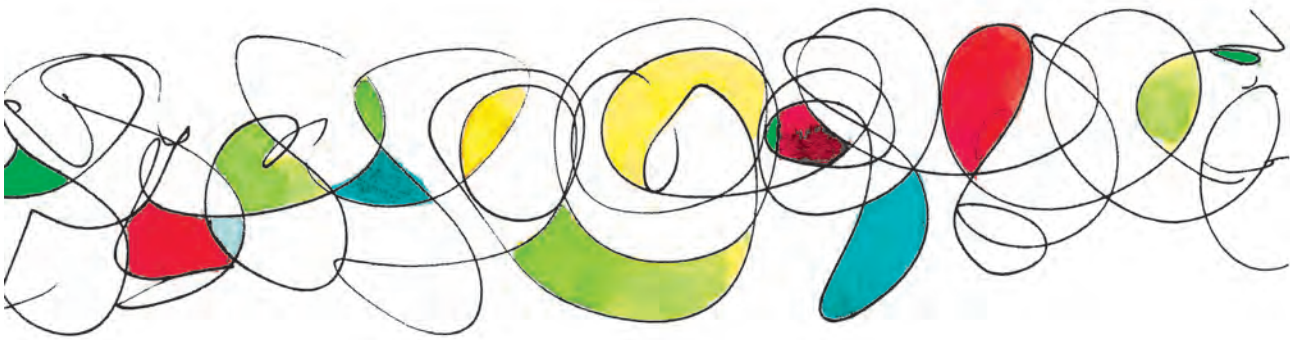


# 1. Picture

## 1.1 Scribbling



## My Activity

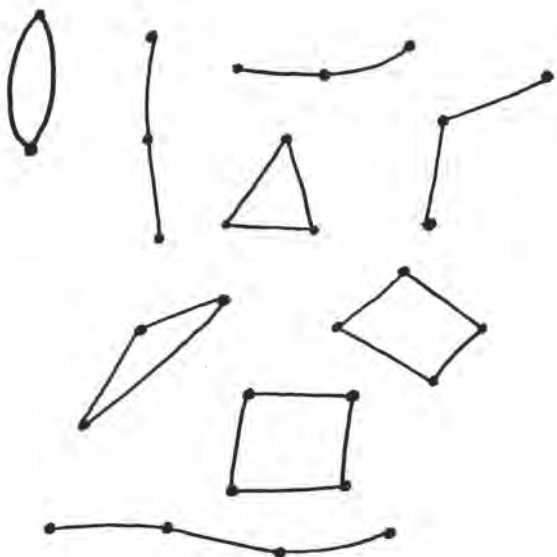
Beautiful rhythmic lines are created when there are eye movements, face expressions, humming of a tune accompanied by scribbling lines. Motivate children to scribble as they want and also ask them to colour certain parts as shown above.



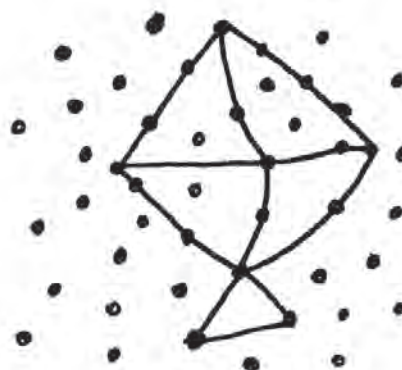
## My Activity

## 1.2 Fun with Dots

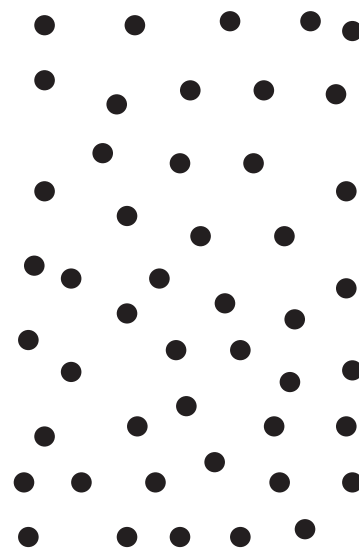
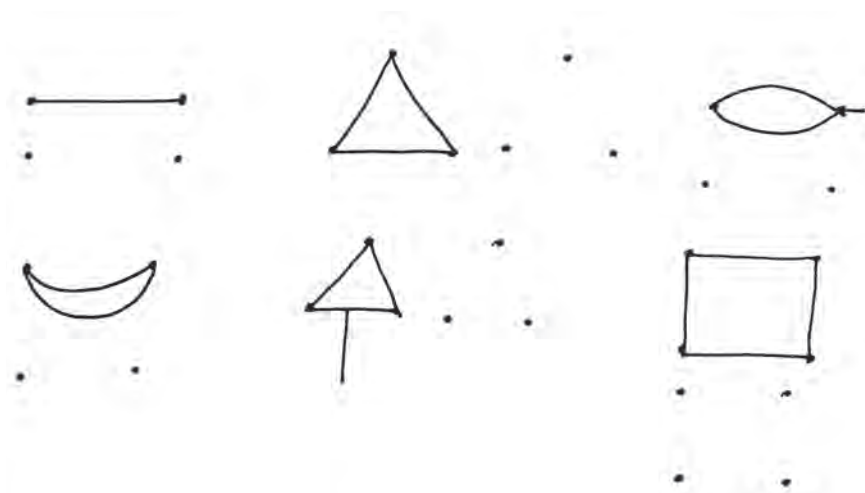
### • Shapes



