



निरन्तर प्रकाशन

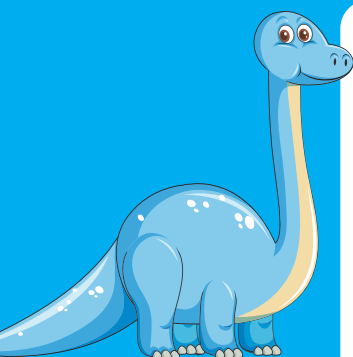
Nirantar Prakashan

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Environmental Science & Social Education

(ECD-LKG)





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Preface

Welcome to Nirantar's "Environmental Science and Social Education". In this book, we'll explore the fascinating world around us and learn about the different elements that make up our environment and get a better understanding of our social environment as well.

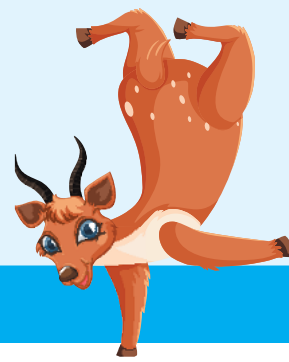
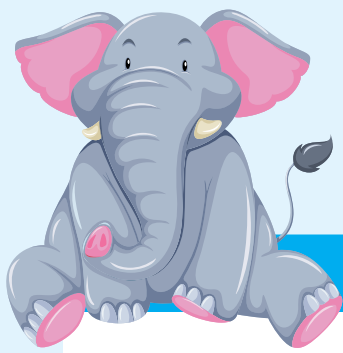
We'll cover a wide range of topics, from plants and animals, to water, geology, weather, tools, machines, transportation, communication, family, school, festivals and much more. Each chapter is designed to be fun and engaging, with easy-to-understand explanations and colorful illustrations.

We hope that by the end of this book, you'll have a better understanding of the world around you. Let's explore the amazing world of environmental science and social education together.

Best wishes,

Nirantar Prakashan





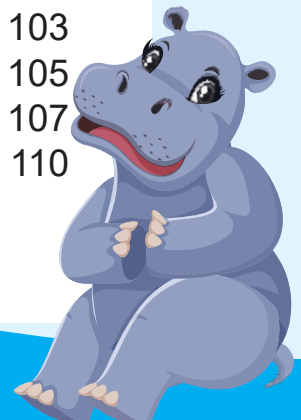
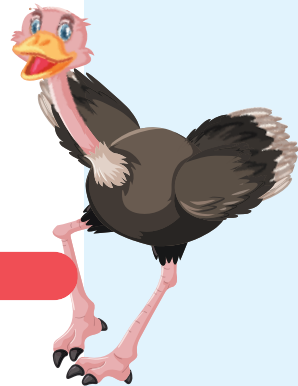
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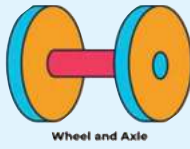
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Pulley



Wheel and Axle



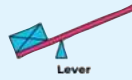
Screw



Wedge



Inclined Plane



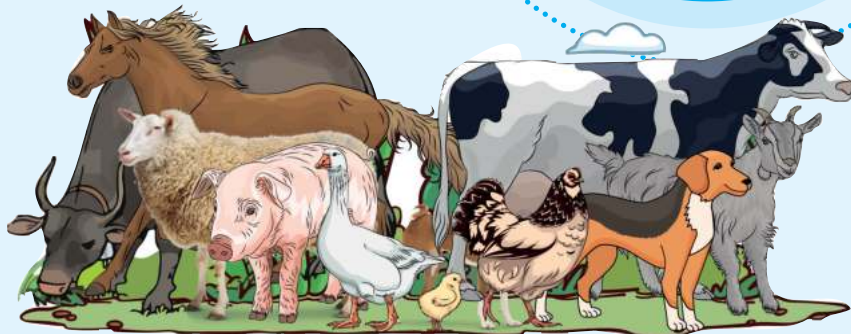
Lever



Environmental Science

Areas for Concepts

- Plants
- Animals
- Objects/Matter
- Water
- Environment and geology
- Weather/Season
- Machine
- Energy
- Transportation and communication



LKG

Plant Song

(Little seed
What do you need
to help you grow
big and strong?) 2

(I need water
I need air
I need warmth
to help me grow.) 2

growing roots
yaa ...
growing my stem
yaa ...
growing leaves
yaa ...

