



## Unit - 1 : Myself

# ALL ABOUT MYSELF

### Tell about yourself.

My name is .....

I am ..... years old.

I study in class .....

My address is .....

.....

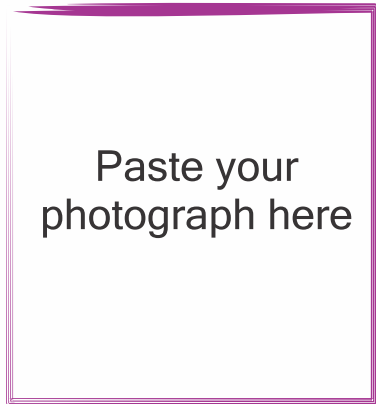
.....

The name of my school is .....

.....

My birthday is on .....

My phone number is .....



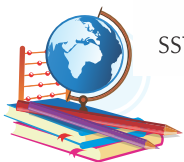
### Learn and tick (✓) the poem that suits you.

I am a little girl  
with a little curl,  
Dad always calls  
me his little pearl.



I am a little boy  
a bundle of joy,  
Mom always calls  
me her little toy.

**Teacher's Notes** : Give each child a chance to tell about himself/herself to the class. Encourage him/her to speak without any hesitation.



# TESTING TIME

TASKS FOR SA

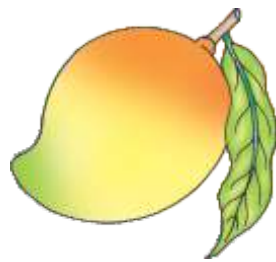
1. Tick (✓) your favourite pet.



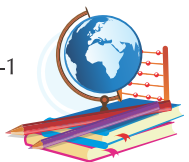
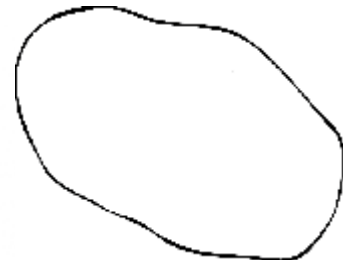
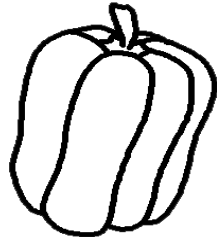
2. Tick (✓) your favourite bird.



3. Tick (✓) your favourite fruit.



4. Colour your favourite vegetable.





# MY BODY

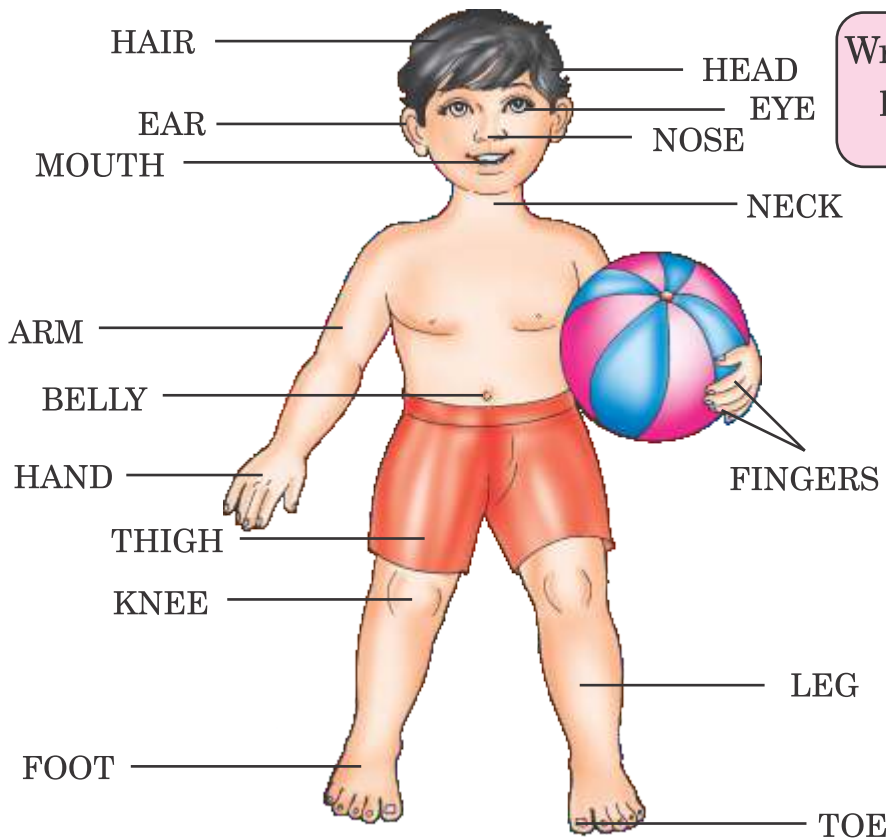
Our body has many parts.  
Each part of the body had a different name.  
All the body parts perform important functions.