### • Picture



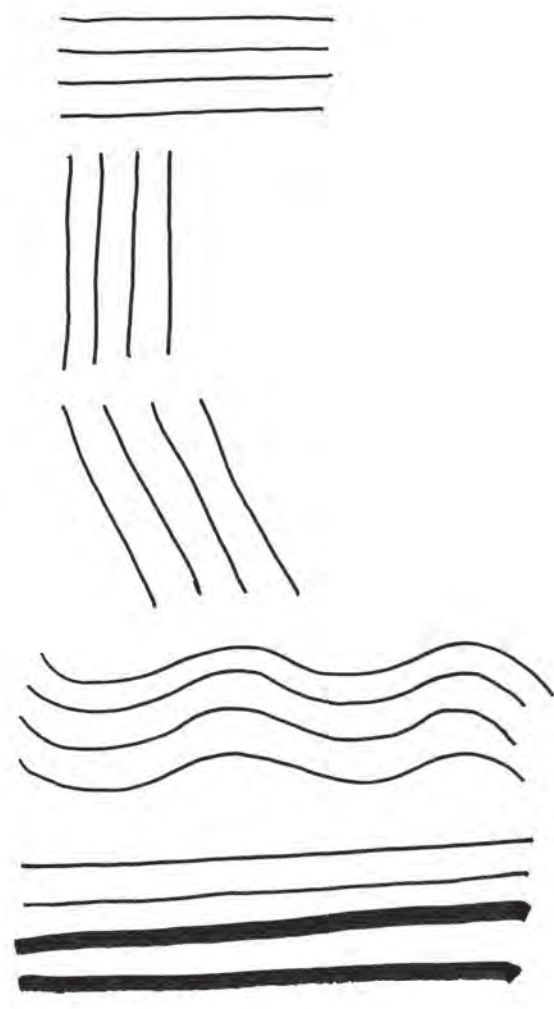
### My Activity



**Drawing shapes by joining dots :** Take a sheet of paper. You can put two dots at a certain distance and join them with two lines, a shape is formed. Similarly, you can put three, four, five, six or more dots on the paper, some simple shapes can easily be formed. Children can make such simple shapes with the help of each other by forming groups. The Shapes can be colored with the colours of their own choice.

**Drawing figures/objects by joining dots :** Take a plain sheet of paper and place dots randomly. Ask children to join the dots and create figures of their choice and colour them with their favourite colours.

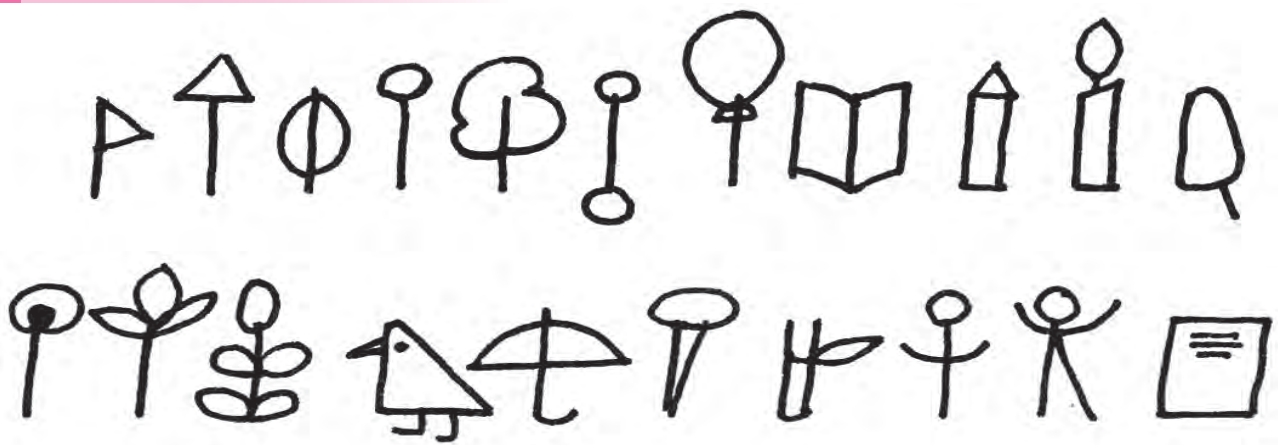
### 1.3 Fun with Lines



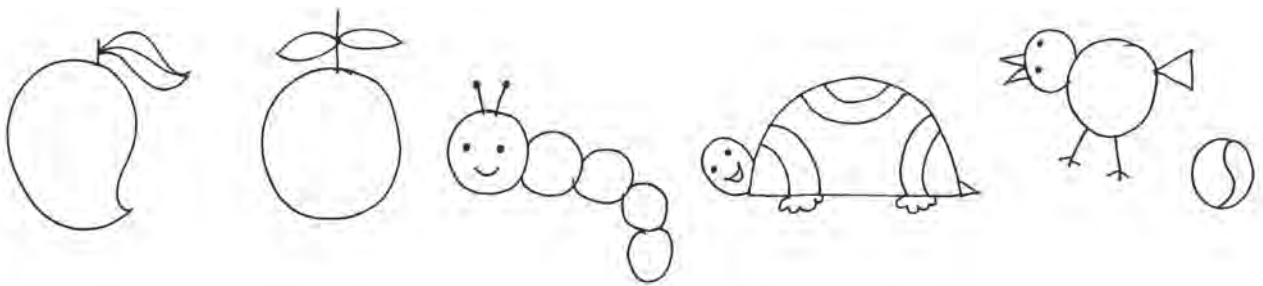
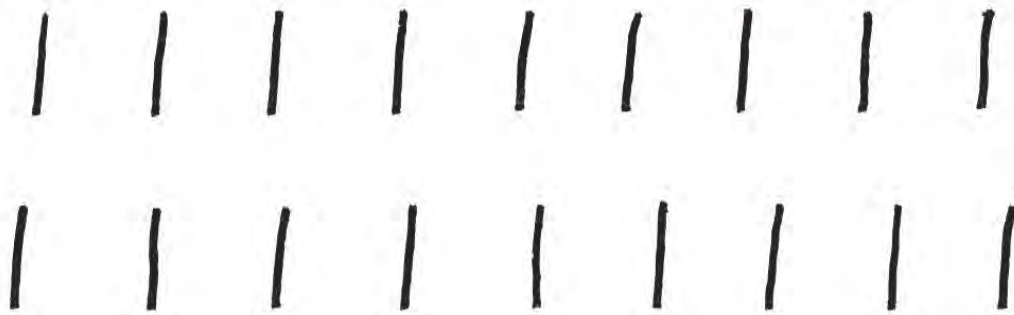
### My Activity

A regular practice of drawing the given lines, will enable children to draw perfect lines. This will help them to develop line drawing ability. Use of pencil, crayons, marker pens, sketch pens etc. can be done while practising the above lines.