Little plant
What do you need
to help you grow
big and strong?

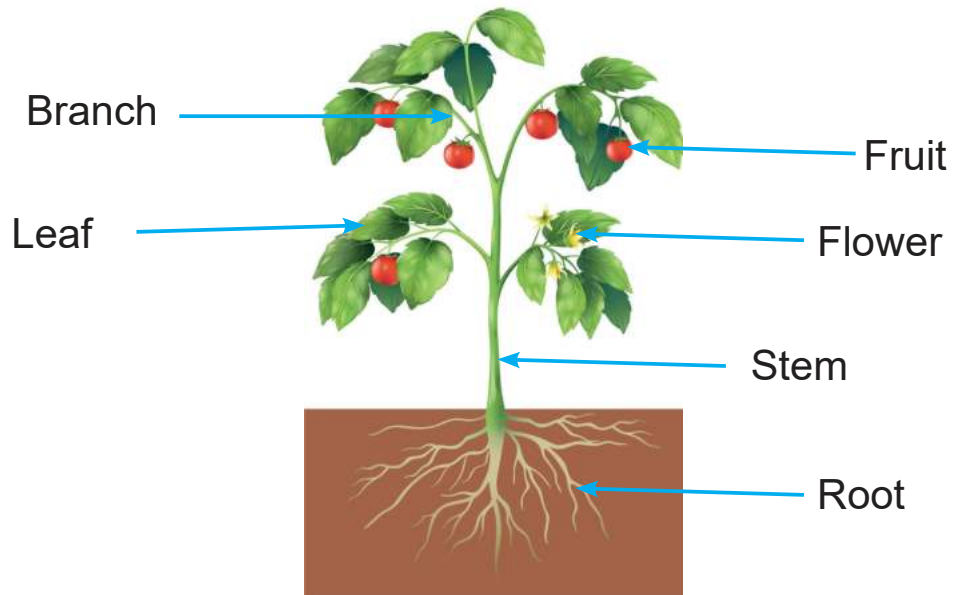
(I need water
I need air
I need soil
I need sunshine
to help me grow
big and strong.) 2

Growing, growing, growing
more roots
more leaves
flower bud
bloom...
I have a flower
That's how I grow.





I can read parts of the plant.



- Planting tree is good.
- plants give us fresh air.

- Water the plant.



I can match the parts of the plant with their names.



- root
- stem
- branch
- flower
- leaf
- fruit



I can write the missing letters of parts of the plant.



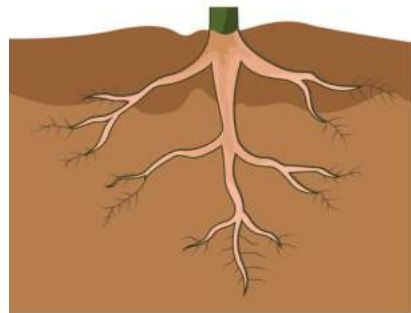
l _ a _



b _ a _ c _



f _ u _ t



r _ o _



s _ e _



f _ o _ e _

LKG

Flower Song

One little flower

One little bee

One little blue bird

High in the tree.



One little brown bear

Smiling at me

One is the number

I like you see.





Reading Time

We see many flowers.

- Flowers have good smell.



rose



lotus



sunflower



lily



marigold



jasmin



hibiscus



bluebell



daisy





I can match the pictures with their names.



