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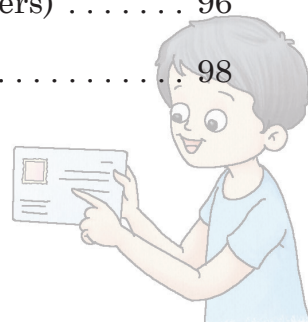
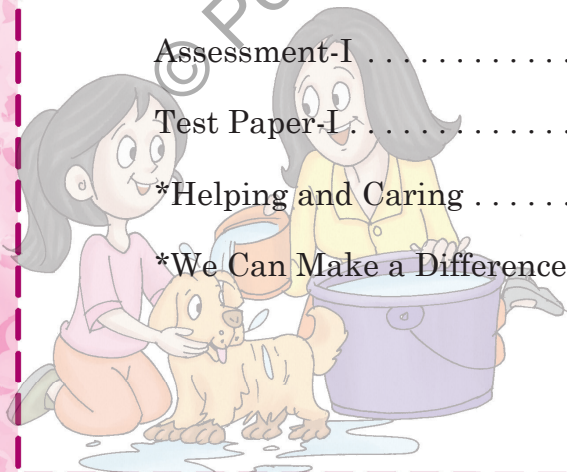
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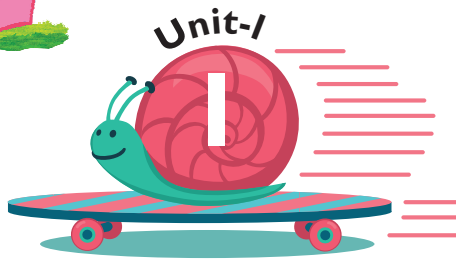
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# Hey, It is Me

## Starting Point

On your birthday, you turn a year older.

When is your birthday?

\_\_\_\_\_

How old are you?

\_\_\_\_\_

Your favourite game is \_\_\_\_\_

## Learning Ladder

### About ourselves

Tick the correct option.

I am a boy/girl.

I have long/short hair.

I have straight/curly hair.

My eyes are black/brown/green/blue in colour.

## We Will Learn

- about ourselves.
- about introducing ourselves to others.
- about our likes and dislikes.
- about our identity card.

## Quick Question

Name three activities that you love to do at school.





## Introducing ourselves to others

We tell others about us by **introducing ourselves**.

**Can you introduce yourself to others? Fill these blanks and find out!**

My name is \_\_\_\_\_.

My birthday is on \_\_\_\_\_.

I am \_\_\_\_\_ years old.

I study in class \_\_\_\_\_.

The name of my school is \_\_\_\_\_.

The name of my class teacher is \_\_\_\_\_.

She/He teaches us \_\_\_\_\_.

We do many activities together like \_\_\_\_\_.

## Our likes and dislikes

We like to do so many things like playing, reading, painting, dancing and listening to music.

### Quick Question



Do you play with your friends? What games do you play with them?



**Teacher's  
Help Box**

Ask students to talk about themselves and about the things they enjoy doing. They can get a favourite toy to class to 'Show and Tell'.



Circle the things you like to do.



Write two other activities that you like to do.

1. \_\_\_\_\_ 2. \_\_\_\_\_

### Our identity card

An **identity** card has important information about us. An identity card also tells others who we are.

An identity card is very important for our **safety**. We must carry it to school daily.

### Quick Question

Find out the name of at least one identity card that your parents have.





Fill in the information in this box to make your own identity card.

Name: .....

Class: ..... Section: .....

School: .....

Address: .....

Father's name: .....

Mother's name: .....

Telephone number: .....



**Teacher's  
Help Box**

Encourage students to talk about their likes and dislikes. Ask them what they like to do in their free time.

### Words I Learnt

- **identity**- information about a person
- **introducing ourselves**- telling about ourselves to others
- **safety**- away from danger

### I Learn, I Answer

Complete these sentences.

This exercise will aid recapitulation.

1. An \_\_\_\_\_ card has important information about us.



2. We carry an identity card to \_\_\_\_\_.
3. An identity card is important for our \_\_\_\_\_.

## Creativity Corner



This exercise aims to develop the observation skills of the child.

Ritu and Pia are friends. They are in their rooms, playing with their favourite toys. Look at the pictures and write down the names of their favourite toys.



Ritu's Room

Toys in Ritu's room

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Pia's Room

Toys in Pia's room

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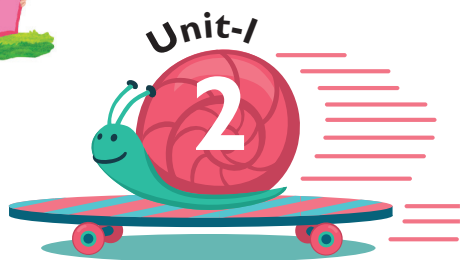
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# Our Body

## Starting Point

Do you know about the **different** parts of your body and the work that they do?

My eyes help me to \_\_\_\_\_.

My ears help me to \_\_\_\_\_.

My nose helps me to \_\_\_\_\_.

