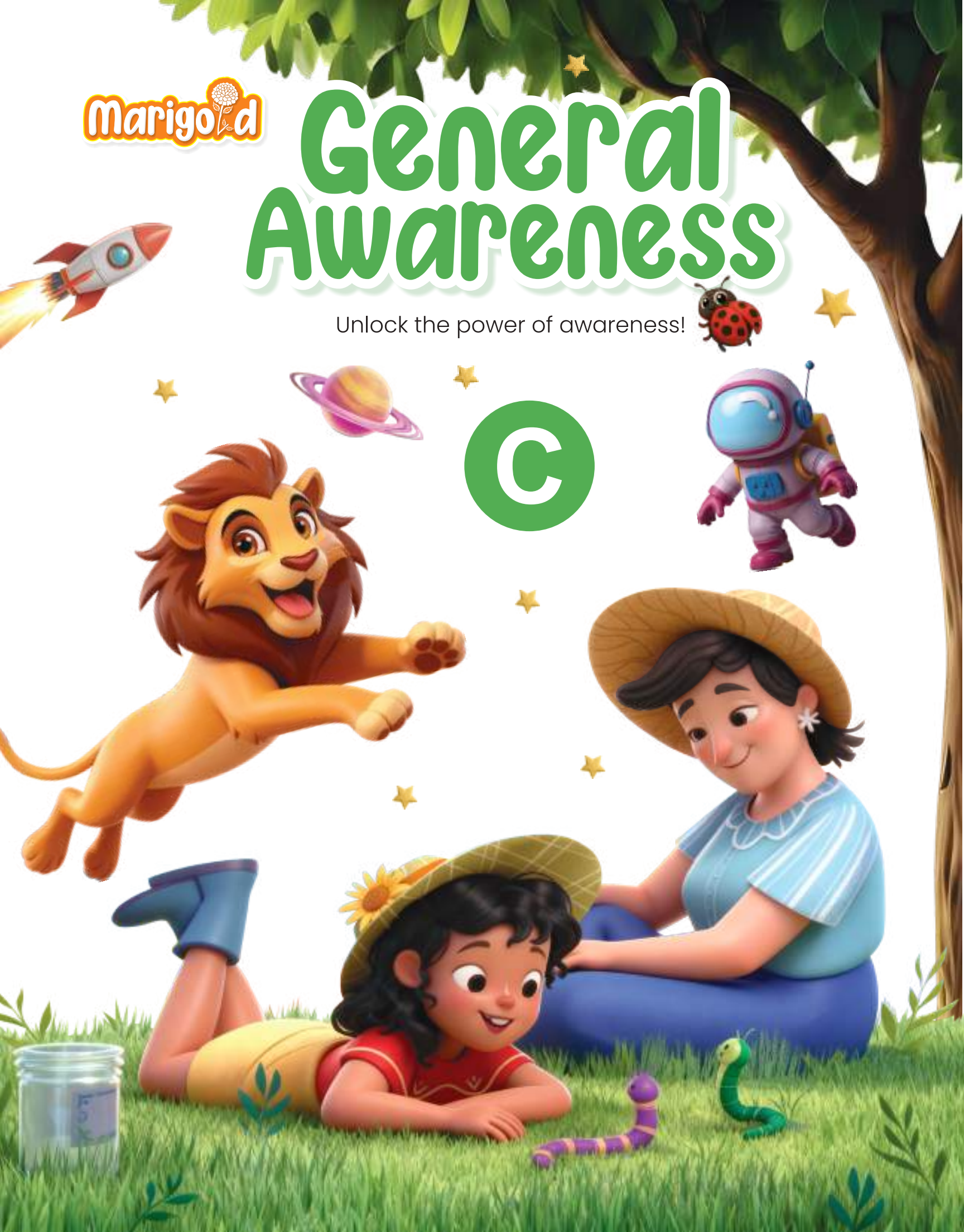




General Awareness

Unlock the power of awareness!



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

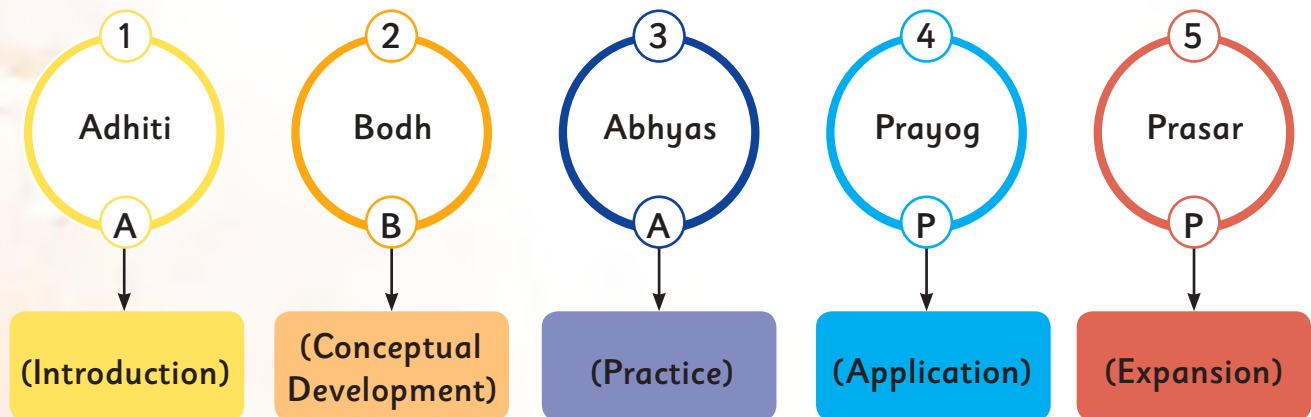
We have prepared this new series based on the directions and guidelines of the National Curriculum Framework (NCF) 2023. It focuses on play-based, activity-based, and experience-based learning while keeping teaching at the center and preparing the material accordingly.

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.



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All About Me



My name is _____.

I am _____ years old.

My thumb
impression

My eye
colour

My hair
colour

My Favourite:

games

colours

food

My friends are _____

My father's name is _____

My mother's name is _____

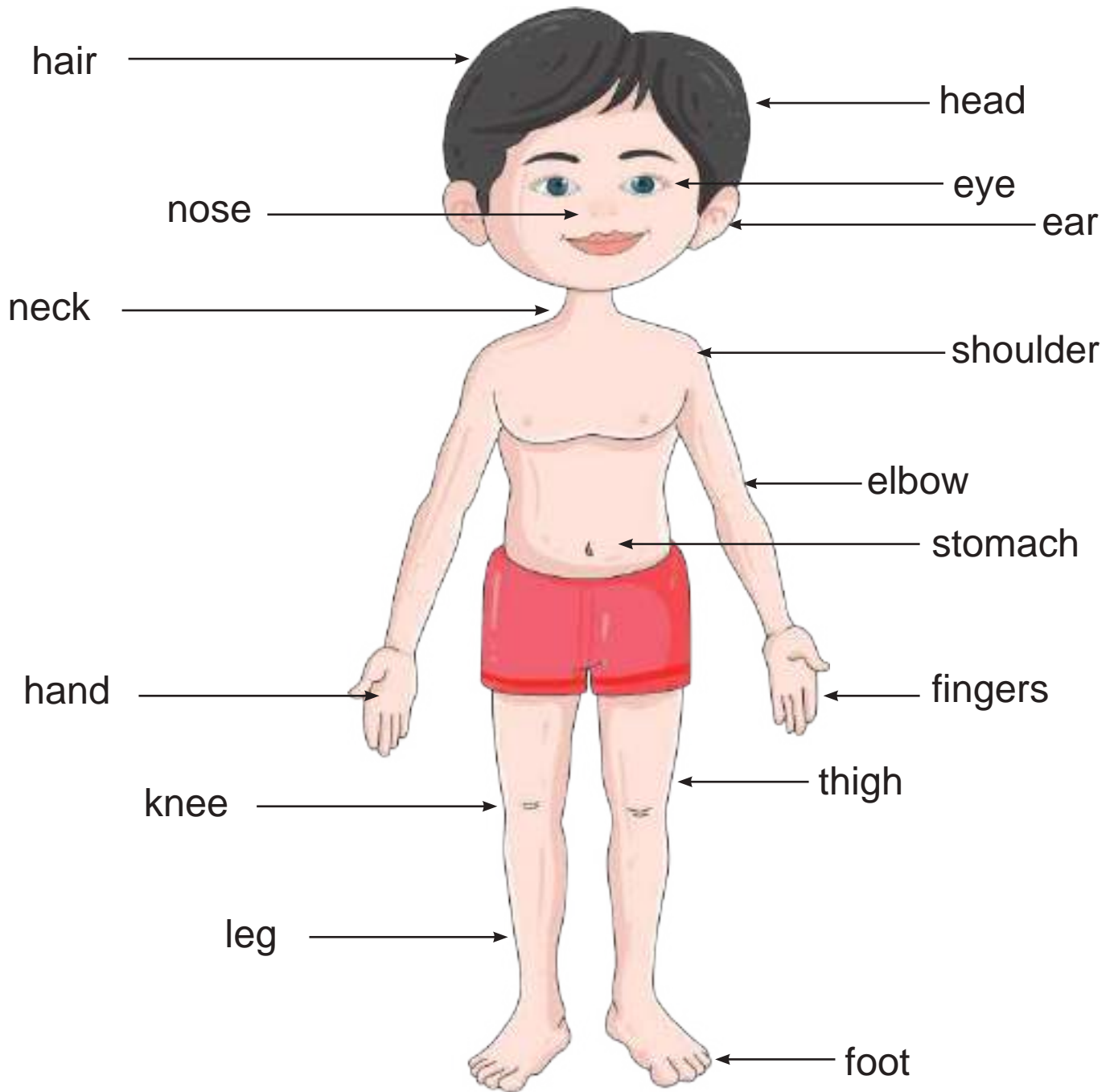
My phone number is _____

I study in _____



My Body

Our body has many parts. They help us to do different things. Say aloud the names of the body parts and learn them.



Learning Objectives



- Observation
- Identification
- Visual discrimination
- Fine motor skills
- Self awareness

My Sense Organs



Our body has five sense organs. They are eyes, ears, nose, tongue and skin.

1. The eyes



help us to see.

2. The ears



help us to hear.

3. The nose



helps us to smell.

4. The tongue



helps us to taste.

5. The skin



helps us to feel.

Match the following.



Learning Objectives



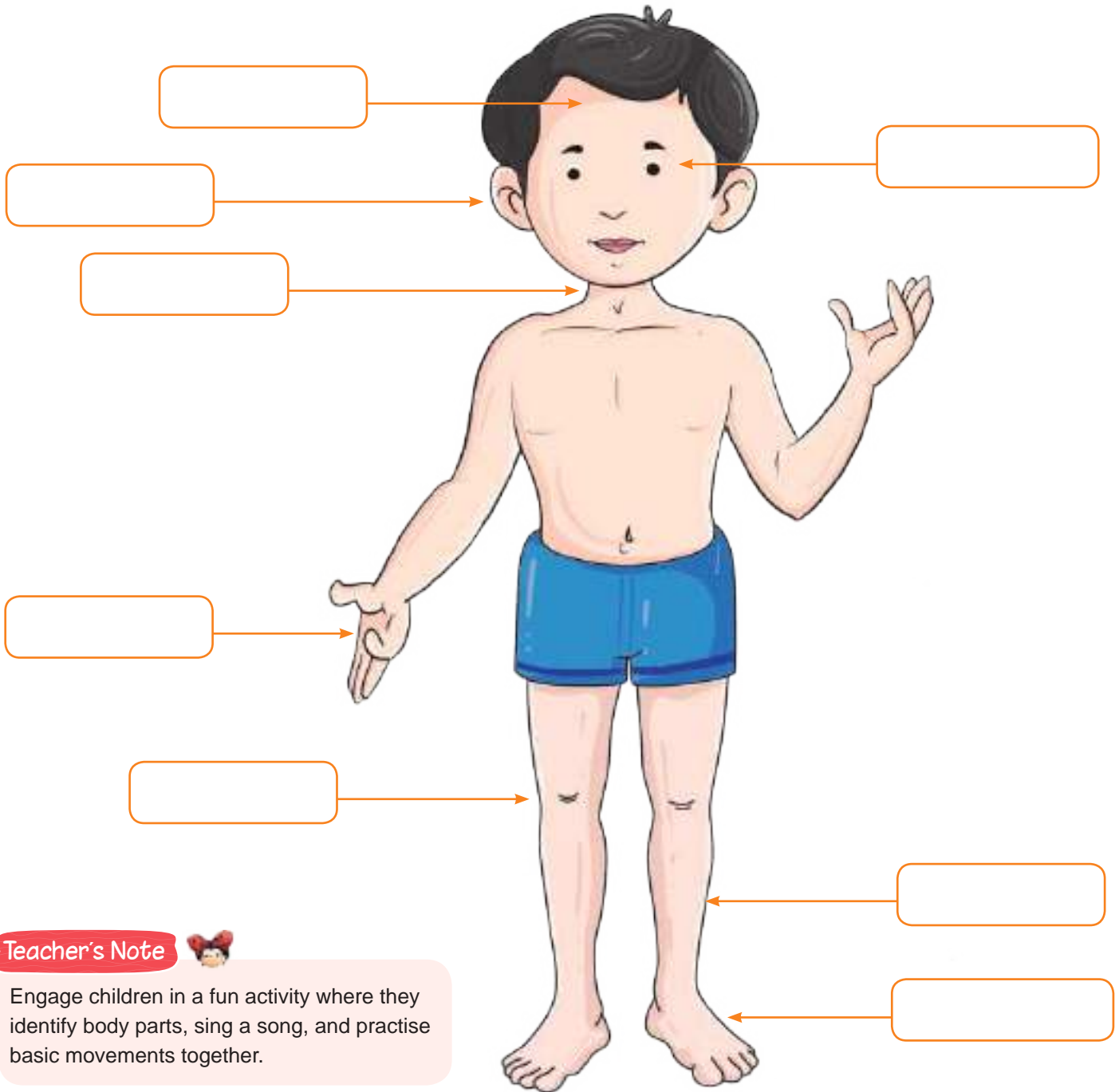
- Observation
- Identification
- Visual discrimination
- Fine motor skills
- Critical thinking



Activity Time

Look at the picture. Write the correct parts of the body, using the words from the box.

head neck hand knee leg foot eye ear



Teacher's Note



Engage children in a fun activity where they identify body parts, sing a song, and practise basic movements together.

