



STUDENT INFORMATION

# All About Me!



Name : \_\_\_\_\_

Surname : \_\_\_\_\_

Age : \_\_\_\_\_ Birthday : \_\_\_\_\_

Address : \_\_\_\_\_  
\_\_\_\_\_



## Introducing me!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## My Favorite ...

Color : \_\_\_\_\_

Food : \_\_\_\_\_

Pet : \_\_\_\_\_

Music : \_\_\_\_\_

Movie : \_\_\_\_\_

Season : \_\_\_\_\_

Place : \_\_\_\_\_

Sports : \_\_\_\_\_

Subject: \_\_\_\_\_



## When I Grow Up I Want To Be ...

\_\_\_\_\_

## Fun Facts About Me

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

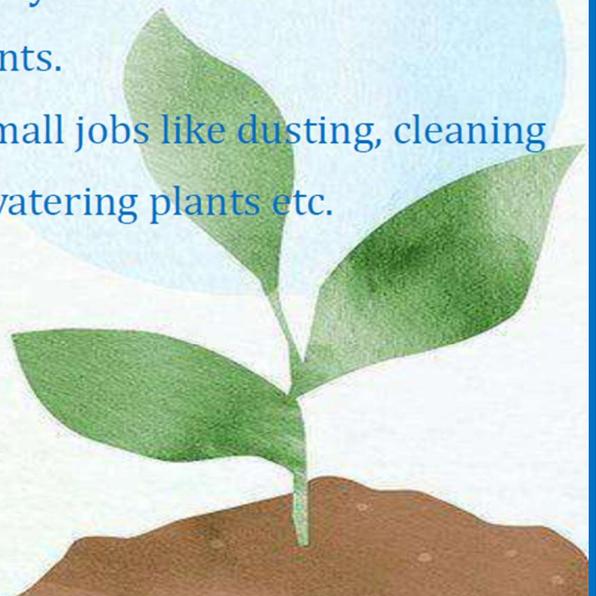


# GOOD HABITS AND MANNERS

**Good habits and good manners are lifelong assets and one must practice until it become a habit.**

**Some of them that you must follow are:**

- Please, Thank you, Excuse me and Sorry. Make these four words a habit and see the magic.
- Exercise regularly (yoga, skipping, cycling, running, walking, dancing etc)
- Eat healthy and homemade food. Avoid oily and junk food.
- Drinking lots of water, juices, shakes etc.
- Eat seasonal and juicy fruit.
- Brush your teeth twice a day.
- Do trims your nails often.
- Do not waste water and electricity.
- Keep your surrounding and environment clean. It is a bad habit to throw things out of the window, car, or a balcony.
- Go for a morning walk, talk about things you can see around.
- Play indoor games with your family and friends.
- Spend your time with grandparents.
- Also help you parents in doing small jobs like dusting, cleaning the tables, filling water bottles, watering plants etc.



**Tick (✓) the correct option: -**

1. What time do you wake up in the morning?

Between 7 am – 9 am

After 9 am

2. What is the first thing you do after waking up?

Brush my teeth

Watch TV

3. How many glasses of water do you drink every day?

3-5 glasses

More than 5 glasses

4. Do you take a nap in the afternoon?

Yes

No

5. What time do you usually play?

Morning

Afternoon

Evening

6. Do you help your parents at home?

Yes

No

If yes, how do you help? \_\_\_\_\_

7. How much time do you spend watching TV or using a tablet/phone?

Less than 1 hour

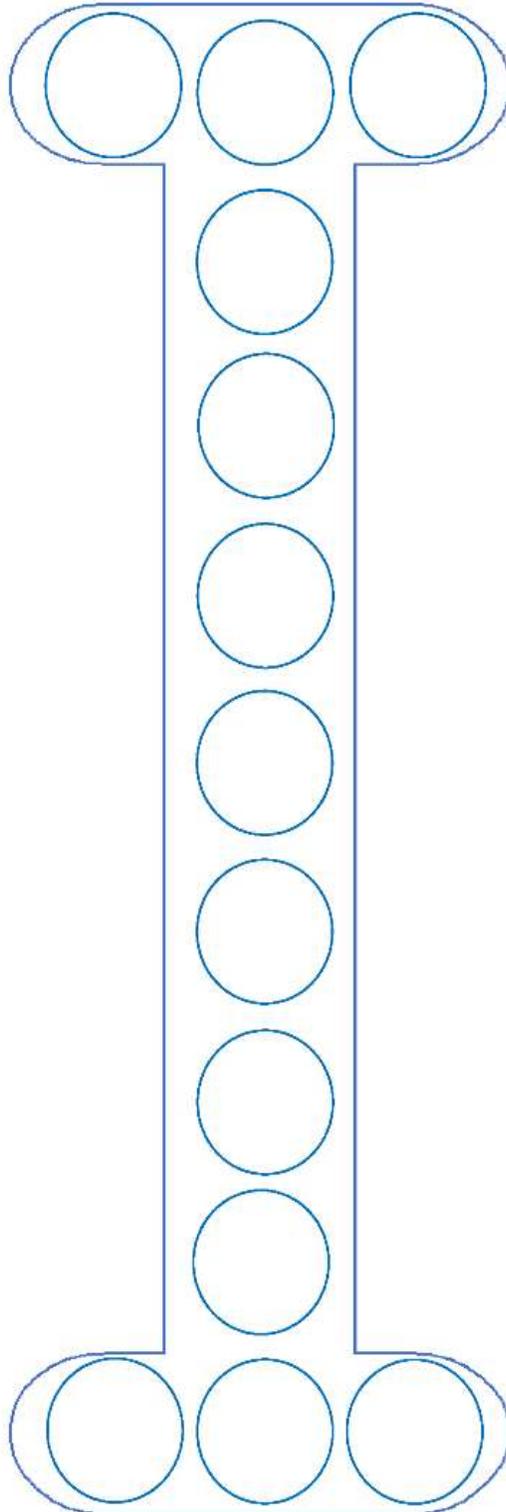
1-2 hours

More than 2 hours



# Pom-Pom Letter Tracing

Trace the letter by placing pom-poms, buttons or pebbles on the circles.



## DAY-2 ACTIVITY-1



Growing a plant



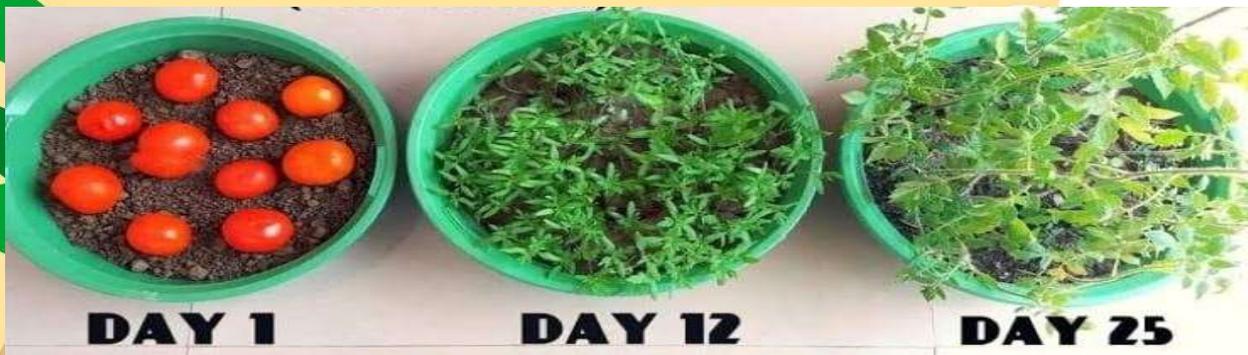
### Resources:

Tomato slices , a pot of soil, a spade and a water sprinkler

### Instructions:

1. Take a tomato and slice it.
2. Dig the soil using a spade.
3. Place the tomato slices in soil and cover it.
4. Water it using a sprinkler.

