



# **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 on the Road        |
| ❖ Safety at School       | ❖ Safety in a Vehicle       |
| ❖ Safety in a Playground | ❖ Safety in a Swimming Pool |



### TEXTBOOK WORK



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



- Quick Check Pg. No. 35

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

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

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

## ▪ **LEARNING IS FUN Pg. No.36**

### ▪ **Life Skills**

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



# NOTEBOOK WORK



## A. New Words

|             |             |             |
|-------------|-------------|-------------|
| 1. safety   | 2. pavement | 3. sharp    |
| 4. medicine | 5. stairs   | 6. crossing |
| 7. queue    | 8. helmet   |             |

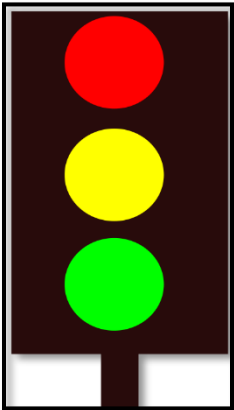
## B. Give two examples. (CBE)

|      |                                       |
|------|---------------------------------------|
| 1.   | <b>Places to follow safety rules.</b> |
| Ans. | a. School                             |
|      | b. Home                               |
| 2.   | <b>Safety rules at home.</b>          |
| Ans. | a. Do not touch electric wires.       |
|      | b. Do not jump on a bed or sofa.      |

## C. Answer the following.

|      |                                                                                                            |
|------|------------------------------------------------------------------------------------------------------------|
| 1.   | <b>What is safety?</b>                                                                                     |
| Ans. | Safety means staying <u>safe from getting hurt or any kind of danger.</u>                                  |
|      |                                                                                                            |
| 2.   | <b>What should you do before crossing the road?</b>                                                        |
| Ans. | Look to the <u>right</u> , then to the <u>left</u> and <u>again to the right</u> before crossing the road. |

## D. Draw, name & colour.

|                                                                                                          |                             |
|----------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>Traffic light</b>  | Red says “ <b>stop</b> ”    |
|                                                                                                          | Yellow says “ <b>wait</b> ” |
|                                                                                                          | Green says “ <b>go</b> ”    |

## 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)

- Clothes help us to cover our bodies.  
(a) Leaves ☐ (b) Petals ☐ (c) Clothes ☒
- We wear cotton clothes in summer.  
(a) winter ☐ (b) summer ☒ (c) rainy season ☐
- We wear woollen clothes in winter.  
(a) woollen ☒ (b) cotton ☐ (c) silk ☐
- 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)

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

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

- We wear different clothes in different seasons. ☒ T
- Raincoats keep us warm. ☐ F
- Children wear uniforms to school. ☒ T
- All clothes are made of the same material. ☐ F

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

- Why do we wear clothes?
- Name any four clothes we wear in winter.
- What are uniforms?
- 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    | F | R | O | C | K |   |   |   |
| SOHTRS   | S | H | O | R | T | S |   |   |
| SIHTR    | S | H | I | R | T |   |   |   |
| JCAEKT   | J | A | C | K | E | T |   |   |
| SEWTAER  | S | W | E | A | T | E | R |   |
| MFUFELR  | M | U | F | F | L | E | R |   |
| RIACNAOT | R | A | I | N | C | O | A | T |
| GMUOOST  | G | U | M | B | O | O | T | S |

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 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 | E | 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.

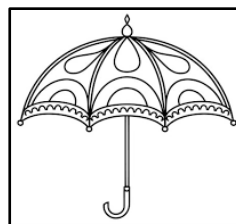
### D. Draw, name & colour

#### 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 <input checked="" type="checkbox"/> | (b) clothes <input type="checkbox"/>              | (c) fresh air <input type="checkbox"/>      |
| 2. Which is the first meal of the day? | (a) lunch <input type="checkbox"/>             | (b) breakfast <input checked="" type="checkbox"/> | (c) dinner <input type="checkbox"/>         |
| 3. Which animal gives us milk?         | (a) horse <input type="checkbox"/>             | (b) cat <input type="checkbox"/>                  | (c) cow <input checked="" type="checkbox"/> |
| 4. Which of the following is a fruit?  | (a) turnip <input type="checkbox"/>            | (b) apple <input checked="" type="checkbox"/>     | (c) onion <input type="checkbox"/>          |

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

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

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

|                                                               |                                       |
|---------------------------------------------------------------|---------------------------------------|
| 1. We need food to grow.                                      | <input checked="" type="checkbox"/> T |
| 2. Plants give us only vegetables.                            | <input type="checkbox"/> F            |
| 3. We eat dinner in the morning.                              | <input type="checkbox"/> F            |
| 4. We should drink at least eight glasses of water every day. | <input checked="" type="checkbox"/> 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?



