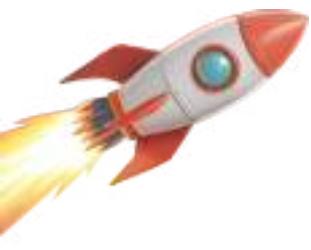




General Awareness

Unlock the power of awareness!



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

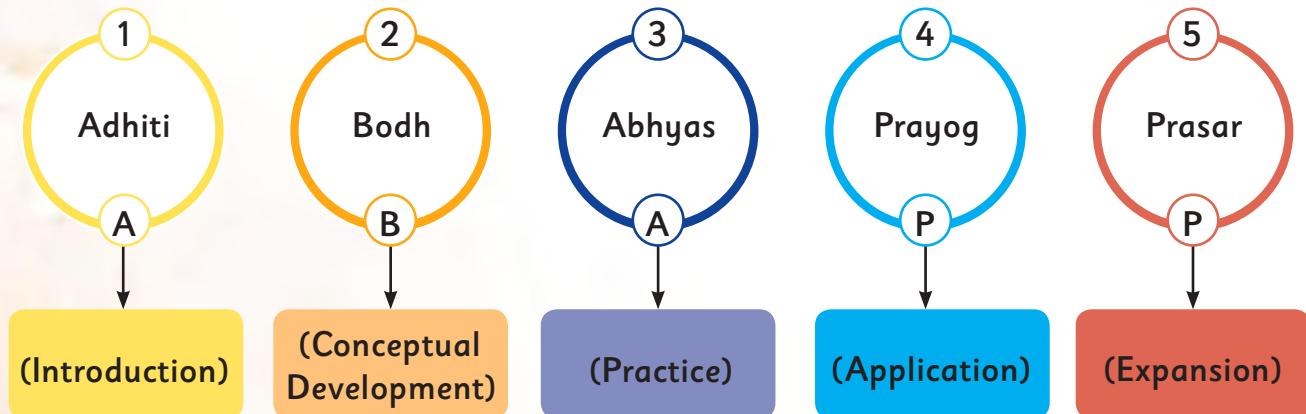
We have prepared this new series based on the directions and guidelines of the National Curriculum Framework (NCF) 2023. It focuses on play-based, activity-based, and experience-based learning while keeping teaching at the center and preparing the material accordingly.

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

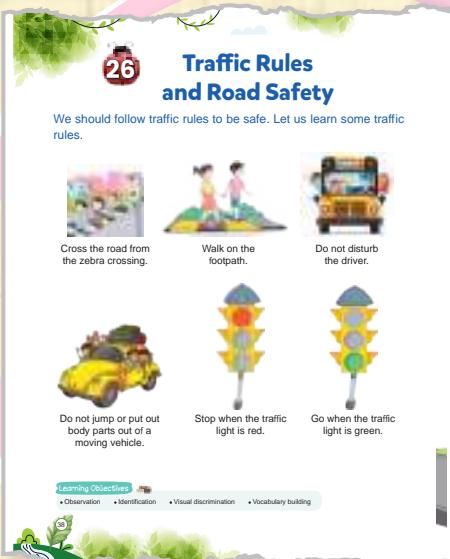


Engaging Visuals and Illustrations – Bright, colorful images and illustrations make learning fun, helping young minds grasp concepts easily through visual stimulation.

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.



Contents

Theme 1 (All About Me)

1. All About Me	5
2. My Body	6
3. My Sense Organs	7
Activity Time	8

Theme 2 (Around Me)

4. My Family	9
5. Rooms in My House	10-11
6. My School	12
7. Places in My School	13
8. My Neighbourhood	14
9. People Who Help Us	15-16
Activity Time	17

Theme 3 (Plants and Animals)

10. Parts of a Plant	18
11. Types of Plants	19-20
12. Leaves	21
13. Flowers	22
14. Fruits	23
15. Vegetables	24
Activity Time	25
16. Pet Animals	26
17. Domestic Animals	27
18. Wild Animals	28
19. Water Animals & Insects	29
20. Birds	30
Activity Time	31

Theme 4 (Food, Health and Safety)

21. Our Food	32
22. Healthy vs Unhealthy	33
23. Being Healthy	34
Activity Time	35
24. Classroom Rules	36
25. Hand Washing	37
26. Traffic Rules and Road Safety	38
27. Traffic Light	39

Theme 5 (Science and Technology)

28. Eco-friendly Transport	40
Activity Time	41

Theme 6 (Weather and Seasons)

29. The Weather Chart	42
30. Seasons	43-44
Activity Time	45
31. Clothes We Wear	46

Theme 7 (Mixed Bag)

32. Day and Night	47
33. My Daily Routine	48
34. Festivals	49-50
35. Proud Indian	51
Activity Time	52
36. Save Environment	53
37. Living and Non-living Things	54-55
38. Yoga Poses	56