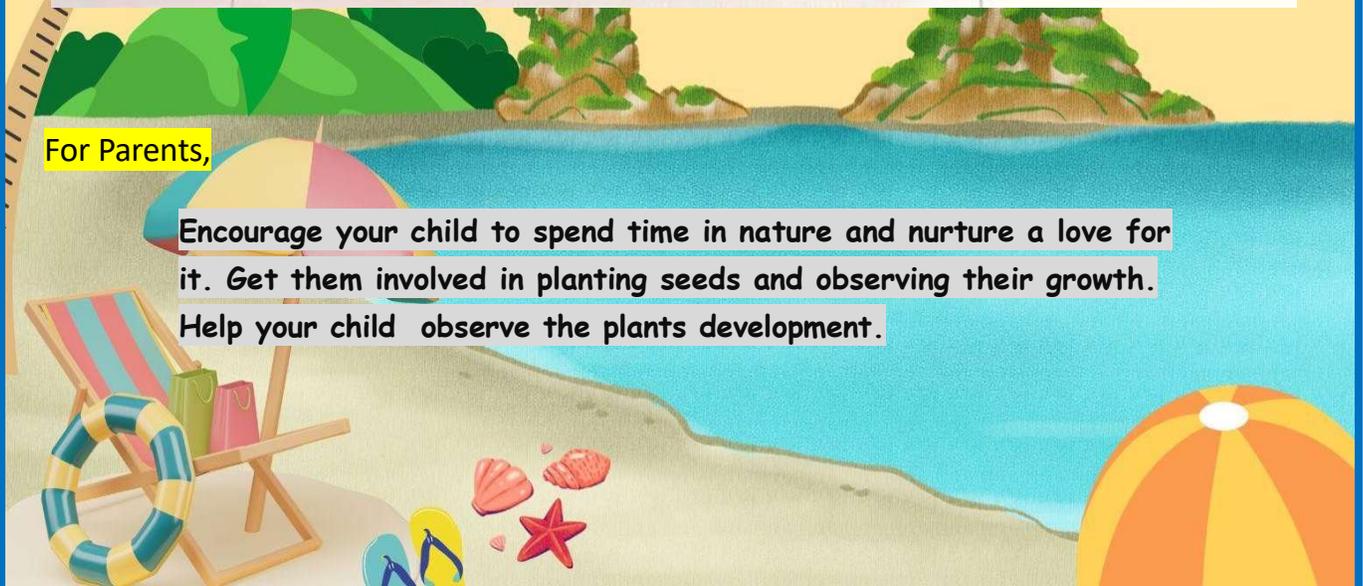
Get yourself clicked with it and paste the picture on the next page.



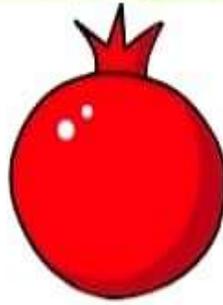
### For Parents,

Encourage your child to spend time in nature and nurture a love for it. Get them involved in planting seeds and observing their growth.

Help your child observe the plants development.



**PASTE THE PICTURE OF YOURSELF WITH YOUR PLANT HERE.**

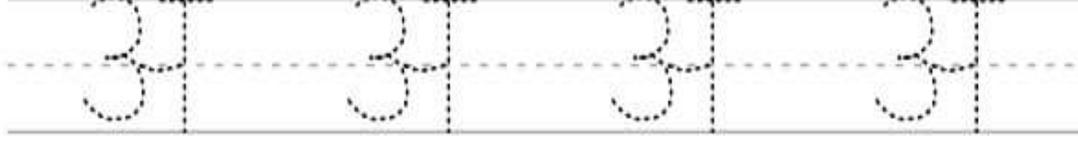
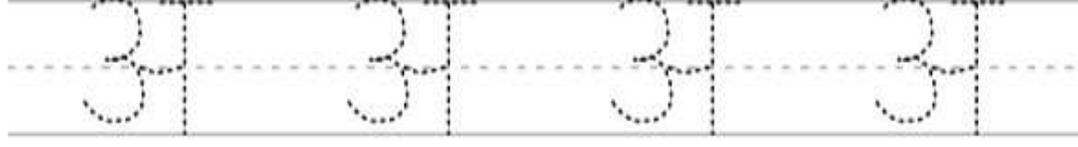