## 1.4 Simple Shapes



### My Activity



Ask the children to observe the simple shapes shown above and draw some different shapes using their own imagination.

## 1.5 Finger impressions



### My Activity



Children love to play with colours. Make them prepare beautiful pictures with the help of imprints. Apply ink/water colours on the children's finger tips and create the finger impressions on a plain sheet of paper. Ask them to discover different figures. Beautiful figures, shapes and objects can be drawn with the help of these finger imprints.

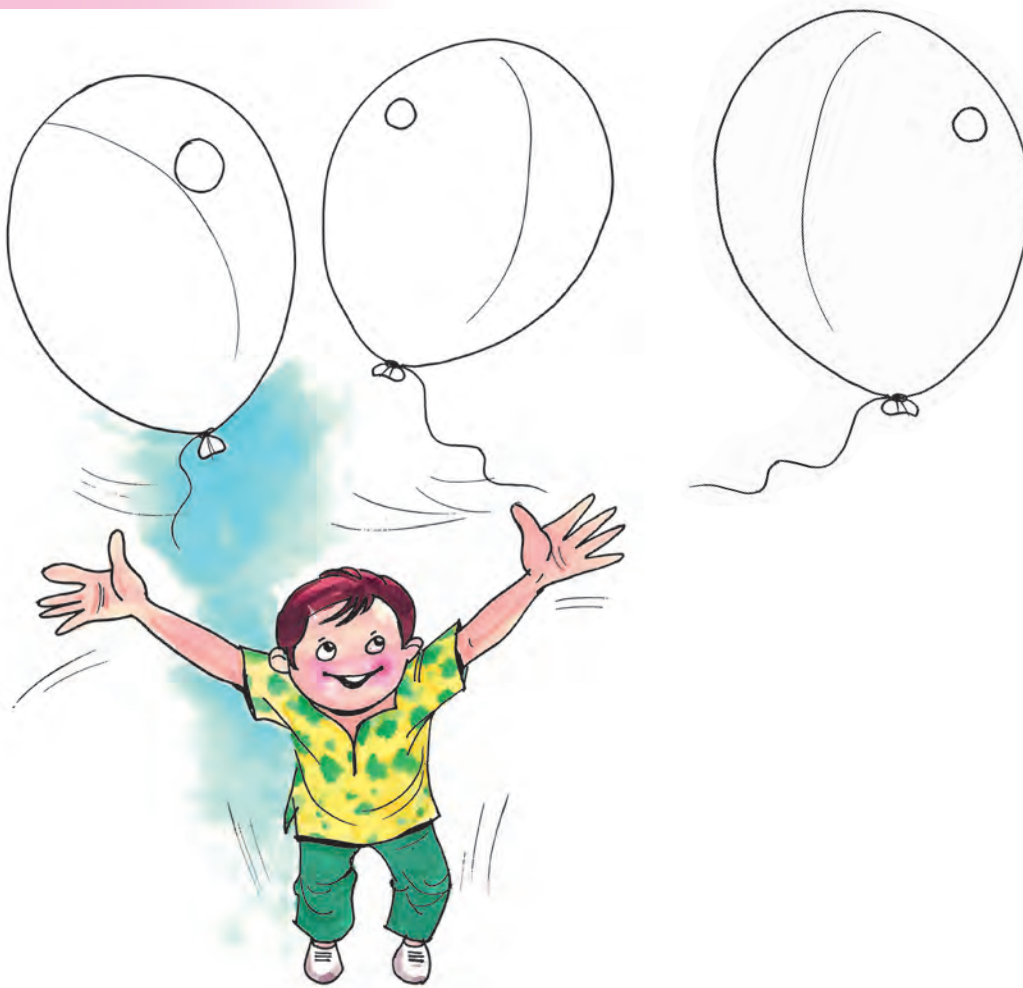
## 1.6 Designs and Patterns



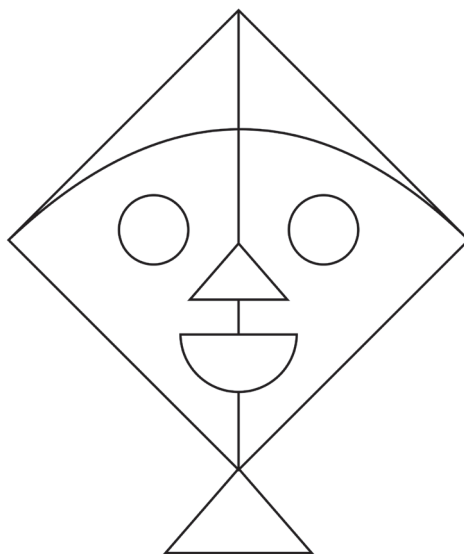
### My Activity

Designs can be formed with the help of leaves, flowers, circles, triangles, zigzag lines. Children are expected to continue with the patterns that are shown initially. They can be asked to create their own designs in 'My Activity'.

