



GENERAL AWARENESS

Let's Learn About the World Around Us!

A



Observing this series in the form of the National Curriculum Framework (NCF) 2023 for the fundamental stages

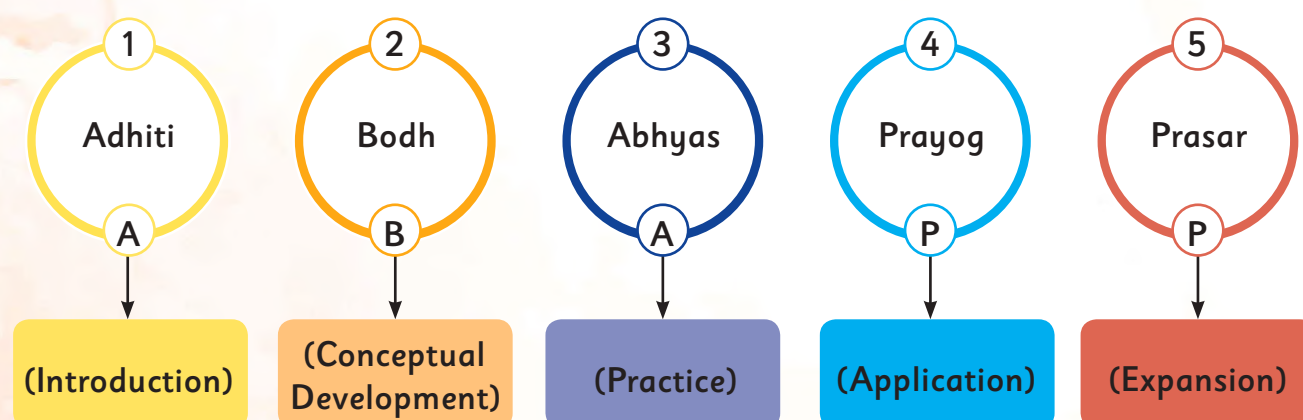
We have prepared this new series based on the directions and guidelines of the National Curriculum Framework (NCF) 2023. It focuses on play-based, activity-based, and experience-based learning while keeping teaching at the center and preparing the material accordingly.

Five-step teaching process – For early years:

Keeping in mind the five-step teaching process, we have presented each lesson and activity in the following order:

- Introduction (Adhiti) – Introducing children to the topic with stories, songs, and poems.
- Conceptual Development (Bodh) – Understanding concepts through simple language and activities.
- Practice (Abhyas) – Engaging children in activities based on repetition, recognition, and identification.
- Application (Prayog) – Giving children opportunities to express what they have learned through their environment.
- Expansion (Prasar) – Group discussions, storytelling, or showing pictures to enhance children's expressive ability.

Panchaadi: (A Five Step Learning Process)



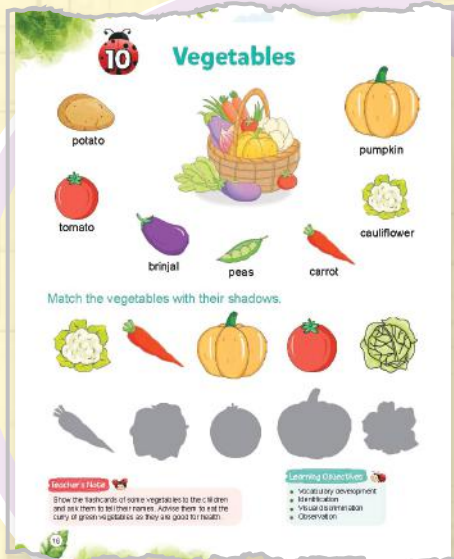
Based on five domains of development

According to NCF 2023, this series pays special attention to children's five main development areas:

- **Physical development** – Developing motor skills through running, jumping, climbing, throwing, catching, and playing activities.
- **Mental development** – Developing emotional stability, cooperation, and social skills.
- **Cognitive development** – Enhancing the ability to think, recognize, and ask questions.
- **Moral development** – Showing moral values through stories with ethical messages.
- **Aesthetic development** – Understanding nature, compassion, beauty, and art.

Our aim is that children not only learn Hindi language but also develop morally, cognitively, and emotionally, building confidence to maintain a bright future.

Key Features

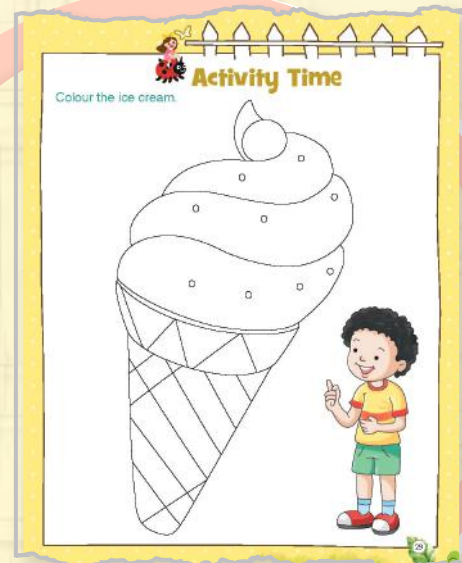


Engaging Visuals and Illustrations – Bright, colorful images and illustrations make learning fun, helping young minds grasp concepts easily through visual stimulation.

Interactive Activities – Includes puzzles, matching exercises, and simple questions to encourage curiosity and active participation, enhancing early cognitive and observational skills.

Theme-Based Learning – Covers familiar themes like family, nature, seasons, and community to help children relate concepts to their daily lives and surroundings.

Simple and Age-Appropriate Language – Uses easy-to-understand words and short sentences to build vocabulary and improve communication skills in an enjoyable, stress-free manner.



Hands-On Learning Approach – Incorporates fun, practical activities like coloring, tracing, and matching to develop fine motor skills and reinforce learning.

Moral and Social Values – Introduces basic values like kindness, sharing, and respect through stories and activities, fostering positive character development from an early age.



Contents

Theme 1 (All about Me)

- 1. Me and Myself 5
- 2. My Body 6
- Activity Time 7

Theme 2 (Around Me)

- 3. My Family 8
- 4. My Home 9
- 5. My School 10
- Activity Time 11
- 6. Places around Me 12
- 7. People Who Help us 13

Theme 3 (Plants around Us)

- 8. Parts of a Plant 14
- 9. Fruits 15
- 10. Vegetables 16-17
- 11. Flowers 18

Theme 4 (Animals)

- 12. Pet Animals 19
- 13. Domestic Animals 20
- 14. Wild Animals 21
- 15. Water Animals 22
- Activity Time 23

Theme 5 (Birds and Insects)

- 16. Beautiful Birds 24
- 17. Insects around Us 25
- Activity Time 26

Theme 6 (Food and Health)

- 18. Food and Health 27

- 19. My School Lunch 28
- Activity Time 29

Theme 7 (Habits and Manners)

- 20. Good Habits 30
- 21. Good Manners 31
- 22. Love Your Pet 32
- 23. Be Safe 33
- Activity Time 34

Theme 8 (Seasons)

- 24. Summer Season 35
- 25. Rainy Season 36
- 26. Winter Season 37
- Activity Time 38

Theme 9 (Colors and Touches)

- 27. Red 39
- 28. Yellow 40
- 29. Green 41
- 30. Blue 42
- 31. Good Touch and Bad Touch 43

Theme 10 (Games and Sports)

- 32. Games We Play 44
- Activity Time 45

Theme 11 (Mixed Bag)

- 33. Vehicles 46
- 34. Festivals and Fun 47
- Activity Time 48

Me and Myself



Paste your
photo
here



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

My favourite colour

Colour the
box with your
favourite colour.

My favourite toy

Paste the
picture of your
favourite toy.

All about Me

I am unique, just like me.
Bright like stars, tall like tree.
I am kind, I love to share.
I show others, how to care.

Teacher's Note



Help children trace and decorate handprints with colours and write their name inside.

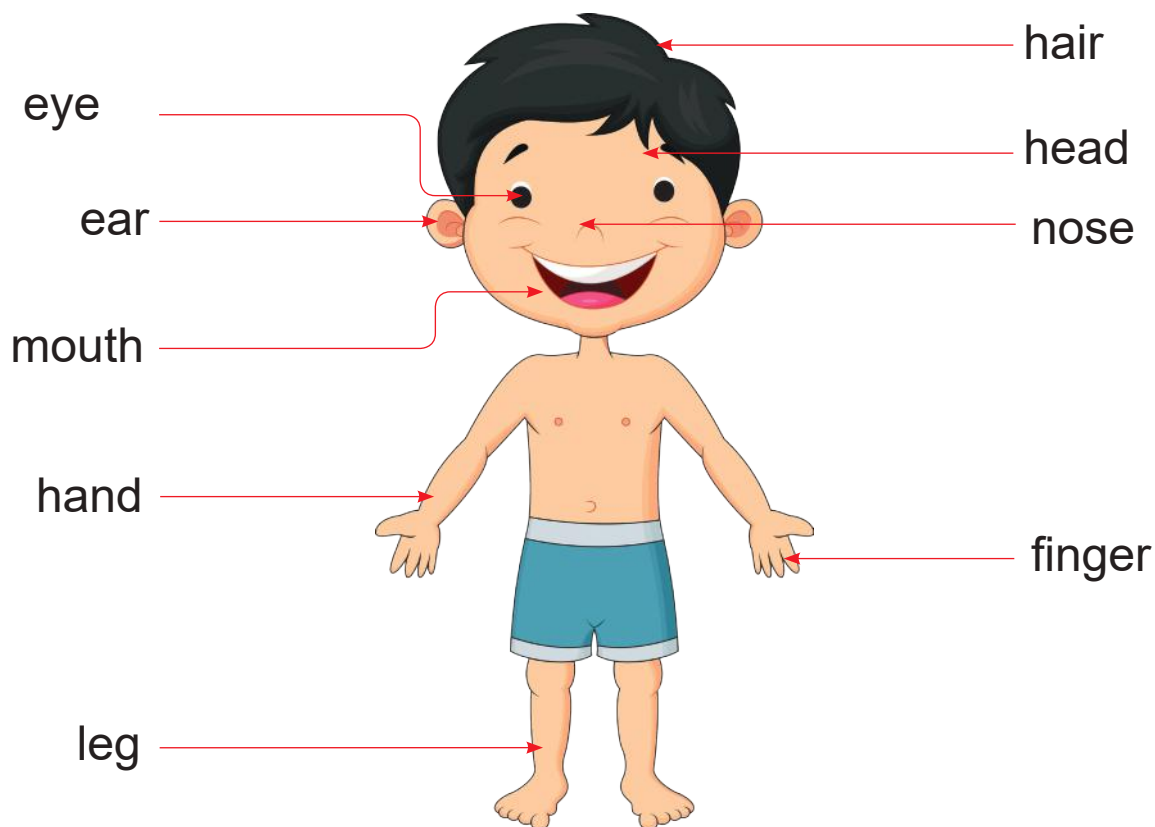
Learning Objectives



- Self-recognition
- Fine motor skills



My Body



Match the same pictures.



