

01 | About Myself

Warm-up Life Skills Personal skills: Self-awareness

Look at yourself in the mirror. Observe yourself and write what you notice in the space below.

The colour of your hair

The colour of your eyes



INTRODUCING YOURSELF AN

Riya is new in your **housing society**. Here are a few things she tells you about herself. Tell her about yourself.



Hi, my name is Riya.

I am five years old.

I go to Carl's Convent School.

I study in class one.

I like to paint.

Five empty blue oval shapes for writing responses.

The things that we like are called our **favourite things**.

housing society • a group of people living in an area that usually has buildings





Activity Corner SS

Write the names of your favourite things in the boxes given below.

My Favourite

Colour


Animal

Flower

Quick Connect INT

Think and Answer

Make an ID card for Riya. Refer to page 1 and write the details in the ID card given below.

	Name _____
	Age _____
	School _____
	Class _____

IDENTITY CARD

An **identity** card or an ID card is a card that tells important things about you which help others to know you. It has your full name, age, parent's/**guardian's** name, address, telephone number, date of birth, and so on.

Fact Corner

Your first name is also called your forename.

identity • things about a person that make him/her different from others

guardian • a person who has the right and responsibility of taking care of a child

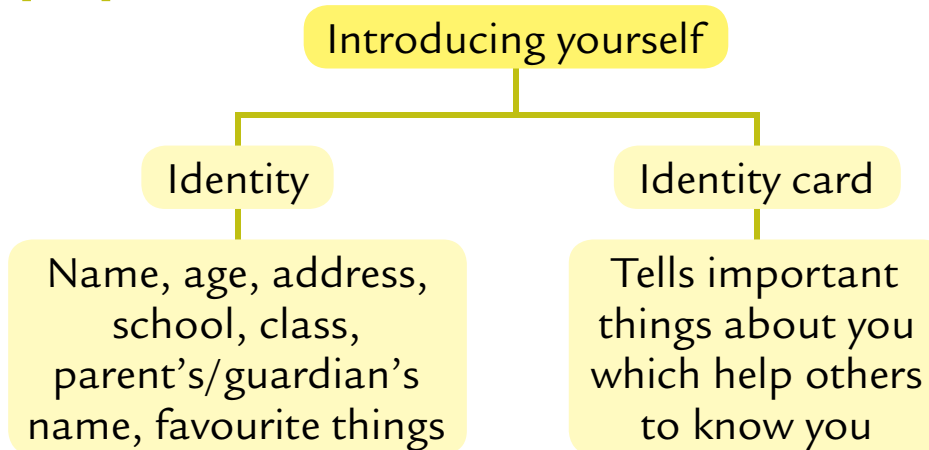


Keywords

Favourite things • The things that we like are called our favourite things.

Identity card • A card that tells important things about you which help others to know you is called an identity card.