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 _____

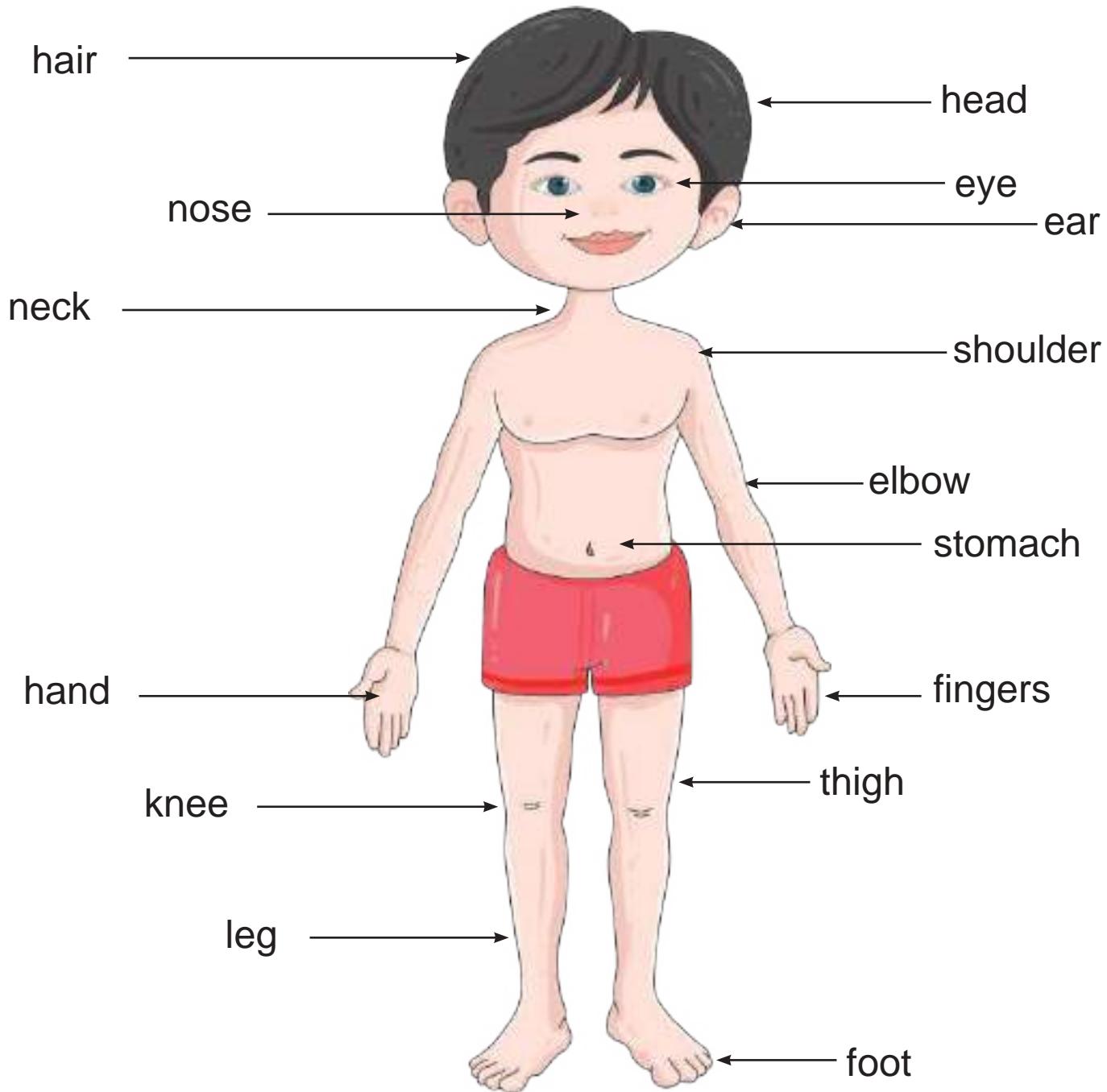
My phone number is _____

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



3

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



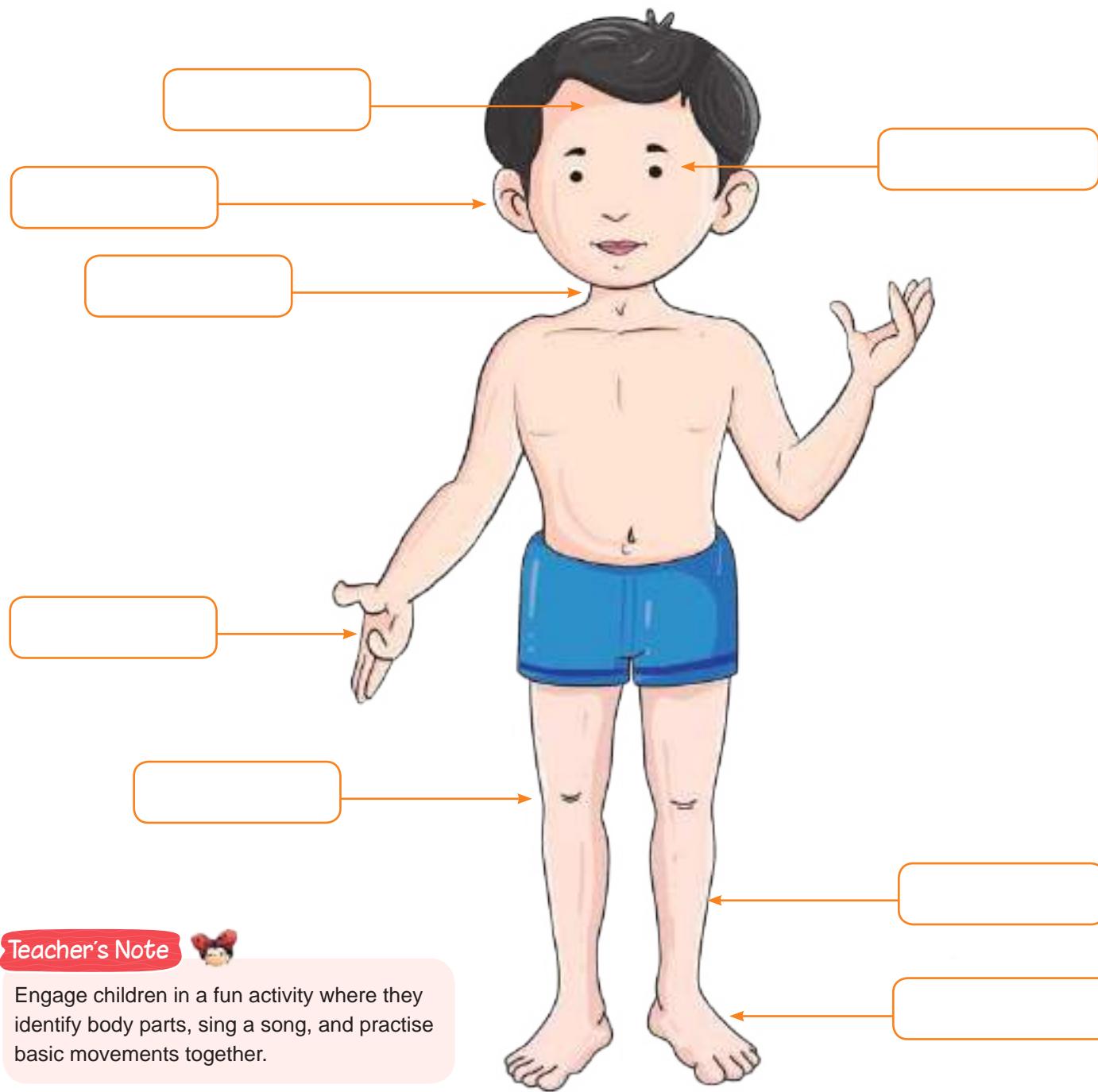
- Observation
- Identification
- Visual discrimination
- Fine motor skills
- Critical thinking



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



This is my
family.
I love my
family.