My Family



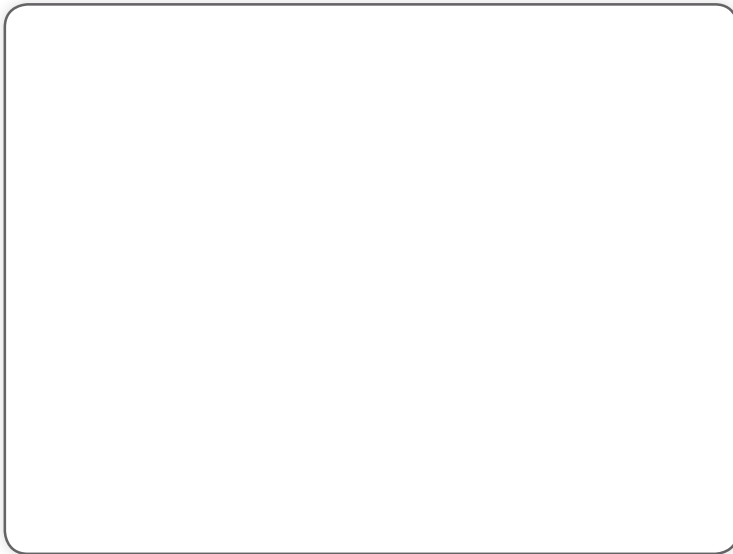
Tick (✓) the type of family you belong to.



small family



big family



Paste a photograph of your family.

This is my family.
I love my family.



Teacher's Note



Introduce a class activity where children compare big and small families using pictures, and share stories about their families.

Learning Objectives



- Observation
- Identification
- Communication
- Critical thinking



5 Rooms in My House

We all need a house to live in.

There are many rooms in a house. Let us learn about them.



bedroom



kitchen



dining room



drawing room



bathroom



living room

Let's Discuss:

1. How many rooms are there in your house?
2. Where do you take a bath?
3. Where does your mother cook food?
4. Where do you study?

Teacher's Note



Explain to the children about the uses of different rooms in our house.

Learning Objectives



- Observation
- Identification
- Communication
- Critical thinking

A house saves us from heat, cold, rain, dust, animals and thieves.



Draw a picture of a house in the space given below.

A large, empty rectangular area enclosed by a dashed line, intended for drawing a picture of a house.



My School

A school is a place where we learn to read and write. We also do different activities in our school.

Paste your photograph here in school uniform



I am going to school.

We learn many activities in school.



reading



writing



playing



dancing



singing



drawing

Write the name of your school.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Places in My School



A school has many rooms in it. Each of them has a special name.



principal's office



staff room



classroom



library



playground



washroom



computer room



music room

Teacher's Note



Organise a fun tour activity where children explore different school rooms, naming each one and learning their purposes.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building



My Neighbourhood

My neighbourhood has many useful places.



hospital



school



post office



ATM



supermarket



police station



park



bank



pharmacy



fire station

Teacher's Note



Plan a walk around the neighbourhood, helping children identify local places, people, and structures, while discussing their roles.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

People Who Help Us



We cannot do all the work by ourselves. Many people help us in different ways. Let's learn about them!



A **farmer** grows crops.



A **doctor** treats the sick.



A **postman** brings letters.



A **policeman** protects us.



A **plumber** fixes taps.



A **nurse** takes care of the sick.



A **tailor** stitches clothes.



A **barber** cuts our hair.



A **carpenter** makes furniture.



A **sweeper** keeps our surroundings clean.



A **maid** helps us in our household work.



A **teacher** teaches us.



A **greengrocer** sells vegetables.



A **firefighter** puts out fires.



A **baker** bakes bread, cakes and buns.



A **cobbler** mends our shoes.

Teacher's Note



Create an interactive activity where children dress up as community helpers, role-play different jobs, and learn their importance.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building



Activity Time

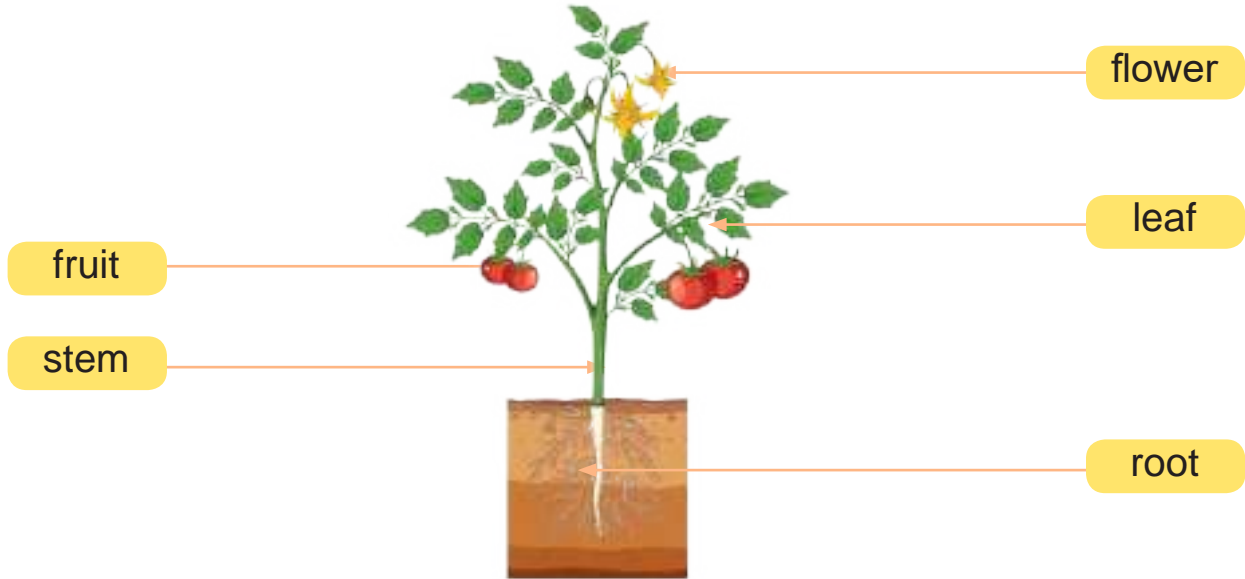
Match the people with their tools.