## 1.7 Colouring



### My Activity



Ask the children to fill colours of their choice in the balloons, circles and triangles.

## 1.8 Copywriting



Regular practice at young age can help in developing good handwriting. An alphabet is a pictorial expression of a sound. A pictorial expression is based on lines. When a line is drawn beautifully, the alphabet looks beautiful. Children should practice standing lines, sleeping lines, slanting lines, circular and semi-circular lines which will help them to develop a good handwriting.

## 1.9 Pictures of my friends



It is advisable to avoid any sort of correction in these pictures as the pictures drawn by the children are their self-creations.

## 1.10 My Pictures

Ask the children to draw pictures of their choice in the space given above.

## 2. Sculpture

### 2.1 Paper Work

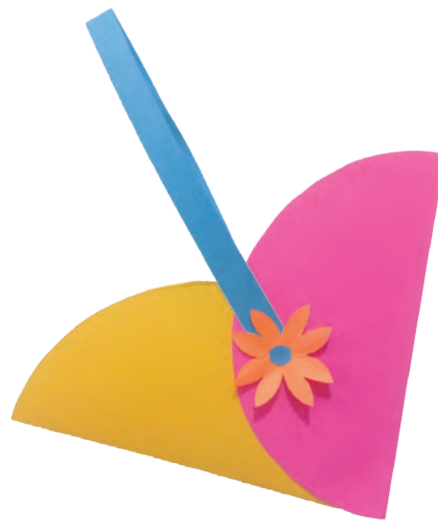
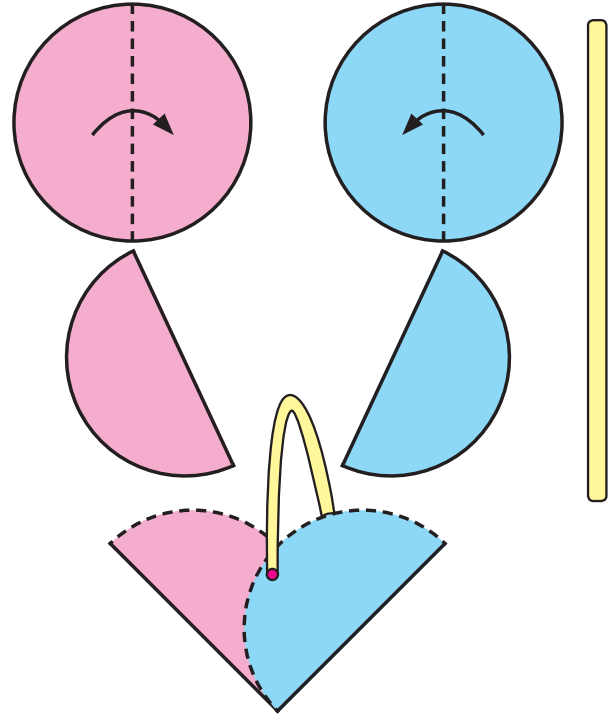
#### (1) Tearing



#### (2) Crumbling



#### (3) Folding

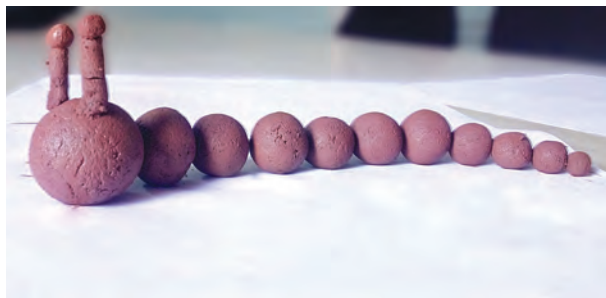


**Tearing :** Children love the process of tearing. They enjoy the very sound of tearing a paper. Children should be instructed to tear paper and paste the pieces as shown in the figure to make a collage.

**Crumbling :** The children should be instructed to take colored papers, tear them and crumble them to form small balls. The balls should be pasted in a simple figure.

**Folding :** Two Paper dishes should be taken and folded according to the figure shown above. Ask children to make a beautiful paper bag accordingly.