Teacher's Note



Sing a fun song about body parts (e.g., head, shoulders, knees, and toes) while children point to each part. Add actions for engagement and learning!

Learning Objectives



- Observation
- Identification
- Matching skills



Activity Time

Spot the Difference

Spot any five differences in these two pictures.



Teacher's Note



Help the children find out the differences in case they fail.

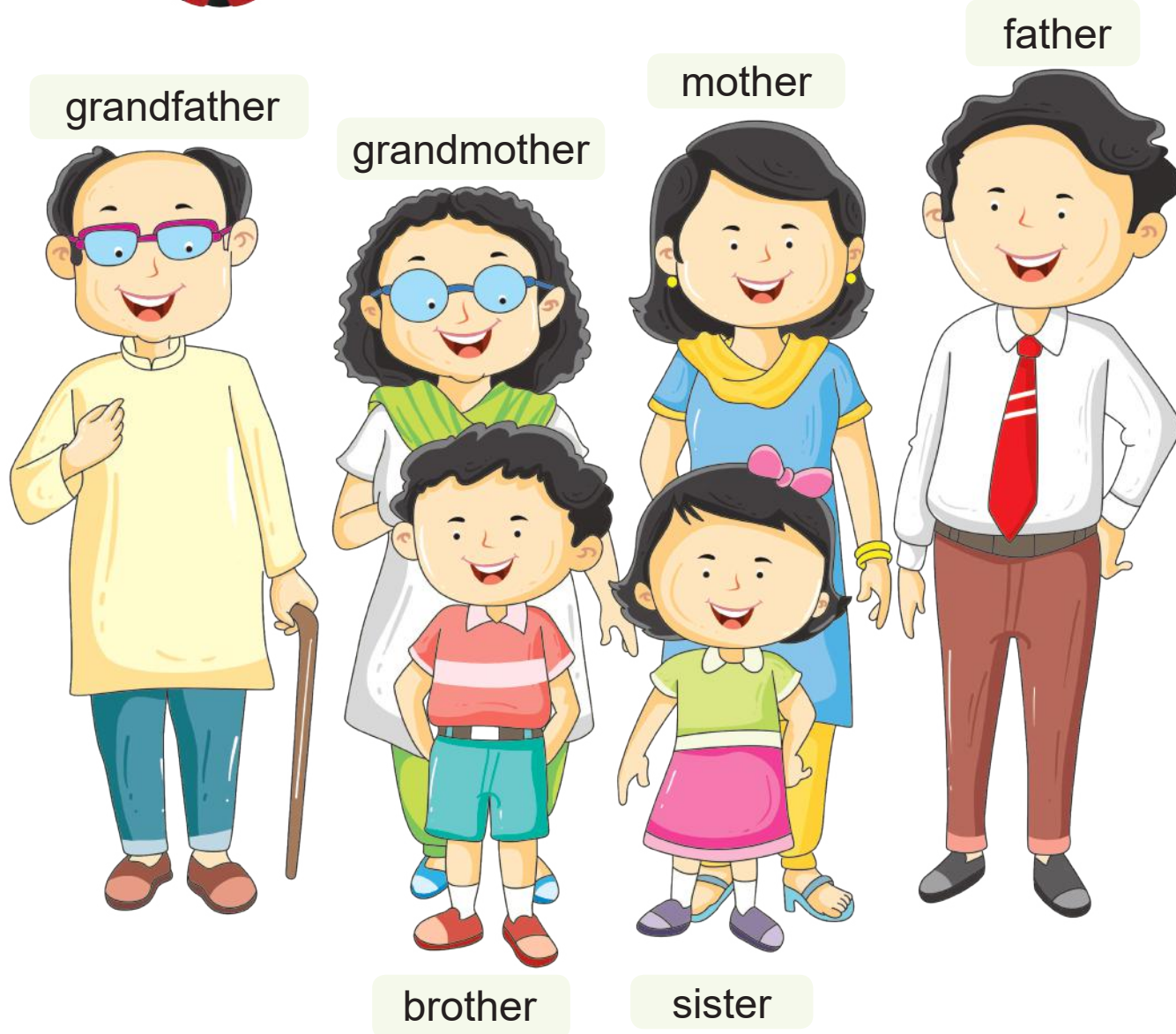
Learning Objectives



- Observation
- Identification
- Visual discrimination
- Fine motor skills



My Family



My Family

I have a family, full of cheer,
Mom and Dad, always near.
Brother and sister, they love me,
My family, is all I see!

Teacher's Note



Encourage the children to talk about their family. Also tell the class how they can help each member of the family.

Learning Objectives



- Observation
- Identification
- Fine motor skills

My Home



This is my sweet home.

bedroom

study room

kitchen

living room

bathroom

dining room

Where do you find the following things? Say out loud.



Teacher's Note



Encourage the children to tell about their house in the class. Ask them their favourite room in the house and why. Advise them to keep the rooms clean.

Learning Objectives



- Observation
- Identification

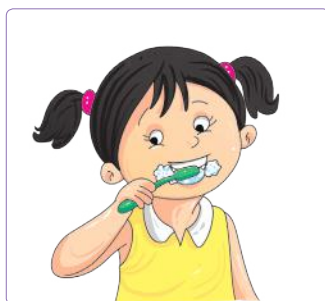


My School

This is my school. I love my school very much.



Tick (✓) the things you do at school.

☐☐☐☐

Teacher's Note



Encourage the children to talk about different places in a school. You can take them to different places and tell what they do there.

Learning Objectives



- Observation
- Identification
- Fine motor skills



Activity Time

Help these children reach their school by tracing the paths.





Places around Me



police station



bank



market



school



hospital

Where do you find these? Say out loud.



Teacher's Note



Ask the children what places they see in their neighbourhood. Also ask them what they do there.

Learning Objectives



- Observation
- Identification
- Visual discrimination

People Who Help Us



watchman



milkman



sweeper

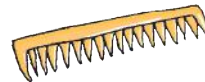
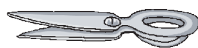


teacher



doctor

Say the name of each helper. Circle the things they use.



Teacher's Note



Help children make a "THANK YOU" card for a helper. Ask them to give the card to the helper and say, "Thank you."

Learning Objectives



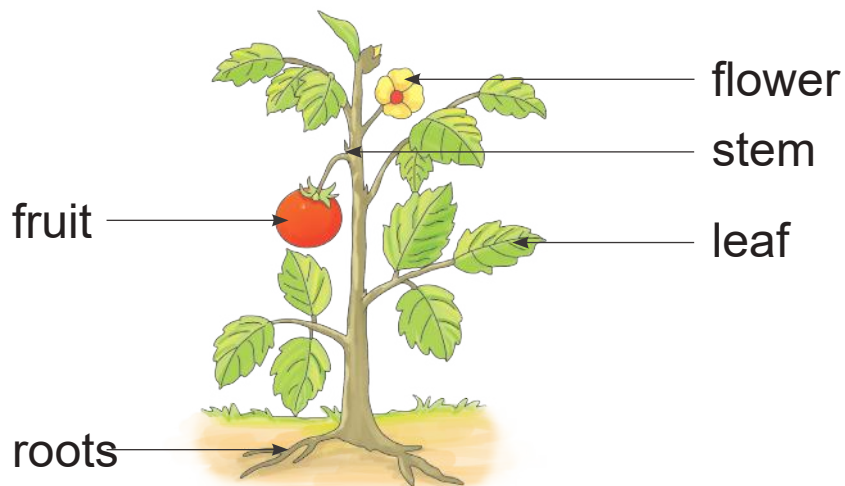
- Observation
- Identification
- Vocabulary development



Parts of a Plant

Theme 3
Plants around Us

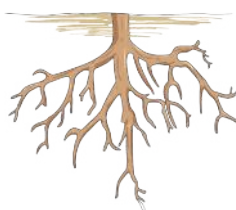
Plants are our friends.



leaf



fruits



roots

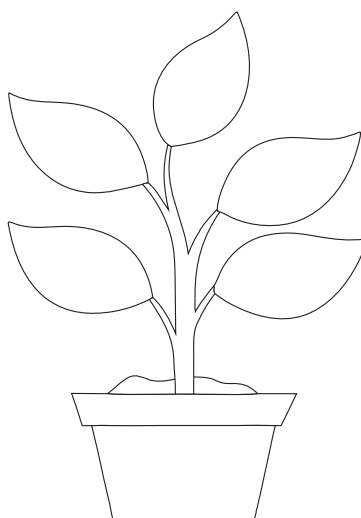


stem



flower

Colour the plant nicely.



Teacher's Note



Take the class on a nature walk. Ask them to pick fallen leaves and flowers. In the class, create a collage using these items.