Paste a photograph of your 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
- Communication
- Identification
- 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

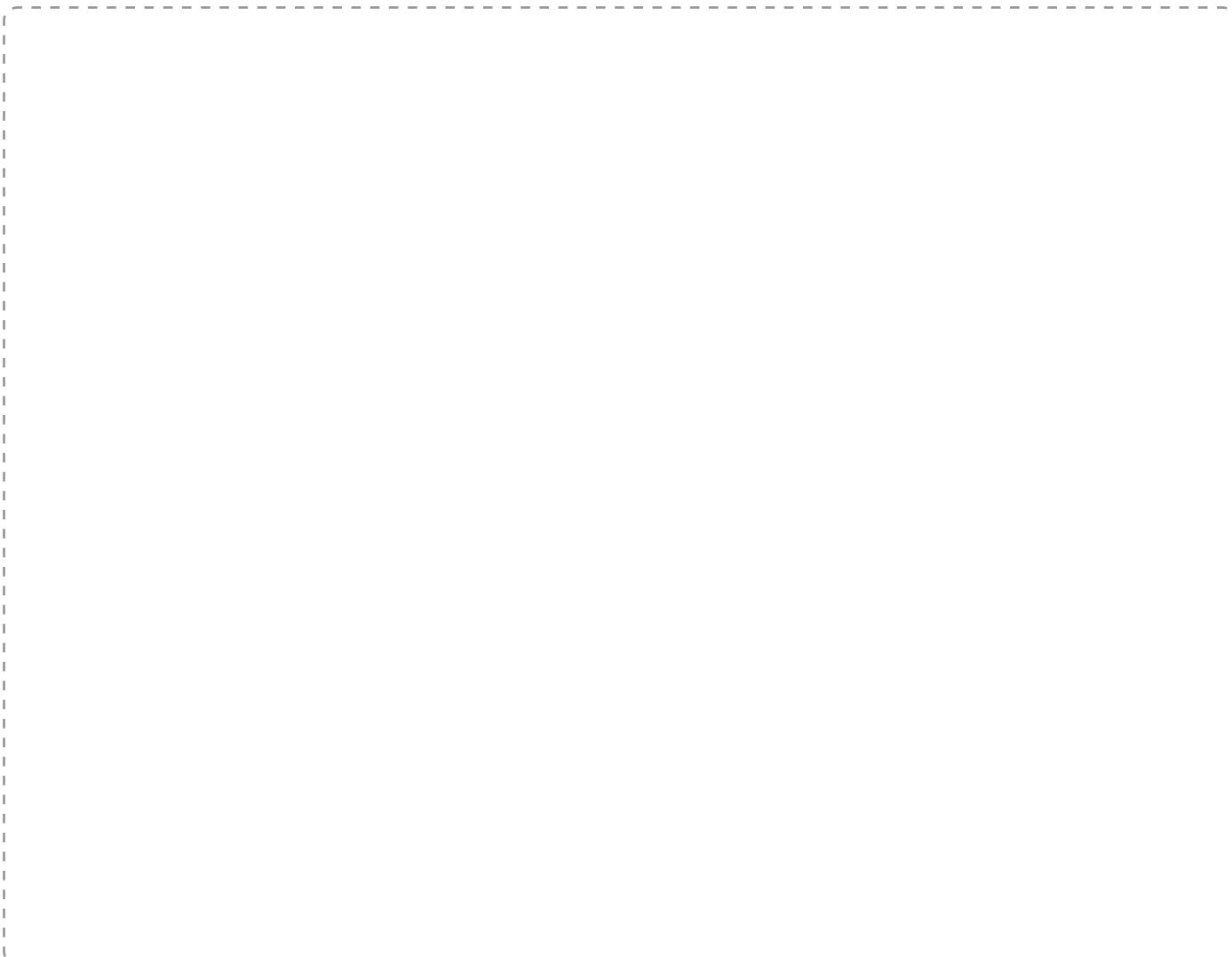


- Observation
- Communication
- Identification
- Critical thinking

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



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





6 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
- Visual discrimination
- Identification
- 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
- Visual discrimination
- Identification
- Vocabulary building





8 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
- Visual discrimination
- Identification
- Vocabulary building

People Who Help Us



9

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

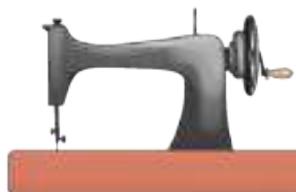


- Observation
- Visual discrimination
- Identification
- Vocabulary building



Activity Time

Match the people with their tools.