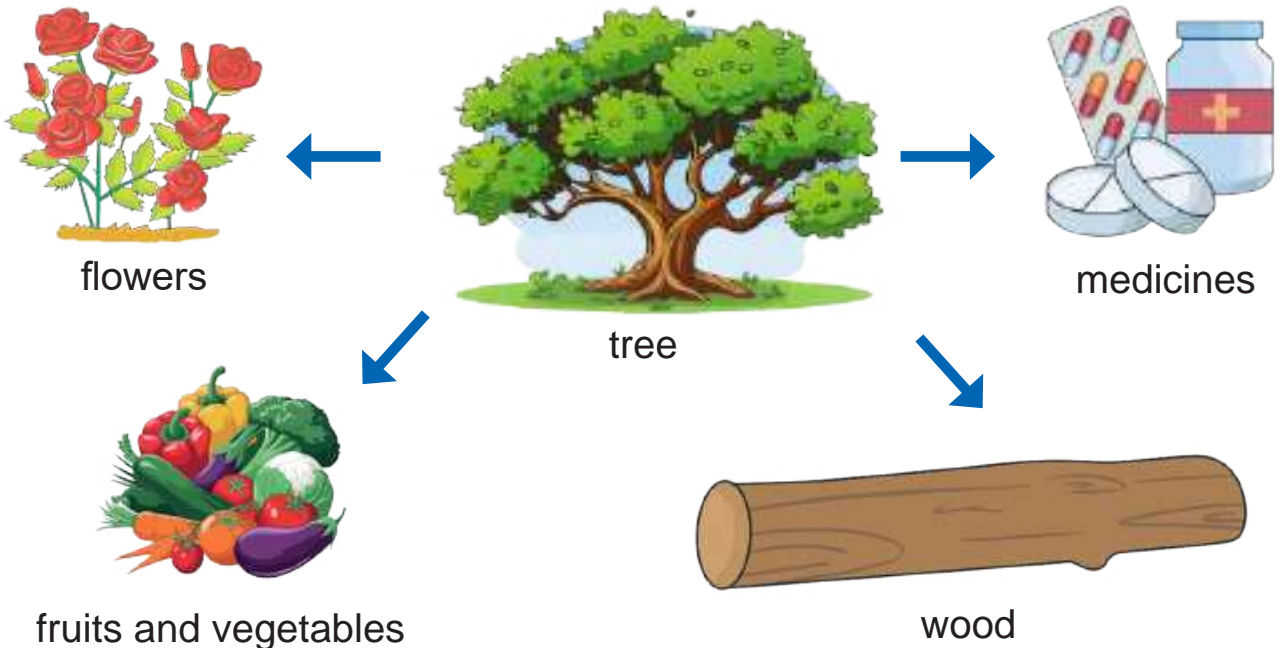


10 Parts of a Plant

A plant has many parts. Each part has a different function.



We get many things from plants and trees.



Teacher's Note



Organise a hands-on activity where children plant seeds, learn how plants grow, and discuss their role in the environment.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Types of Plants



11

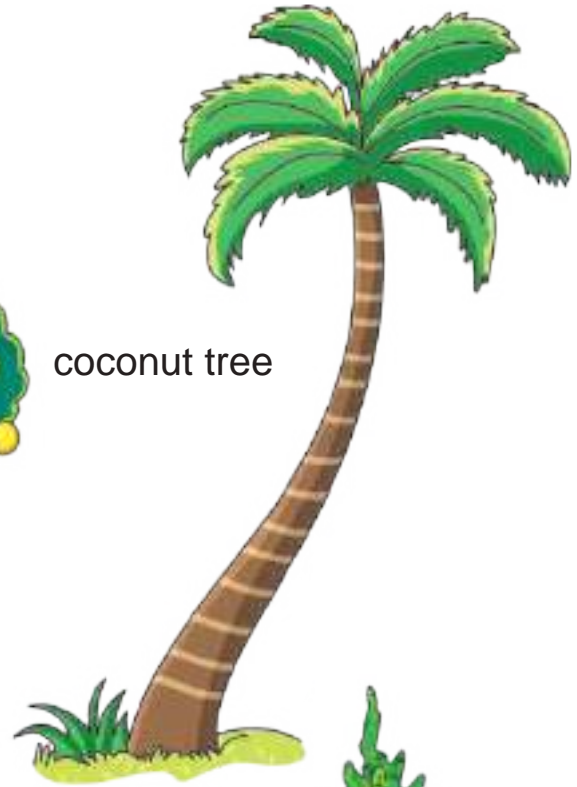
There are many plants around us. Let's learn about them.

Big Plants

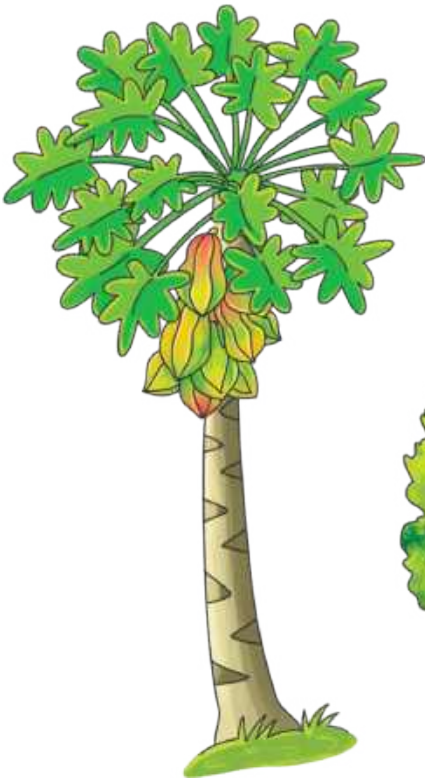
Tree are big plants.



mango tree



coconut tree



papaya tree



neem tree



fir tree

Small Plants

Some plants are smaller than trees.



money plant



rose



jasmine

Very Small Plants

Some plants are very small. They grow near the ground.



mint



coriander

Teacher's Note



Take a nature walk with children to identify and name common plants, discussing their characteristics and uses.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Leaves



Plants have leaves. Leaves are green in colour.
Let's look at leaves of some plants.



peepal



mango



banana



papaya



coconut



neem

Paste pictures of any 2 leaves here.

A large rectangular area enclosed by a dashed line, intended for pasting pictures of leaves.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Fine motor skills



Flowers

Flowers are beautiful. They are colourful.
Let us know some flowers.



sunflower



rose



marigold



hibiscus

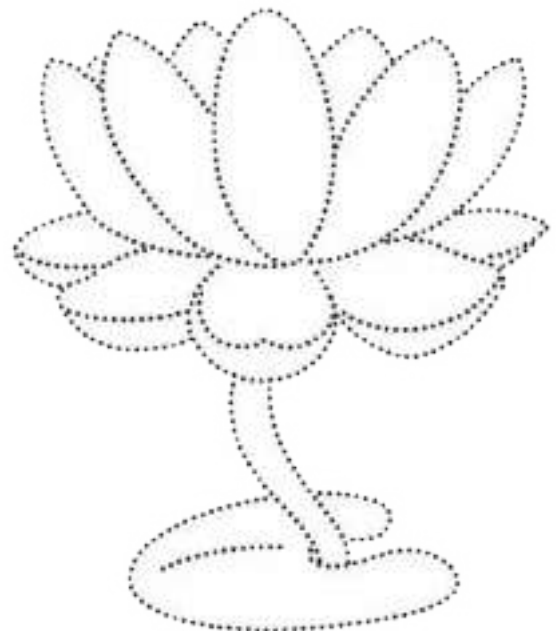


lotus



waterlily

Lotus is our national flower.
Trace and colour the lotus.



