

1

Myself

Observe the picture carefully.

We see growth in all living things. This is how a plant grows when we sow a seed in the ground.

Inferring, Value addition from real world

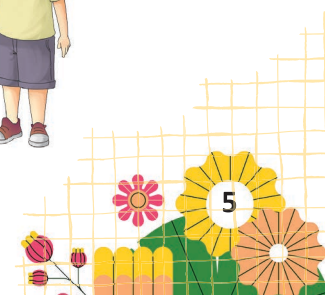


Complete the table.

Day	Seed	Plant	Roots
1.	Yes	Yes	No
2.	Yes	Very small	Very small
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

Hi Sahil!
So have you! We are
all growing up!

Hi Sia!
You have grown
so tall!



ABOUT ME!

Have you grown up? Yes/No



Paste your picture when you were a baby



Paste your picture as you look now

Have you grown taller than last year? Yes/No

Write any two things you can do now that you could not do earlier.

1. _____

2. _____

I LIKE

I like to read books



I like to play tennis



We do many things in our free time. Some of them are



Playing



Reading



Singing



Cycling



Swimming



Dancing



An activity that we enjoy doing in our free time is known as our **hobby**.

What is your Hobby? _____

My favourite fruit is mango.



My favourite vegetable is ladyfinger



The thing that we like more than other things is our **favourite** thing.

What is your favourite fruit and vegetable?

I HAVE FEELINGS!

I am very happy.
I have got a new cycle.



I am so sad.
I lost my new pencil box.



We do not feel the same all the time. We have different feelings. We may be happy, sad, angry or surprised.



We have different feelings. These feelings are called **emotions**.



I AM SPECIAL!

Everyone is unique and special. We are all different in many ways. We look different. We have different hobbies, likes and dislikes.



ACTIVITY

Now choose any two of your friends and fill the table to know how different we are:

	Colour of hair	Colour of eyes	Favourite food	Favourite game	Favourite colour
You					
Friend 1					
Friend 2					

Key Words

- Hobby** : an activity we like to do most in our free time
- Favourite** : something we like more than other things
- Emotion** : feeling
- Unique** : different from others
- Special** : not ordinary

JUST RECALL

- ❖ We all grow with age.
- ❖ We have different hobbies, like and dislikes.
- ❖ Each one of us is unique and special.
- ❖ No two people are the same.





EXERCISE

A. Tick (✓) The Correct Option:

Critical and Logical Thinking, Quick Judgement

- We grow _____ with age.
(a) younger (b) taller (c) smaller
- An activity that we enjoy doing in our free time is _____.
(a) story (b) dislike (c) hobby
- We feel different _____ like happiness, sadness, anger at different times.
(a) emotions (b) hobby (c) unique

B. Oral Questions:

Understanding, Communication Skills

- How old are you?
- Name two things that make you happy.
- Write any two hobbies that you have.

C. Short Answer Questions:

In-depth Knowledge, Problem Solving

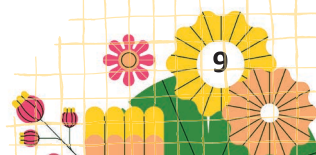
- Write three things that you enjoy to do.
- Name any three emotions that we feel.
- Suppose your parents have planned to take you for a picnic tomorrow. How are you feeling tonight?

D. Fill in the Blanks with various emotions given below:

Understanding, Connecting with Surroundings

happy, sad, angry, scared, surprised

- When someone breaks my toy, I feel _____.
- When the light goes off at night and it is dark, I feel _____.
- When I win a race, I feel _____.
- When I do not have any friends to play with me in the park, I feel _____.
- When my best friend and I brought the same dish in our tiffin boxes, I was _____.



E. State True (T) Or False (F)

Logical and Analytical Thinking

1. We all are born as babies.
2. All the people enjoy doing same activities.
3. We all have feelings.
4. A child feels happy when he/she gets hurt.
5. You feel angry whenever your mother prepares your favourite dish.

F. Match the Columns:

Logical and Analytical Thinking

Column A

Column B

- | | |
|--------------|------------------------------------|
| 1. Hobby | emotion |
| 2. Favourite | activity we enjoy in our free time |
| 3. Anger | thing we like |

ACTIVITY-BASED LEARNING

G. Circle the Things You Can Do Yourself Now:

Understanding



H. Quiz Time:

Activity Based Learning

1. Write the name of your favourite

- (a) cartoon character _____ (b) fruit _____
(c) vegetable _____ (d) sweet _____

I. Value Based Questions:

Social Values, Cultural Connect

Aman was the monitor of the class. He started acting bossy and bullied other kids. Soon he lost his friends and everyone started disliking him. Why?