अनार

हिन्दी वर्णमाला



RUBY



**DAY-4**      **ACTIVITY -2**

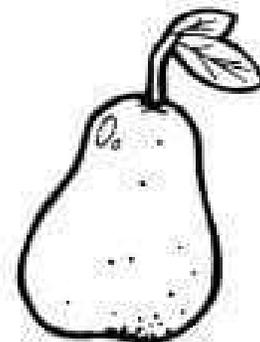
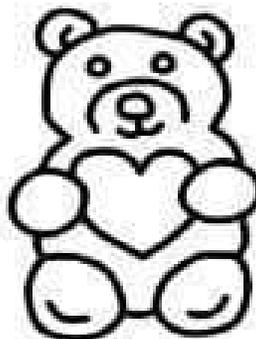
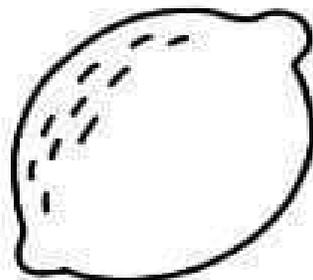
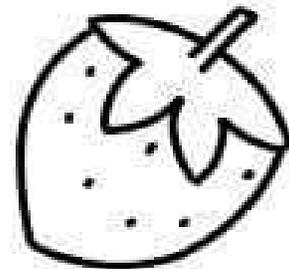
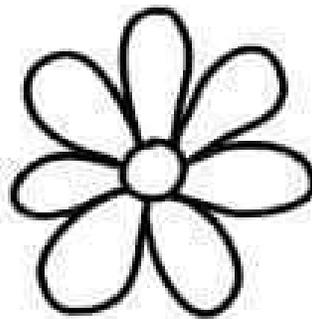
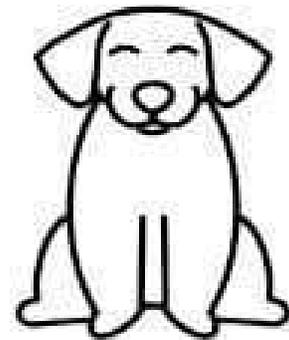
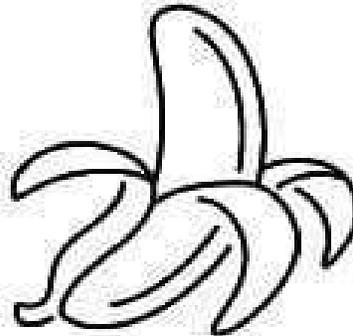
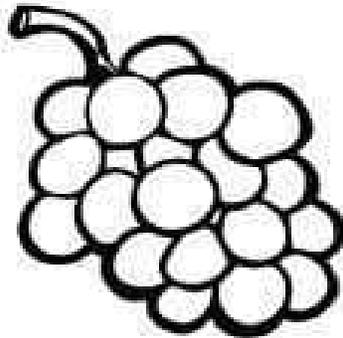
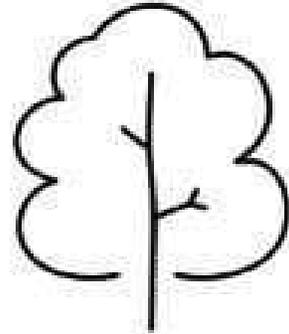
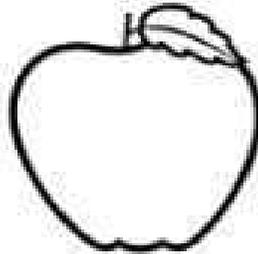
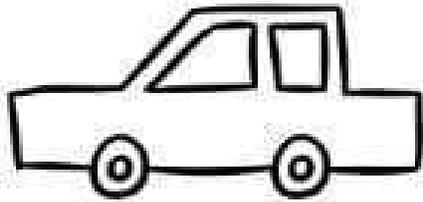
COLLECT THINGS FROM NATURE LIKE FLOWERS,  
LEAVES, SOIL AND TWIGS ETC AND PASTE BELOW.

# Numeracy

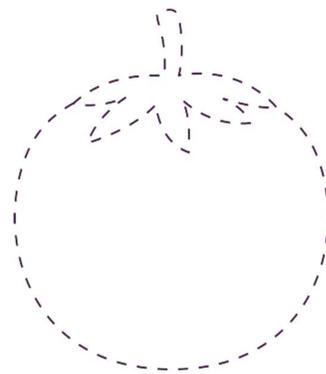
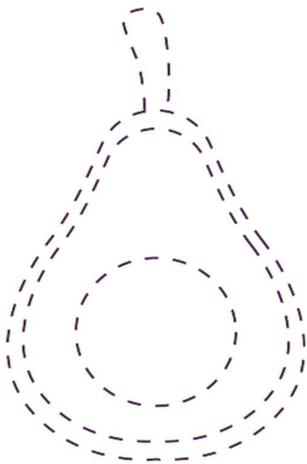
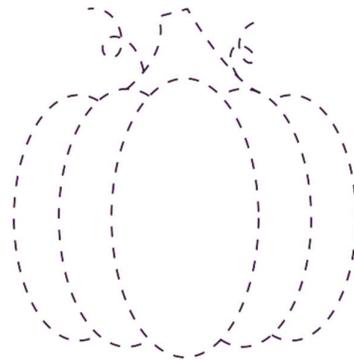
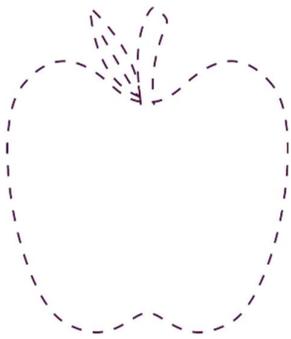
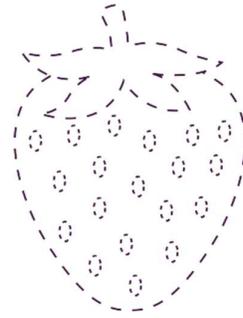
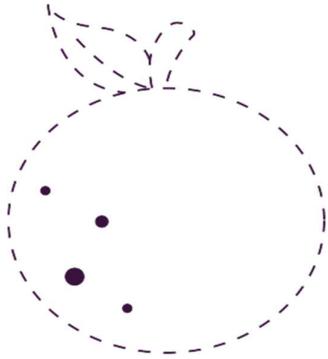
- Count out loud on fingers from 1 to 10.



# Color only the fruits

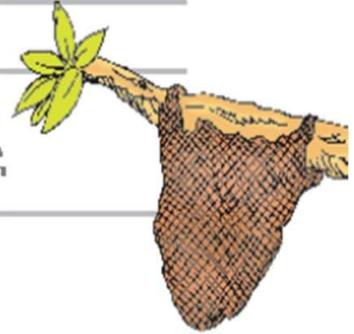


Trace and Colour



CURVE PATTERN

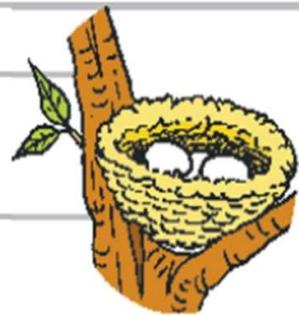
Take the bee to the beehive by tracing the pattern.



Take the butterfly to the flowers by tracing the pattern.



Take the bird to the nest by tracing the pattern.



# Wellness

Children's well-being is a combination of their physical, mental, emotional and social health. These elements all contribute to overall well-being, and we need to foster positive well-being in our children from an early age.

For Parents,

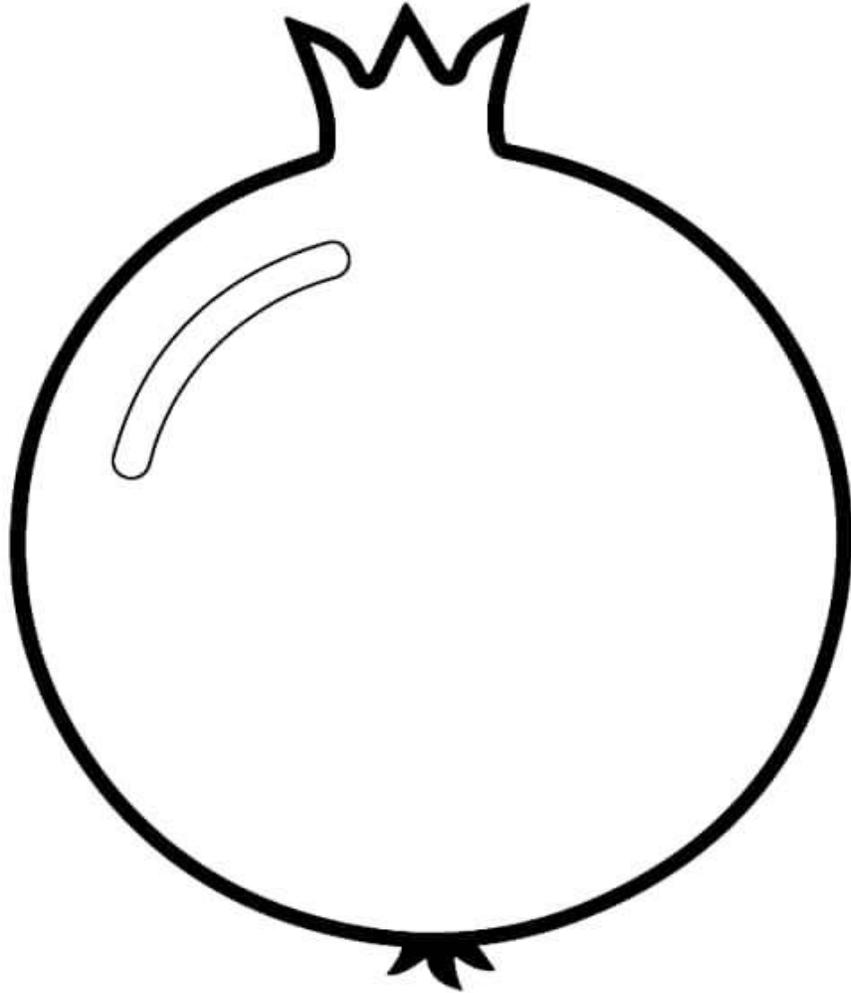
Encourage think of forming letters other than the ones shown here and trying those with your help.