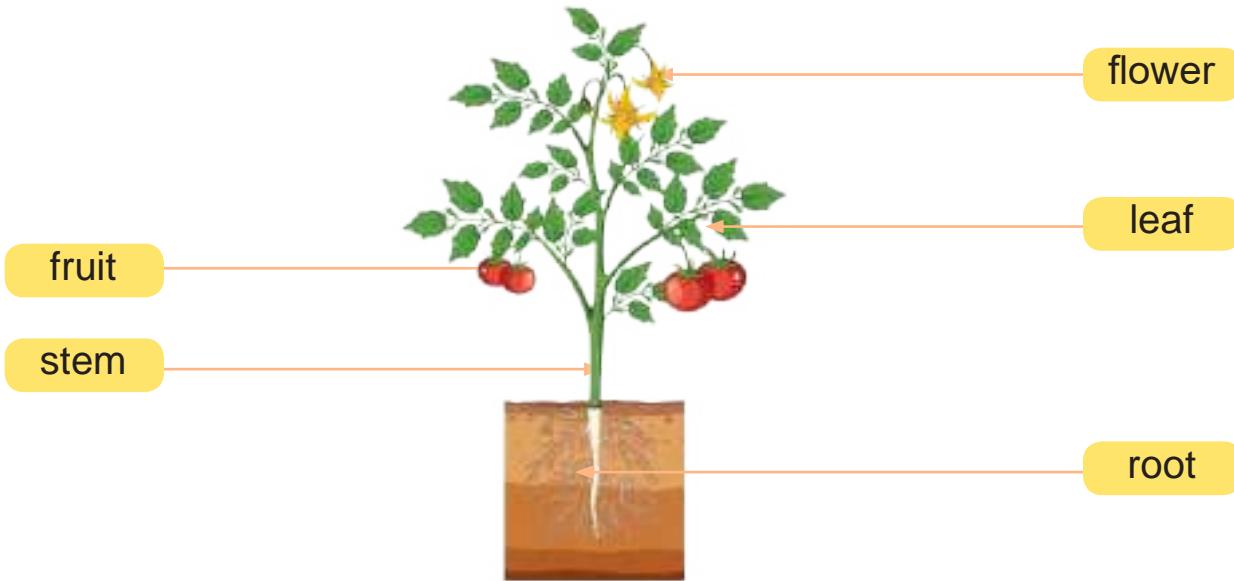




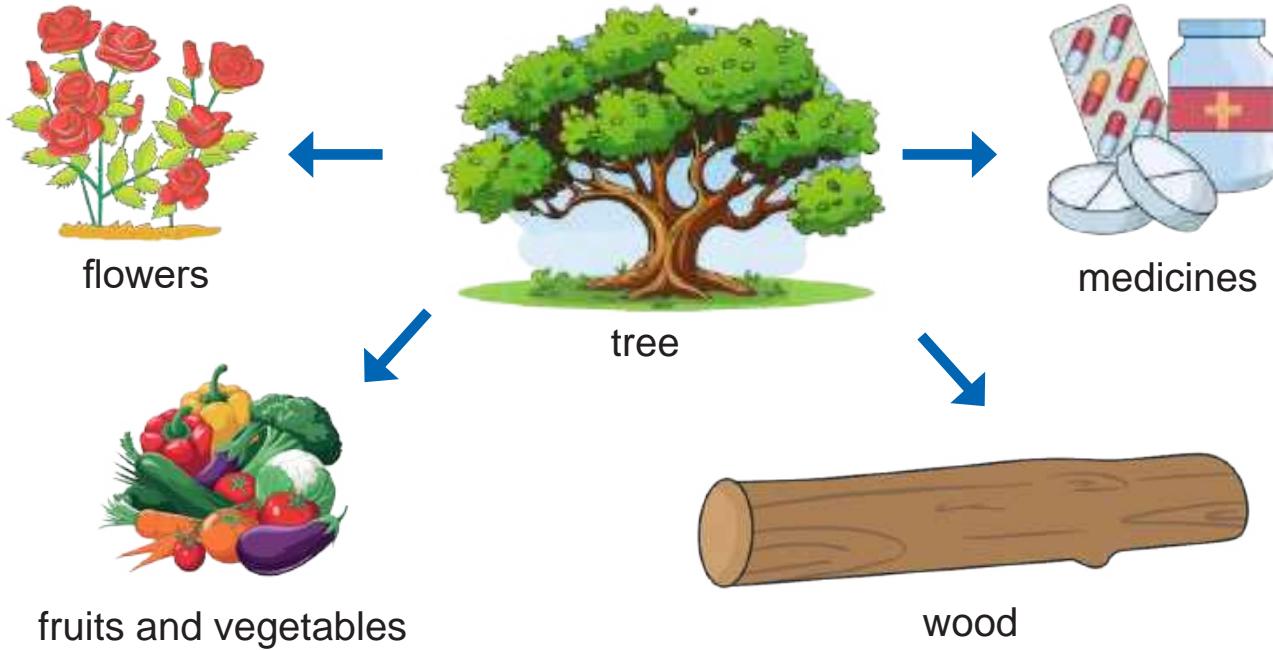
10 Parts of a Plant

Theme 3
Plants and
Animals

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
- Visual discrimination
- Identification
- Vocabulary building

Types of Plants



11

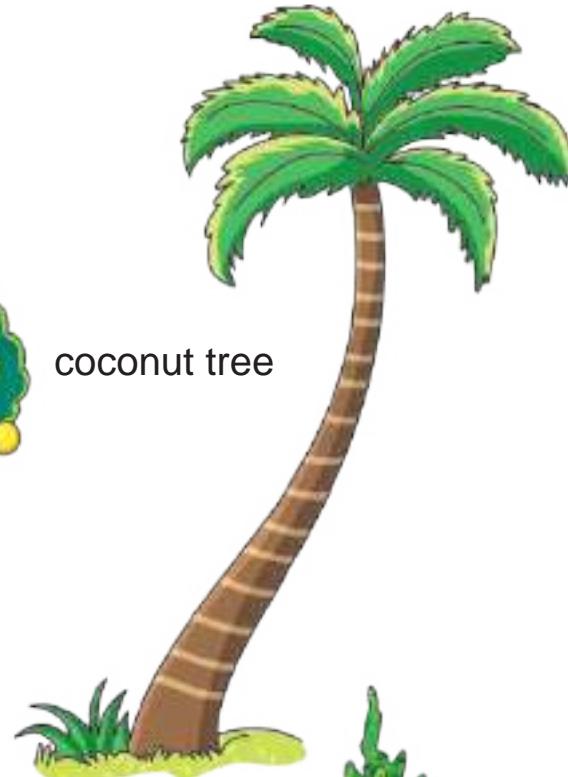
There are many plants around us. Let's learn about them.

Big Plants

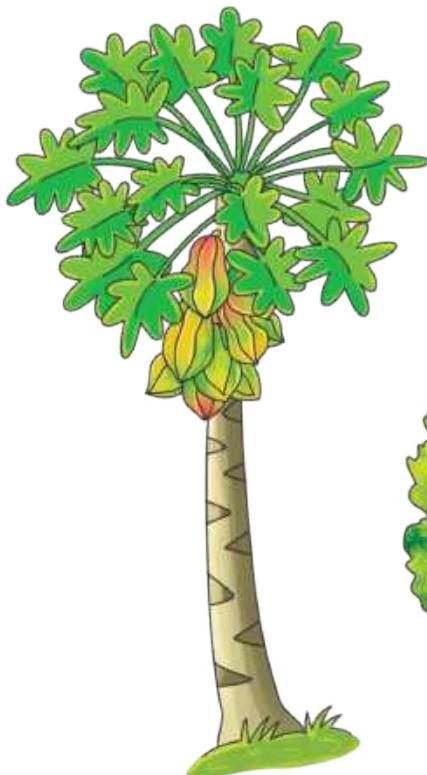
Tree are big plants.



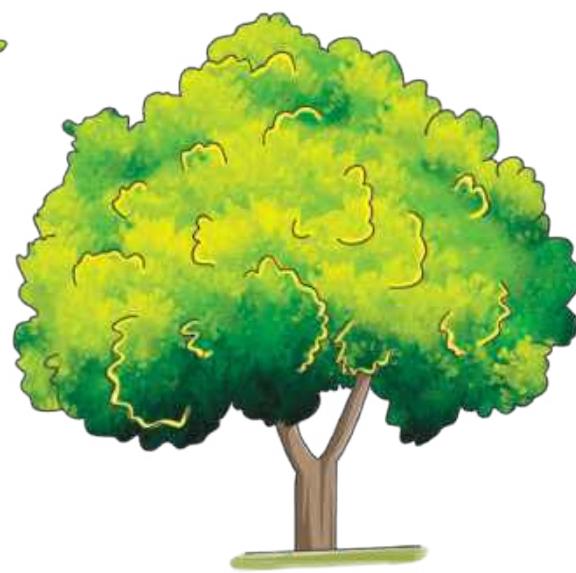
mango tree



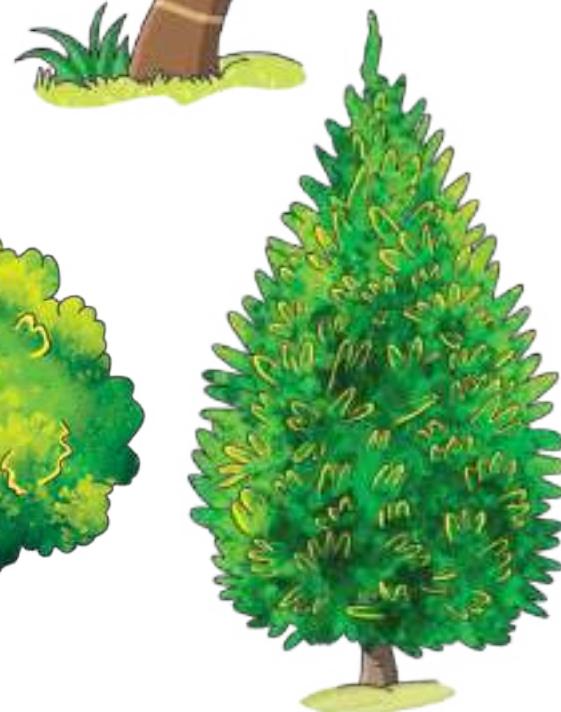
coconut tree



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
- Visual discrimination
- Identification
- Vocabulary building