Learning Objectives

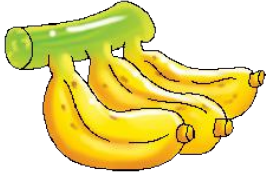


- Observation
- Identification
- Visual discrimination
- Matching skills

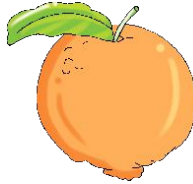
Fruits



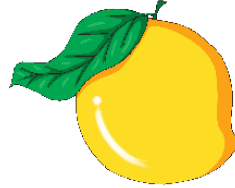
Fruits are healthy.



bananas



orange



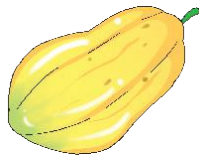
mango



apple



grapes



papaya



pineapple

Match the two halves of the fruits.



Teacher's Note



Ask the children what fruits they see in the market. Also ask which fruit they like the most. Ask them to tell the names of some fruit trees. Advise them to eat fruits daily as they are healthy.

Learning Objectives



- Observation
- Identification
- Matching skills
- Fine motor skills



Vegetables



potato



pumpkin



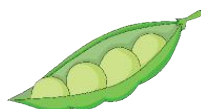
tomato



cauliflower



brinjal

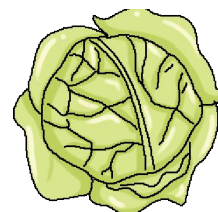
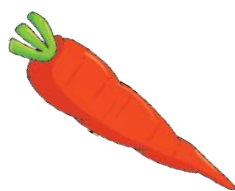


peas



carrot

Match the vegetables with their shadows.



Teacher's Note



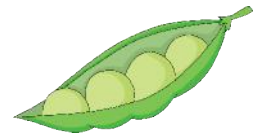
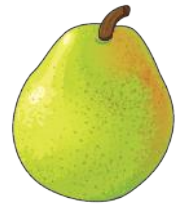
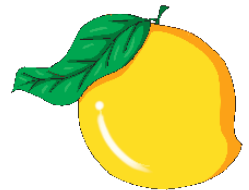
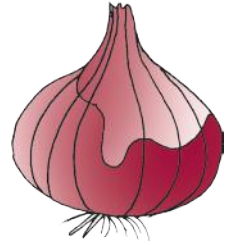
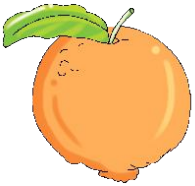
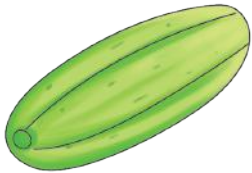
Show the flashcards of some vegetables to the children and ask them to tell their names. Advise them to eat the curry of green vegetables as they are good for health.

Learning Objectives



- Vocabulary development
- Identification
- Visual discrimination
- Observation

Draw lines to match the fruits and vegetables with the correct basket.



Teacher's Note

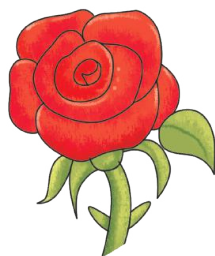


Encourage the children to discuss about what they see in the pictures. Ask them to say the names of fruits and vegetables. If they find it difficult, ask them to tell the names in their mother tongue.

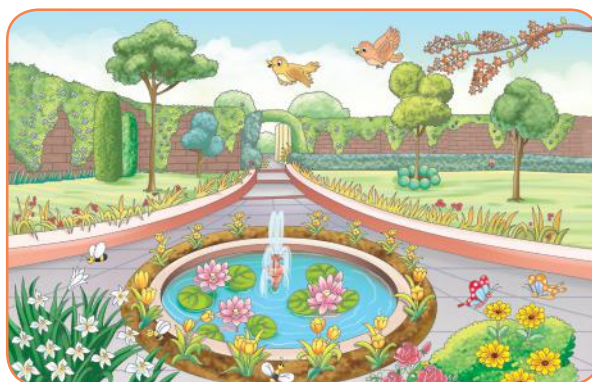


Flowers

Flowers are beautiful.



rose



sunflower



tulip



marigold



lily



lotus

Cross out (x) the odd flower in each row.



Teacher's Note



Show the children some flowers and ask them to tell their names. Ask them what flower plants they have in their garden.

Learning Objectives

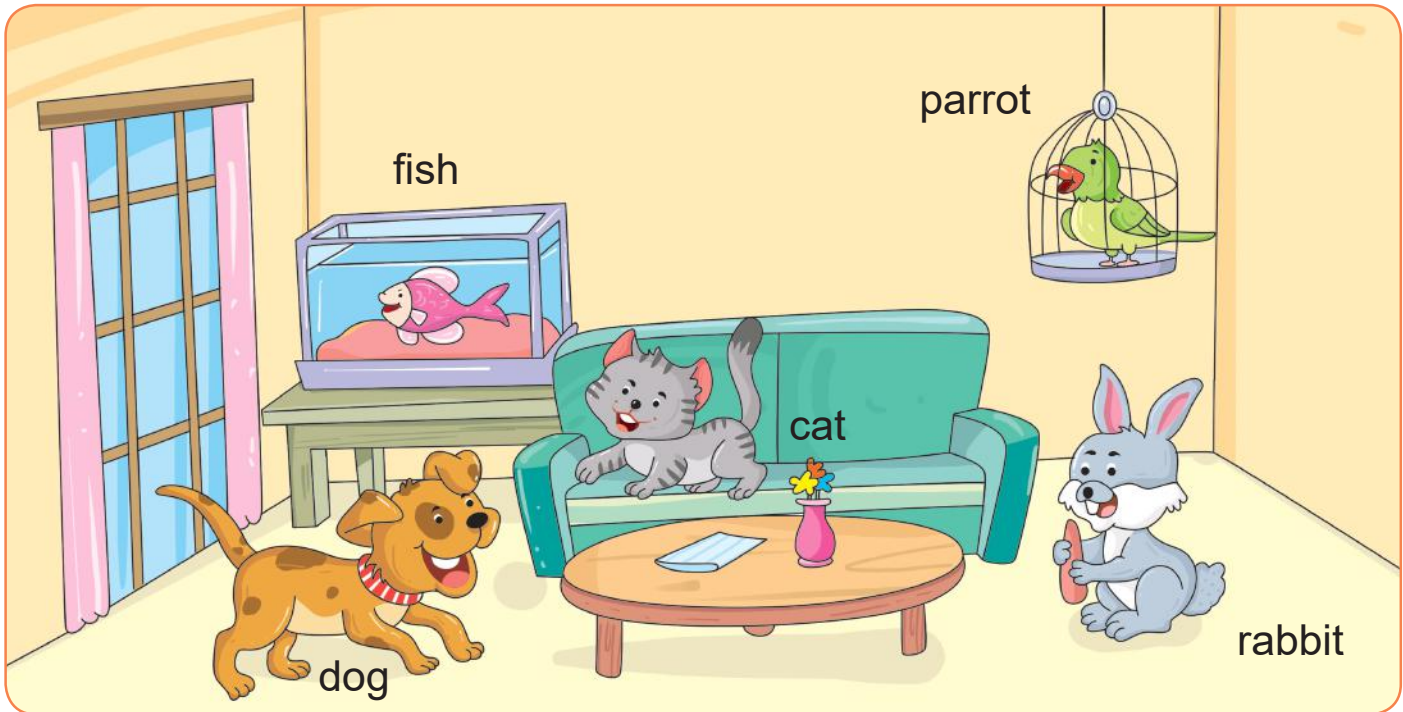


- Visual discrimination
- Identification
- Fine motor skills
- Observation

Pet Animals



Some animals stay with us in our homes. They are called pet animals.



Match these pet animals with their shadows.



Teacher's Note



Ask children to bring a picture of their pet or favourite animal. Let them share its name, colour, and one fun fact. Encourage discussion about how to care of pets.