Use the pictures for visual stimulation and try to form different capital letters of the alphabet by bending and stretching your body in different ways.





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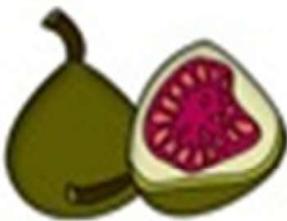


*Help the Rabbit to have his food.*

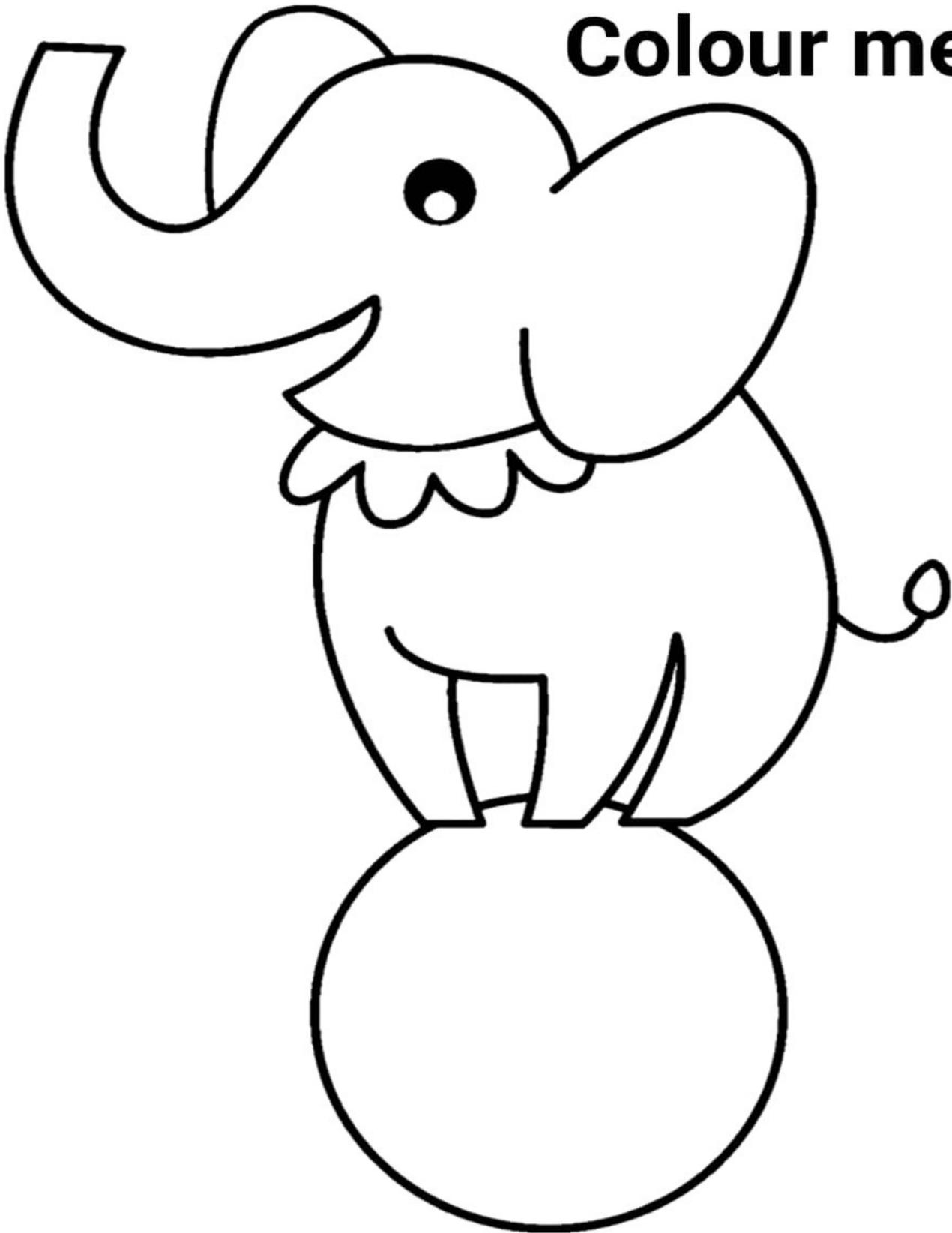


### BIGGEST

Circle the biggest.



**Colour me**

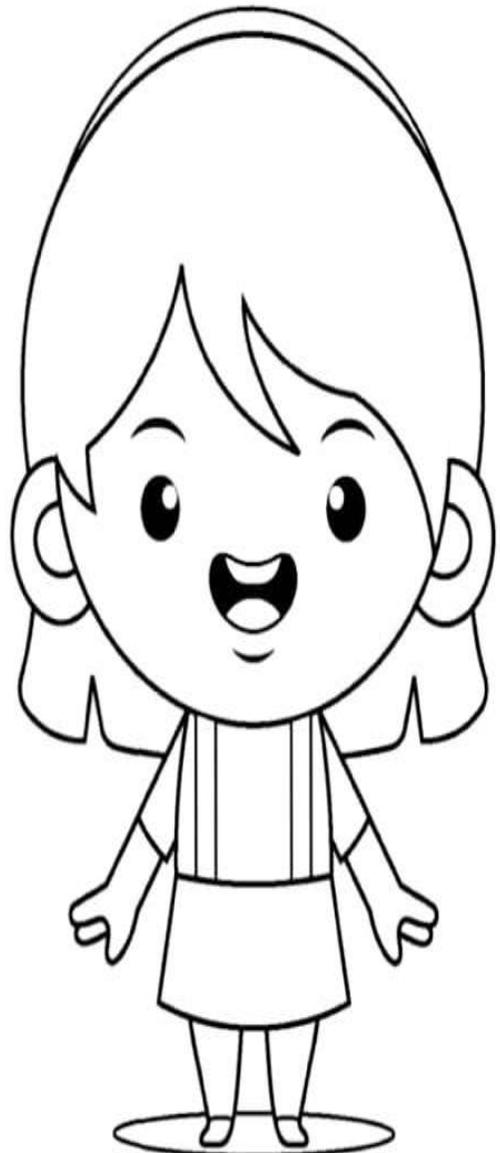


Colour whether you are a Boy or a Girl.