### Looking Ahead

In this lesson :

- ★ Different parts of the body
- ★ Functioning some body parts

Read and learn the names of some of your body parts

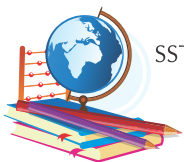


Write the name of the body parts that rhymes with these words

- ROSE  
NOSE
- SOUTH  
.....
- CHECK  
.....
- FAIR  
.....

The skin covers the whole body from outside.

**Teacher's Notes :** Discuss with children how each one of us differs from other though we have the same body parts. To tell the importance of the five sense organs, blindfold the children and ask to identify things by hearing / touching/smelling/tasting.



We can do many activities with our **arms** and **legs**.

★ We have two **arms**. Each arm has a **hand**.

We eat, write, hold, lift and paint with our hands.



Eating



Writing



Lifting

★ We have two **legs**. Each leg has a **foot**.

We stand, walk, run, dance, skip and kick with our leg.



Walking



Running



Cycling



Dancing



Skipping



Kicking



## OUR SENSE ORGANS

We have five sense organs. These are eyes, ears, nose, tongue and skin. our sense organs help us to know about our surroundings.



Our eyes help us to see.



Our ears help us to hear.



Our nose help us to smell.



Our tongue helps us to taste things



Our skin helps us to feel.

### Do it yourself

Try to move your ears. You cannot do it. What about animals? They can move their ears.



### WORD MEANINGS

**perform** : do  
**surroundings** : places around us

### LET US RECALL

- Our body has **many parts**.
- Each part of the body has a **different name**.
- We use our hands to eat, write, hold, lift and paint.
- We use our legs to stand, walk, run, dance, skip and kick.
- We have five sense organs : eyes, ears, nose, tongue and skin.

# TESTING TIME

TASKS FOR FA & SA

(Based on CCE)

## A. Tick (✓) the correct answer:

- How many parts does your body have?  
(a) Two  (b) Three  (c) Many
- Which is the upper most part of your body?  
(a) Stomach  (b) Chest  (c) Head
- Each of our arm has a :  
(a) hand  (b) foot  (c) hip

## B. How many of each do you have?

- |            |                                  |           |                       |
|------------|----------------------------------|-----------|-----------------------|
| 1. Eyes    | <input checked="" type="radio"/> | 2. Ears   | <input type="radio"/> |
| 3. Nose    | <input type="radio"/>            | 4. Tongue | <input type="radio"/> |
| 5. Neck    | <input type="radio"/>            | 6. Head   | <input type="radio"/> |
| 7. Fingers | <input type="radio"/>            | 8. Toes   | <input type="radio"/> |

## C. Match the pictures with the words.



SEE  
HEAR  
TASTE  
SMELL  
FEEL





2. Find out the missing part of the body. Can you draw them?



The boy has no.....



The girl has no.....



The boy has no.....

3. Hold your tongue with your fingers. Try to say 'Hello'. Can you speak? No, this shows that our tongue also help us in speaking.

4. Collect these things :

Sugar, lemon, green chilli, chalk, bitter gourd (kerala), rose, teddy bear.

Close your eyes (tie hanky). Ask your friend to give you a thing to smell, feel or taste it. Try and guess what it is. Which sense organ helps you to guess different things?

## **SPEAKING SKILLS** ≡

Compare yourself with your friends. Tell five ways you look different from your friend. Example : 'I have fair skin and curly hair'.

## **LIFE SKILLS** ≡

You are playing in a park. Suddenly, you see a visually challenged (blind) boy wants to cross the road. What will you do?

- ★ You will continue your playing.
- ★ You will help him/her in crossing the road.

## **H.O.T.S.** ≡

(High Order Thinking Skills)

We cannot see in total darkness, but a bird can. Can you name the bird? .....

