .

Note Book Work: -

A. New Words.

1. birthday
2. special
3. born
4. favourite
5. hobby
6. different
7. thing
8. free

B. Write about yourself. (Students will fill in their personal details)

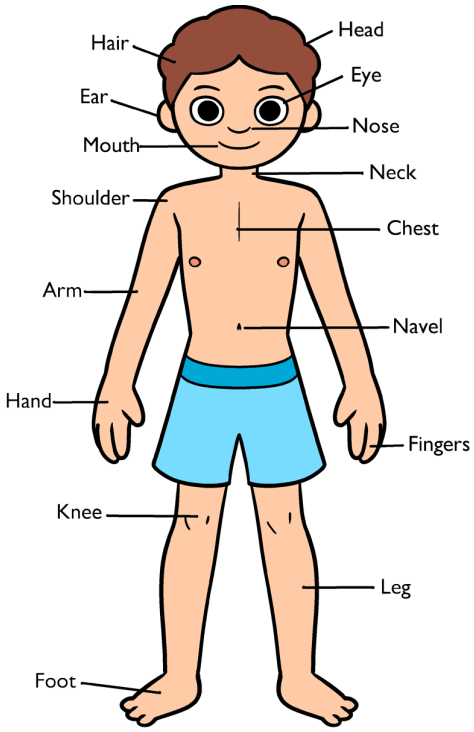
Paste your Photograph

1. My name is _____.
2. I am _____ years old.
3. I am a _____. (girl/boy)
4. I study in class I .

Chapter -2 (My Body)

Subtopics: -

- Parts of Our Body
- Sense Organ
- Our Body Parts Help Us
- Growing Up



Text Book work: - Page No. 7,8, 9 and 10

Reading and Explanation

Text Book work: - Page No. 11

A. Tick (✓) the correct answer. [CBE]

1. We hold and pick with our hands.
   a. necks ✓ b. hands c. heads

2. Our legs help us to walk.
   ✓ a. walk b. write c. see

3. We taste fruits with our tongue.
   ✓ a. tongue b. eyes c. skin

4. We use our mouth to speak.
   a. run ✓ b. speak c. pick

B. Fill in the blanks with the help of the given clues. [NCF]

1. I see a rainbow with my eyes. (eyes/ears)

2. I hear the chirping of birds with my ears. (ears / eyes)

3. I feel the cold ice cream with my skin. (ears / skin)

4. We use our hands and legs to crawl. (speak / crawl)

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

1. We swim using our hands only. F
2. Nose helps us to smell. T
3. Neck is a sense organ. F
4. We feel things with our skin. T

LEARNING IS FUN [CBE]

Put in the Right Column

Some parts of our body are single whereas some are in pairs.
Write the body parts in the correct columns.

Body Parts (Single)	Body Parts (In pairs)
mouth	legs
chin	ears
stomach	hands
neck	eyes
nose	lips

mouth, lips, stomach, legs, neck, ears, hands, chin, eyes, nose

- FUN WITH RHYME [CBE]

Fun with Rhyme

Complete the poem.

Wonderful Little Me

My little eyes helps me to see the world.
My little nose helps me to smell the curd.
My little ears helps me to hear father call.
My little skin helps me to feel the wall.
My strong legs help me to walk and race.
My pink lips helps me to taste.



- FUN WITH LETTERS GIVEN AS NEP BASED ACTIVITIES

Fun with Letters

Unscramble the letters to write the names of the body parts.