Leaves



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



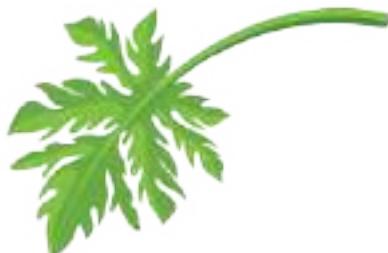
peepal



mango



banana



papaya



coconut



neem

Paste pictures of any 2 leaves here.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Fine motor skills

13

Flowers

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



sunflower



rose



marigold



hibiscus

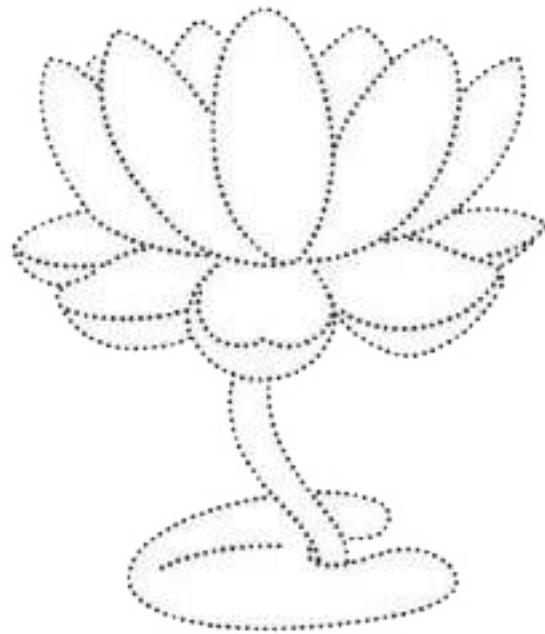


lotus



waterlily

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



Learning Objectives



- Observation
- Visual discrimination
- Identification
- 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.

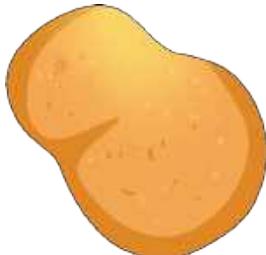
Learning Objectives

- Observation
- Visual discrimination
- Identification
- Vocabulary building



Vegetables

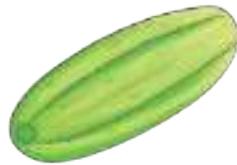
Vegetables are good for our health. We eat most of the vegetables after cooking. Let us know some vegetables.



potato



cauliflower



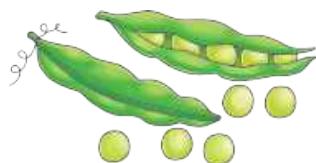
cucumber



pumpkin



brinjal



peas



cabbage



turnip



lady's finger



carrot



tomato



radish

Circle the vegetables that we can eat raw as salad.

Learning Objectives

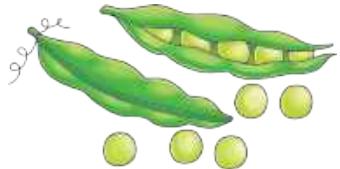


- Observation
- Visual discrimination
- Identification
- Vocabulary building



Activity Time

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



16

Pet Animals

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



cat



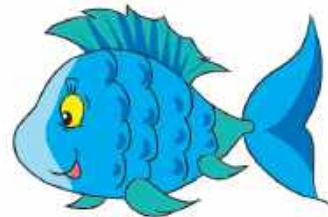
dog



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

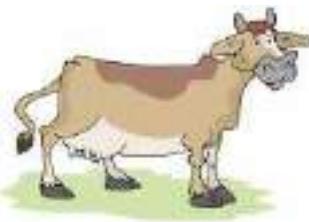


17

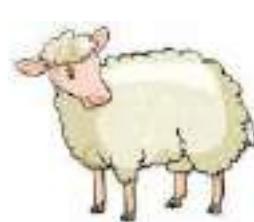
Domestic animals are useful to us. Say the names of these domestic animals.



hen



cow



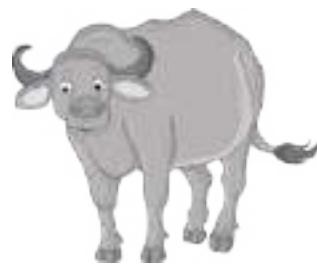
sheep



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



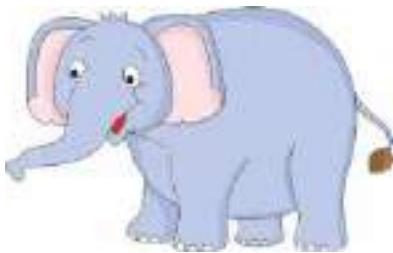
deer



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.



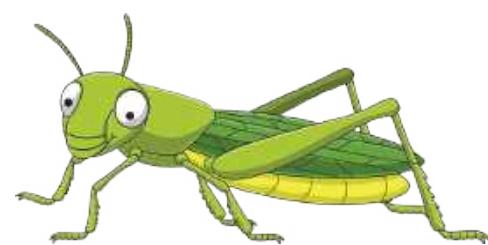
butterfly



ant



ladybug



grasshopper



mosquito

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Critical thinking

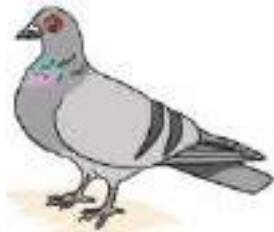
20

Birds

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

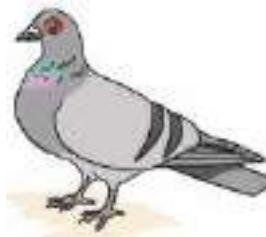
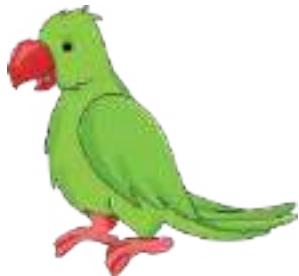
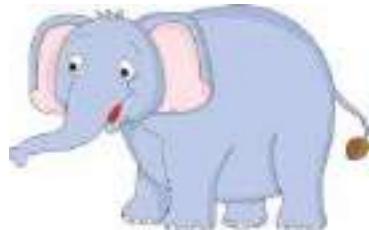


- Observation
- Identification
- Visual discrimination
- Critical thinking



Activity Time

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



Teacher's Note



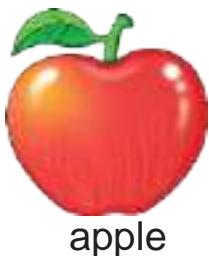
Host a fun activity where children mimic animal and bird sounds, identify various species, and learn about their features.