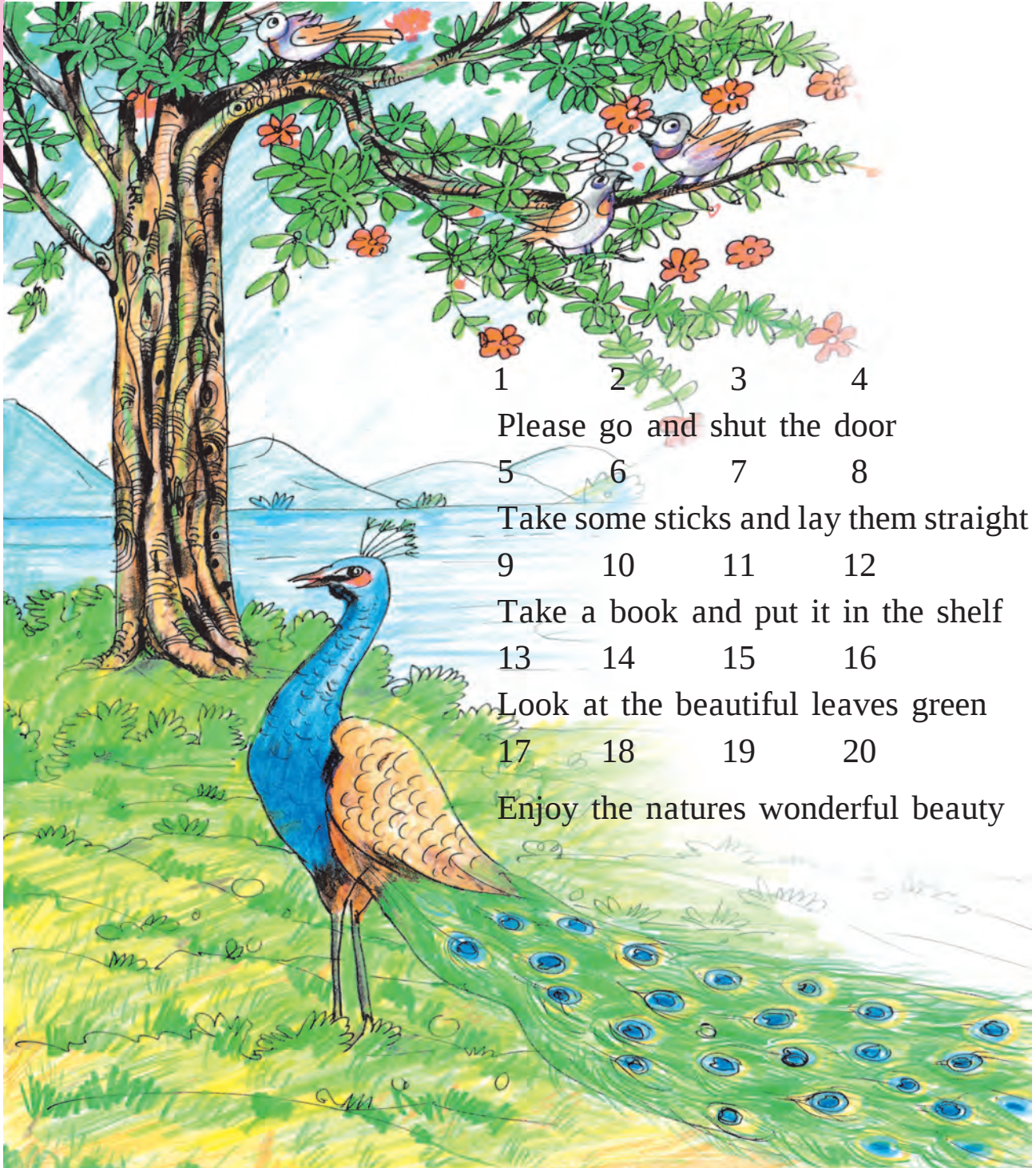
## 2.2 Clay Work



Soil is easily available in our surrounding. Ask Children to bring some soil and mix some water in it to form clay. They can prepare different shapes and objects of their choice with the clay.

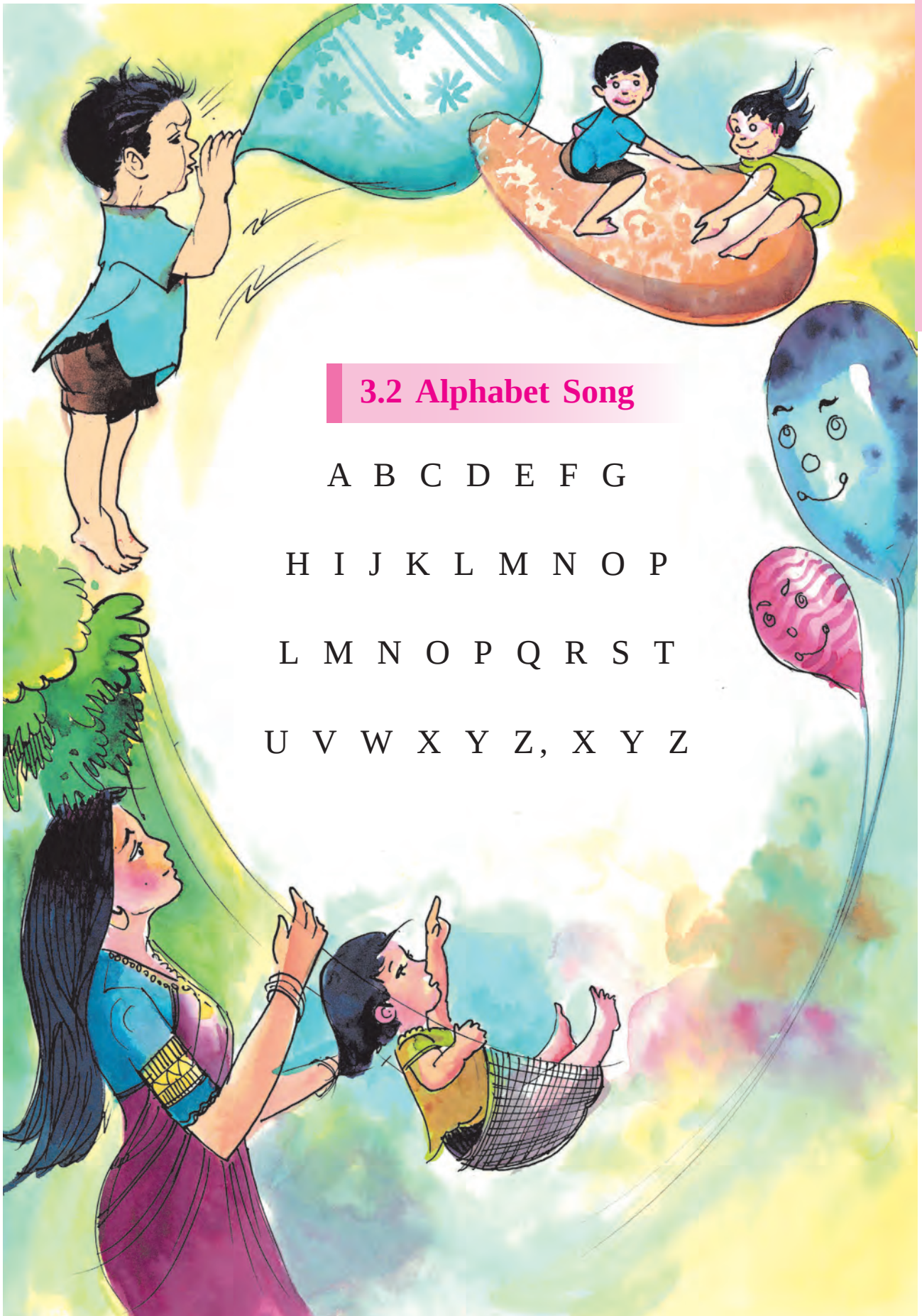
## 3. Singing

### 3.1 Number Song



1      2      3      4  
Please go and shut the door  
5      6      7      8  
Take some sticks and lay them straight  
9      10      11      12  
Take a book and put it in the shelf  
13      14      15      16  
Look at the beautiful leaves green  
17      18      19      20  
Enjoy the natures wonderful beauty

