

Contents

1.	Me and Myself	5
2.	Body and Body Parts	7
3.	Sense Organs	14
4.	Care Your Body	16
5.	Clothes for Every Season	19
6.	Food We Eat	21
7.	Family and Sharing	24
8.	Let's Celebrate	28
	Test Paper-1	33
9.	Games are Fun	34
10.	My Sweet Home	36
11.	Inside the House	38
12.	Cleaning The House	40
13.	House Safety	42
14.	Neighbourhood	45
15.	Different Jobs	47
16.	Come To My School	49
17.	Celebrations in School	52
18.	Animals	53
19.	Birds and Insects	57
20.	Shelter and Food of Animals	59
	Test Paper-2	63
23.	Plants Around Us	64
24.	Air	68
25.	Water	70
26.	Our Earth	72
27.	Sky	73
28.	Seasons	75
29.	Communication	77
30.	Transport	79
31.	Let's have Fun	82
	Test Paper-3	83





Body and Body Parts

You have seen many people around you, who are different in weight and height. They can be thin or fat, old or young.



Rinku is a fat boy.



Sheena is a thin girl.



Raghu is 3 feet tall and his weight is 12 kg.



Aashu is 5 feet tall and his weight is 20 kg.



I am a young boy.



These are old people.

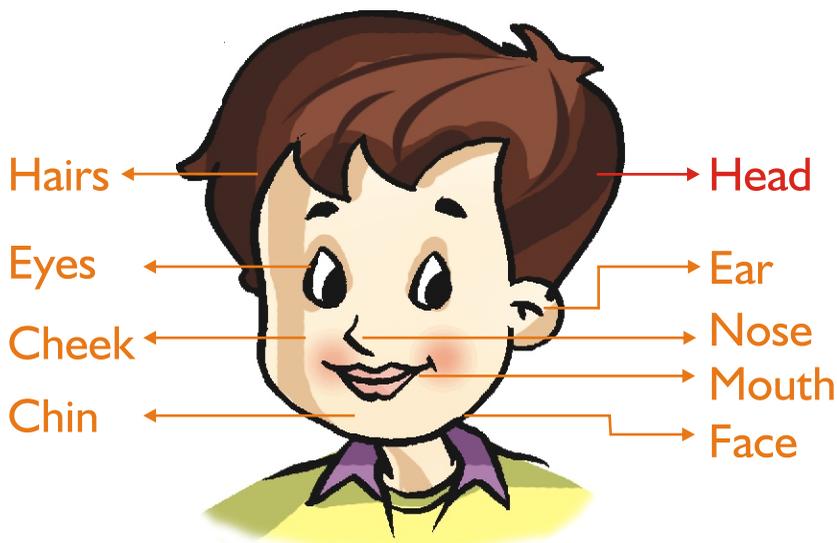
Every one has a body with different body parts.

Five fingers on this hand
Five fingers on that.
One dear little nose
a mouth for smiling pose.
Two cheeks so tiny and fat
Two eyes, two ears.
And ten little toes
That's the way our body grows.



Upper parts of body:

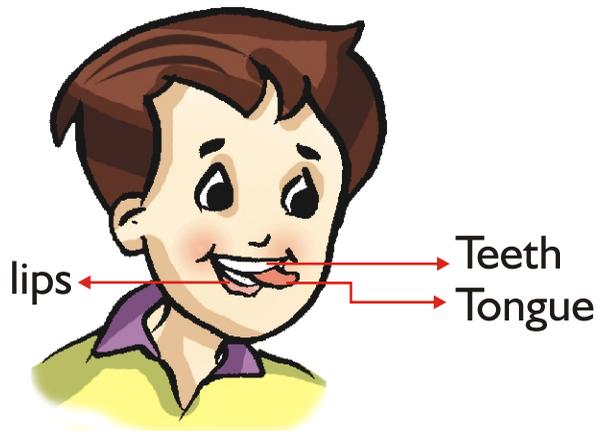
Head is the uppermost part of the body.



Lets know about our body parts.



Lips, Teeth and tongue are in the mouth.



Activity

For teacher and parents: Help the child to learn about his/her body parts. Tell them who are handicapped children, so that they can understand the importance of their body parts and be sympathized towards handicapped people.

Middle parts of the body:

This is my neck.



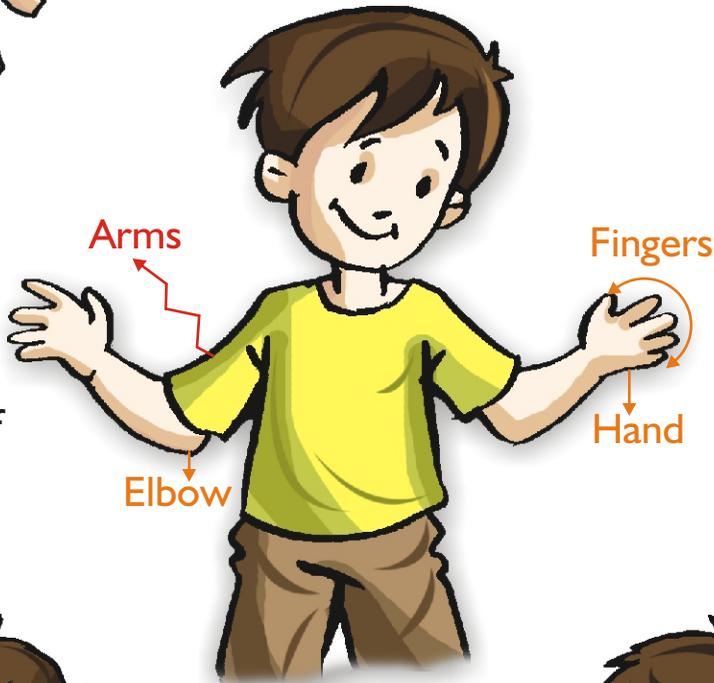
These are my shoulders.