Our Food

We get our food from plants and animals.

Fruits



apple

food from plants



mango



orange

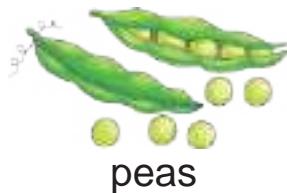
Vegetables



brinjal



cauliflower

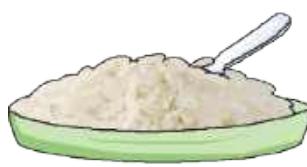


peas

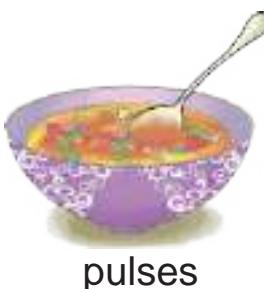
Grains



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.

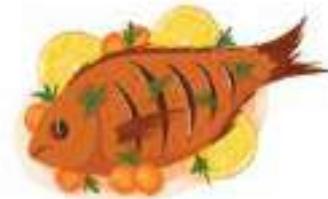
Healthy



fruits



egg



fish



chapati and dal



milk

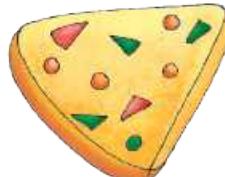


juice

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

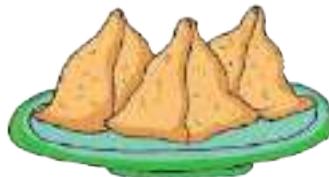
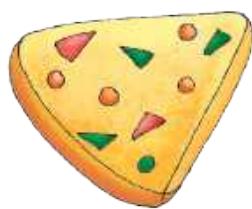


- Observation
- Visual discrimination
- Critical thinking
- Identification
- Vocabulary building



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.

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
- Visual discrimination
- Identification
- 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

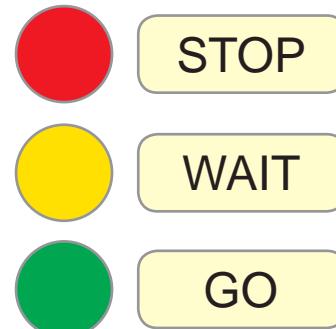


Sing the rhyme and colour the traffic lights.



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

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





Eco-friendly Transport

We need fuel to run these vehicles.



car



aeroplane



truck

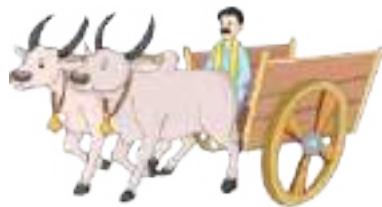


ship

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



bicycle



bullock cart



rickshaw

Learning Objectives



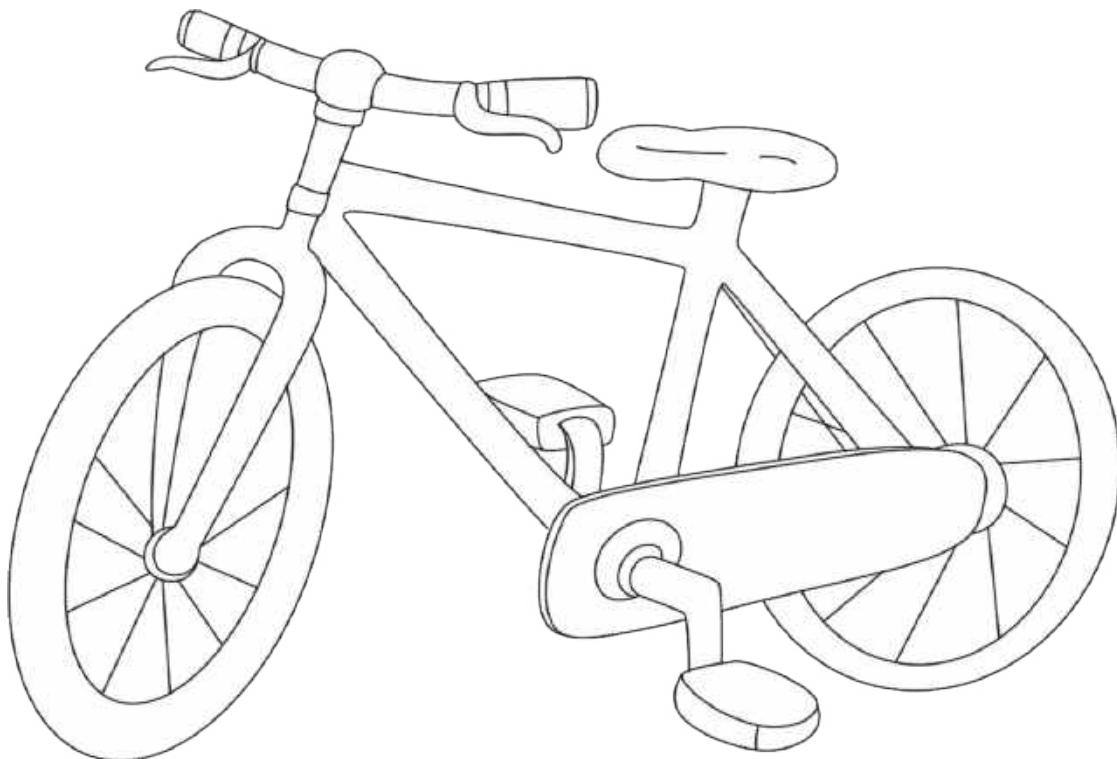
- Observation
- Identification
- Visual discrimination
- Vocabulary building