● **jasmine**



● **rose**



● **sunflower**



● **lotus**



● **marigold**



● **lily**



● **daisy**



● **hibiscus**



● **blue bell**



I can fill the missing letters.



r _ s _



j _ s _ i _ e



l _ l _



d _ i _ y



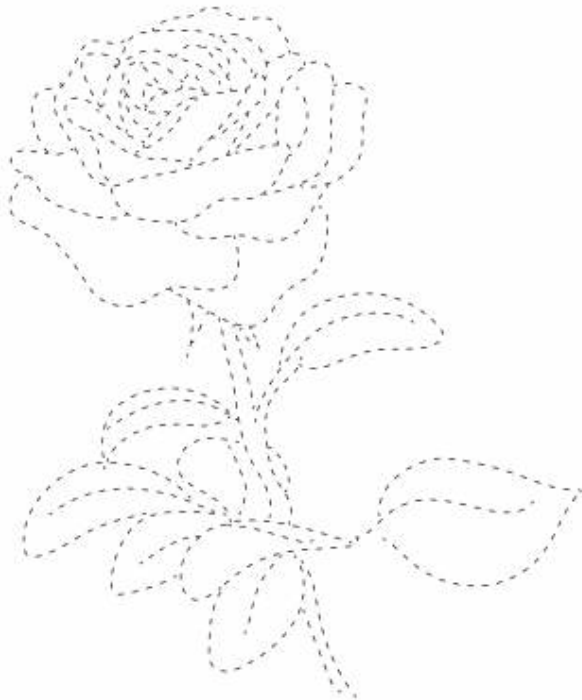
l _ t _ s



s _ n _ l _ w _ r



I can trace and colour the rose flower.



Rose



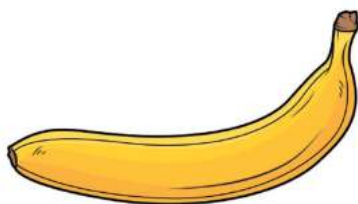
Reading Time

Fruits

- Fruit is sweet, fleshy part of a plant.
- Fruits come in a wide variety of colours, shapes and flavours.



apple



banana



guava



mango



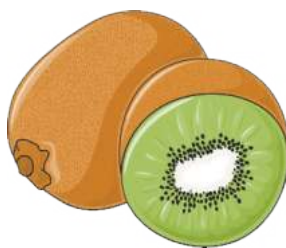
cherry



grapes



orange



kiwi



blue berry



I can match the fruits with their names.



apple

orange



kiwi

cherry



grapes

banana



guava

mango



kiwi

blue berry



apple

guava





I can fill the missing letters.



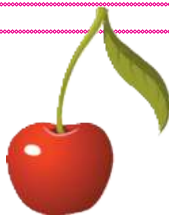
b _ n _ n _



g _ a _ a



a _ p _ e



c _ e _ r _



g _ a _ e _



o _ a _ g _



I can see the pictures and write their names.



LKG

Vegetables Song

Five little **vegetables** jumping on the bed
Tomato fell off and bumped its head
Potato called the doctor and
The doctor said, "No more vegetables jumping on the bed!"



Four little **vegetables** jumping on the bed
Potato fell off and bumped its head
Onion called the doctor and
The doctor said "No more vegetables jumping on the bed!"



Three little **vegetables** jumping on the bed
Onion fell off and bumped its head
Carrot called the doctor and
The doctor said "No more vegetables jumping on the bed!"



Two little **vegetables** jumping on the bed
Carrot fell off and bumped its head
Radish called the doctor and
The doctor said "No more vegetables jumping on the bed!"



One little **vegetables** jumping on the bed
Radish fell off and bumped its head
Peas called the doctor and
The doctor said "No more vegetables jumping on the bed!"





Reading Time

Vegetables

- Vegetables are the suitable portions of a plant you can eat.
- Vegetables protect human beings from different diseases.



potato



cucumber



cabbage



tomato



chilli



carrot



radish



onion



mushroom



I can match the vegetables with their correct names.



potato

tomato



onion

tomato



chilli

onion

radish

carrot



mushroom

cabbage

mushroom

onion



I can fill the missing letters.



p _ t _ t _



c _ i _ l _



_ a _ r _ t



r _ d _ s _



o _ i _ n



c _ b _ a _ e



I can name the vegetables.