This is my chest.



Elbow, hands and fingers are the parts of the arm.



This is my tummy.

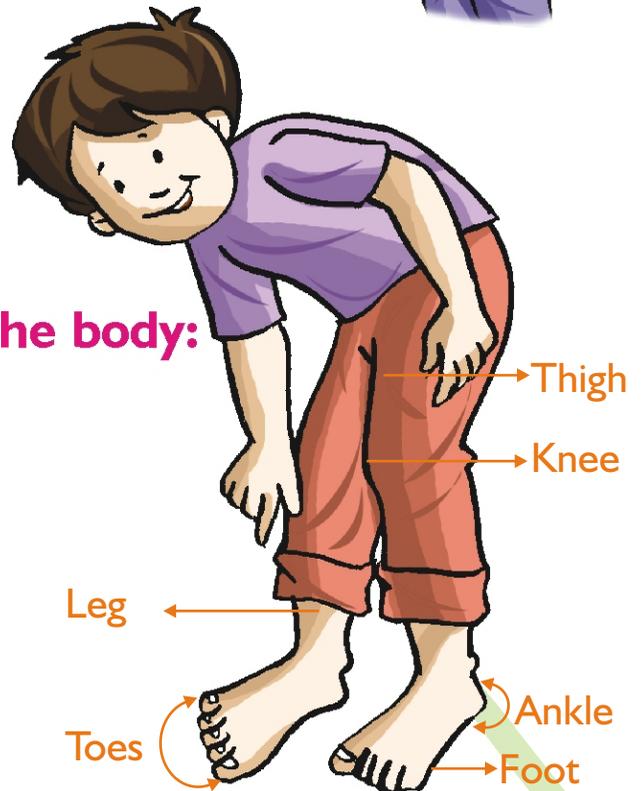


This is my back.



Lower parts of the body:

There are thighs, knees, legs, feet and toes. Ankle is place where the leg meets the foot.



Exercise

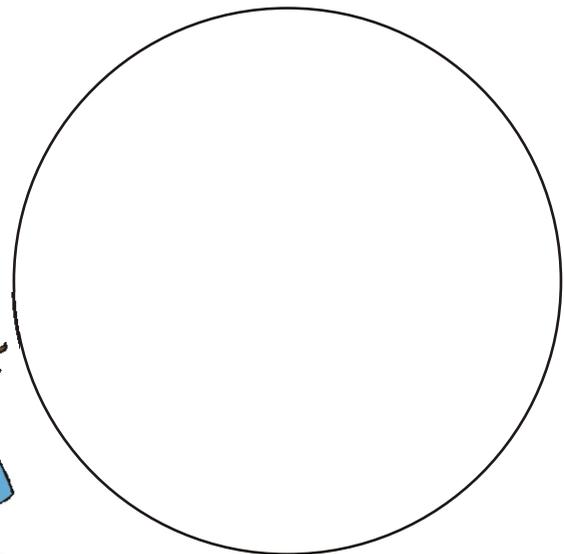
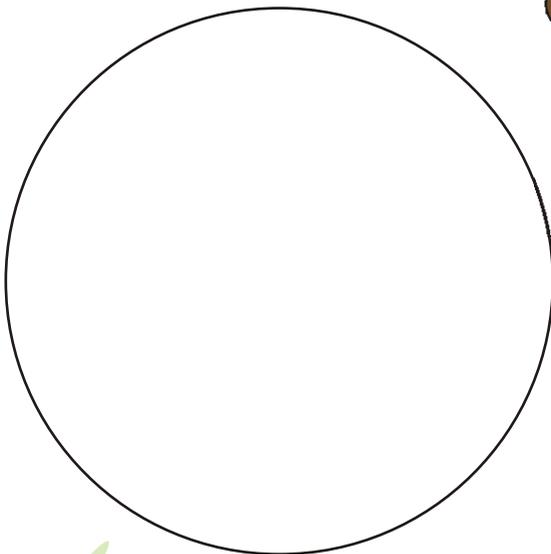
A. Match the following. One is done for you.



head ears eyes hands legs arm toes chest



B. Within the given circles, draw the face of a boy and a girl. Make sure to colour them.



C. Read carefully and fill in the blanks.

1. This is my _____.



2. This is my _____.



3. These are my _____.



4. This is my _____.



5. These are my _____.

D. Complete the pictures by tracing the dotted body parts. Also colour them.