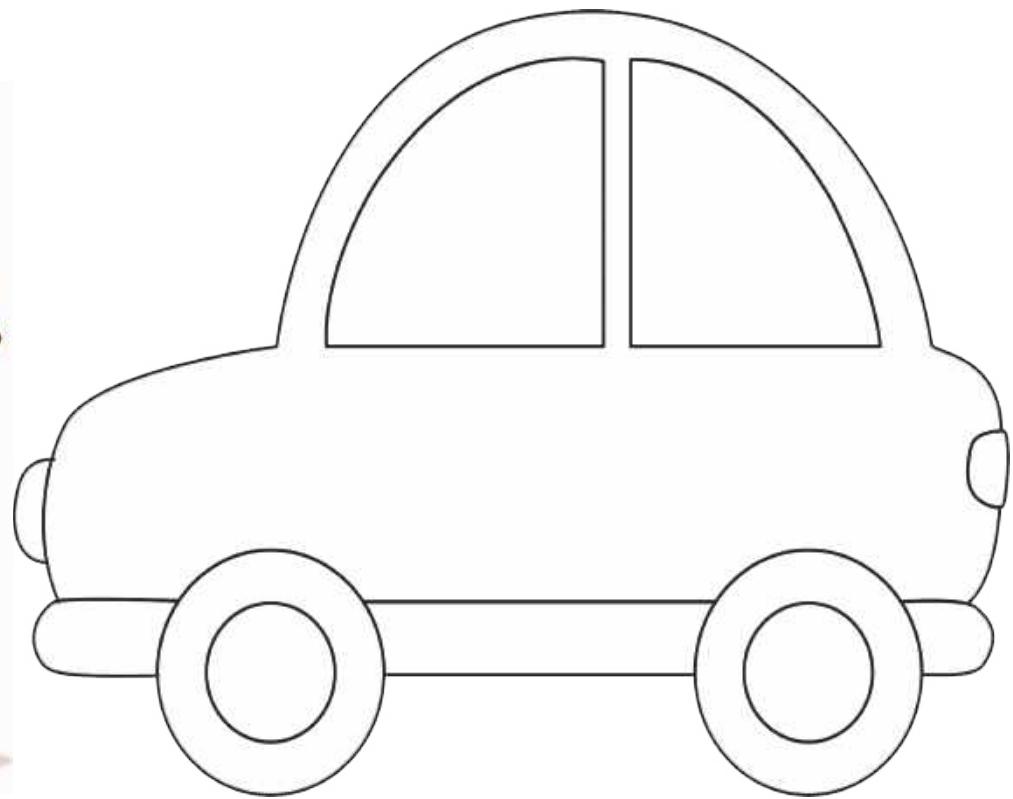
Activity Time

Colour the vehicle which is eco-friendly.

(a)



(b)





The Weather Chart

Theme 6
Weather and
Seasons

We see different weather conditions in the sky.

Let's know about them.



sunny



partly cloudy



cloudy



windy



rainy



stormy



snowy

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
- Visual discrimination
- Identification
- 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?

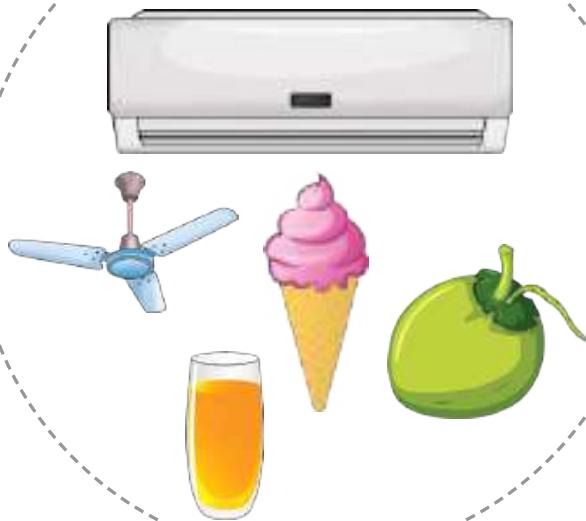
Learning Objectives



- 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'





31 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



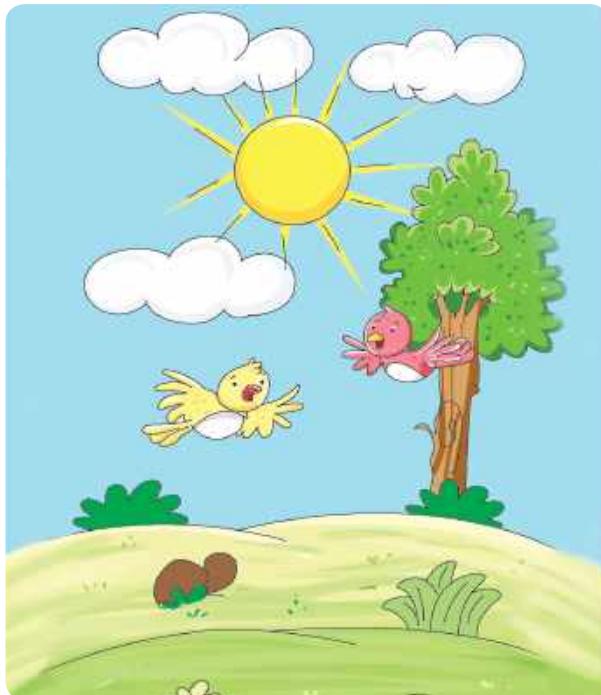
- Observation
- Identification
- Visual discrimination
- Critical thinking

Day and Night

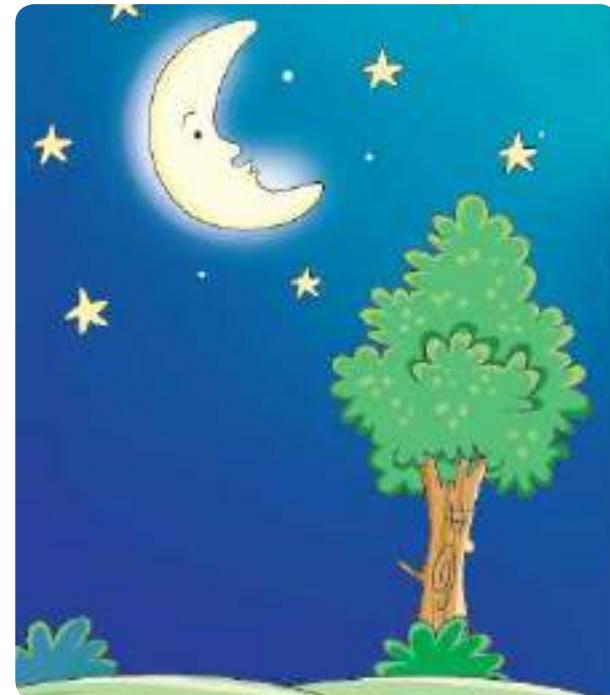


32

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

33

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

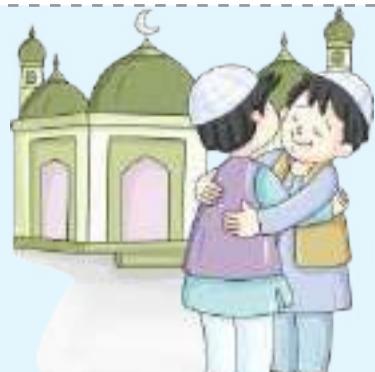
34

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'.