Wrap-up

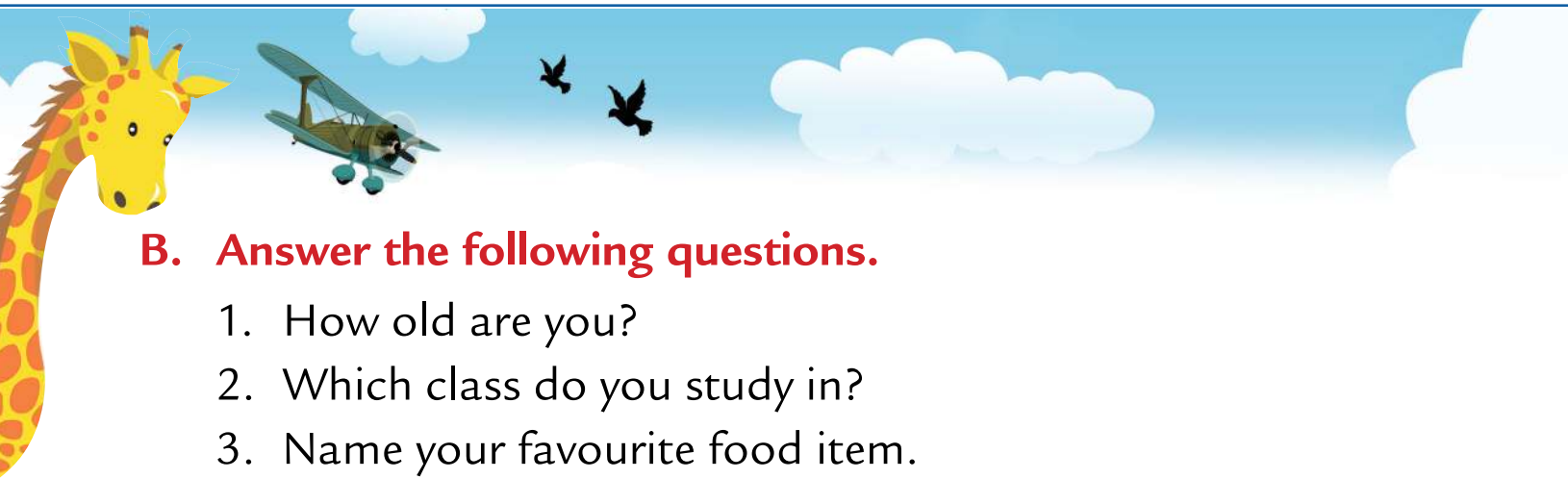


EXERCISES

INT

A. Choose the correct options.

- The things that we like are called our
 - favourite things.
 - ID things.
 - card things.
 - identity things.
- A card that helps others to know you is called the
 - my card.
 - identity card.
 - help card.
 - play card.



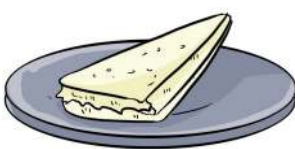


B. Answer the following questions.

1. How old are you?
2. Which class do you study in?
3. Name your favourite food item.

Wear Your Thinking Cap!

21st
Century Skills Information literacy

Look at the food items shown below. Circle the ones that you like. If you like something else, draw its picture and write its name in the blank box.

 sandwich	 milkshake	 biscuits	
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Things to Do

21st
Century Skills Creativity

Collect pictures of your favourite fruits and vegetables, and paste them in your scrapbook.

Life Skills and Values

Life Skills Interpersonal skills: Empathy

Sometimes your friends and you do not agree on something. You may want to enjoy on the swings but your friend may want to play with the ball. We must respect each other's likes and dislikes. Talk to your partner and write three things in your notebook that you like and three things that your partner likes to do in free time. Compare and see if something matches.



02 | My Body

Warm-up

Read the following sentences. Underline the action words in each of them.

1. Meera is clapping her hands.
2. Sumit is tapping his foot.

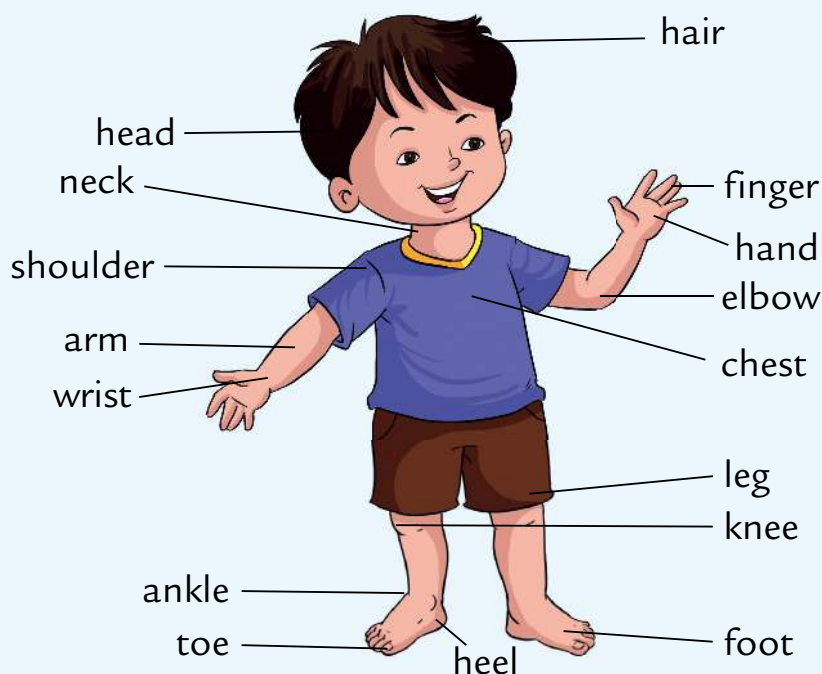
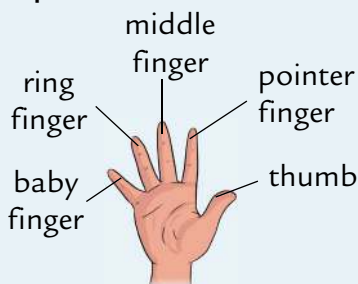


PARTS OF THE BODY (SS)

Our body has many parts. Each part plays an important role.