We **should** and **should not** do.

Should do



water the plants



fertilize the plants



plant many plants

Should not do



break the plants



pluck the flowers



let the plants go dry

Activities for topic

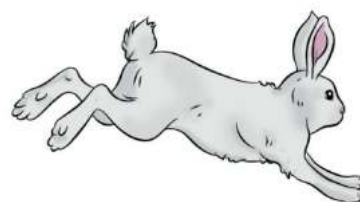
1. using flash card
2. games
3. story
4. project work (germination of plant)
5. presentation
6. real plant talk
7. song / rhymes
8. farm visit / garden visit

LKG

Animals Song

(jump, jump like a rabbit) 2

Let's sing the animal song...



(swing, swing like a monkey) 2

Let's sing the animal song...

Let's count one to ten!

(1-2-3-4-5-6-7-8-9-10...) 2

(shake, shake like a dog) 2

Let's sing the animal song...



(fly fly like a bird) 3

Let's sing the animal song...

Let's count ...

One - two - three - four- five -

Six - seven - eight - nine - ten



(sleep, sleep like a panda) 2

Sleep like a panda ... ZZZZZZ...





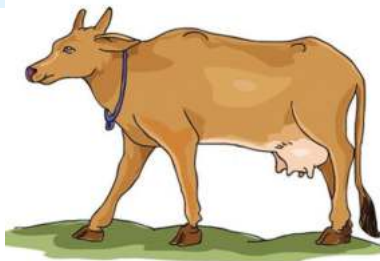
Reading Time

Domestic Animals

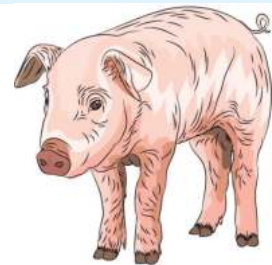
- Domestic animals live and grow with us.
- Domestic animals are kept for rearing and pet animals give us company.
- Some domestic animals are just like our friends.



dog



cow



pig



goat



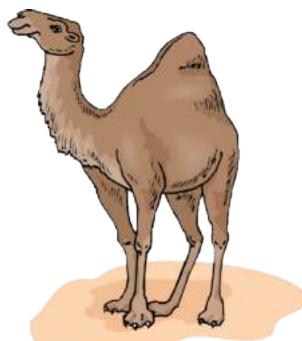
cat



buffalo



sheep



camel



donkey



I can match the domestic animals with their correct names.



cat

dog



dog

cat



sheep

goat



donkey

pig



buffalo

donkey

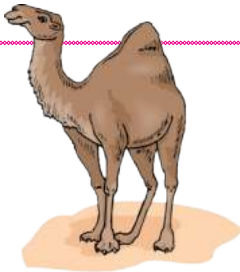


buffalo

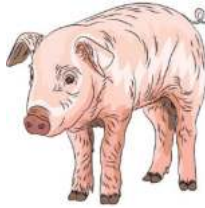
goat



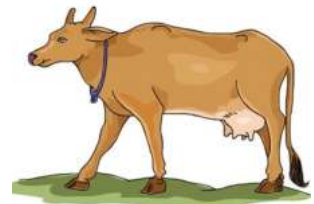
I can fill the missing letters.



c _ m _ l



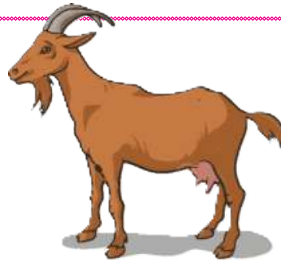
d _ g



c _ w



b _ f _ a _ o



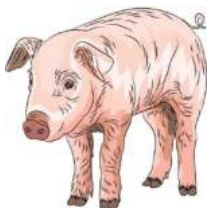
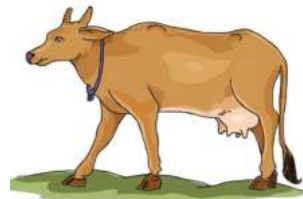
g _ a _ t



s _ e _ p



I can see the pictures and write their names.