Music is a beautiful combination of the seven musical notes. Singing songs can be accompanied by different musical instruments. A simple tune that is sung informally for one's own pleasure is also considered as a song. Make the children sing Rhymes in simple tunes, for regular practice.



### 3.2 Alphabet Song

A B C D E F G

H I J K L M N O P

L M N O P Q R S T

U V W X Y Z, X Y Z

### 3.3 Poetic Story

#### Rabbit and the Tortoise

There was a little Rabbit

There was a little Tortoise.

The Rabbit was as swift as the wind

The Tortoise was an intelligent being.

Little Rabbit offered to have a race

Little Tortoise said, "I'll try to run at your pace!".

The Rabbit took a very big lead

The tortoise had to sweat indeed!

Soon came a meadow in the east

And offered the Rabbit a yummnny feast.

The poor Tortoise tread on Steadily

As the Rabbit ate and slept heartily

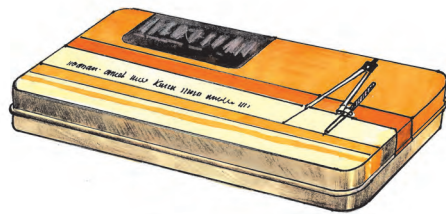
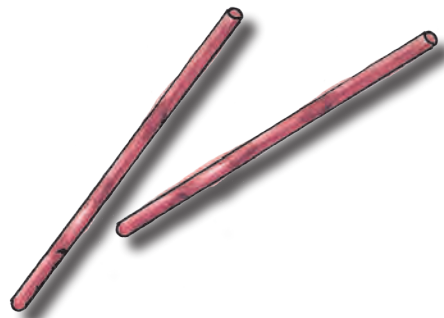
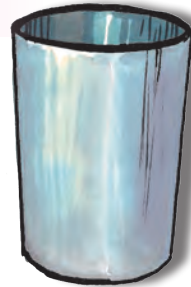
The Tortoise won and earned great Fame

The poor Rabbit had to hide with shame.



## 4. Sounds

### 4.1 Introduction to different sounds.



It is not necessary to have musical instruments to play music. Similarly, it is not necessary to have knowledge about classical music to play these musical instruments. Different kinds of sounds can be created by beating any two simple available objects. These sounds can accompany the singer while singing. Children can be made to listen to such music and they can also be made to imitate different sounds of animals and birds.

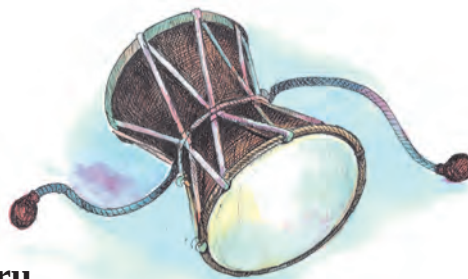
## 4.2 Introduction to different musical instruments.



**Bell**



**Drum**



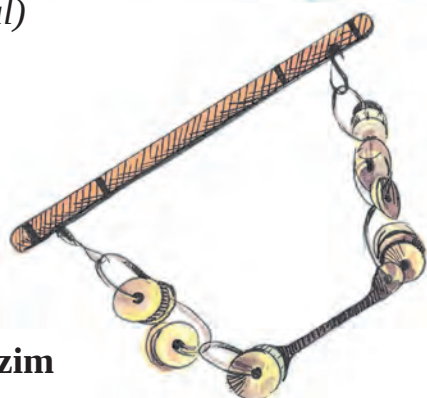
**Damru**



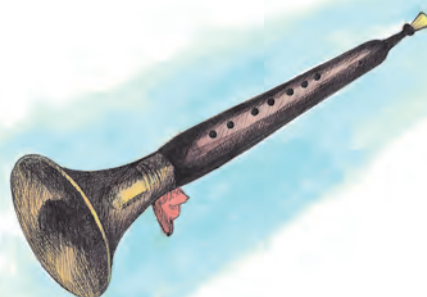
**Cymbal  
(Tal)**



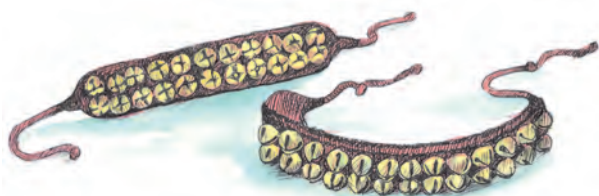
**flute**



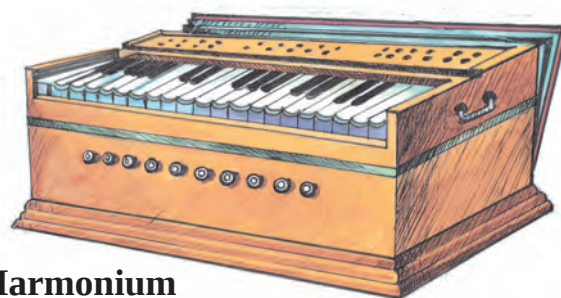
**Lezim**



**Clarion (Sanai)**

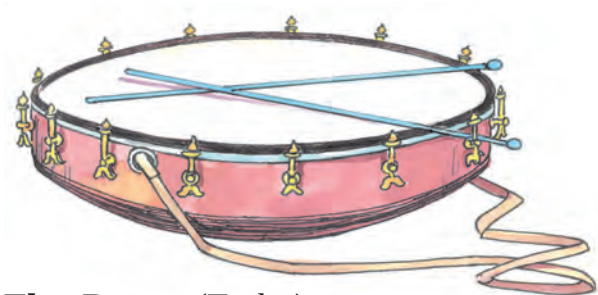


**Ghungroo**



**Harmonium**

Children should be asked to recognise the musical instruments. Make them listen to the sounds of different musical instruments according to their availability.