Learning Objectives



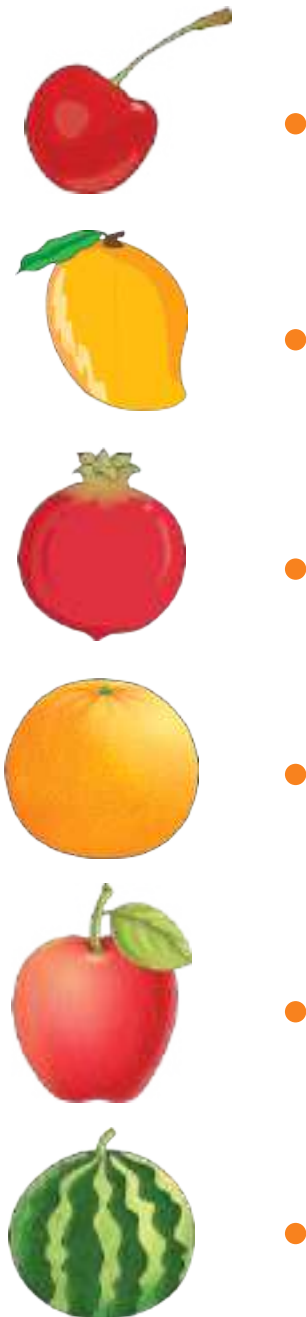
- Observation
- Identification
- Visual discrimination
- Fine motor skills

Fruits

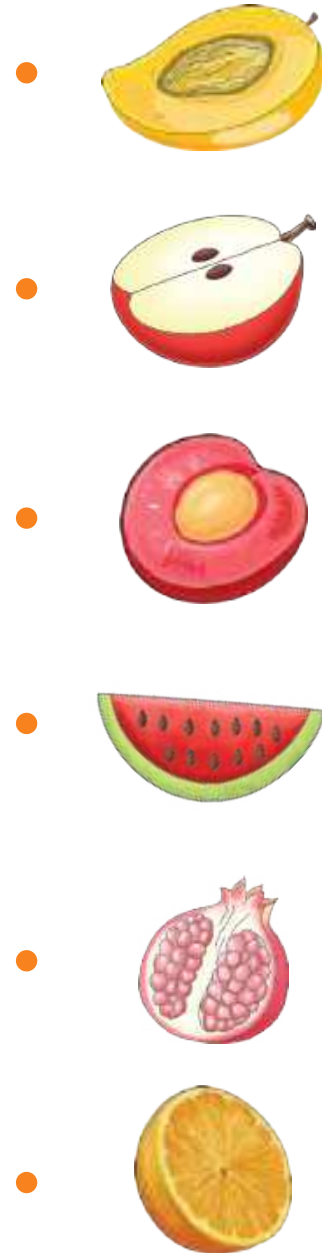


Fruits are good for health. Eat fruits daily to be healthy. Match these fruits with their halves.

Column 'A'



Column 'B'



Say the names of the fruits that have only one seed.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building



Vegetables

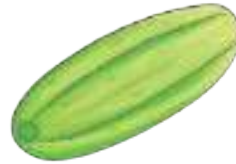
Vegetables are good for our health. We eat most of the vegetables after cooking. Let us know some vegetables.



potato



cauliflower



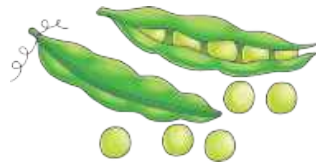
cucumber



pumpkin



brinjal



peas



cabbage



turnip



lady's finger



carrot



tomato



radish

Circle the vegetables that we can eat raw as salad.

Learning Objectives

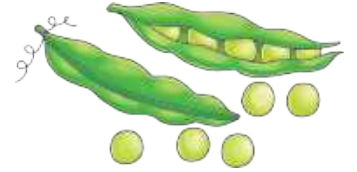


- Observation
- Identification
- Visual discrimination
- Vocabulary building



Activity Time

Arya and her mother are making vegetable soup. Draw lines to put the vegetables into the soup.





Pet Animals

We keep some animals at home. They are called pets. We feed them, keep them clean and also play with them.



cat



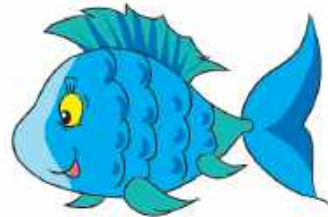
dog



rabbit



parrot



fish

Do you have a pet at home?

Yes

No

If you do not have a pet, which one of these would you like to keep? Tick (✓) the one you like.



Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Domestic Animals



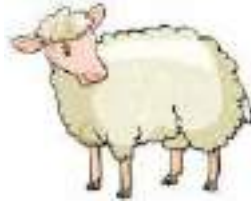
Domestic animals are useful to us. Say the names of these domestic animals.



hen



cow



sheep



duck



goat



buffalo



camel



horse



donkey

Answer the following questions:

1. Name any four domestic animals.

2. Which animals give us milk?

3. Which animals give us eggs?

4. Which animals give us wool?

5. Which animals carry our loads?

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

Wild Animals

Wild animals live in the forests. Say the names of these wild animals.



lion



deer



tiger



giraffe



elephant



monkey



wolf



bear

Answer the following questions:

1. Which animal is called the king of the jungle?

2. Which animal has a trunk?

3. Which animal has stripes?

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

Water Animals



Animals that live in water are called water animals.



fish



crab



sea horse



whale



octopus



prawn



turtle



dolphin

Insects

Insects are small creatures. Some insects have six legs. Some insects have wings to fly.



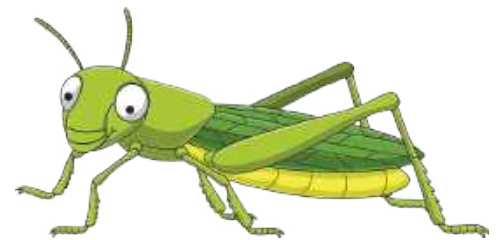
butterfly



ant



ladybug



grasshopper



mosquito

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

Birds have wings which help them to fly. Let us know the names of some birds.



peacock



pigeon



crow



parrot



owl



sparrow



eagle



woodpecker



kingfisher

Answer the following questions:

1. Which bird is our national bird?

2. Which bird sleeps in the day and wakes up at night?

3. Which bird can mimic human voice?

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking



Activity Time

Write 'A' for animals and 'B' for birds.



Teacher's Note



Host a fun activity where children mimic animal and bird sounds, identify various species, and learn about their features.