Reading Time

Wild Animals

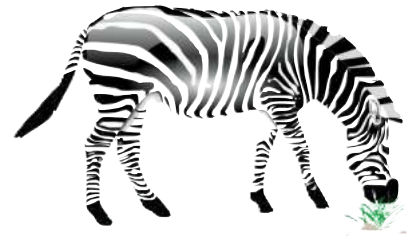
- Wild animals do not depend on others for their food, shelter and water.
- They live in the jungle and hunt other animals or eat plants.



tiger



lion



zebra



monkey



leopard



bear



deer



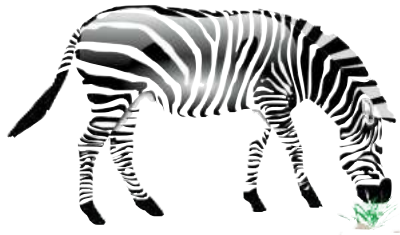
fox



giraffe



I can match the wild animals with their correct names.



tiger

zebra



lion

zebra



bear

fox



leopard

tiger



leopard

deer



giraffe

deer



I can fill the missing letters.



l _ o _



z _ b _ a



_ e _ p _ r _



d _ e _



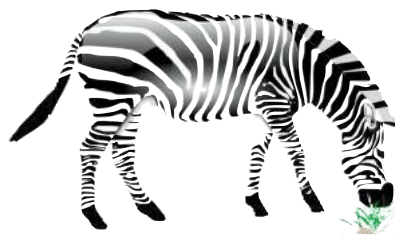
m _ n _ e _



f _ x

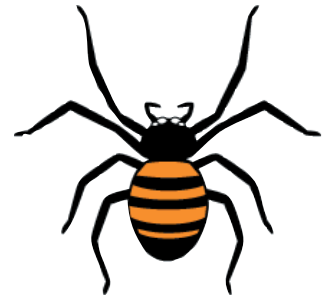


I can see the pictures and write their names.



Turn : Here we go round
the mulberry bush

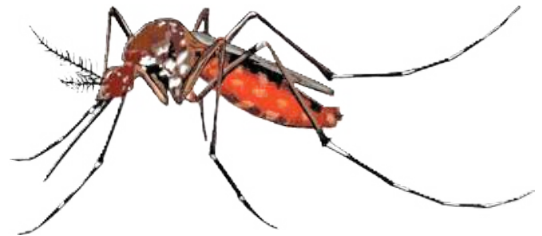
Let us see some insects.
With six legs and two antennae
Let us see some insects.
Crawling and flying around.



Can you see a ladybug
Colourful, dome shaped ladybug
Lady beetle or the lady bird
Are some names of the ladybug.



Can you see a mosquito
Thin, long legs of the mosquito
Can you see a mosquito
Beware of the mosquito.



Can you spot the honey bee
Yellow brown stripes on the honey bees
Queen, drones and worker bees
Buzz buzz buzzing honey bees.



Note: Add some other insects and sing song (like ant, butterfly, etc.)



Reading Time

Insects

- Insects have antennae and six legs.
- Some insects crawl and some can fly.



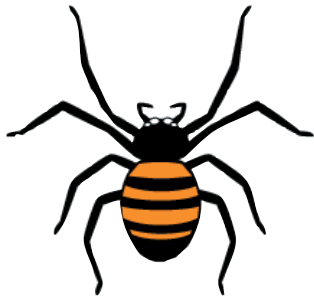
ant



bee



butterfly



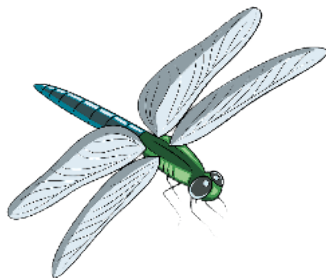
spider



caterpillar



beetle



dragonfly



grasshopper



ladybug



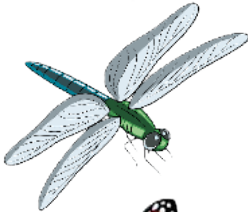
I can match the followings.