Learning Objectives

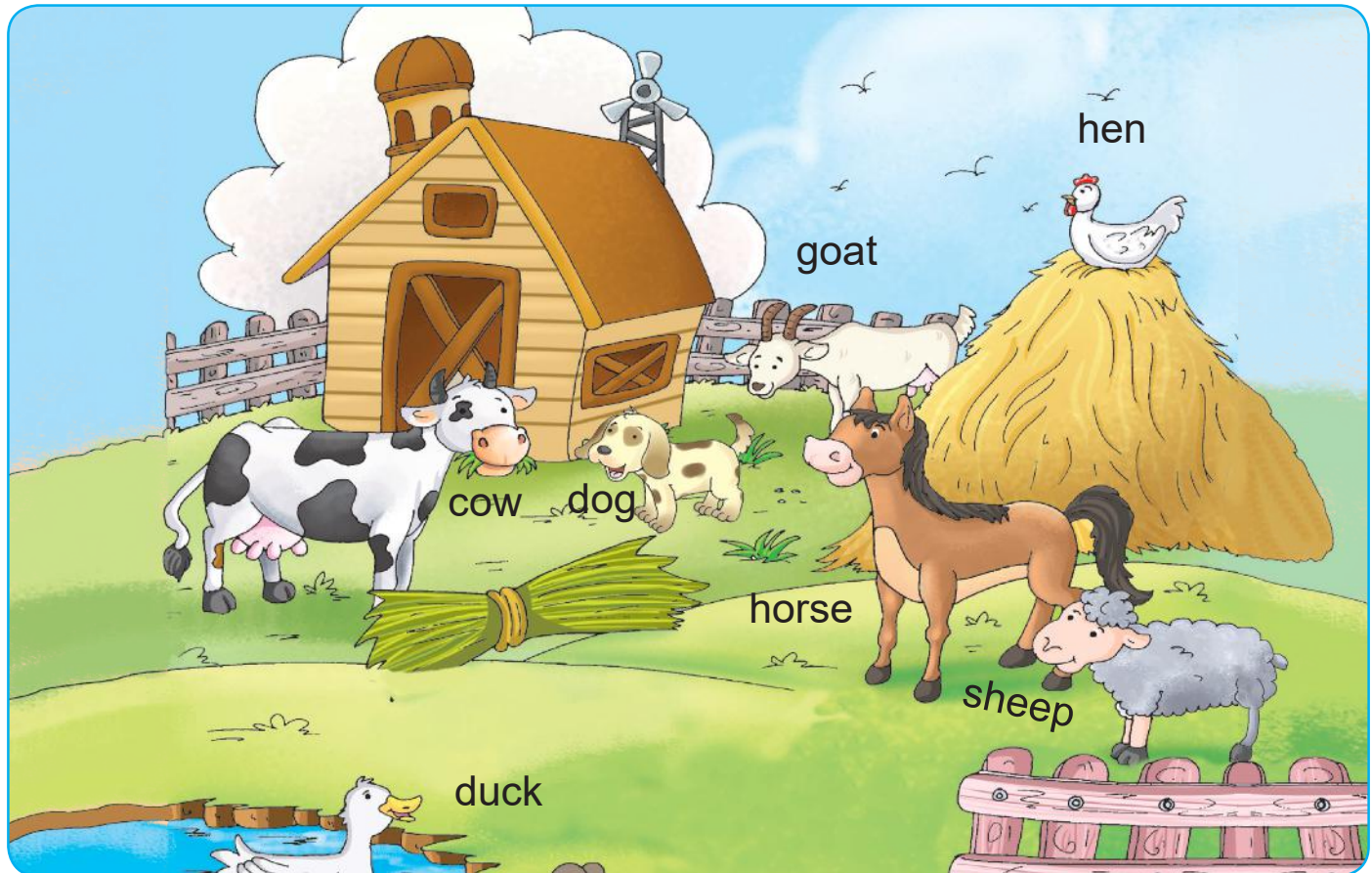


- Visual discrimination
- Identification
- Vocabulary enhancement
- Observation

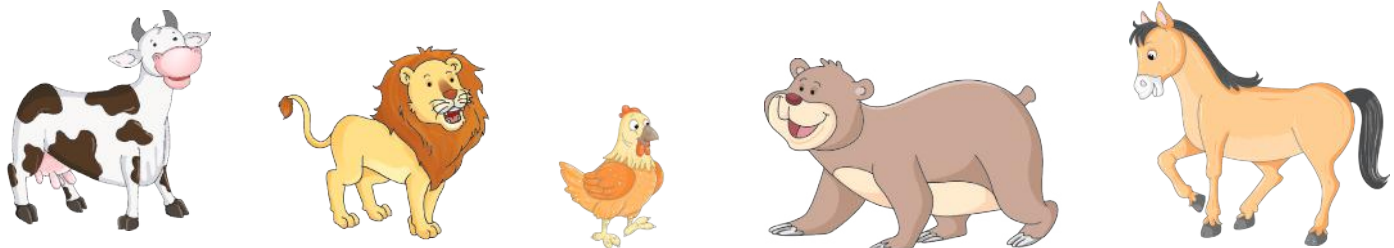


Domestic Animals

Some animals live around us and help us in many ways. They are called domestic animals.



Circle the domestic animal that gives us eggs.



Teacher's Note



Ask the children what domestic animals they have in their homes. Ask them to tell what things they get from them. Advise them to take care of them and keep their shelter clean.

Learning Objectives

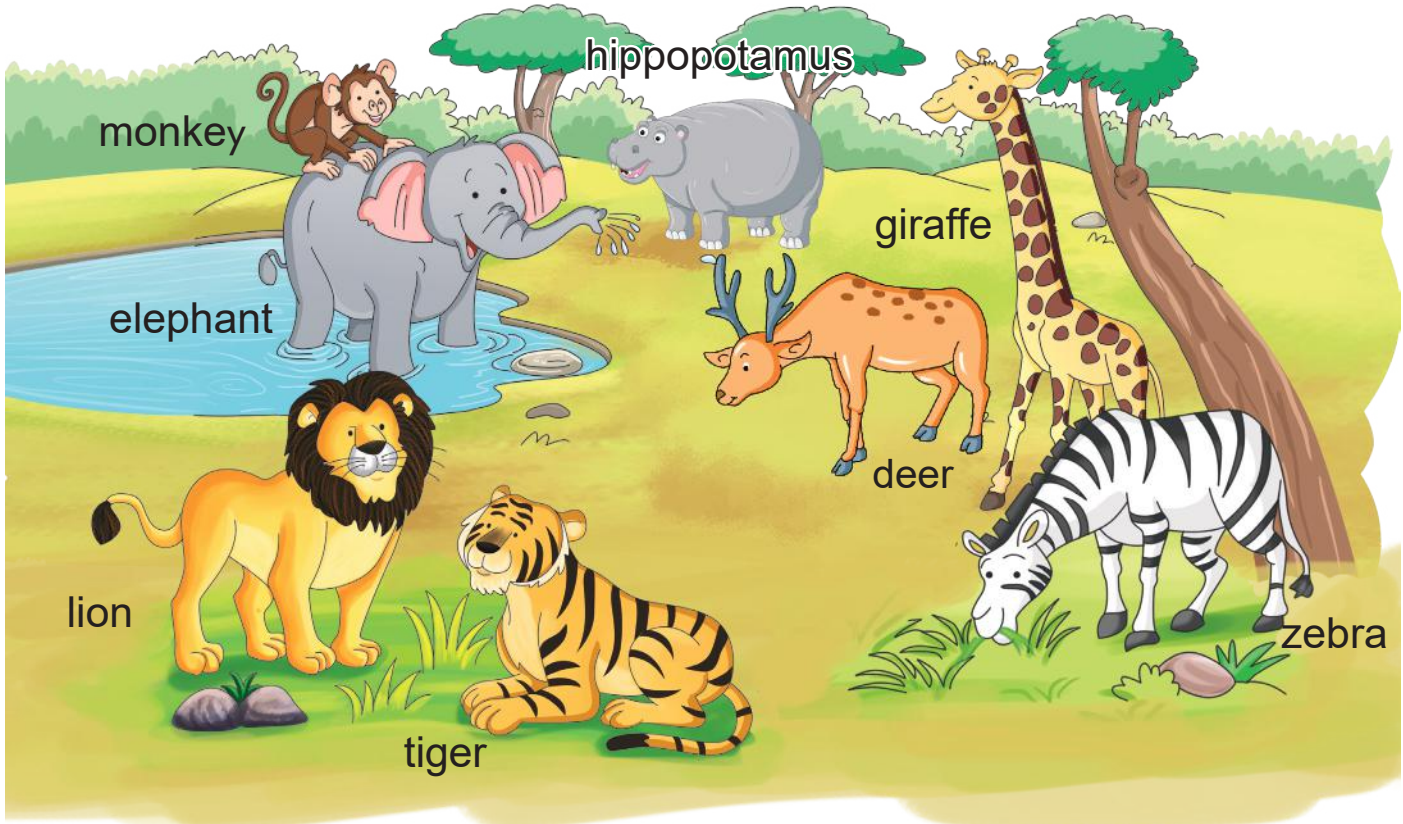


- Observation
- Identification
- Fine motor skills
- Matching skills

Wild Animals

14

Some animals live in forests. They are called wild animals.



Match the animals with their body parts.



Teacher's Note



Show pictures of wild animals and play their sounds. Ask children to guess the animal and mimic the sound. Discuss where each animal lives and what they eat.