Fact Corner

Each finger of our hand has a special name.



Parts of the body



We do different things with the help of our body parts. For example, mouth helps us eat, teeth help us chew, and so on.

Hands help us



write.



clap.



paint.

Legs help us



run.



skip.



jump.

Activity Corner

Work in pairs. One partner will write five things that we do with our hands and another partner will write five things that we do with our legs. One has been done for you.

Things we do with our hands	Things we do with our legs
eat	walk



Subject Connect | Mathematics

Piya is in the park. The park has many plants.



Help her count the number of flowers.

Number of yellow flowers

Number of red flowers

Number of pink flowers

Total number of flowers

SENSE ORGANS (SS)

The parts of our body that help us to sense the things around us are called **sense organs**. Ears, eyes, nose, tongue and skin are sense organs.



Eyes help us see.



Ears help us hear.



Nose helps us smell.

organ • a part of our body that does a special work





Tongue helps us taste.



Skin helps us feel.

Quick Connect (INT)

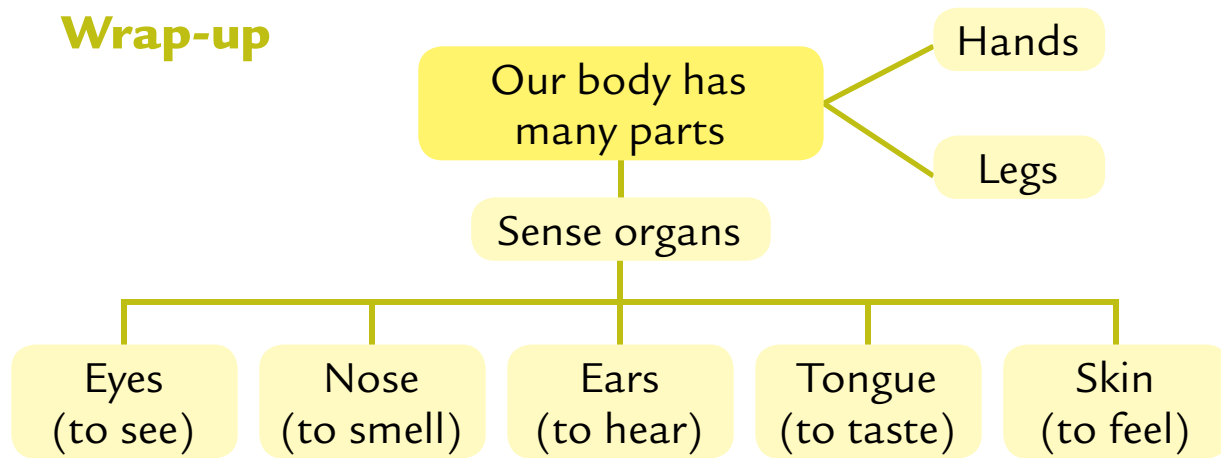
Fill in the blanks.

I wake up every morning and go for a walk with my grandfather. I use my (legs/tongue) to walk. I see a lot of birds in the sky with the help of my (ears/eyes). I listen to the birds **chirping** with the help of my (nose/ears). I come back home and eat my breakfast. I use my (tongue/skin) to taste the food.

Keyword

Sense organs • The parts of our body that help us to sense the things around us are called sense organs.

Wrap-up



chirping • (of a bird) making a short high sound



EXERCISES

INT

A. Choose the correct options.

- Which of the following parts of our body helps us taste food?
 a. Hand b. Tongue c. Knee d. Ears
- Which of the following parts of our body helps us eat?
 a. Knee b. Ears c. Mouth d. Hair
- Which of the following parts of our body helps us smell flowers?
 a. Ear b. Nose c. Knee d. Hand

B. Write T for True or F for False.

- Legs help us walk.
- We hear things with the help of our tongue.

C. Answer the following questions.

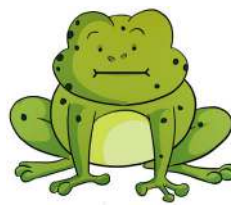
- Name the sense organs.
- How do our hands help us?

Things to Do Life Skills Cognitive: Critical thinking

Look at the frogs carefully. Can you tell which frog has a bigger mouth, Riku or Piku?



Riku



Piku

Life Skills and Values Life Skills Interpersonal skills: Empathy

Some people may not be able to use a part or parts of their body. Discuss with elders at home how you can help someone who cannot see or hear well.