● bee



● ant



● butterfly



● dragonfly



● spider



● ladybug



● beetle



● grasshopper



I can fill the missing letters.



a _ t



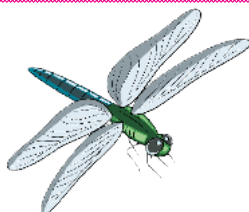
b _ _



_ u _ t _ r _ l _



s _ i _ e _



d _ a _ o _ f _ y



b _ _ t _



I can see the pictures and write their names.



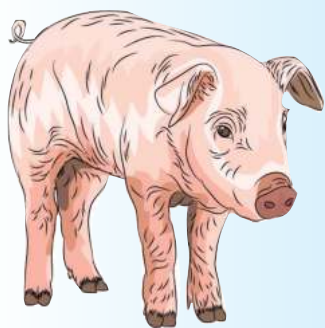
Sounds of domestic animals



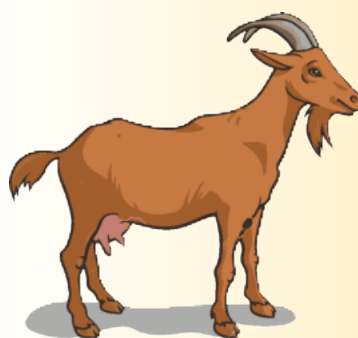
meow



woof/bark



oink



bleat



baah



hee-haw



moo



grunt



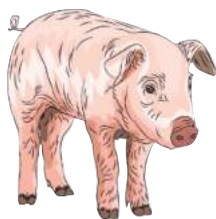
I can match the pictures of animals with their sounds.



oink



meow



woof



baah



moo



hee-haw



Differences between **domestic animals** and **wild animals**

Domestic Animals



- live with human beings.
- are fed by human beings.
- trained by the human beings.

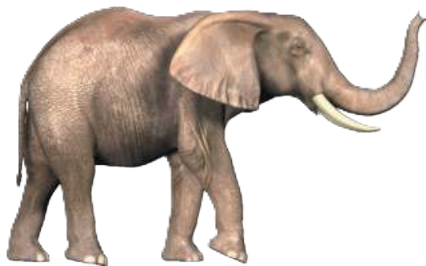
Wild animals



- grow and live in jungle.
- find their own food.
- they harm us if we disturb them.