Learning Objectives

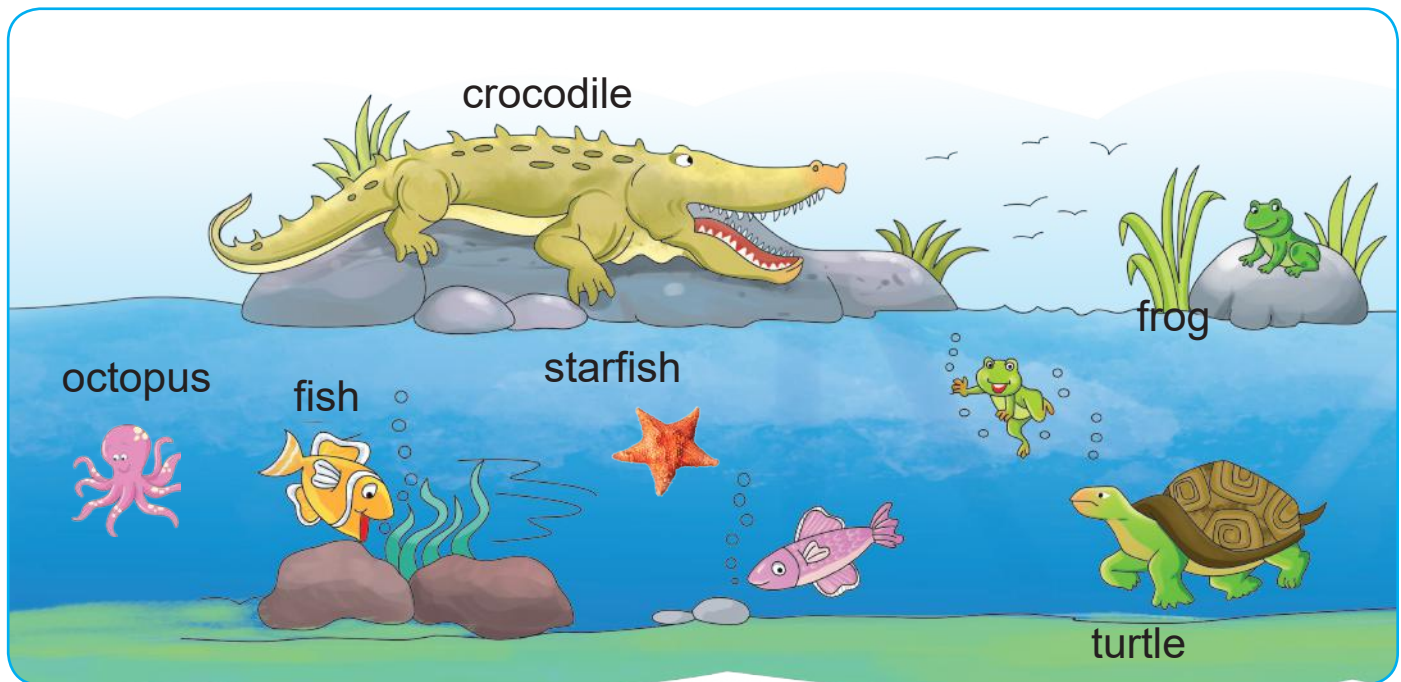


- Observation
- Identification
- Matching skills
- Vocabulary development

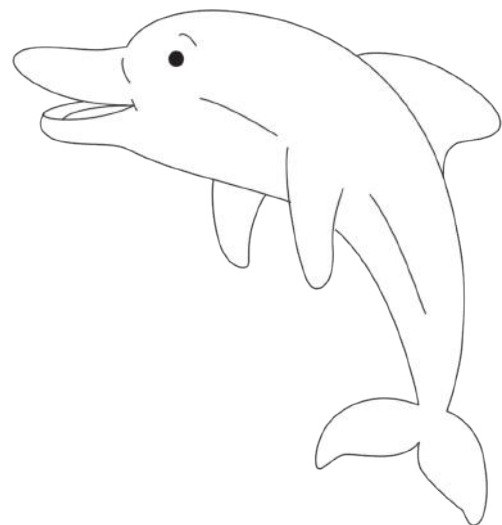
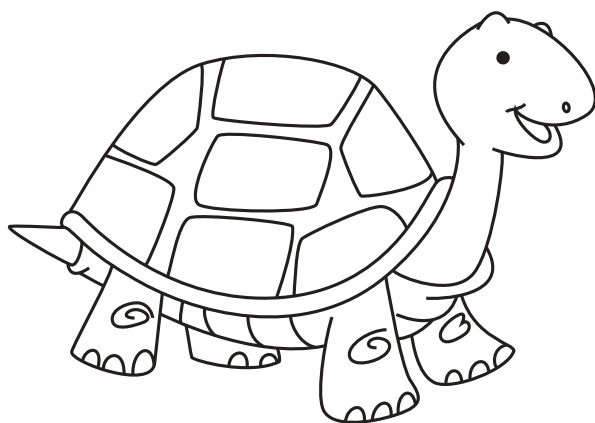


Water Animals

Some animals live in water. They are called water animals.



Colour the pictures of the following water animals and say their names.



Teacher's Note



Show the children flashcards of different animals. Ask them whether the animals they see are pet animals, domestic animals, wild animals or water animals. In case they fail, give them some clues and help them to guess.

Learning Objectives

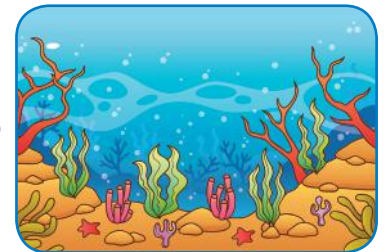
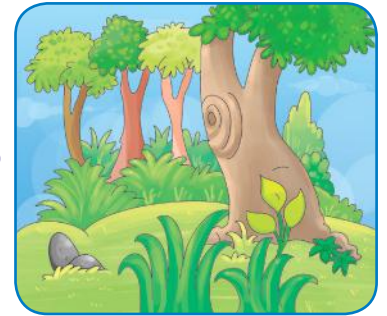
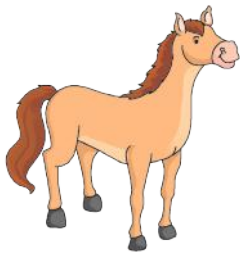


- Observation
- Fine motor skills
- Identification
- Vocabulary development



Activity Time

Match the animals with their place of living.





Beautiful Birds

Theme 5

Birds and
Insects

Birds are beautiful.



pigeon



parrot



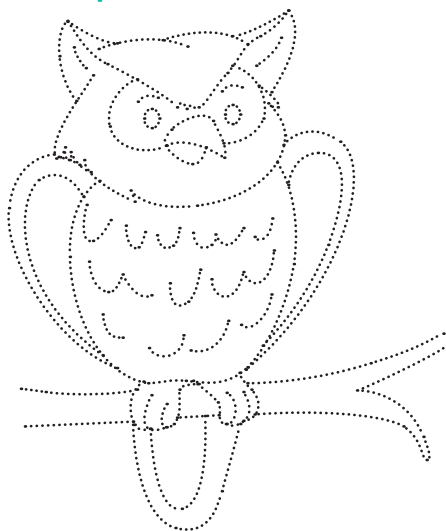
sparrow

peacock

duck

hen

Join the dots and colour the pictures.



Teacher's Note



Show the children pictures of some birds. Ask them to identify and tell the names of these birds. Advise them to feed the birds and keep a bird bath in their courtyard.

Learning Objectives



- Observation
- Identification
- Fine motor skills
- Vocabulary development

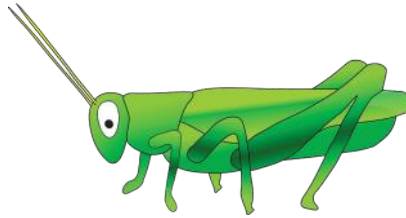
Insects around Us

17

Insects are small animals.



ant



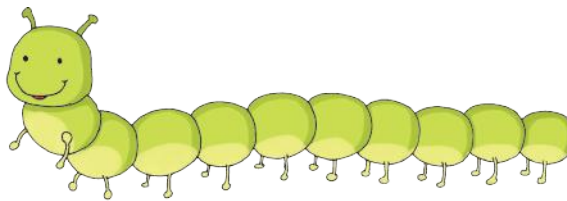
grasshopper



ladybird



butterfly



caterpillar



honey bee

Match the first halves of the insects with their other halves.



Teacher's Note



Make clay caterpillars in class! Help children roll small balls of clay and join them to form a caterpillar. Add two smaller balls for eyes and antennae to complete it.

Learning Objectives

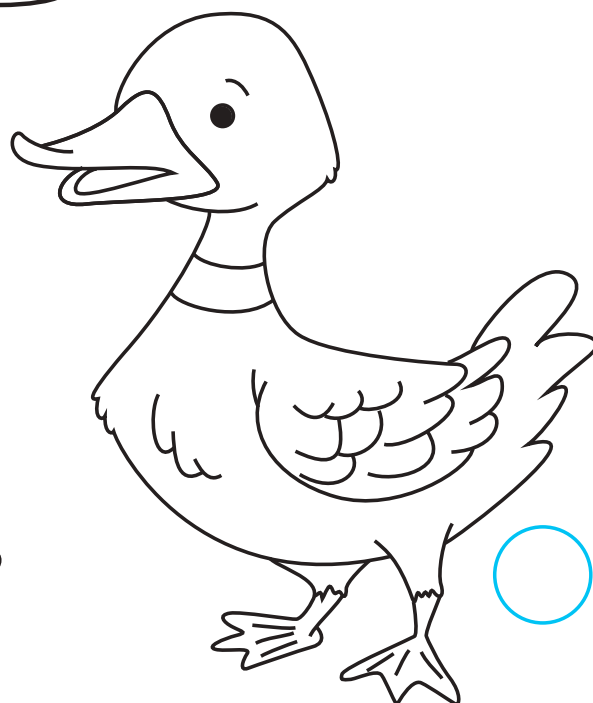
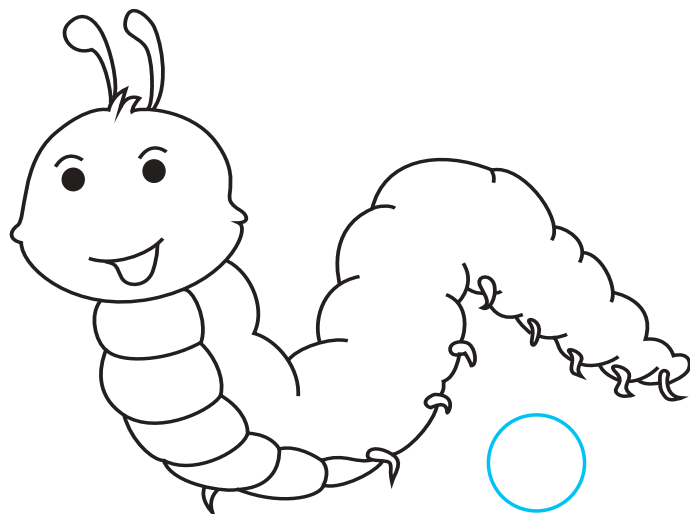
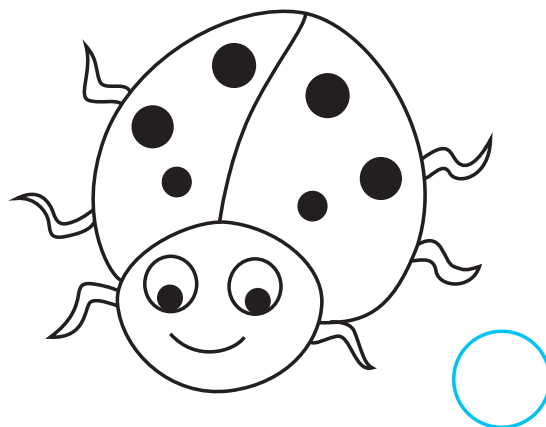
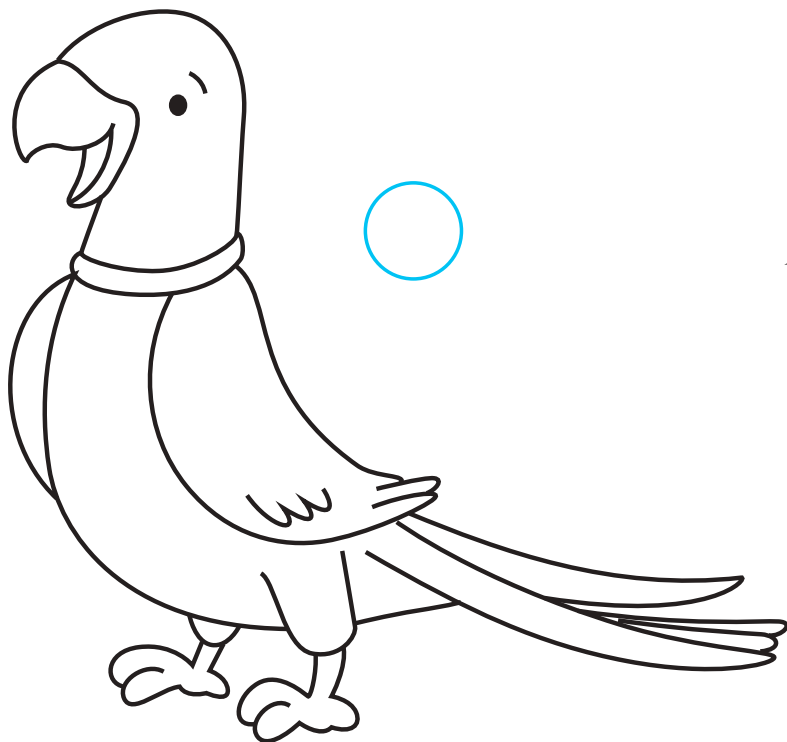


- Observation
- Identification
- Matching skills
- Vocabulary development



Activity Time

Write 'B' for birds and 'I' for insects in the circles. Colour the remaining bird and insects using crayon.