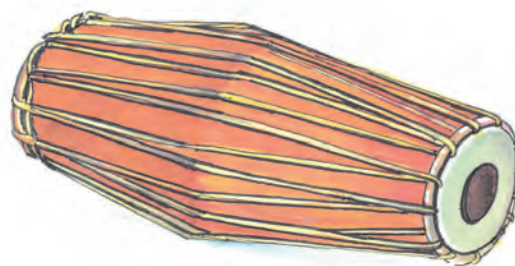
**Flat Drum** (*Tasha*)



**Tabla**



**Tamborine** (*Khanjiri*)



**Tabour** (*Pakhwaj*)

### 4.3 Other Sounds



Introduce the children to the different musical instruments that are easily available in your surroundings. Similarly, introduce them to the different sounds that are created in different natural situations and incidents.

#### 4.4 Paste pictures of different musical instruments.

Collect pictures of musical instruments that may be easily available and ask the children to paste the pictures in the space provided above.

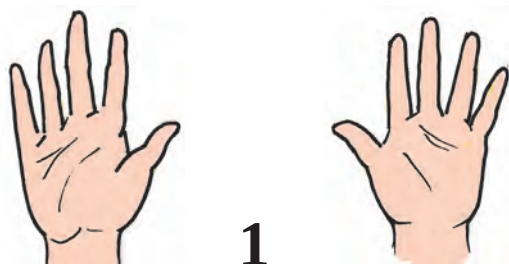
## 5. Dance

### 5.1 Movements of head and neck

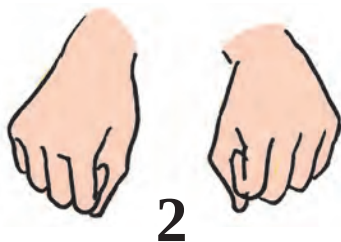


Ask the children to observe the movements of different birds like sparrow, crow and parrot. Ask them to observe the neck movements of birds like duck, peacock and heron.

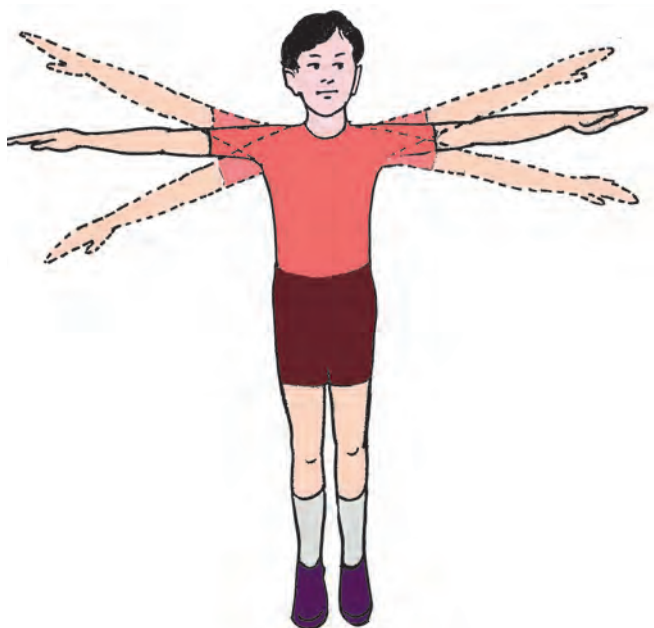
## 5.2 Palms and Fists



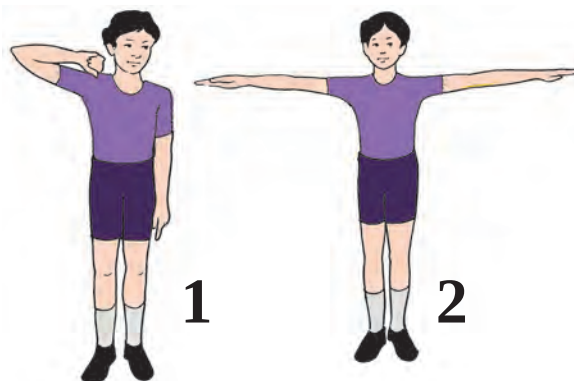
1



2

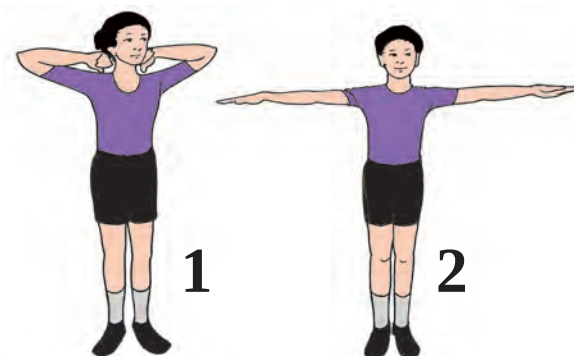


## 5.3 Hand Movements



1

2



1

2



**Palms and Fists :** At the count of 'one' open your fingers wide and stretch your palms. At the count of 'two' close your fist tightly. Bring your palms in front of your body. At the count of 'one' turn your palms towards the left. At the count of 'two' turn the palms towards the right in a semicircular motion.