Boy

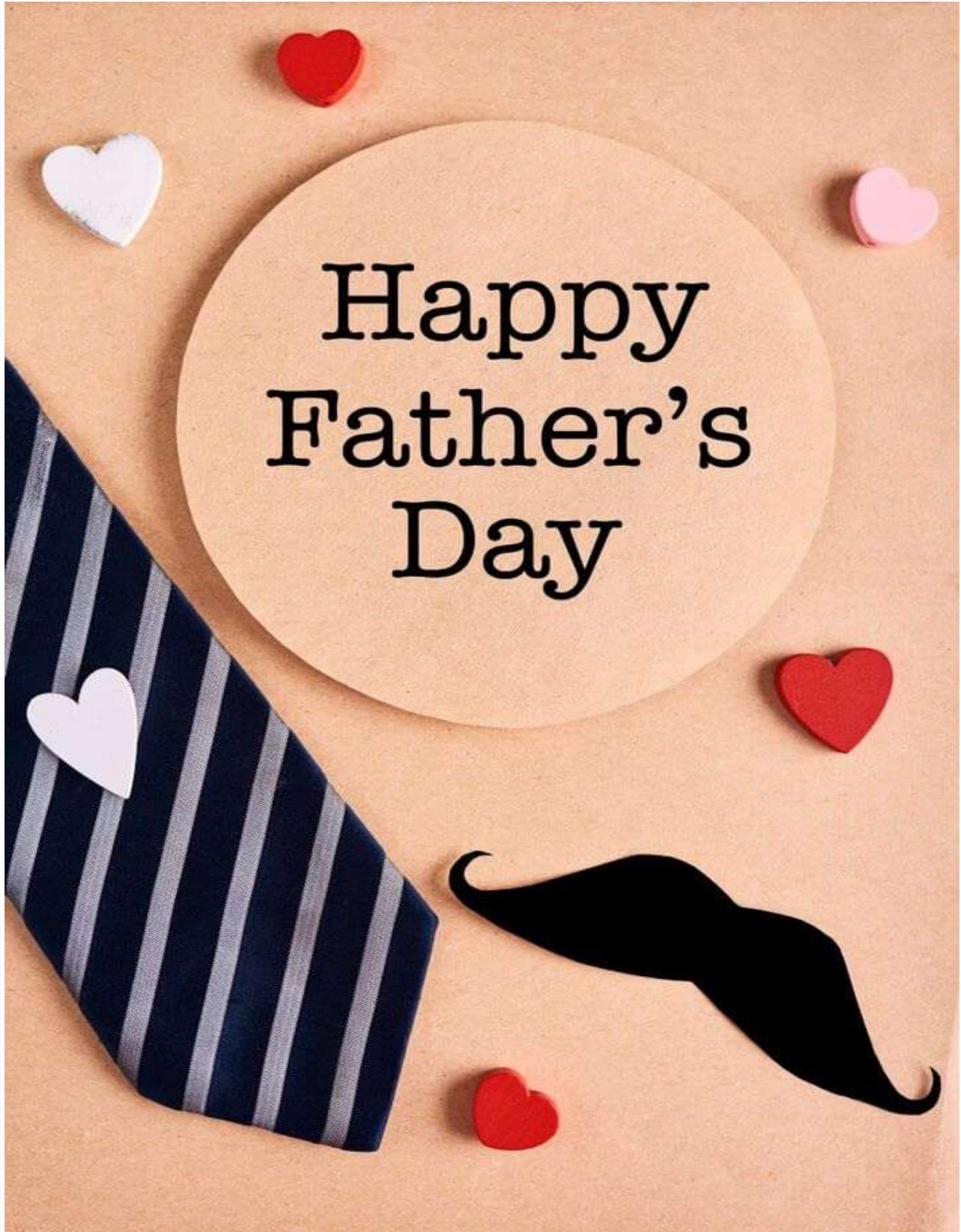


Girl



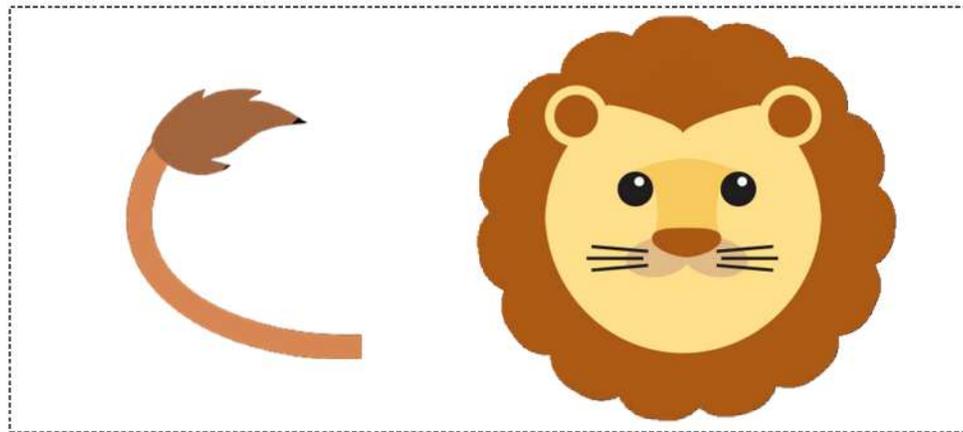
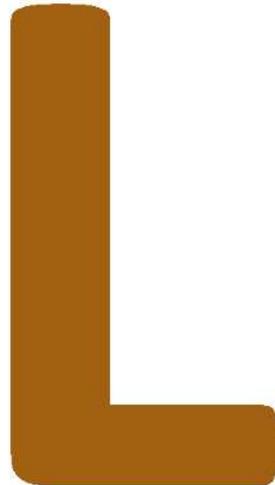
**DAY-15 ACTIVITY-5-FATHER'S DAY ACTIVITY**

**MAKE A GREETING CARD FOR YOUR FATHER**



## L for Lion - Cut and Paste Activity

Cut the parts given at the bottom of the page and paste as per the sample picture to make a lion.