## We Will Learn

- about parts of our body.
- about things we can do with the different parts of our body.



## Learning Ladder

Our body has many parts. These different parts help us to do different things.

## Parts of our body

### Upper part of our body

The head and neck are in the upper part of our body.



### Teacher's Help Box

Help students to identify and recognise different parts of their body. Play a game where you call out the name of a part and they have to touch that body part. For example, ask them to touch their nose, their neck, fingers of their left hand and so on.



The face, forehead, eyes, ears, mouth, nose and chin are parts of our head.

The teeth and tongue are placed inside the mouth. The teeth help us to **chew** food. The tongue helps us to speak and to taste our food.

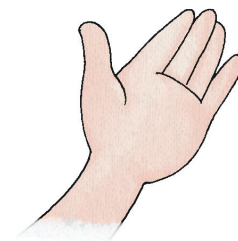
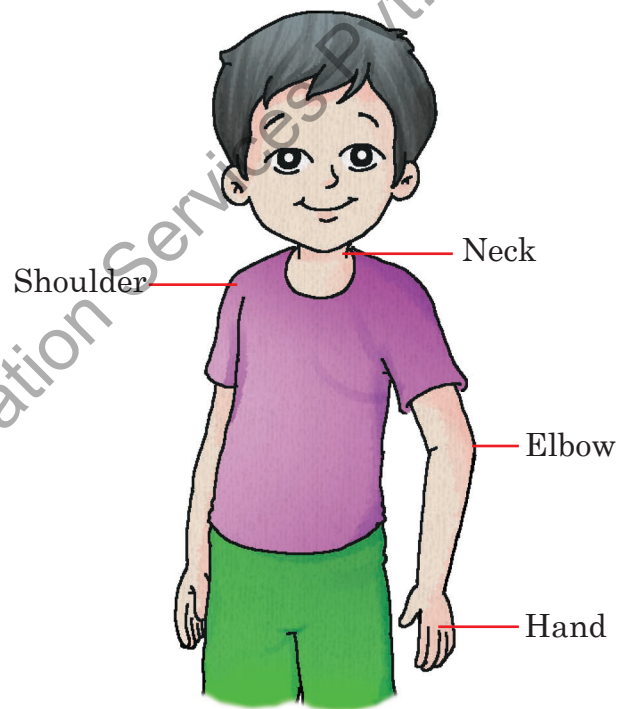
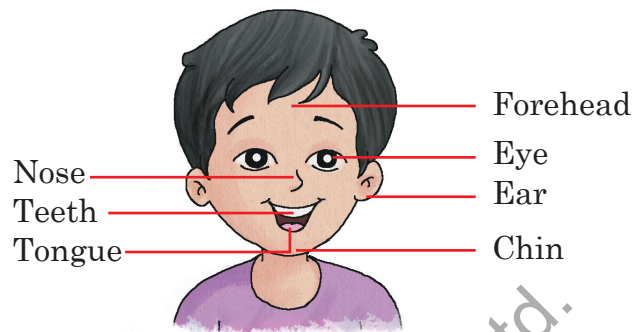
The neck helps us to hold the head up straight. It also helps us to move our head. The shoulders help us to carry things like our school bag.

We have two arms. Each arm has an elbow and a hand.

### Can you count?

Our hand has \_\_\_\_\_ fingers and \_\_\_\_\_ thumb.

Our hands help us to write, paint and hold things.



#### Teacher's Help Box

Ask students to do some actions in front of the class. Discuss these actions (like walking, writing) and ask students to name the different parts of the body used for each activity.





What are these children doing with their hands in the pictures?



She is \_\_\_\_\_  
her food.



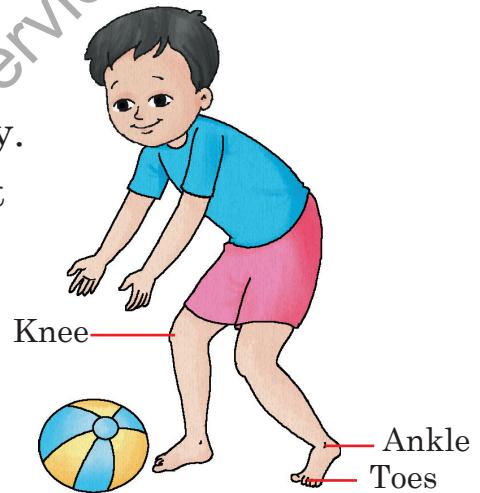
She is \_\_\_\_\_  
a guitar.



He is \_\_\_\_\_  
his shoelaces.

### Lower part of our body

Our legs are in the lower part of our body. Each leg has a knee and a foot. Each foot has five toes, an ankle and a heel.



### Knowing is Fun

Our elbow helps us to bend our arms.  
Our knees help us to bend our legs.

Our legs help us to walk, run, jump, skip and dance.



## Knowing is Fun



It is very important for us to take good care of our body. We should eat and sleep on time. We should also follow good habits.

## Quick Question



Name any two activities where we use more than one part of our body.



## Words I Learnt

- **chew**- to bite with teeth
- **different**- not the same

## I Learn, I Answer

These activities encourage thinking skills.

