



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

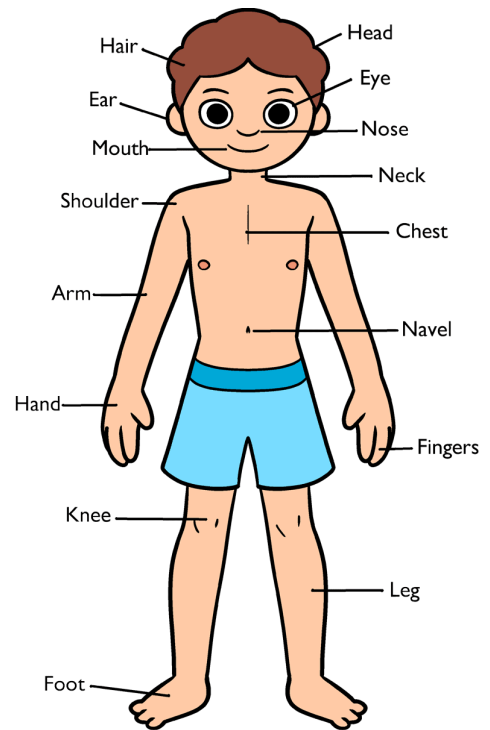
Text Book work: - Page No. 11

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?

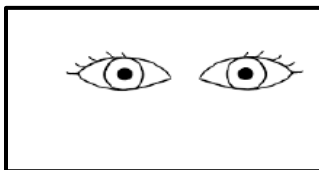
Ans. tongue

2. Which sense organ helps us to smell food?

Ans. nose

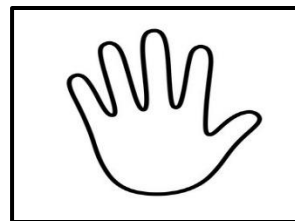
D. Draw, name and colour :- (CBE)

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.
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.



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