DAY-17      WORKSHEET-12 - HINDI

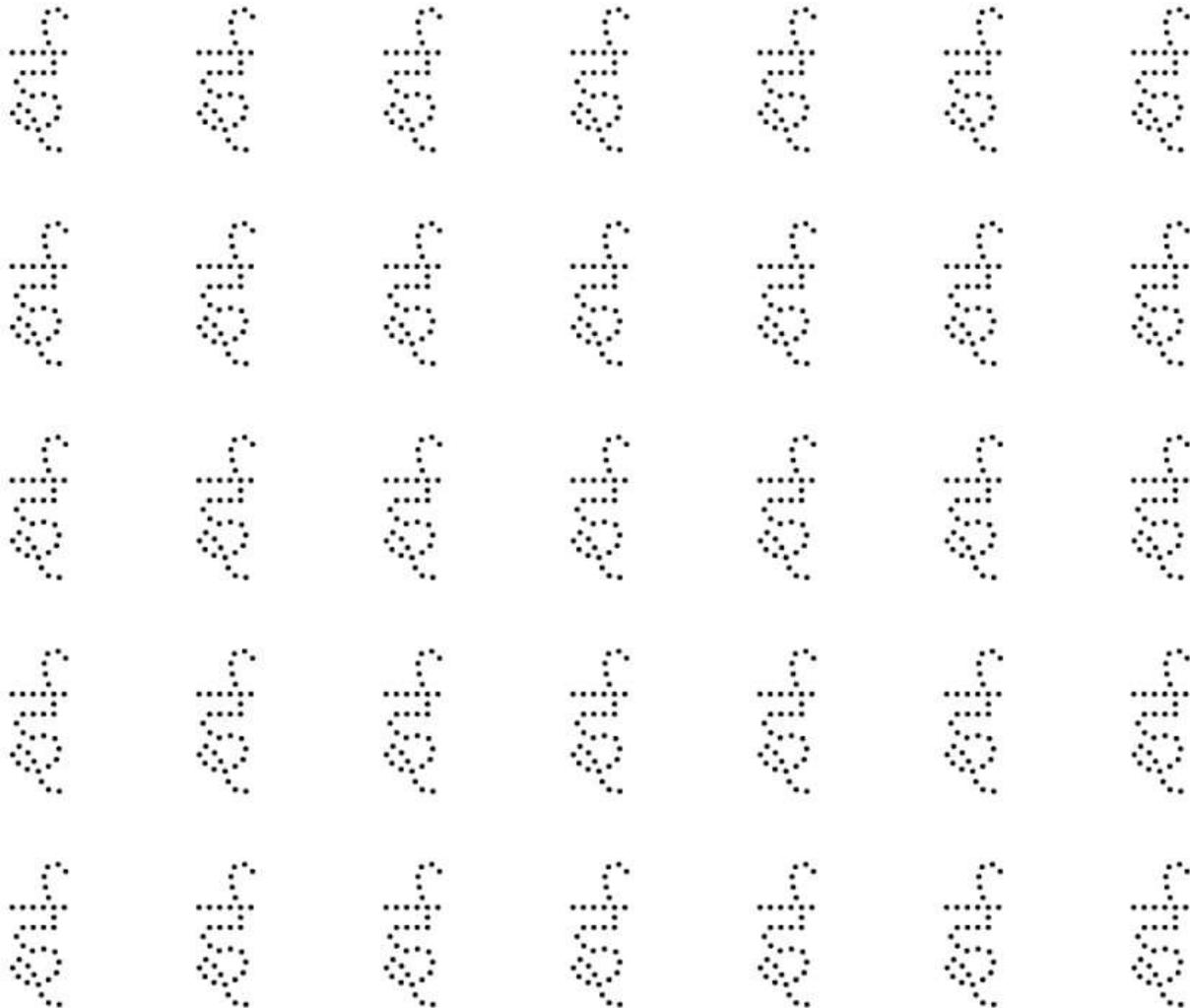
NAME: \_\_\_\_\_

DATE \_\_\_\_\_

अक्षरों का पता लगाएं और अभ्यास करें



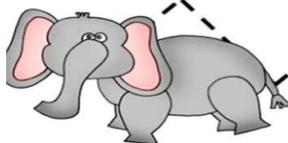
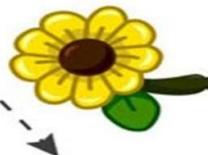
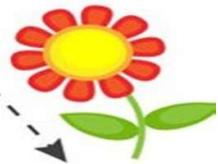
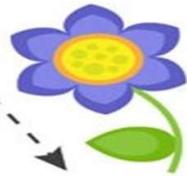
ईख (Eekh)