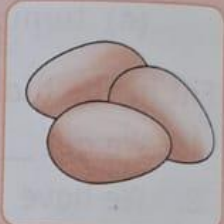
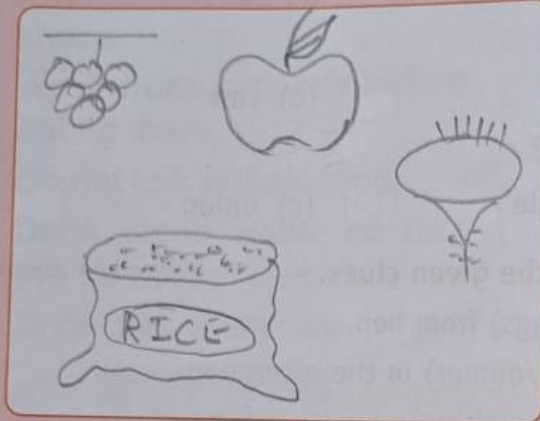


## LEARNING IS FUN

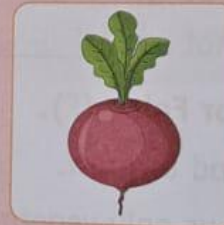
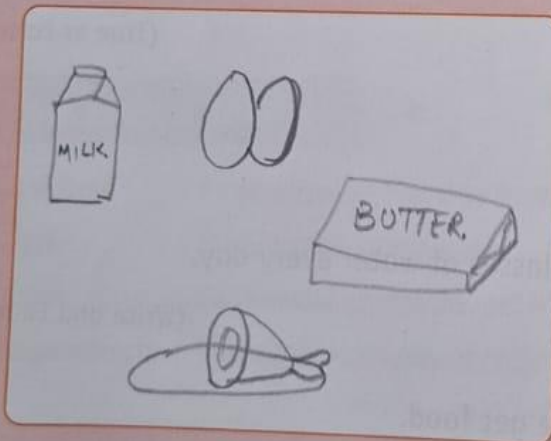
### Fun with Pictures

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:

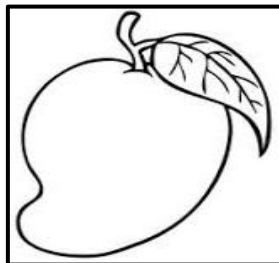
- a) breakfast
- b) lunch
- c) dinner

#### 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)

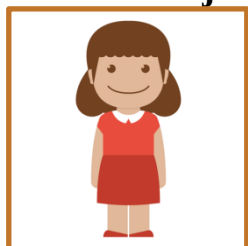
### Subtopics :-

- ❖ 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**

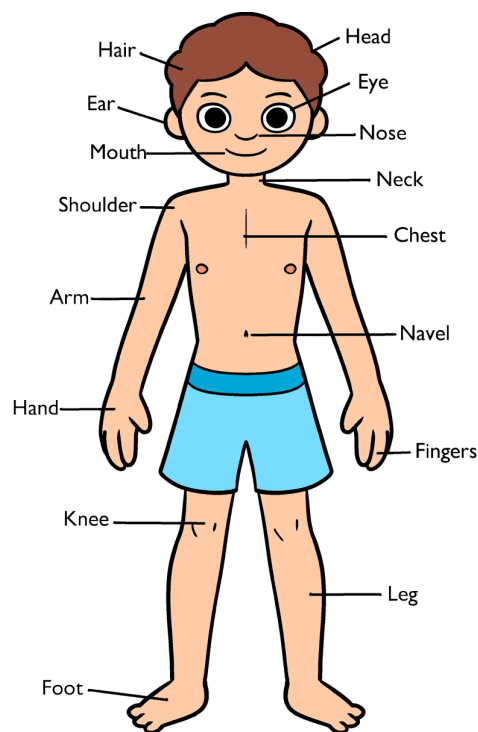
**Text Book work: - Page No. 11**

**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 F A C E

2. SLOHUEDR S H O U L D E R

3. HADE H E A D

4. STAMCHO S T O M A C H

## 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?

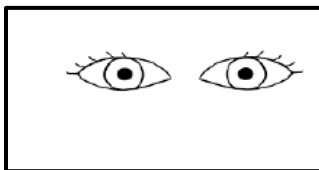
Ans. tongue

2. Which sense organ helps us to smell food?

Ans. nose

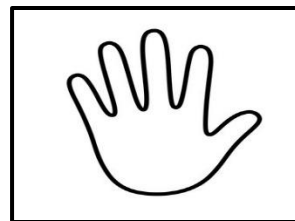
### D. Draw, name and colour :- (CBE)

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 5 ☐ (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.
2. We must wash our hands before and after having meals.
3. Drinking dirty water keeps us fit.
4. We should trim our nails regularly.

T  
T  
F  
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.    | <input type="checkbox"/> | • Brush teeth.     | <input type="checkbox"/> | • Wash face.        | <input type="checkbox"/> |
| • Change clothes. | <input type="checkbox"/> | • Wish good night. | <input type="checkbox"/> | • Watch television. | <input type="checkbox"/> |
| • Pack your bag.  | <input type="checkbox"/> |                    |                          |                     |                          |

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