Gurpurab



Ganesh Chaturthi

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



Christmas

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

Proud Indian

35

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

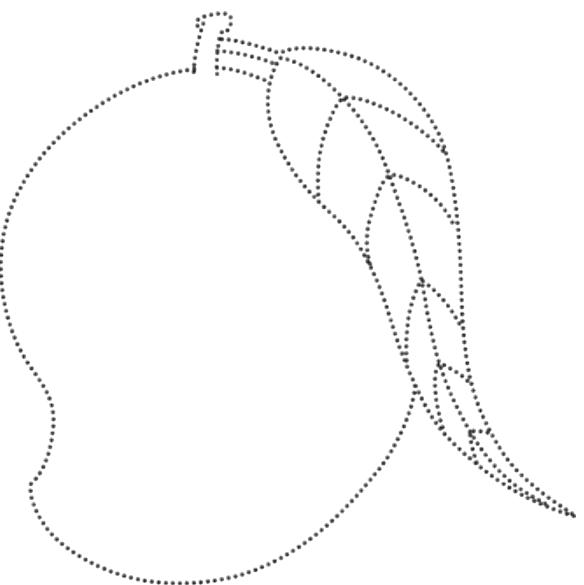
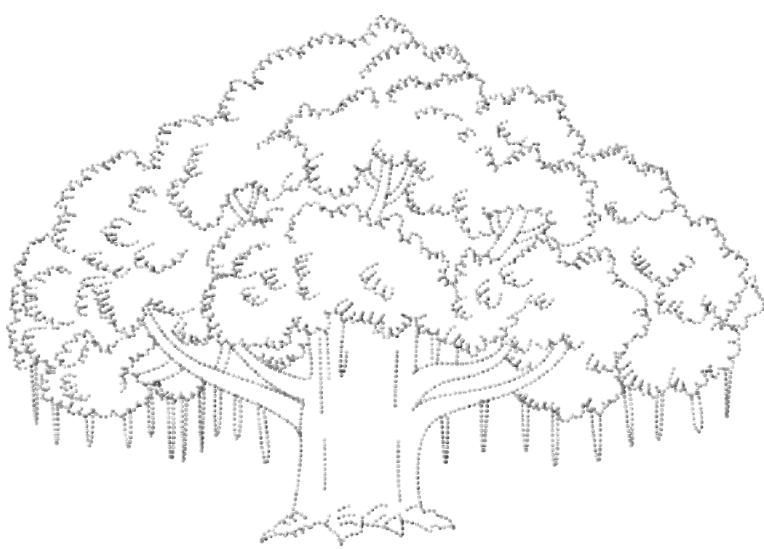
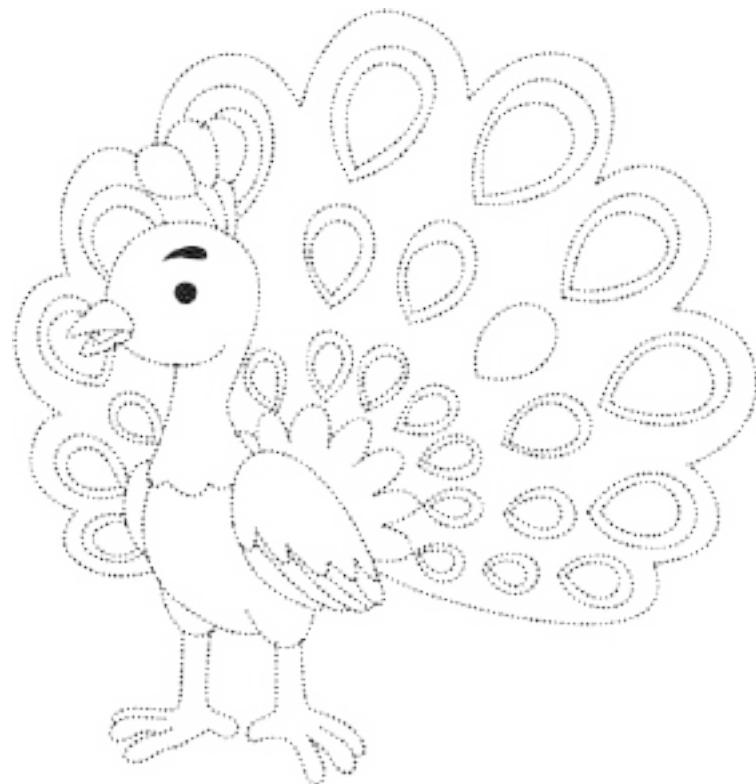
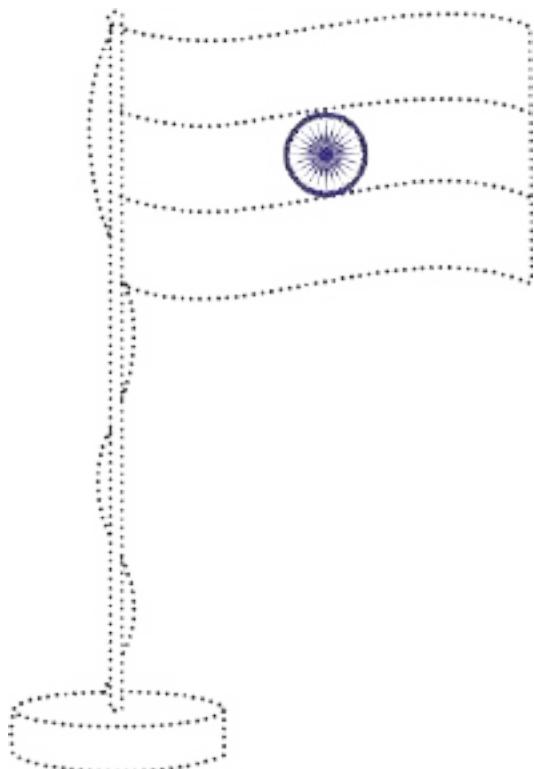


- Observation
- Identification
- Visual discrimination
- Vocabulary building



Activity Time

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



Save Environment

36

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.



Use a bicycle or walk to nearby places.

Learning Objectives



- Observation
- Identification
- Visual discrimination
- Environmental awareness

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



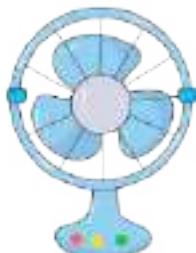
Tell children more about the living things. Show them some pictures of living things. Ask them to name any three living things on their own.

Learning Objectives



- Observation
- Visual discrimination
- Identification
- 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

38

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