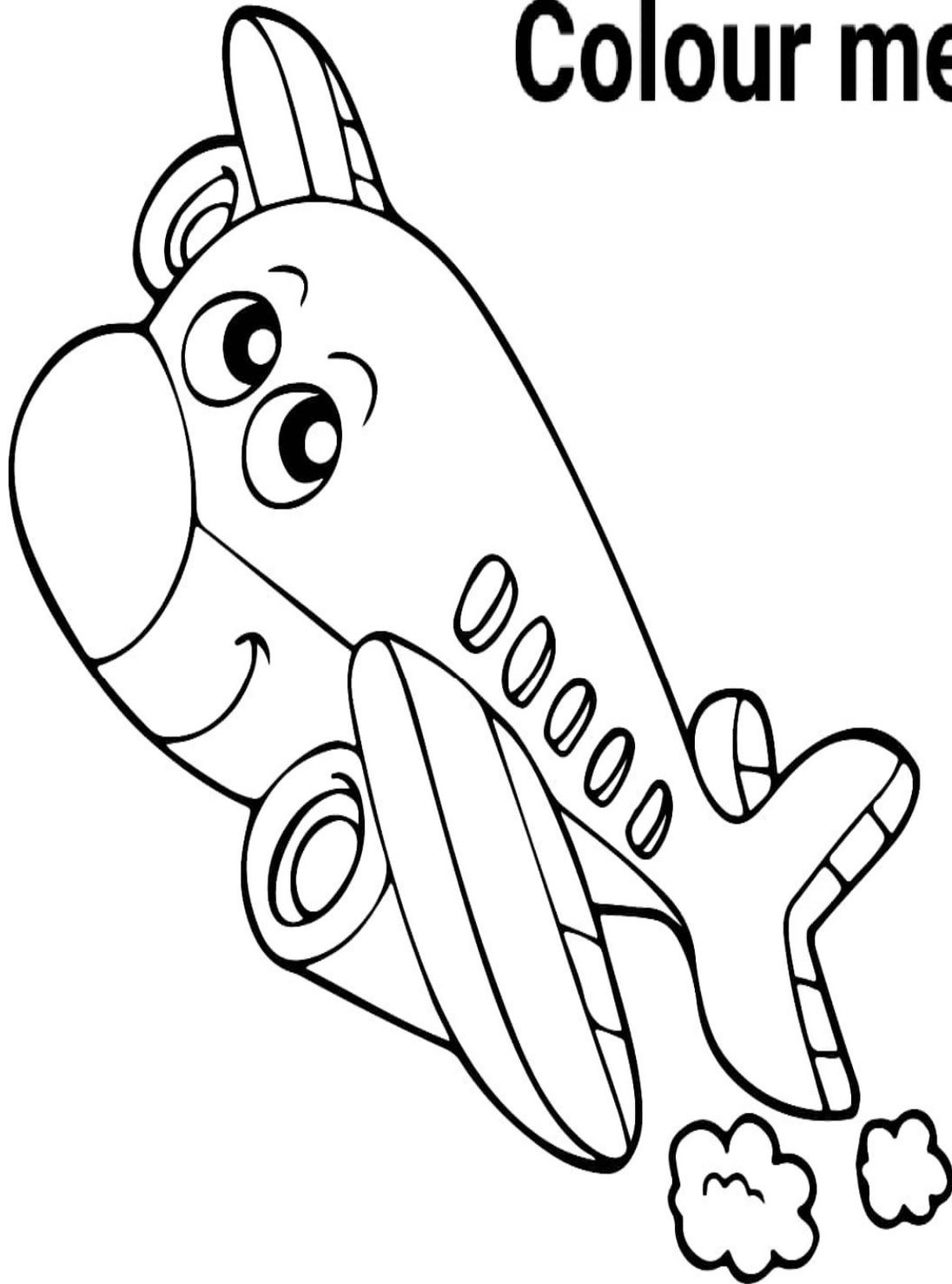
MATCH THE ANIMALS WITH THEIR BABIES



# ZIG-ZAG LINES



# Colour me



DAY-21

ACTIVITY-7

# DO YOGA WITH YOUR PARENTS.



rainbow



mountain



chair

## kids yoga day

Get moving with 5 minutes of yoga every day!



triangle



forward  
fold

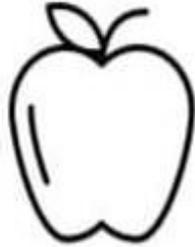


bow

**DAY-22      WORKSHEET-15 - ENGLISH**

**CIRCLE THE CORRECT PICTURE MATCHING WITH THE ALPHABET.**

**A**



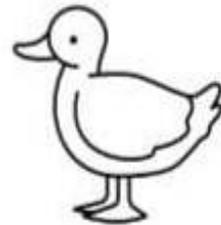
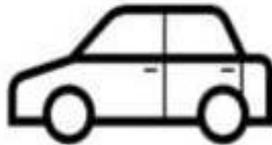
**B**



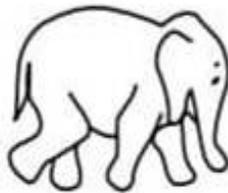
**C**



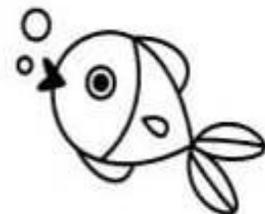
**D**



**E**



**F**



## DAY-23 WORKSHEET-16- EVS

### Parts of a Plant

#### Resources:

Colourful A4 size sheets, Glue, markers

#### Instruction:

Consider the attached picture as an example

#### For Parents,

Help your child explore various parts of plants by discussing the different shapes and textures of leaves and flowers. Take them to a nursery to see a variety of plants and enhance their exploration.

FOR EXAMPLE, YOU CAN TAKE AN IDEA FROM THE FOLLOWING PICTURE.



DAY-24 WORKSHEET-17- HINDI

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अनार



अमरुद



अजगर

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**DAY-25**

**ACTIVITY-8**

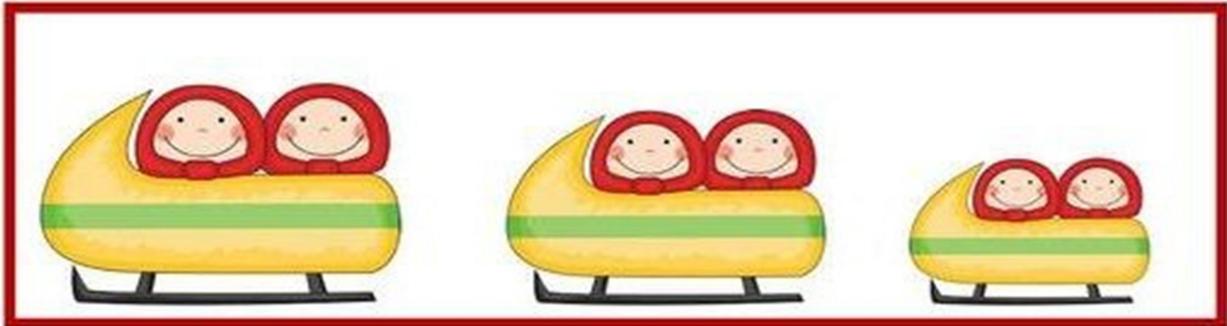
## **KEEP A BOWL OF WATER FOR BIRDS**



**Bird  
Feeders:**  
a Creative  
Nature Activity  
for Kids

### SMALLEST

Circle the smallest.

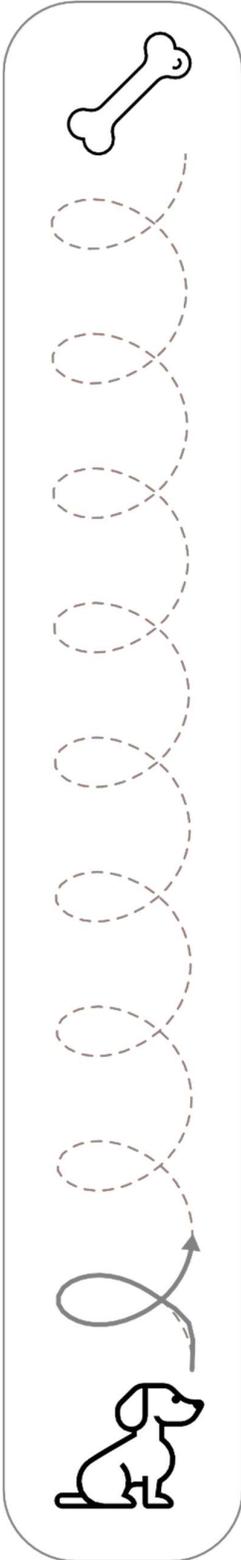


**DAY-27 WORKSHEET-19- ART & CRAFT**

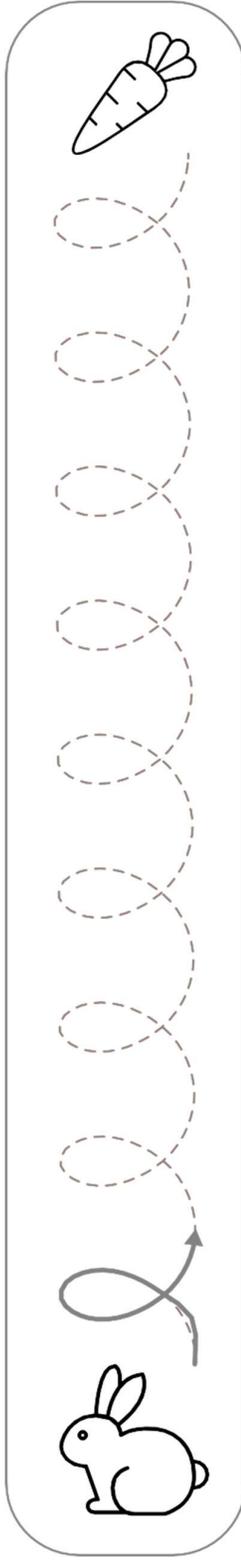
Make this dog colourful using pencil colours