J. Problem Solving Assessment:

Analytical Thinking, Problem Solving

An identity card tells people important information about oneself. People wear identity cards to their places of work. Even school children have to wear it. Children must wear their I-card when they go to crowded places.

Now answer the following questions:

1. Ria's identity card will have important information about _____.

- (a) Ria (b) Ria's friend (c) Ria's neighbour

2. Identity card is also called _____.

- (a) A-card (b) V-card (c) I-card

3. I-card is worn at _____.

- (a) school (b) work place (c) both (a) and (b)

4. Children must wear their I-card at _____.

- (a) crowded places (b) school (c) both (a) and (b)

5. An I-card shows _____ about oneself.

- (a) hobby (b) important information (c) favourite colour

K. Higher Order Thinking Skills (HOTS):

Critical and Logical Thinking

1. Do you still need your parent's help while walking, just like you did when you were a baby? Why?



L. Fun To Do:

Play-way Learning

1. Set up a routine for your daily life and follow it. This will help you to lead a disciplined life. You may take the help of your parents.
2. Make a list of 3 things that you like and 3 things that you dislike. Now try to find the reasons for these likes and dislikes.

M. Project Work:

Research and Analytical Thinking

Write some ways by seeing which you can say that you are growing. Also, paste some pictures of yours related to it.

- My clothes are getting tight and short.
- I can pick things from a height now.
- I can pick more weight now.

N. Life Skills:

Life and Social Skills

Discuss with your friend about your and his/her daily routine. Compare your daily routine with your friend's daily routine and write five differences about between these two routines.



2

My Body

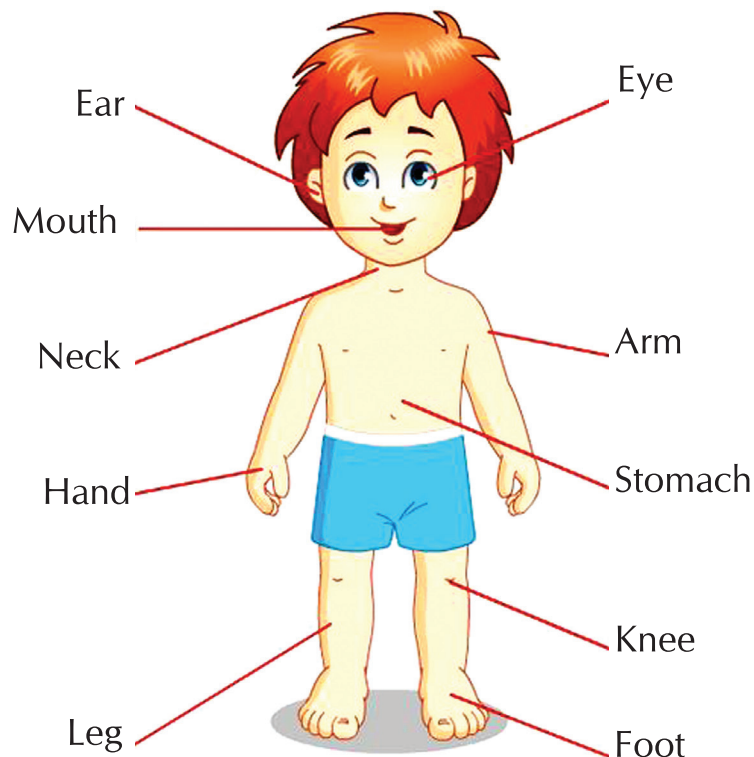
Tick (✓) the correct option.

Inferring, Value addition from real world

Name the organ that will help you to:

- pick ball from the ground (hands / ears)
- smell around a filled dustbin (legs / nose)
- feel a cold ice-cream (skin / eyes)
- watch your favourite cartoon on TV (eyes / ears)
- go from one place to another (hands / legs)
- hear your favourite poem (tongue / ears)
- taste different fruits (tongue / skin)

Our body is made up of many body parts called **organs**. Each organ has a special function.