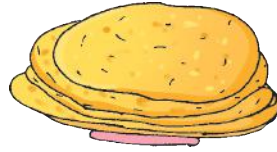


We eat food to live. Food keeps us healthy and gives us the energy to play and work.

Circle the things that you like to eat or drink.



rice



chapati



juice



milk



fruits



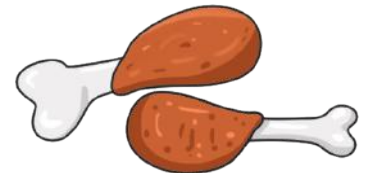
curd



dal



eggs



chicken



chana



idli



dosa

Teacher's Note



Ask the children about their favourite food. Tell them why we eat food. Tell them which are healthy food and which are not.

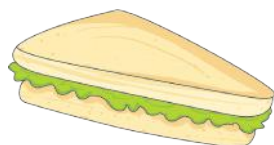
Learning Objectives



- Observation
- Identification
- Vocabulary development

My School Lunch

You take different food items to school for lunch.



sandwich



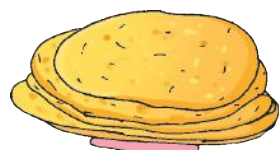
eggs



fruits



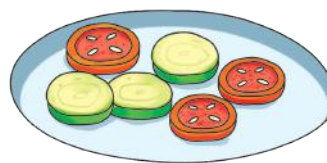
parantha



chapatis



rice



salad



curd

Draw or paste pictures of any two food items that you bring for lunch.

Teacher's Note



Ask the children what food they take to school every day. Advise them not to waste food. Also tell them to share food.

Learning Objectives

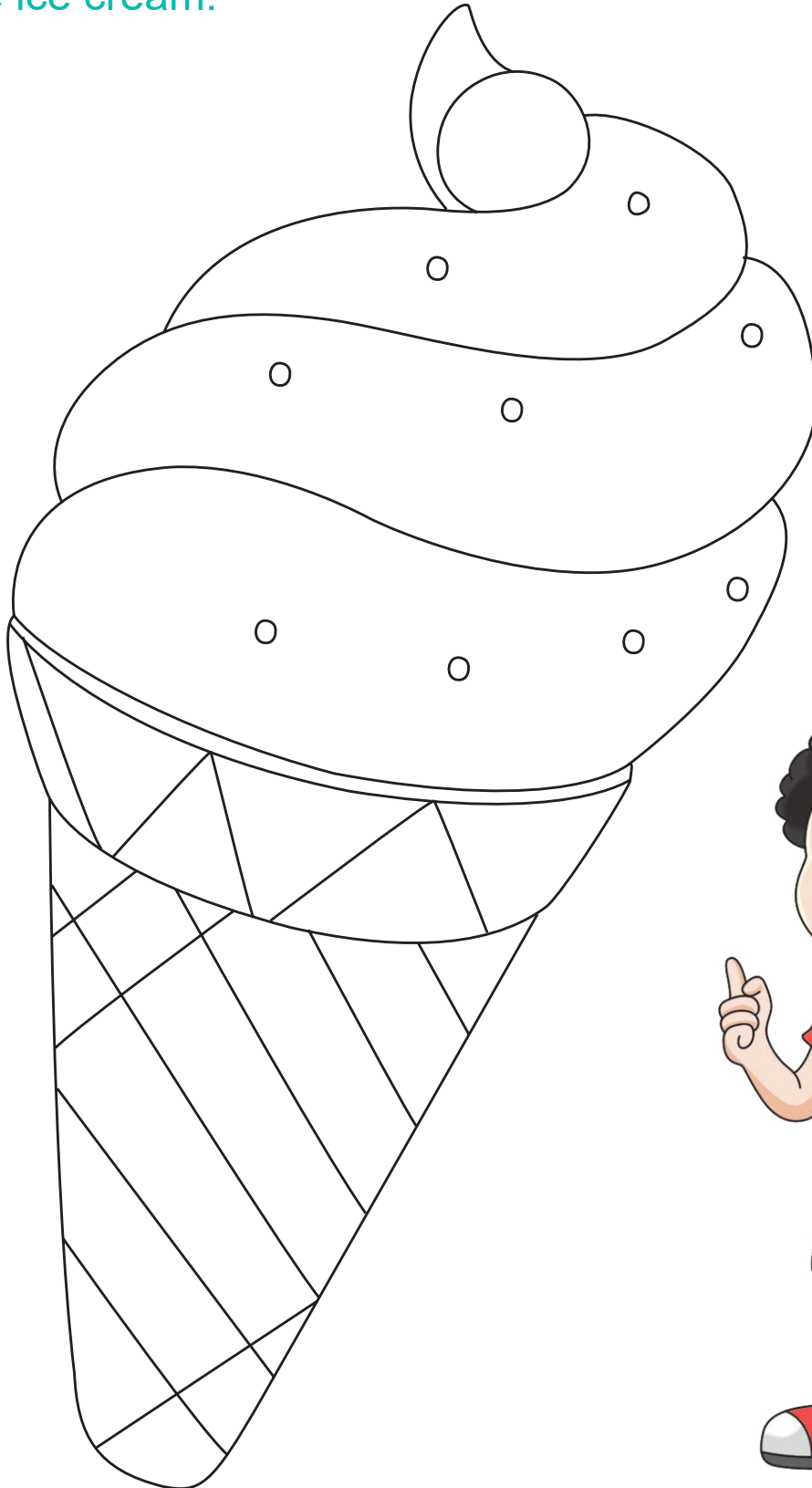


- Observation
- Identification
- Fine motor skills
- Vocabulary development



Activity Time

Colour the ice cream.



We should learn to cultivate good habits in our everyday life.



Exercise every day.



Wash hands before and after every meal.



Wake up early in the morning.



Brush your teeth.



Eat healthy food.



Wish everyone with a smile.

Tick (✓) the good habits and cross (✗) the bad habits.



Fighting with each other



Going to bed early at night



Push your friend

Teacher's Note



Say the children that good habits make us feel good. Good children are liked by all. Encourage them to follow the good habits.

Learning Objectives



- Observation
- Critical thinking
- Fine motor skills
- Differentiation skills

Good Manners



Everybody loves children with good manners.

Thank you!



Saying 'thank you'

Good morning ma'am!



Wishing someone

Sorry!



Saying 'sorry'

Please!



Saying 'please'

May I help you!



Helping someone

Tick (✓) the actions that are good and cross (✗) the ones that are bad.



Helping the old



Throwing garbage on road



Standing in a queue

Teacher's Note



Tell children more about good manners. Advise them to wish their parents, elders and teachers. Also advise them to be kind at others and help their grandparents at home.

Learning Objectives



- Observation
- Understanding manners
- Learning right and wrong actions
- Identification

Love Your Pet

We can show love for our pet at home in these ways.



Feed our pet well.



Give water to our pet.



Keep our pet clean.



Play with our pet.



Look after our pet
when it is not well.

How will you look after your pet?

Be Safe



See the pictures and talk about being safe on roads.



Always walk on the footpath.



Do not play on the road.



Cross the road only at zebra crossing.

Teacher's Note



Talk about the things you do while walking on a road.



Activity Time

Tick (✓) the good manners and cross (✗) the bad manners.



Putting your toys at place after playing



Pulling hair



Sharing



Helping others



Teasing animals



Yelling



Summer Season



Circle the things you use in the summer season.



Teacher's Note



Ask the children to say about the fruits they see or eat in the summer season. Also ask them to tell about their favourite ice-cream flavour one by one.

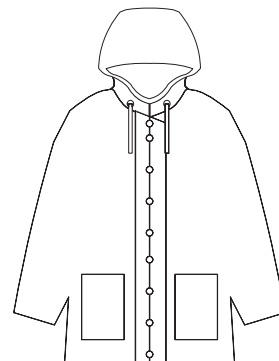
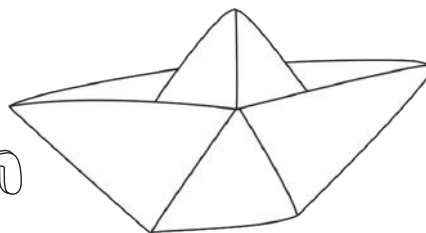
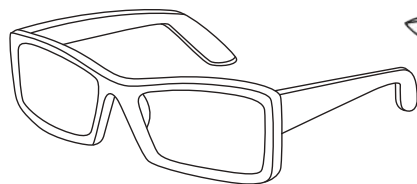
Learning Objectives



- Observation
- Identification
- Vocabulary building



Colour the things that you use in the rainy season.