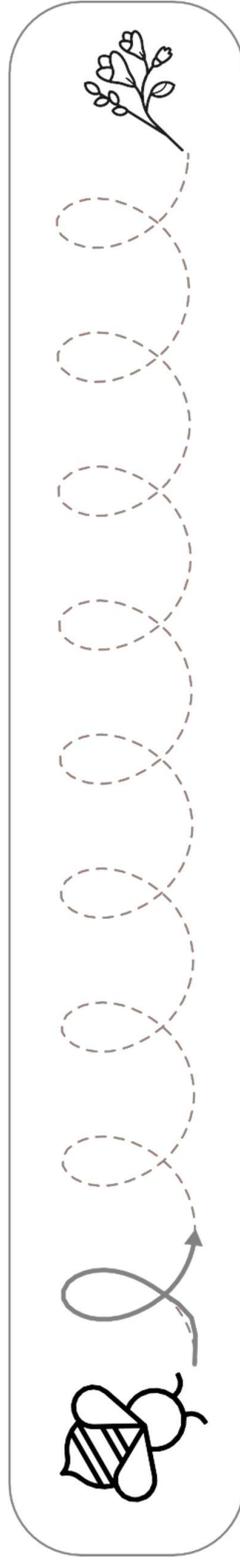
Match the Animal with the Food



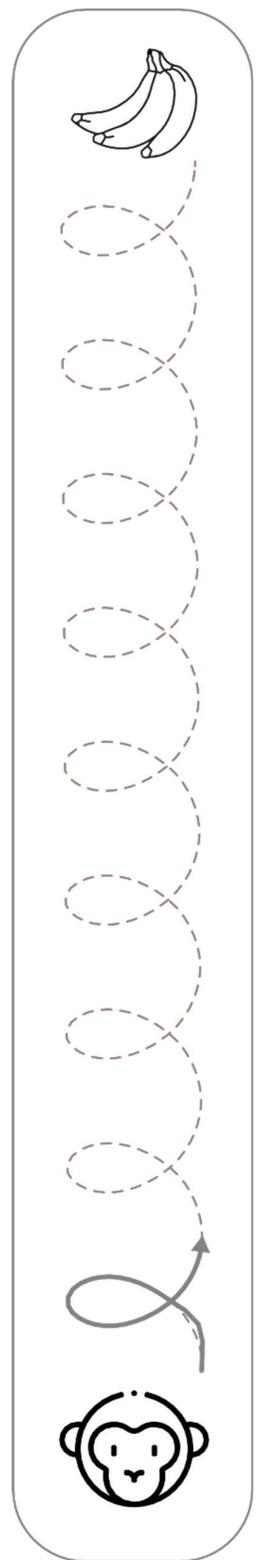
A vertical rounded rectangle containing a bone at the top, a dashed line tracing a path down to a dog at the bottom, and an arrow pointing downwards.



A vertical rounded rectangle containing a carrot at the top, a dashed line tracing a path down to a rabbit at the bottom, and an arrow pointing downwards.



A vertical rounded rectangle containing a bunch of grapes at the top, a dashed line tracing a path down to a bee at the bottom, and an arrow pointing downwards.



A vertical rounded rectangle containing a bunch of bananas at the top, a dashed line tracing a path down to a monkey at the bottom, and an arrow pointing downwards.

## DAY-29 ACTIVITY-9

Make your child more independent by teaching him or her various activities like:-

- *Buttoning and unbuttoning the shirt.*
- *Laying the table.*
- *Folding mats and clothes.*
- *Arranging their toy shelf.*
- *Learning to wear shoes and socks.*
- *Learning how to zip their school bag and the uniform.*
- *Sorting and pairing household items.*

DAY 30-ACTIVITY

# Healthy Food Maze



Help Emmy through the maze. Trace her way through all the healthy treats.



## केवल अविभावकों के लिए

प्रिय अविभावक, नमस्कार आप से विनम्र अनुरोध है कि नीचे आपके बच्चे के दैनिक जीवन से जुड़ी कुछ अच्छी आदतें दी गई हैं। क्या आपका बच्चा अपने दैनिक जीवन में इन अच्छी आदतों का अनुसरण / पालन करता है। कृपया हां / नो में उत्तर दें।

1. क्या आपके बच्चे ने सुबह उठकर सबसे पहले अपने बड़ों का अभिवादन किया? 1-----
2. क्या आपके बच्चे ने दंतध्वान एवं नित्य क्रिया से निवृत्त होकर ॐ का उच्चारण किया? 2-----
3. क्या आपका बच्चा अपने से बड़ों का सम्मान करता है? 3-----
4. क्या आपका बच्चा हमेशा सच बोलता है? 4-----
5. क्या आपका बच्चा अपना गृहकार्य समय पर पूरा करता है? 5-----
6. क्या सभी के साथ आपके बच्चे का व्यवहार अच्छा होता है? 6-----
7. आपका बच्चा अपने छोटे से प्यार करता है? 7-----
8. आपके बच्चे ने कभी किसी का मज़ाक उड़ाया है? 8-----
9. क्या आपका बच्चा ज़रूरत मंद की सहायता करता है? 9-----
10. क्या आपका बच्चा मेहनती है? 10-----
11. क्या वो हमेशा प्यार से बातें करता है? 11-----
12. क्या आपका बच्चा बड़ों के बीच बोलता है? 12-----
13. क्या वो दूसरे की वस्तुएँ पूछ कर लेता है? 13-----
14. क्या आपका बच्चा दूसरों के ऊपर कॉमेंट्स पास करता है और मज़ाक बनाता है? 14-----
15. दूसरे द्वारा आपके बच्चे को कोई वस्तु दिए जाने पर क्या वो उसको धन्यवाद करते हैं? 15-----
16. आपका बच्चा अपनी किताबें व्यवस्थित करके रखता है? 16-----
17. क्या वह सुबह समय पर उठता है? 17-----
18. क्या उसके पढ़ाई करने का समय निश्चित है? 18-----
19. क्या वह गलती करने पर माफ़ी माँगता है? 19-----
20. क्या वह दूसरों के काम में दखल देता है? 20-----
21. क्या वो बाहर की चीज़ें खाना ज़्यादा पसंद करता है? 21-----
22. क्या वह अपने से बड़ों की बातें मानता है? 22-----
23. क्या वह घर के कामों में अपनी मम्मी की सहायता करता है? 23-----
24. क्या वह किसी से द्वेष भावना रखता है? 24-----
25. क्या वह अपने काम के प्रति ईमानदार है? 25-----
26. क्या वह दिन में दो बार नुश करता है? 26-----
27. खाना खाने से पहले व खाना खाने के बाद हाथ साबुन से अच्छी प्रकार से धोता है? 27-----
28. क्या वह अपने नाखूनों को साफ़ रखता है? 28-----
29. क्या आपका बच्चा सुबह का नाश्ता सही समय पर करता है? 29-----
30. क्या आप का बच्चा पौष्टिक भोजन करता है? 30-----