**Hand Movements :** At the count of 'one' bend your left hand at the elbow and bring your fist towards your shoulder. At the count of two bring your left hand straight to the shoulder line. Repeat the same exercise with the right hand. At the count of 'one' bring both the fists towards your shoulders by bending the hand at the elbow. At the count of 'two' spread both the hands straight along the shoulder line. Spread your hands straight without bending them at the elbows. Move them upwards and downwards like the wings of a bird.

## 5.4 Swirling around



Ask the children to observe the movement of the fan, paper fan, and the spinning top. Ask them to spread their hands by keeping their palms open and move around themselves slowly. The movement can be clockwise as well as anticlockwise

## 5.5 Jumping

### Jumping on the spot



### Frog jump



### Rabbit jump

## 5.6 Swaying like the trees.



**Jumping on the spot :** Place your hands on your hips and jump on the spot with both the legs. Jump with both the legs together and spread them outwards. Again jump with both the legs and bring them close to each other.

**Frog Jump :** Sit on the floor like a frog. Place the palms on the floor and jump forward.

**Rabbit Jump :** Place the palms at the two sides of the head. Bend your legs in the knees and jump on your toes.

**Swaying like the trees :** Ask children to observe the trees as they sway along the wind. Ask them to lift their hands upwards with their palms open. On the count of 'one' they should sway their hands towards the left and on the count of 'two' they should sway their hands towards the right.

## 5.7 Movements with partners

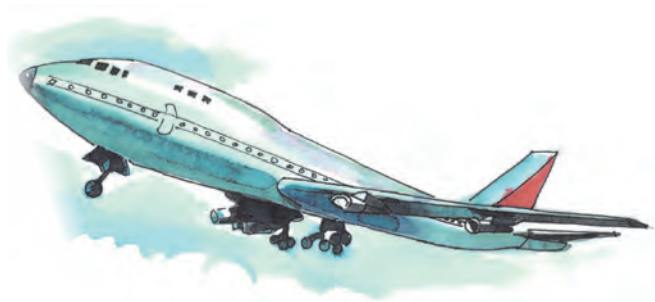


**Importance of group work :** Hold both the hands of each other and move towards the right in a circular motion, for some time and then move towards the left in the similar manner. Hold each others hands and lift your hands upwards at the count of 'one', and bring them downwards at the count of 'two'. At the count of 'one' clap your hands, and at the count of 'two' clap hands with your partner.

**Freedom of movements :** Encourage the children to move their hands freely to the rhythm of children's songs and rhymes. Ask them to dance to the songs given in the textbooks as well as some folk songs.

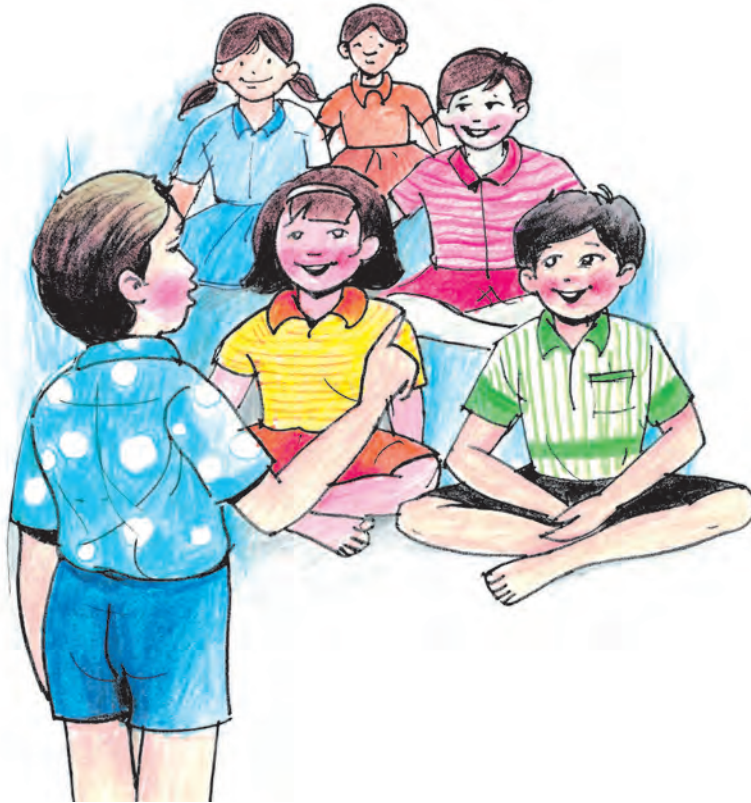
## 6. Drama

### 6.1. Imitation of Sounds (Animals, birds, vehicles)



Encourage the children to observe the sounds made by different animals and birds. Ask them to make different sounds individually. Ask the children to make the sounds of different vehicles shown in the above picture. They can also be asked to identify the sounds made by different vehicles.

## 6.2. Self Introduction. (Name, address and hobbies)



## 6.3 Greeting



Divide the children in groups. Ask each child to stand in front of his/her group and tell his/her name, address and hobbies. 'Soldier's salute, joining hands to greet, shake hands, hugging, flag salute, seek, blessings by touching feet,' are different methods of greeting each other in different situations. Make children practise these methods.

## 6.4 Conversations



Make the students sit in pairs. Create situations so that they are able to play different roles and converse with each other accordingly. Eg. shopkeeper – customers, vegetable vendor - customers, mother-son, two friends.

# किशोर



कथा, कविता, कादंबरीका, एकांकिका,  
दीर्घकथा, गंमतगाणी, ललित, छंद, चट्टि,  
विज्ञान, देश-देशांतर, लोककथा

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