Our Body Parts



SENSE ORGANS

Body parts that help us to feel the world around us are called **sense organs**. Our body has five sense organs – eyes, ears, nose, tongue and skin. They help us to see, hear, smell, taste and touch.

Our **eyes** help us to see different things. We have two eyes. Our **ears** help us to hear different sounds. The sounds may be loud, soft, high or low. Our **nose** helps us to smell things. Some things have a sweet smell while others have a bad smell. Nose also helps us to breathe.

Our **tongue** tells us about different tastes like sweet, salty, bitter and sour. Our **skin** helps us to feel hot, cold, pain, smoothness or roughness. It also protects the body parts inside us. Our body is covered with a layer of skin.



More to know
The skin is the largest organ in our body.

EXTERNAL ORGANS

The body parts that are outside and can be seen by us are called **external organs**. Sense organs are also external organs. Some other external organs are arms, legs, and fingers.



Arm



Leg



Fingers



GO FURTHER

Name the parts of the body which continue to grow even after we cut them.



INTERNAL ORGANS

The body parts that are inside our body and cannot be seen by us are called **internal organs**.

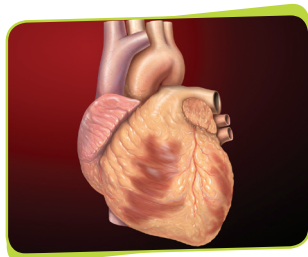
Let us discuss some important internal organs.

Brain

The brain is inside our head. It helps us to think and feel. It controls the movements of the body. It tells other parts of the body what to do.



Brain



Heart

Heart

The heart is inside our chest. It beats all the time. It pumps blood to all parts of the body.



ACTIVITY

Keep your right hand on the left side of your chest. Feel your heart beating. Observe how many times does it beat in a minute.

Now jump/run/skip for about 1-2 minutes. Touch and feel your heart now. Count your heart beat. Has it increased or decreased?

Lungs

The lungs are inside our chest. We have 2 lungs. They help us to breathe. They supply oxygen to the body.



Lungs



Stomach

Stomach

The food that we eat goes into our stomach. It stores the food and helps in digestion.



GO FURTHER

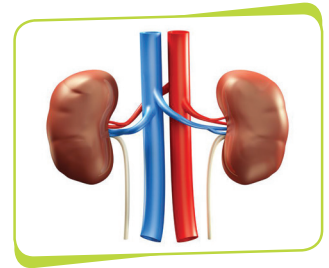
Which external body part is connected to lungs to help us to breath?



Kidney

The kidney filters our blood and throws the waste produced in our body in form of urine.

We have two kidneys.



Kidney



Skeleton

Bones and Muscles

Bones are the framework of the body.

Bones and muscles give shape to the body and protect the internal parts from injury.

KEEPING FIT AND HEALTHY

We must take care of our body to keep it healthy and fit.

To stay fit, healthy and strong, our body needs



Proper food



Water



Exercise



Rest

More to know

Lips, palm and the bottom of our feet are the only external parts of our body where hair do not grow.





ACTIVITY

Can you tell which sense organs are used in the following activities?



Key Words

Organs	: body parts that have a special function
Sense organs	: body parts that help to feel the world around us
Internal organs	: organs inside our body that cannot be seen
External organs	: organs outside our body that can be seen
Digestion	: process of breaking down food into substances that can be used by the body

JUST RECALL

- ❖ Our body is made up of many body parts called organs.
- ❖ The organs that help us to know the world better are called sense organs.
- ❖ The five sense organs are—eyes, ears, nose, tongue and skin.
- ❖ Brain, heart, lungs, stomach and kidney are internal organs.
- ❖ Body needs proper food, water, exercise and rest to stay fit.



EXERCISE

A. Tick (✓) the correct option:

Critical and Logical Thinking, Quick Judgement

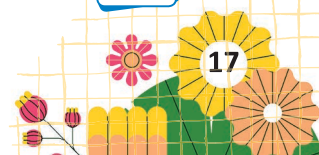
1. The brain helps us to _____.

(a) breathe

(b) digest

(c) think

(d) none of these



2. The food gets into the _____.

(a) brain

(b) stomach

(c) lungs

(d) kidneys

3. _____ is not a sense organ.

(a) Nose

(b) Eye

(c) Tongue

(d) Heart

4. _____ throws waste out of our body.

(a) Legs

(b) Kidney

(c) Heart

(d) Brain

5. _____ give shape to our body.