Teacher's Note



Give children paper and crayons to draw and colour umbrellas. Ask them to add raindrops and clouds. Talk about how umbrellas keep us dry in the rainy season.

Learning Objectives



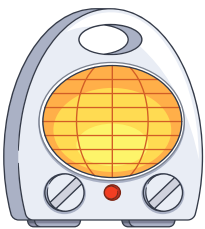
- Observation
- Identification
- Fine motor skills

Winter Season

26



Circle the things that we use in winter season.



Teacher's Note



Ask the children to talk about the clothes they wear in winter. Also ask them to name one winter food or drink they like, like soup or hot milk.

Learning Objectives

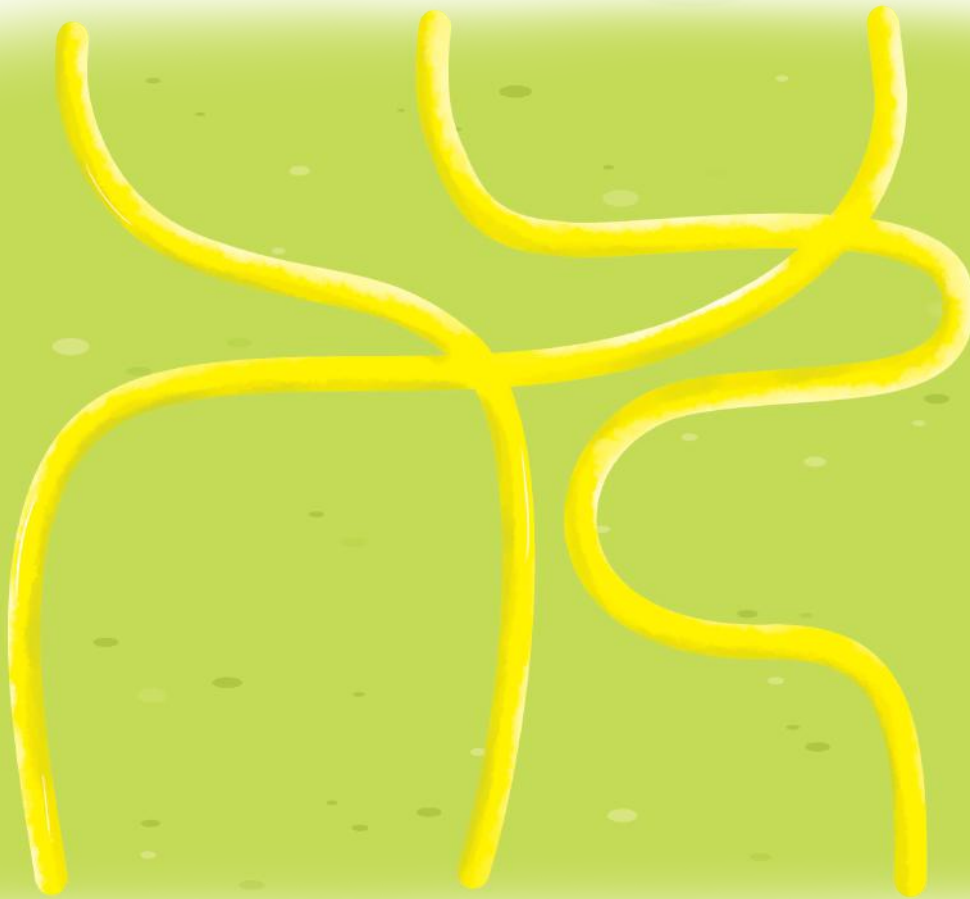


- Observation
- Identification
- Visual discrimination
- Matching skills

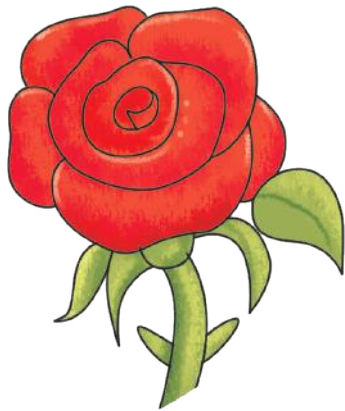


Activity Time

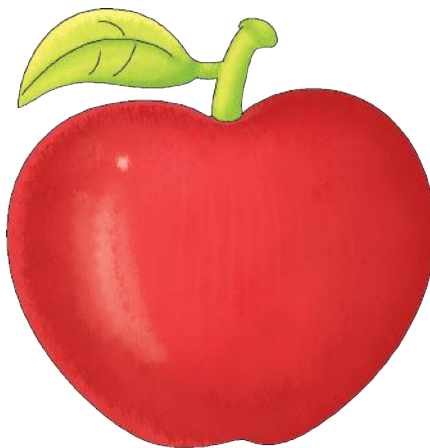
Help the children to reach the correct seasons.



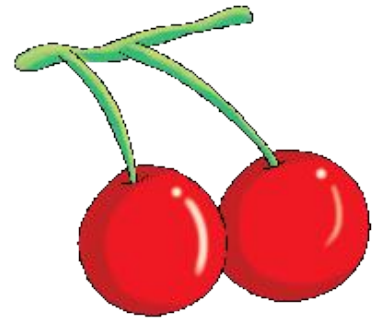
Red



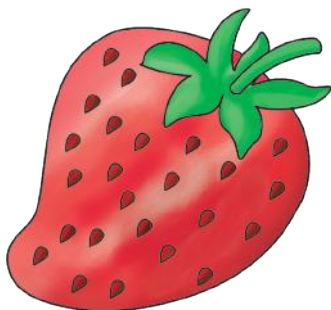
rose



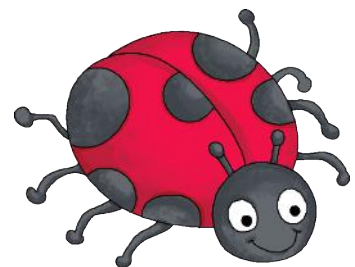
apple



cherry

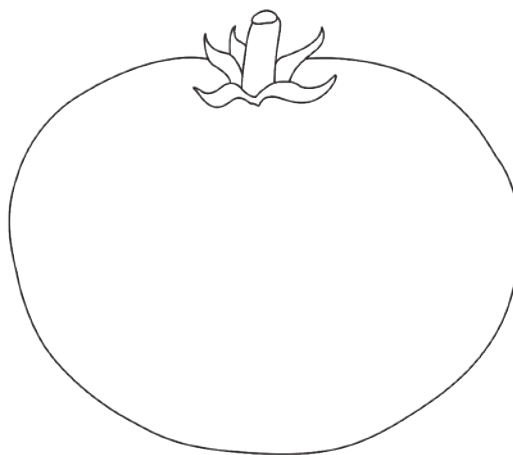


strawberry



ladybug

Colour the tomato red.



Teacher's Note



Ask the children to look at the things around them and say the names of those things which are red in colour. You can show them flashcards of different objects and ask them to identify which objects are red.

Learning Objectives



- Observation
- Identification
- Fine motor skills
- Vocabulary building



Yellow



sunflower



mango



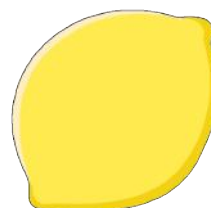
bananas



school bus

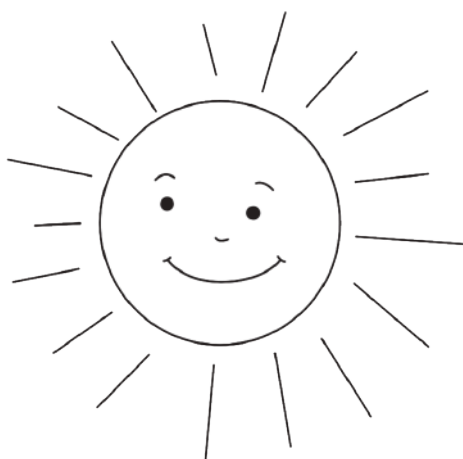


chick



lemon

Colour the sun.



Teacher's Note



Give children paper and crayons, then ask them to look for yellow objects in the classroom or at home and draw and colour those items.

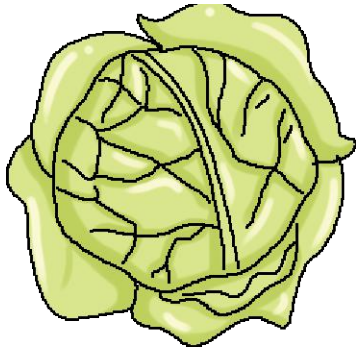
Learning Objectives



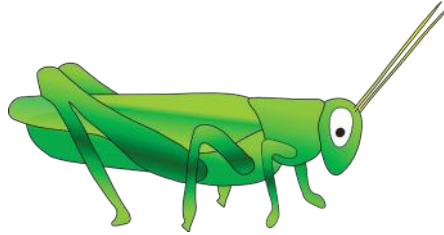
- Observation
- Identification
- Fine motor skills
- Vocabulary building

Green

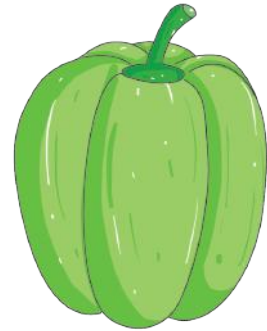
29



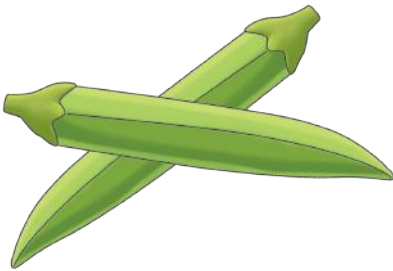
cabbage



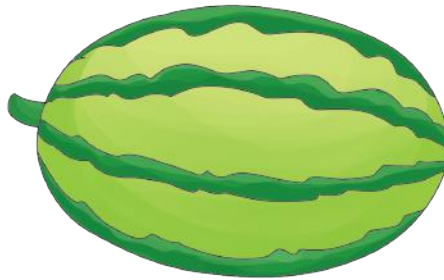
grasshopper



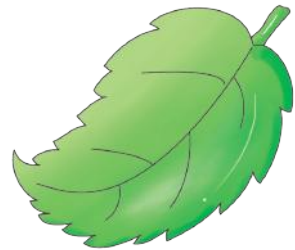
capsicum



lady's finger

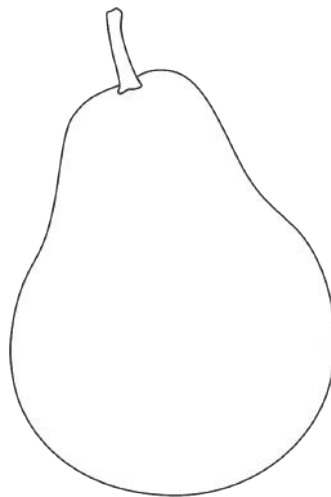


watermelon



leaf

Colour the pear green.



