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Knowing Myself



My name is I am a(boy/girl).

I am years old.

My father's name is

My mother's name is

The name of my school is

.....

I study in class I live in

My home address is

My telephone number is

My best friend is My favourite colour is

My favourite game is



This is me.



ACTIVITY TIME

Tick (✓) the statement that belongs to you and cross (×) that does not belong to you.

I write with my left hand.

I like to drink milk.

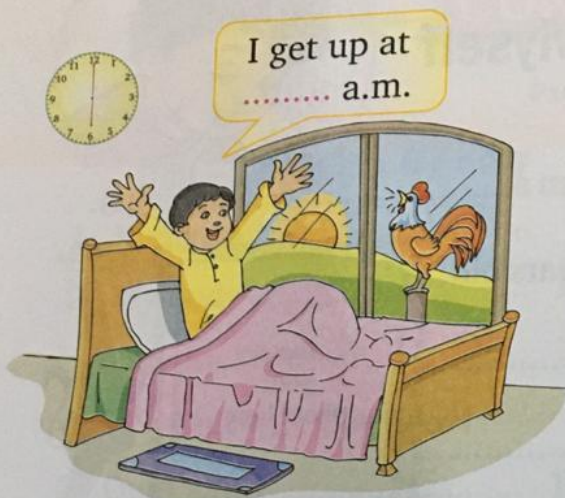
I go to school by bus.

I look like my mother.

I wear spectacles.

I like reading books.

MY DAILY ROUTINE

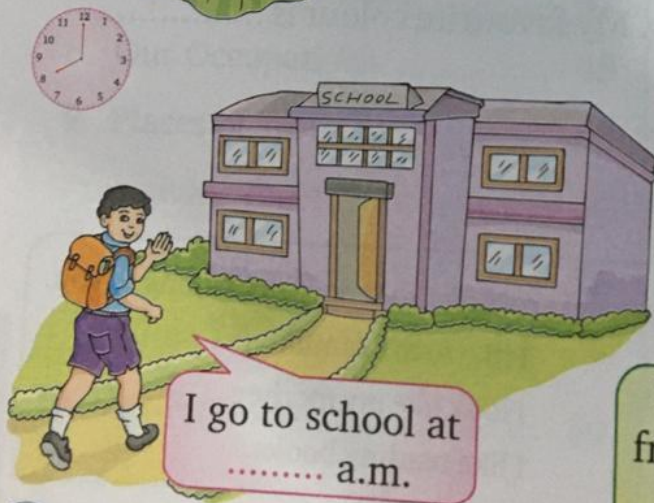


I take bath at a.m.



Fact To Know

- Everyone has a unique fingerprint. No two fingerprints are alike.
- The activity that you love to do is called a hobby. Different people have different hobbies, such as swimming, painting and others.



I come back from school at p.m.



I take lunch at p.m.



I do my homework at p.m.



ACTIVITY TIME

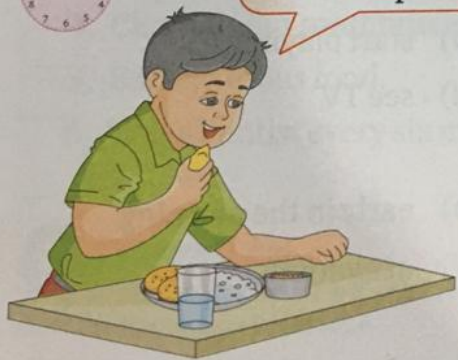
Write the activities you love to do in the space given below.

.....
.....
.....
.....

I go to play at p.m.



I take dinner at p.m.



I go to bed at p.m.





TIME TO DO EXERCISE

A. Answer the following questions.

1. At what time you wake up in the morning?

.....

2. At what time you take your lunch?

.....

3. When do you go to play everyday?

.....

B. Tick (✓) against the correct option.

1. When I get gifts on my birthday, I feel

(a) good

(b) bad

2. When someone breaks my toys, I feel

(a) angry

(b) good

3. When my friends call me to play, I feel

(a) good

(b) angry

4. When I am eating an ice-cream, I feel

(a) bad

(b) good

C. Tick (✓) your values.

1. I get up in the morning and

(a) help my mother

(b) start playing

(c) ask for food

(d) see TV

2. Its good to play

(a) late in the morning

(b) early in the morning

(c) at afternoon

(d) at evening



TIME TO ENJOY

A. Colour the activities with Blue which you can do yourself and with Red for which you need help.

Wear
Your
Uniform

Brush
Your
Teeth

Polish
Your
Shoes

Eat
Your
Food

Take
Bath
Everyday

Pack
Your
School Bag

Pack
Your
Tiffin

Go
To
School

Buy
Things From
The Market

B. Group Activity.

Discuss with your friends about your daily routine. Think how it is different from your other friends.

C. Life Skill.

We can enjoy eating our food only if our teeth are healthy. How much you care for your teeth? Tick (✓) the ones you do and cross (×) the ones you do not do.

1. Brush two times everyday.
2. Use good quality toothpaste.
3. Rinse your mouth whenever you eat anything.
4. Change your toothbrush every 2-3 months.
5. Eat nutritious food.
6. Visit a dentist every six months.





Teacher's Aid

You can discuss with each student about his/her hobby. Encourage them to adopt a hobby in their free time.