We get our food from plants and animals.

Fruits

food from plants



apple



mango



orange

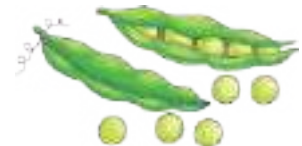
Vegetables



brinjal



cauliflower



peas

Grains



wheat



rice



pulses

food from animals

Eggs & Meat



egg



fish



chicken

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

Healthy vs Unhealthy



22

Some foods are healthy and some are unhealthy. Let's know about these food items.

Healthy



fruits



egg



fish



chapati and dal



milk

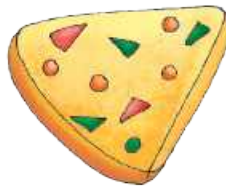


juice

Unhealthy



chowmein



pizza



burger



ice cream



soft drink



chips

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building
- Critical thinking



Being Healthy

Health is wealth. If we eat healthy food and follow healthy habits each day, we can stay healthy. Let us know the ways to be healthy.



Brushing teeth



Washing hands before and after meal



Taking a bath



Having breakfast



Playing in the evening



Having lunch



Having dinner



Wearing clean clothes



Sleeping for 8-9 hours

Teacher's Note



Create a simple activity where children practise healthy habits like washing hands, eating fruits, and exercising through fun games.

Learning Objectives

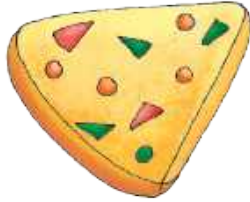


- Observation
- Identification
- Visual discrimination
- Vocabulary building
- Critical thinking



Activity Time

Write **H** for healthy food and **U** for unhealthy food.



Teacher's Note



Advise the children to eat healthy food. Also advise them to avoid unhealthy food.

24

Classroom Rules

Here are some classroom rules. Follow these rules to be a good child.



Raise your hand to talk.



Do not jump off a desk.



Come to the school on time.



Do not eat or drink during a class.



Do not litter inside class.



Be a good friend to everyone.



Do not make a noise.



Listen to your teacher attentively.



Wait patiently for your turn.

Teacher's Note



Advise the children to maintain discipline inside the classroom.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Hand Washing



Learn the steps for washing hands.

1



Start with warm water and soap.

2



Lather palms and backs of hands.

3



Get between fingers and under nails.

4



Wash for at least 20 seconds.

5



Rinse with clean water.

6



Dry hands with a clean towel.

Teacher's Note



Encourage the children to follow all steps of hand washing carefully. Remind them that washing hands properly keeps them safe from germs and illnesses. Motivate them to practice hand washing before meals, after playing, and after using the toilet.

Learning Objectives



- Observation
- Health and hygiene
- Identification
- Critical thinking

7



All Done!



Traffic Rules and Road Safety

We should follow traffic rules to be safe. Let us learn some traffic rules.



Cross the road from the zebra crossing.



Walk on the footpath.



Do not disturb the driver.



Do not jump or put out body parts out of a moving vehicle.



Stop when the traffic light is red.



Go when the traffic light is green.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Traffic Light

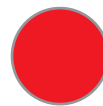


Sing the rhyme and colour the traffic lights.

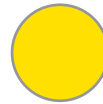


Red means stop,
Green means go,
Yellow means slow,
Now you know!

Look both ways,
Stay aware,
Follow the rules,
Be safe out there!



STOP



WAIT



GO

Eco-friendly Transport

We need fuel to run these vehicles.



car



aeroplane



truck



ship

Some vehicles do not need fuel to run. They are called **eco-friendly vehicles**.



bicycle



bullock cart



rickshaw

Learning Objectives



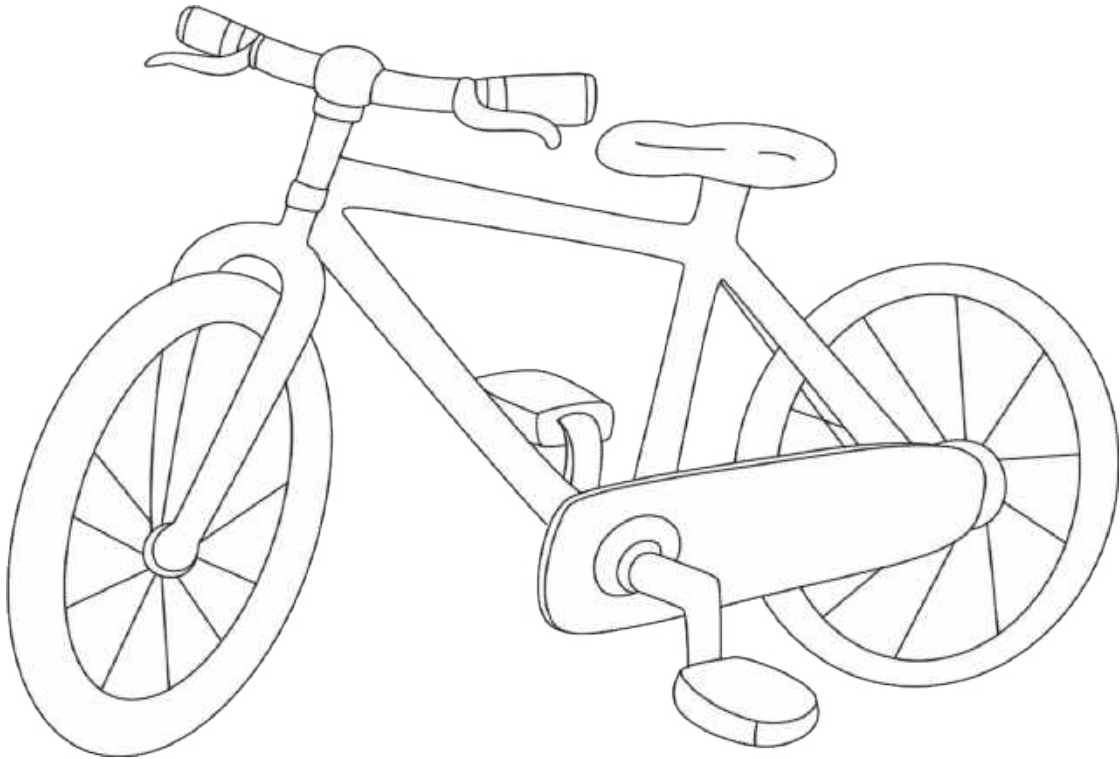
- Observation
- Identification
- Visual discrimination
- Vocabulary building



