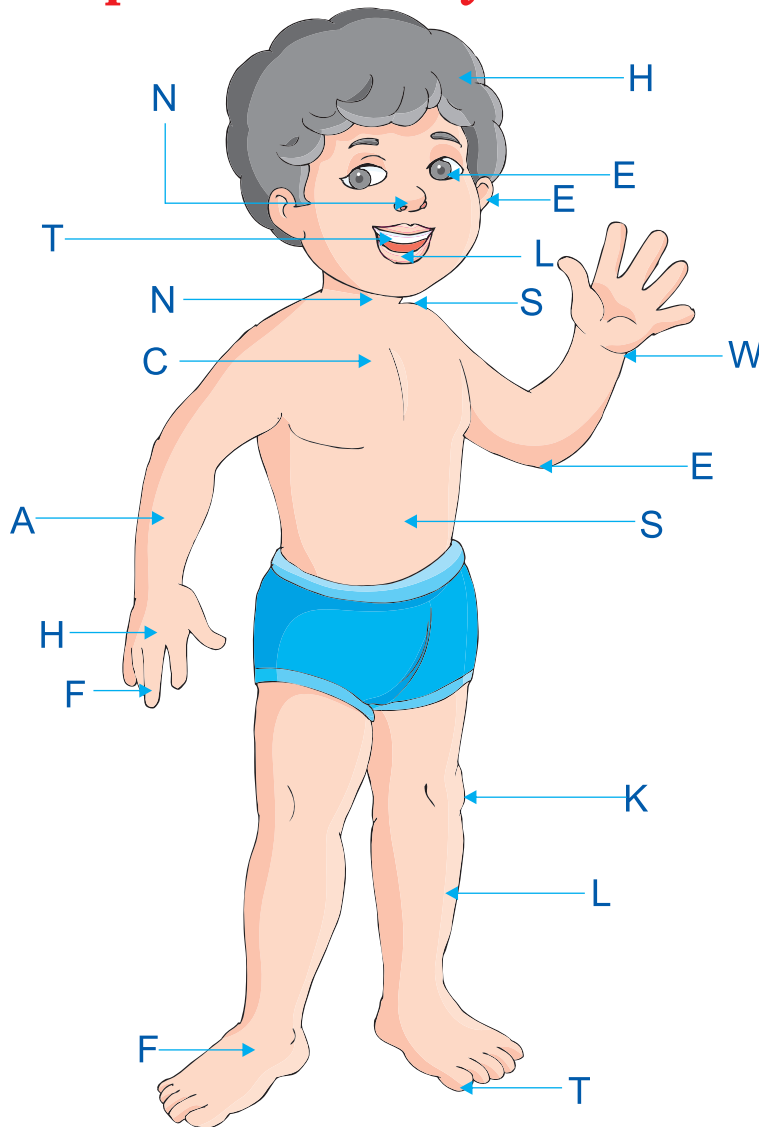




Our body has many **parts**. We use these parts to do different things.

Observe the picture of the body and recognise its different parts.

Write the correct letter of the alphabet beside the part of the body.



Which soap do you use to bath?

.....
.....

Nose	N
Head	
Eye	
Stomach	
Elbow	
Ear	
Knee	
Leg	
Toe	
Foot	
Finger	
Hand	
Arm	
Chest	
Neck	
Shoulder	

What Do Our Body Parts Do?

All parts of our body are useful.

We do the following work with our **hands**.



Eating



Holding



Writing



Lifting

We do some activities using our **hands** and **legs** both.



Crawling



Exercising



Dancing



Skipping

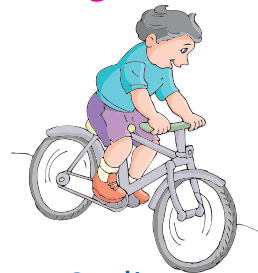
In some activities, we use mainly our **legs**.



Walking



Running



Cycling



Kicking

As you grow up, your clothes and shoes become shorter for you. What do you do with them?

.....
.....