Teacher's Note



Ask the children to name the things that are green in colour. Show them some pictures and ask them to identify which objects are green.

Learning Objectives



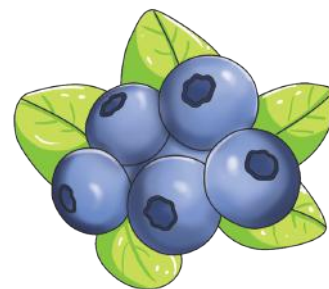
- Observation
- Identification
- Fine motor skills
- Vocabulary building



Blue



blue bird



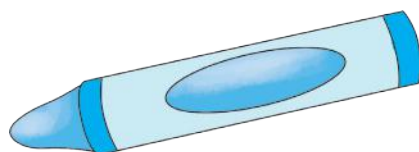
blueberries



sky

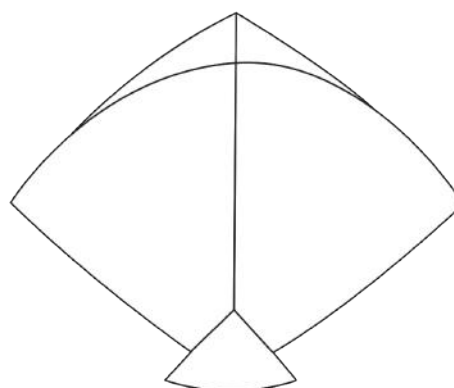
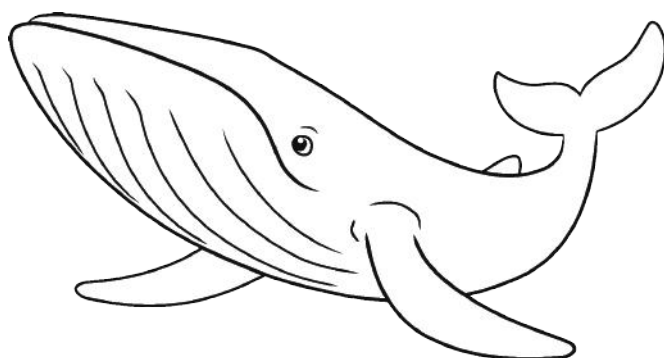


bluebell



blue crayon

Colour these pictures blue.



Teacher's Note



Ask the children to look at the things around them and say the colour of those things which are blue in colour. You can show them flashcards of different objects and ask them to identify which objects are in blue colour.

Learning Objectives



- Observation
- Identification
- Fine motor skills
- Vocabulary building

Good Touch and Bad Touch

31

Good Touch



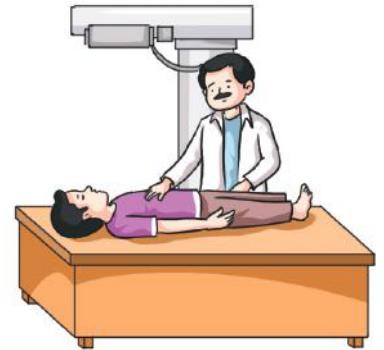
Hugs from grandparents



A pet from your teacher



Giving high five to your friends



Doctor touching to examine your body

Bad Touch



Beating



Touching your private parts or touching in an uncomfortable manner



Pinching



Someone hurts you

Teacher's Note



Explain to children that private parts are the areas of the body covered by a swimsuit.



Games We Play

Theme 10
Games and Sports



cricket



football



hockey



carrom



hide and seek



badminton

Let's Play and Run

Let's play and run, it's so much fun,
Jump up high, and touch the sun!
Spin around, then take a bow,
Now let's rest, and sit right down!

Teacher's Note



Ask the children about their favourite game. Also tell them about some more games.

Learning Objectives



- Observation
- Identification
- Vocabulary building



Activity Time

Colour the picture nicely.





Vehicles

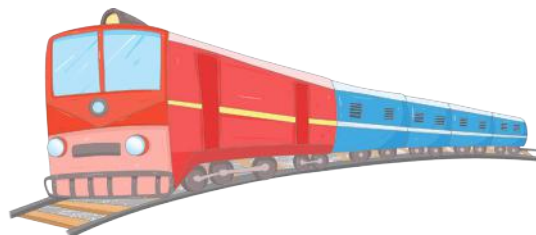
Theme 11
Mixed Bag



bicycle



car



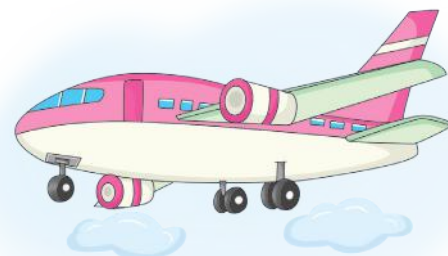
train



bus

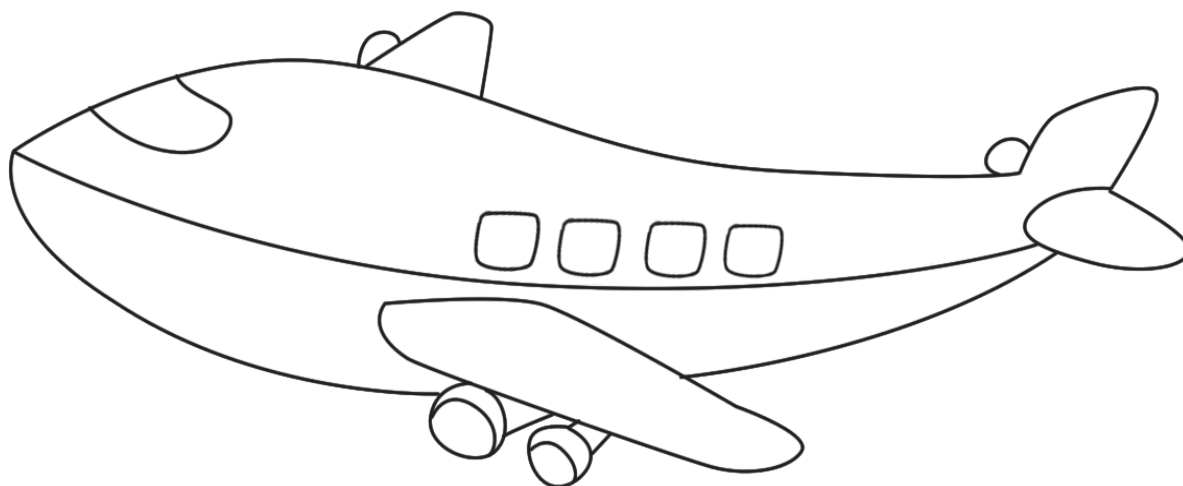


auto



aeroplane

Colour the picture nicely.



Teacher's Note



Ask the children to name some vehicles they see on the road. Tell them about some more vehicles.

Learning Objectives



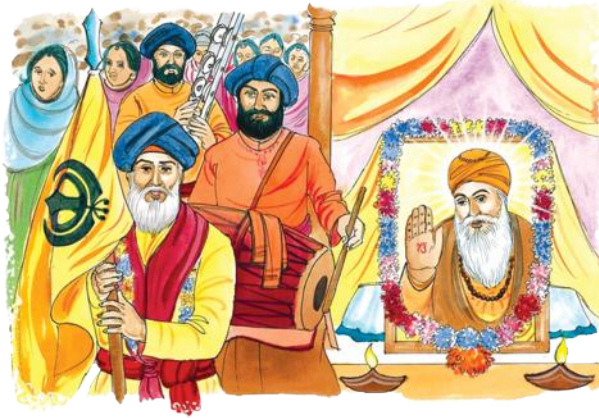
- Observation
- Identification
- Vocabulary building
- Fine motor skills

Festivals and Fun

34



Christmas



Gurpurab

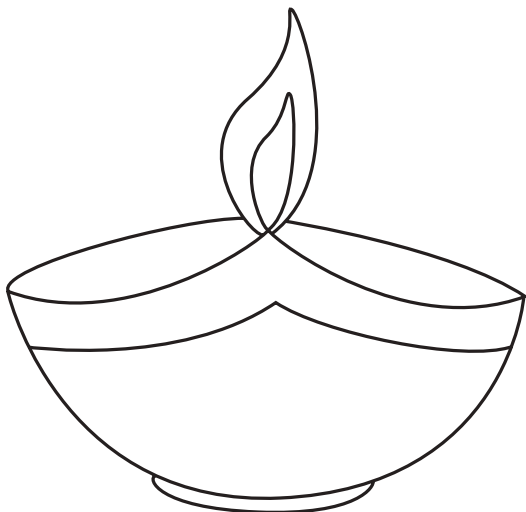


Diwali



Holi

Colour and decorate the diya.



Teacher's Note



Ask the children what festivals they celebrate at home. Ask them to share the activities they do during festival time. Show them pictures and video clips of some festivals.

Learning Objectives



- Observation
- Identification
- Vocabulary building
- Fine motor skills



Activity Time

Colour the picture nicely.