1. FCAE FACE
2. SLOHUEDR SHOULDER
3. HADE HEAD
4. STAMCHO STOMACH

Note Book Work: -

A. New words: -

1. legs
2. hands
3. skin
4. shoulders
5. mouth
6. tongue
7. head
8. face

B. Give two examples.

1. Which parts of the body are used to carry and push things?

Ans. back and shoulders

2. Body parts that are inside our mouth and help us to eat.

Ans. a. tongue b. teeth

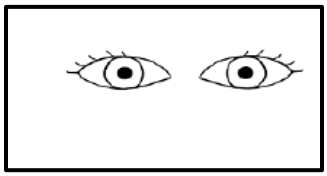
C. Give one word. (CBE)

1. Which part of the body helps us to speak?
Ans. tongue

2. Which sense organ helps us to smell food?
Ans. nose

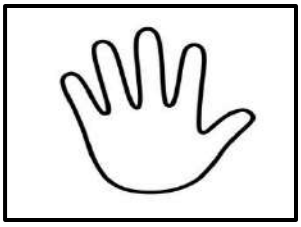
D. Draw, name and colour :- (CBE)

1. A part of your face



Eyes

2. A body part that helps us to write



Hand

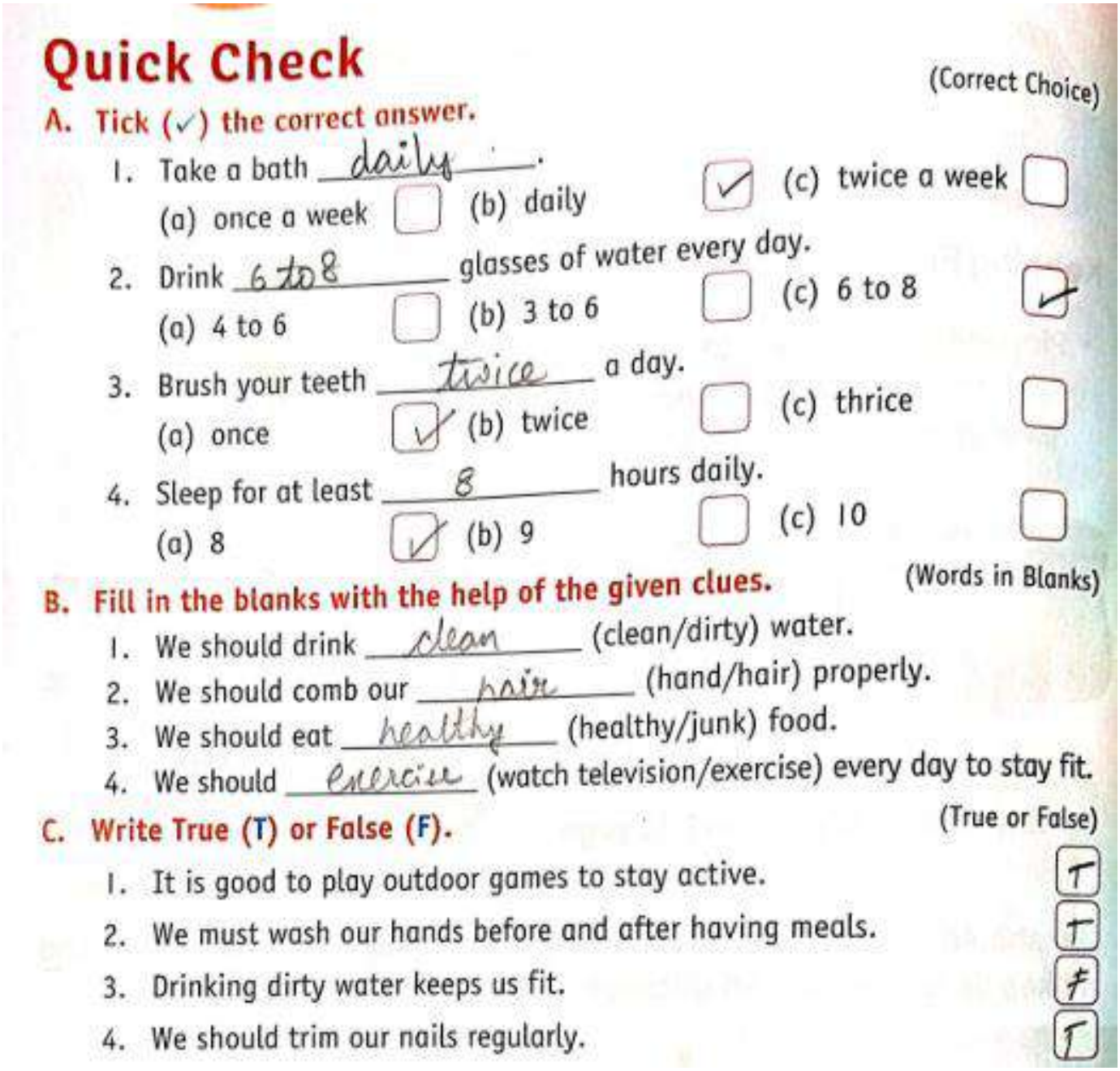
Chapter -3 Looking after My Body

Subtopics: -

- Clean and Healthy Body
- Keeping Fit

Reading and Explanation **Text Book work: - Page No. 13,14 and 15**

Text book exercises pg. no 16



Quick Check

A. Tick (✓) the correct answer. (Correct Choice)

1. Take a bath daily.
   (a) once a week ☐ (b) daily ☑ (c) twice a week ☐
2. Drink 6 to 8 glasses of water every day.
   (a) 4 to 6 ☐ (b) 3 to 6 ☐ (c) 6 to 8 ☑
3. Brush your teeth twice a day.
   (a) once ☑ (b) twice ☐ (c) thrice ☐
4. Sleep for at least 8 hours daily.
   (a) 8 ☑ (b) 9 ☐ (c) 10 ☐

B. Fill in the blanks with the help of the given clues. (Words in Blanks)

1. We should drink clean (clean/dirty) water.
2. We should comb our hair (hand/hair) properly.
3. We should eat healthy (healthy/junk) food.
4. We should exercise (watch television/exercise) every day to stay fit.

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

1. It is good to play outdoor games to stay active. T
2. We must wash our hands before and after having meals. T
3. Drinking dirty water keeps us fit. F