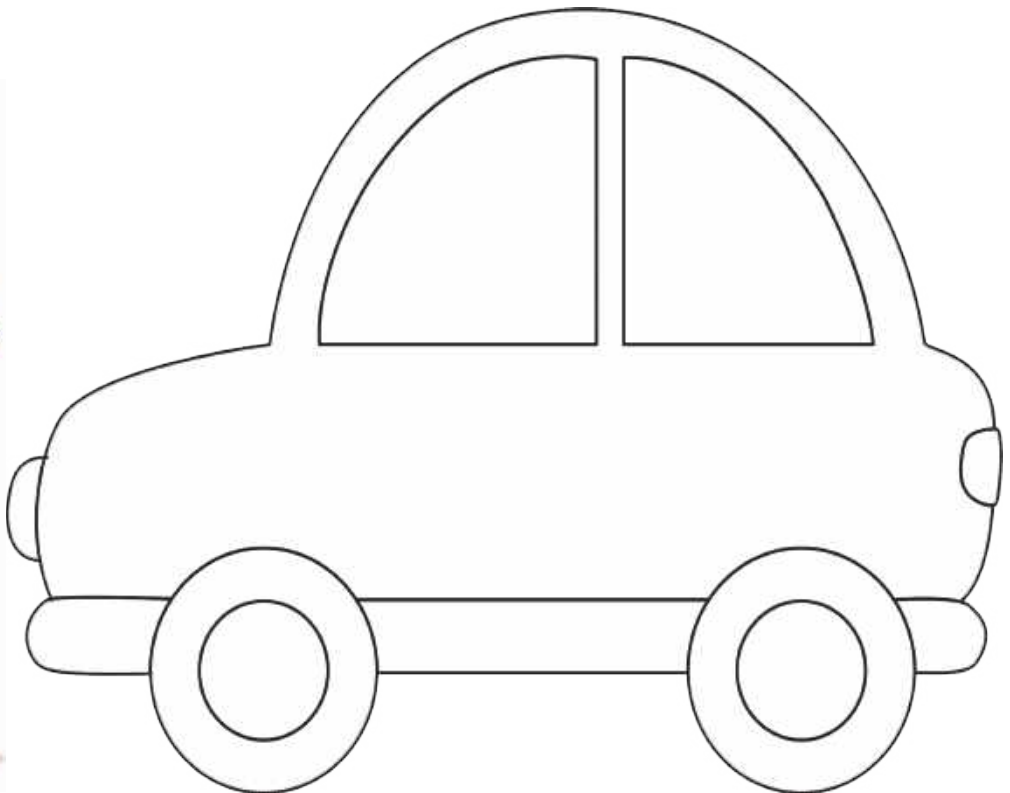
Activity Time

Colour the vehicle which is eco-friendly.

(a)

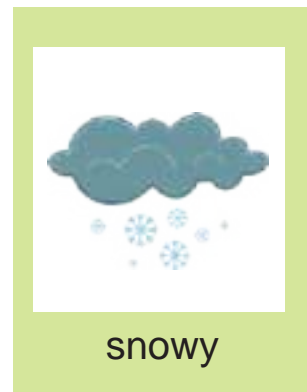
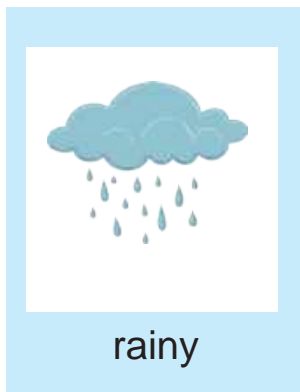


(b)



The Weather Chart

We see different weather conditions in the sky. Let's know about them.



How is the weather today? Look outside the window and draw the weather from the above given icons.

Teacher's Note



Introduce a weather chart activity where children observe daily weather, mark it on the chart, and discuss different weather types.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Vocabulary building

Seasons



There are four main seasons in a year: summer, rainy, spring and winter.



summer



rainy



spring



winter

Answer the following questions:

1. During which season, it becomes too hot?

2. During which season, it becomes too cold?

3. During which season, it rains a lot?

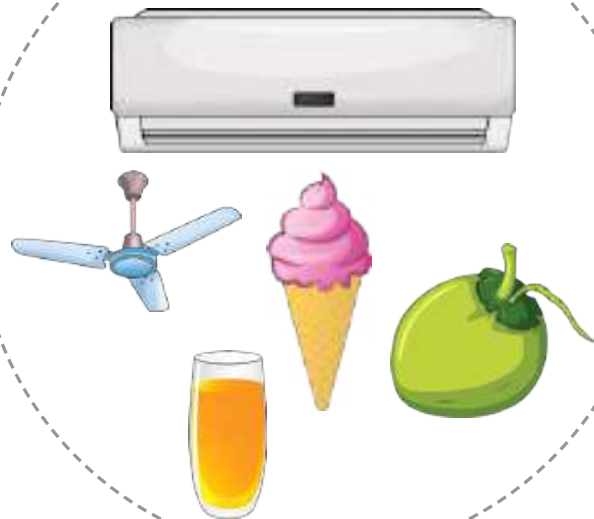
Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

Let us learn about the things that we use and see during these seasons.

Summer Season



Rainy Season



Winter Season



Spring Season



Learning Objectives



- Observation
- Identification
- Critical thinking



Activity Time

Match the pictures with the correct seasons.

Column 'A'



Column 'B'





Clothes We Wear

Clothes protect us from heat, cold, rain and dust.



shirt



t-shirt



trousers



frock



shorts



sweater



jacket



socks

Circle the clothes with blue crayon which you wear in summer, circle the clothes with red crayon which you wear in winter.



Learning Objectives

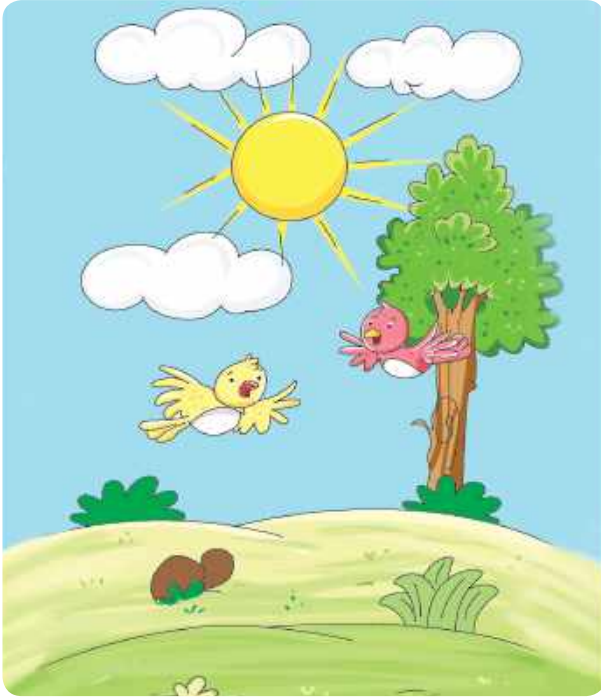


- Observation
- Identification
- Visual discrimination
- Critical thinking

Day and Night



Look at the picture. One picture shows the day and another picture shows the night.



day



night

When do you see these things? Write 'D' for day and 'N' for night.



Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking



My Daily Routine

Let's learn about our daily routine.



Wake up.



Take a shower.



Have breakfast.



Go to school.



Come back home.



Do homework.



Play outdoor games.



Have dinner.



Go to bed.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Learning daily routine

Festivals

34

Festivals are time to have fun with family and friends. We enjoy a lot during festivals.