(a) Bones and muscles

(b) Lungs

(c) Kidneys

(d) Hands

B. Oral Questions:

Understanding, Communication Skills

1. How do we know about sweet and foul smell?
2. Is your skin an external or internal organ?
3. Which organ controls our body movement?
4. Which organ helps in filtering our blood?
5. How many kidneys do we have?

C. Short Answer Questions:

In-depth Knowledge, Problem Solving

1. What are sense organs? Name the five sense organs.
2. How is brain useful to us?
3. What is the function of stomach?
4. How do kidneys keep our body clean?
5. How can you stay fit and healthy?



D. Fill in the Blanks:

1. Brain is found inside the _____.
2. The _____ give shape to our body.
3. The _____ helps us to taste.
4. The _____ supply oxygen to the body.
5. The _____ pumps blood to the whole body.

E. State True or False:

Logical and Analytical Thinking

1. Our body is made up of sense organs.
2. The chest tells other parts of the body what to do.
3. Exercise helps us to stay fit.
4. We have five sense organs.
5. Lungs help us to breathe.

F. Match the Columns:

Logical and Analytical Thinking

Column A


1. Nose
2. Eyes
3. Lungs
4. Brain
5. Hand
6. Stomach
7. Bones

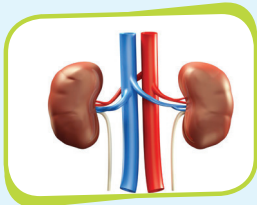
Column B




- write
 smell
 gives shape to body
 see
 digests food
 breathe
 think

G. Identify the Body Part and Write Its Functions.

In-depth Knowledge

Body part	Name of the body part	Function
		



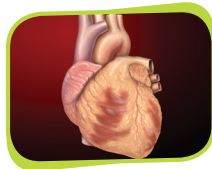
ACTIVITY-BASED LEARNING

H. Puzzles and Quiz:

Activity Based Learning

1. Write 'I' for internal and 'E' for external organs in the boxes given below





















2. Find out the names of 10 body parts in the maze given below

S	T	O	M	A	C	H	X	1. _____
B	L	U	N	G	S	A	L	2. _____
R	T	E	Y	E	S	N	E	3. _____
A	H	E	A	R	T	D	G	4. _____
I	T	O	N	G	U	E	S	5. _____
N	K	I	D	N	E	Y	A	6. _____
Z	F	E	A	R	S	W	M	7. _____
								8. _____
								9. _____
								10. _____

I. Value Based Questions:

Social Values, Cultural Connect

1. How do you keep yourself clean?
2. You see some children making fun of a blind person. Do you also start doing the same thing? What will you do?

J. Problem Solving Assessment:

Analytical Thinking, Problem Solving

Internal organs are inside our body and cannot be seen. The brain tells us what to do. The heart pumps blood to all body parts. Lungs supply oxygen and help us to breathe. Stomach stores food and helps in digestion. Kidney filters blood and throws out waste.

Now answer the following questions:

1. _____ is an internal organ.

(a) Heart	(b) Arm	(c) Chin
-----------	---------	----------
2. _____ tells us what to do.

(a) Kidney	(b) Brain	(c) Stomach
------------	-----------	-------------
3. All body parts get blood from _____.

(a) bones	(b) muscles	(c) heart
-----------	-------------	-----------
4. Our food is stored in the _____.

(a) stomach	(b) lungs	(c) brain
-------------	-----------	-----------
5. Waste comes out of our body if our _____ function properly.

(a) brain	(b) kidneys	(c) stomach
-----------	-------------	-------------



K. Higher Order Thinking Skills (HOTS):

Critical and Logical Thinking

1. A person is 20 years of age but acts and behaves like a 5 year old child. Can you tell which internal organ is not working properly?
2. A 6 year old child eats only junk food. He does not eat fruits and vegetables, does not exercise and watches a lot of T.V. Can he be fit and healthy?

L. Fun To Do:

Play-way Learning

1. Make a cut out of a human body using a card board. Make 5 internal and 5 external organs on it.
2. Blind fold a friend and ask him/her to touch 6 objects and guess what they are.

M. Project Work:

Research and Analytical Thinking

Paste some pictures of various activities that are done by using our hands, legs and brain.

N. Life Skills:

Life and Social Skills

Do you take care of your body organs daily. Write at-least five ways you do so. Ask your friends how they take care of their body organs.