### A. Write T for true and F for false.

1. Our legs are in the upper part of our body.
2. The teeth help us to chew food.
3. Our hands help us to move our head.
4. We use our legs to run, jump and walk.




**B. Which parts of her body is the girl using in these pictures?**

1



2



1

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2

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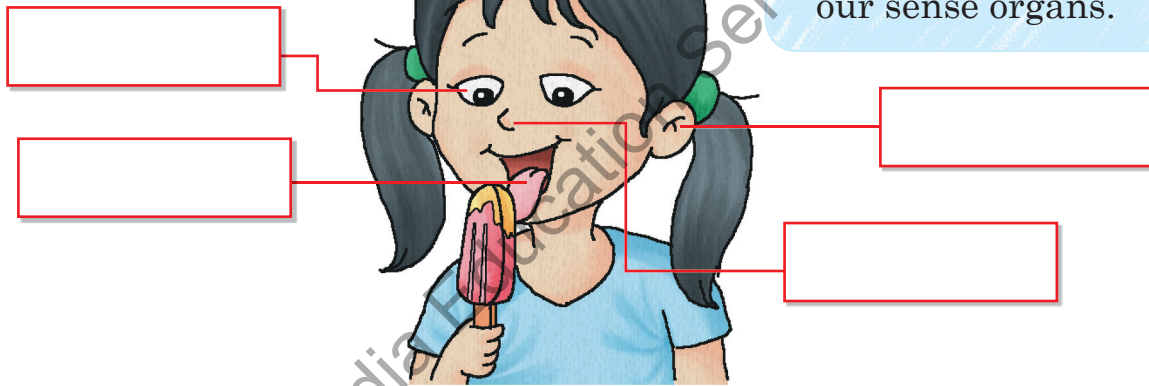


# Our Sense Organs



## Starting Point

Name these parts of our body.



## We Will Learn

- more about our sense organs.
- how to take care of our sense organs.



## Learning Ladder

We have five sense organs—eyes, nose, ears, tongue and skin. The sense organs of our body help us to see, smell, hear, taste and feel.

Our senses help us to know the world around us. Sometimes, we may use just one sense organ and at other times, we may use some of them together.



### Teacher's Help Box

Discuss the five types of senses—sense of sight, hearing, smell, taste and touch—in detail. Ask the students to name at least one activity they do using their individual sense organs.





## More about our sense organs

### Our Eyes

We see the world with our eyes.

Wow! So many pictures!



### How can we take care of our eyes?

We should never sit too close to the television screen.  
We should never read in **dim** light.



### Our Ears

We hear different sounds with our ears.



### How can we take care of our ears?

We should never listen to music at a high volume.  
We should never put any sharp object inside our ears.



### Our Tongue

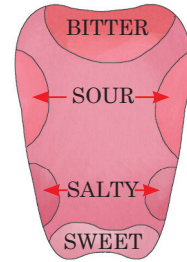
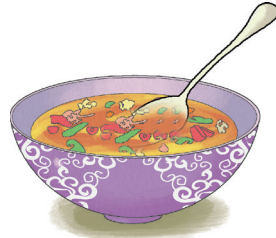
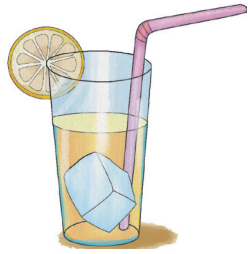
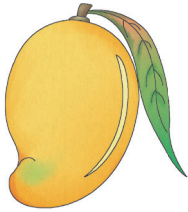
We taste different food items with our tongue.





Different parts of our tongue help us to taste sweet, sour, salty or bitter food items.

Which part of the tongue helps us to taste these food items?



Taste Areas on Our Tongue

## Our Nose

We smell with our nose. It also helps us to breathe.



### How can we take care of our nose?

We should never put any **sharp** object inside our nose.

We should always keep our nose clean.



## Our Skin

Our skin covers our **entire** body. It helps us to feel hot, cold, soft or hard things.

Our sense organs also help us to learn about the size, shape, colour and the softness or hardness of things.

### Knowing is Fun

Trained guide dogs help people who cannot see. They help them to move around easily. These dogs have very sharp senses.



#### Teacher's Help Box

Ask students to make a list of ten activities that they can do with the help of their sense organs. Tell them that it is important to take good care of our sense organs.



## Words I Learnt

- **dim**- not bright
- **entire**- full
- **sharp**- having a very thin pointed tip

## I Learn, I Answer

These exercises aim to develop thinking skills.

### A. Name these sense organs.

1. It helps us to taste the sour taste of lemonade. \_\_\_\_\_
2. It helps us to smell flowers. \_\_\_\_\_
3. They help us to see the stars in the sky. \_\_\_\_\_

### B. The underlined words in the sentences are incorrect. Replace them with the correct word.

1. Our body has six sense organs.  
\_\_\_\_\_.
2. Our nose helps us to feel different things.  
\_\_\_\_\_.
3. We taste our food with our eyes.  
\_\_\_\_\_.