4. We should trim our nails regularly. T



LEARNING IS FUN

Word Search Puzzle

Unscramble the letters to write the correct words related to the chapter. Then, find them in the word search puzzle.

HLEAHTY H E A L T H Y

CNLEA C L E A N

HBATI H A B I T

FTI F I T

ERXESCIE E X E R C I S E

YAGO Y O G A

BDOY B O D Y

SAMTR S M A R T

E	E	Y	E	F	P	B	E	G	I
R	L	L	B	I	E	F	X	O	T
H	A	B	I	T	Q	M	E	Y	O
E	O	O	R	F	H	H	R	N	D
A	W	D	F	A	C	E	C	T	K
L	G	Y	O	G	A	A	I	S	O
T	S	E	A	R	W	D	S	E	C
H	K	Y	H	V	C	L	E	A	N
Y	T	A	M	O	X	T	H	B	O
G	W	S	M	A	R	T	X	O	E

Skills • Observation • Decision-making

Classroom Activity

Bring any one thing you use to keep clean and talk about it in class. Examples of things you can bring are toothbrush, toothpaste, shoe polish, shoe brush, soap, hand wash, sanitizer, napkin, shampoo, ear buds, comb, nail clipper and tissue.

Skills • Logical thinking • Observation • Brainstorming

Life Skills

Colour the boxes orange for the things you should do before going to bed.

- Play around. ☐
- Change clothes. ☐
- Pack your bag. ☐
- Brush teeth. ☐
- Wish good night. ☐
- Wash face. ☐
- Watch television. ☐

Skills • Social and emotional skills • Observation

Scrapbook Activity: -

Paste pictures of any five things that help you to stay clean in your scrap book,

Note Book Work: -

A. New words: -

1. meal	2. habits	3. water
4. chew	5. food	6.regularly
7. healthy	8. active	

B. Fill in the blanks.[CBE]

1. An unclean body makes us fall ill. (tall/ill)
2. We should eat healthy food. (healthy/junk)
3. We should wash our hair regularly. (sometimes/regularly)

Answer the following:

1. Write two habits you follow to stay clean.

Ans. 1. Take a bath daily.

2. Wash your hands before and after meals.

2. Write two things you do to stay fit.

Ans. 1. Eat healthy food.

2. Exercise and do yoga