On Holi, we play with colours and eat gujiya and laddoos.



Holi



Eid

On Eid, we go to the mosque and pray. We greet each other by saying 'Eid Mubarak'.

We also celebrate Gurburab. We eat langars and do selfless service.



Gurburab



Ganesh Chaturthi

Ganesh Chaturthi is a famous festival. We pray to lord Ganesha on this day.

Learning Objectives

- Observation
- Identification
- Visual discrimination
- Vocabulary building

Durga Puja is a famous festival. We worship Goddess Durga on Durga Puja.



Durga Puja



Dussehra

On Dussehra, we burn effigies of Ravana.

Diwali is called the festival of lights. We light diyas and make rangoli on Diwali. We wear new clothes and eat sweets.



Diwali



Christmas

We decorate X-Mas trees on Christmas. We greet each other by saying 'Merry Christmas.'

Proud Indian



India is our country.

We are Indians.

We love our country.



Here are our national symbols.

National flag



tiranga

National bird



peacock

National flower



lotus

National animal



tiger

National fruit



mango

National tree



banyan

Learning Objectives

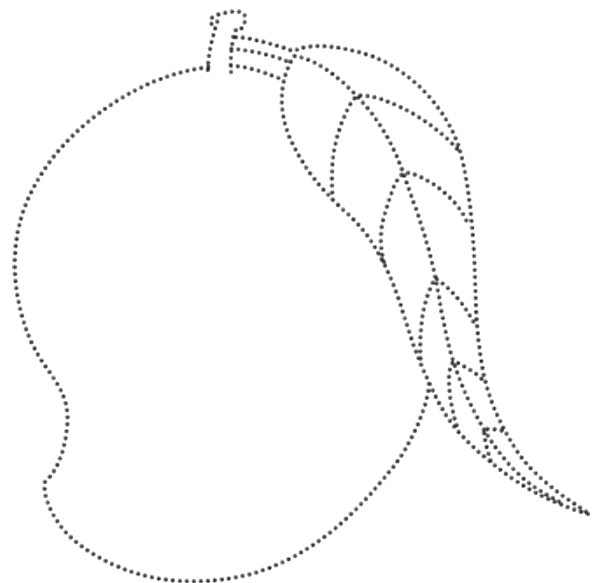
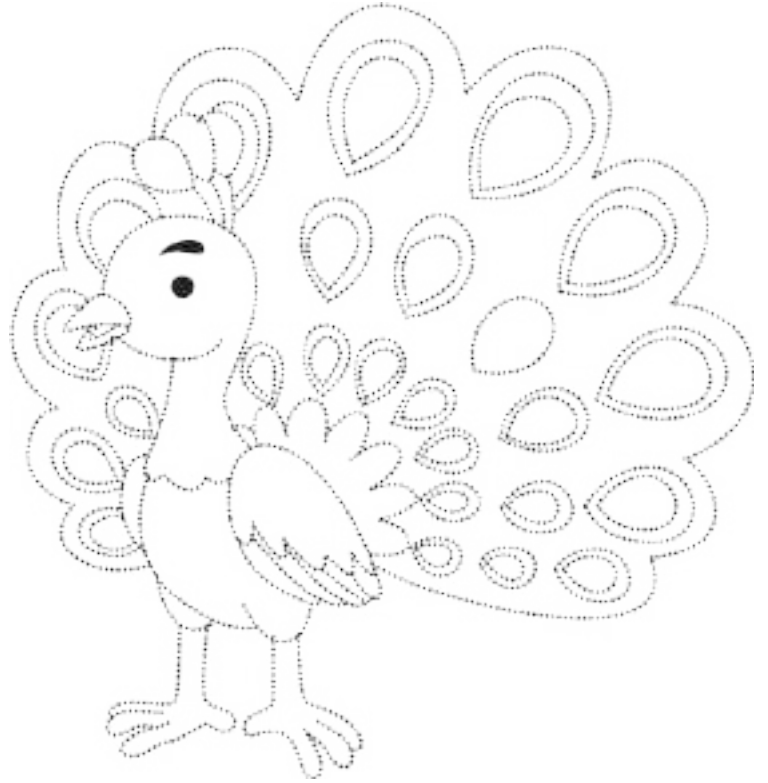
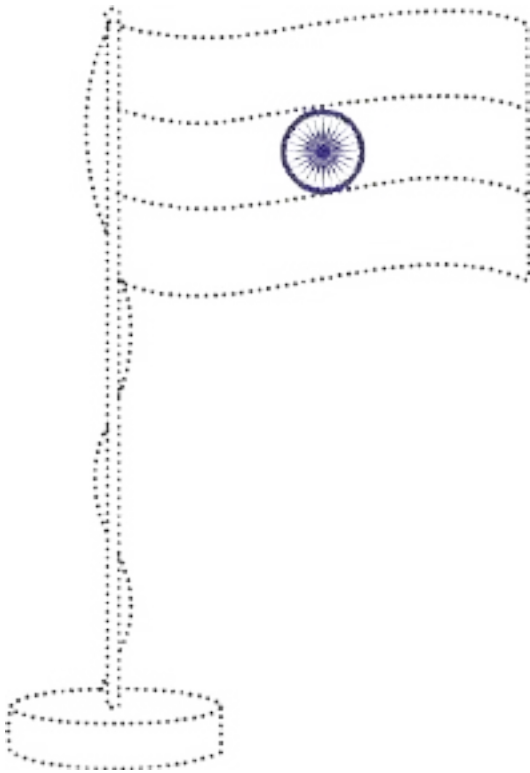


- Observation
- Identification
- Visual discrimination
- Vocabulary building



Activity Time

Say the names of the national symbols of India. Join the dots and colour the pictures.



Save Environment



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Everything around us is called our environment.



Plant more trees.

Switch off lights and fans when not in use.



Do not waste water, save it.



Throw garbage in the dustbin.



Use a bicycle or walk to nearby places.



Learning Objectives



- Observation
- Identification
- Visual discrimination
- Environmental awareness

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Living and Non-living Things

Things that have life in them are called living things. Living things need food, air and water. Given below are some living things.



human



bird



tree



animal

Things that have no life in them are called non-living things. Non-living things do not need food, air or water. Given below are some non-living things.



bat



hot air balloon



pen



TV



bus



mobile phone

Teacher's Note



Tell children more about the living things. Show them some pictures of living things. Ask them to name any three living things on their own.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Fine motor skills

Write 'L' for living things and 'N' for non-living things.



Teacher's Note



Show the children pictures of some living things and non-living things. Ask them to identify which are living and which are non-living.

Learning Objectives



- Observation
- Visual discrimination
- Critical thinking
- Identification
- Vocabulary building

Yoga Poses

Yoga keeps us healthy and happy. Let us learn and practise these simple yoga poses.



Snake pose



Frog pose



Lion pose



Cat pose

Teacher's Note



Help the children to learn these yoga asanas. Also tell them the benefits of yoga asanas.

Learning Objectives



- Observation
- Visual discrimination
- Health awareness
- Identification
- Vocabulary building