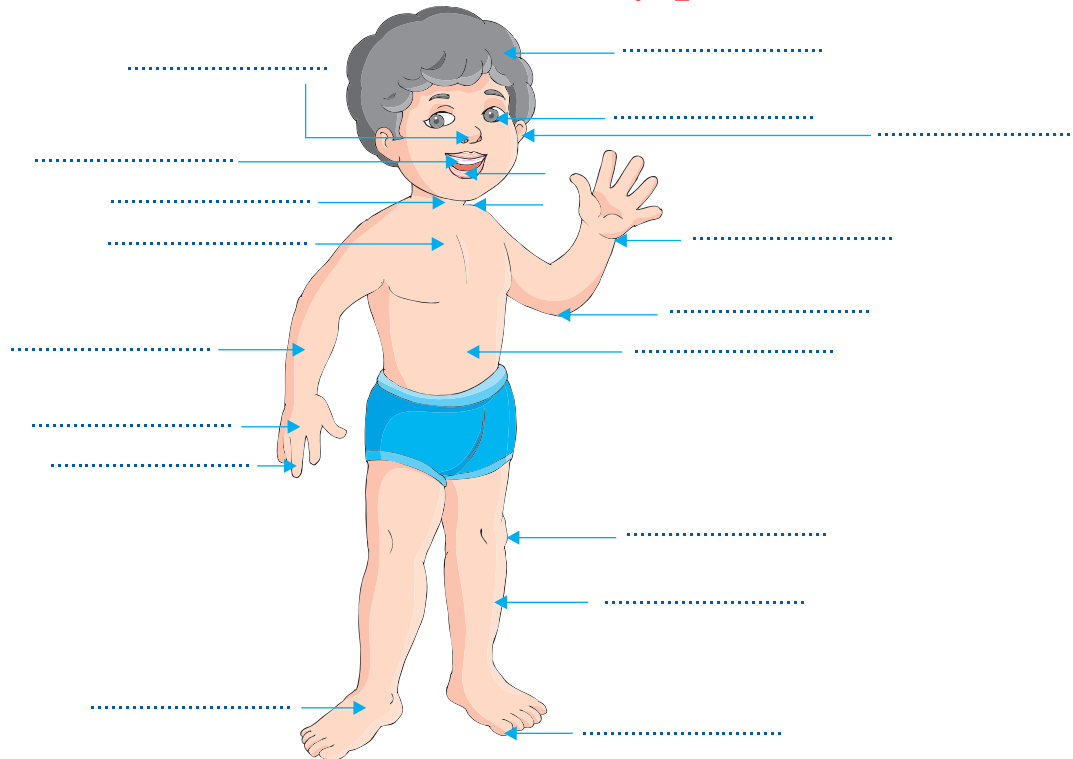
Points To Remember

- Our body has many parts.
- Each part of our body helps us to do some work.
- We use our hands and legs to do different things everyday.

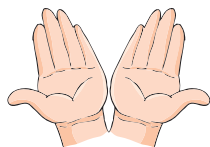


TIME TO DO EXERCISE

A. Write the name of the correct body-parts in each line.



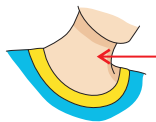
B. How many of each do we have? Match the body parts with their correct number in your body. One has been done for you.



1



2



10



C. Choose the correct word from the brackets to complete each sentence.

1. I hold my toy with my (hands/legs)

2. I run with my (feet/hands)

3. I exercise with my (hands and legs/legs)
4. I stand on my (legs/head)



ACTIVITY TIME

Some parts of our body are in pair while some are single.
Write the names of such four body-parts in the correct column.

Single	Pair



TIME TO ENJOY

A. Encircle the name of the body-parts in the word-grid given below.

	EAR	EYES							
HEAD	H	E	A	D	D	E	C	M	ARMS
	N	A	R	H	L	Y	S	O	
HAND	E	E	M	A	E	E	K	U	LEGS
	C	A	S	N	G	S	I	T	MOUTH
	K	R	B	D	S	N	N	H	
NECK	C	H	E	S	T	S	G	A	CHEST

B. Life Skill.

- ❖ Take care of your body parts everyday.
- ❖ Wash your hands with a good soap.
- ❖ Oil your hair. Use a good shampoo to wash them.
- ❖ Trim your nails.
- ❖ Wash your ears and nose when you take bath.
- ❖ Clean your tongue with a tongue cleaner.