Tall and Short Animals

Tall animals



elephant



giraffe



horse



buffalo

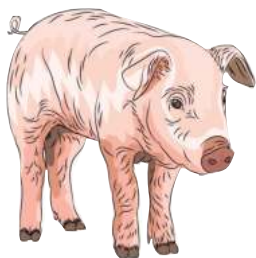


camel



cow

Short animals



pig



goat



tiger



lion



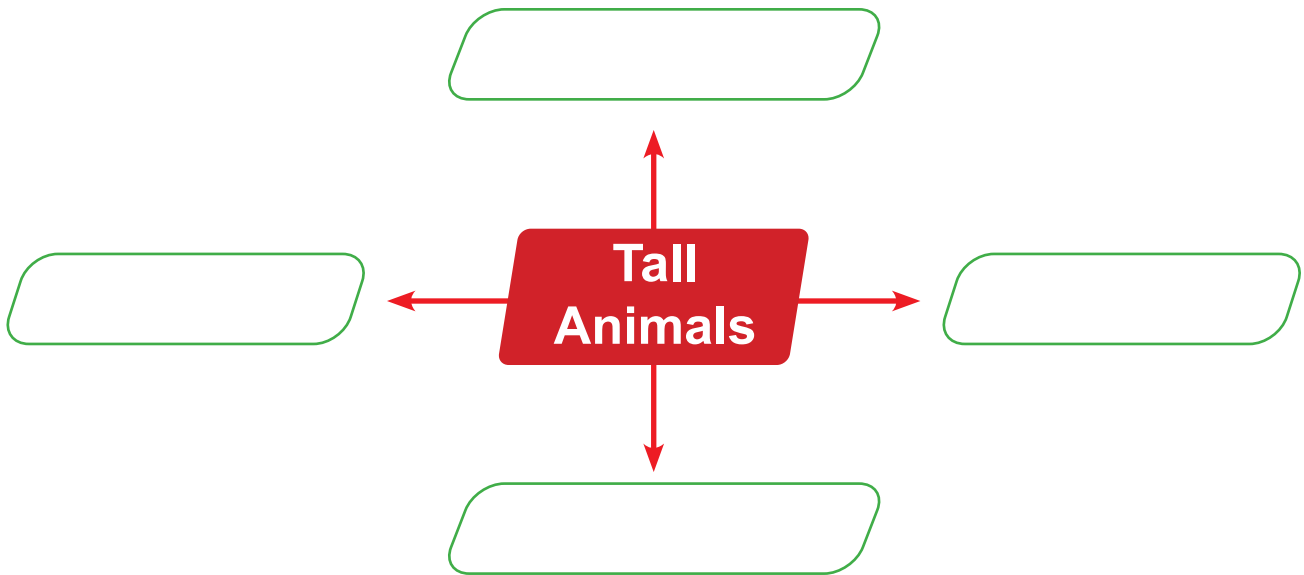
sheep



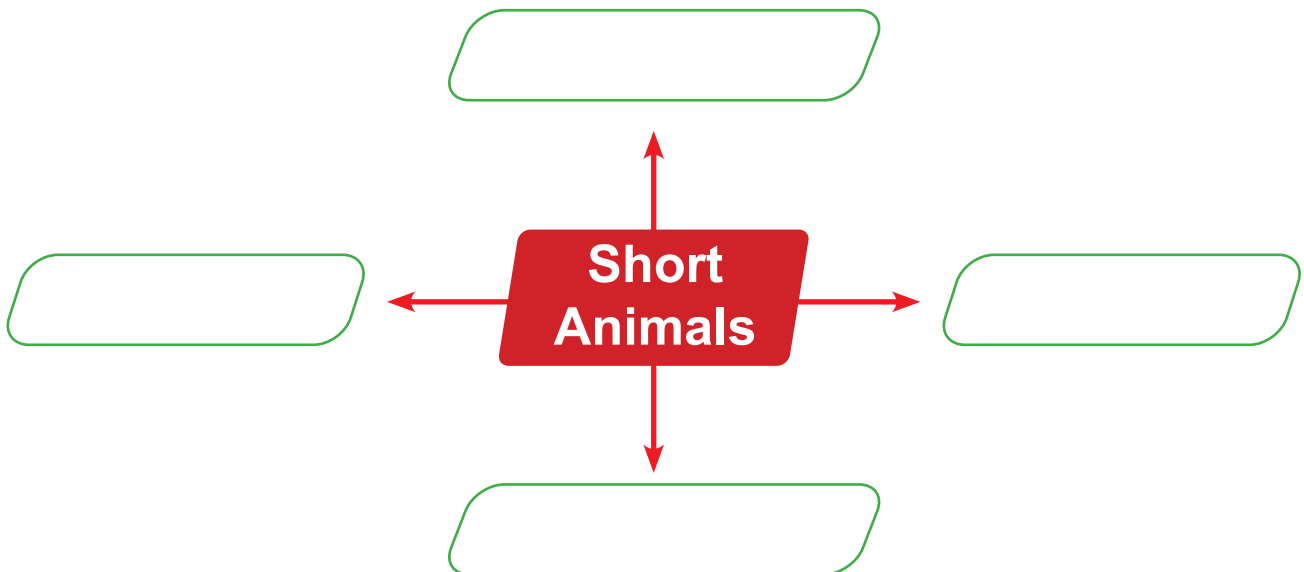
leopard



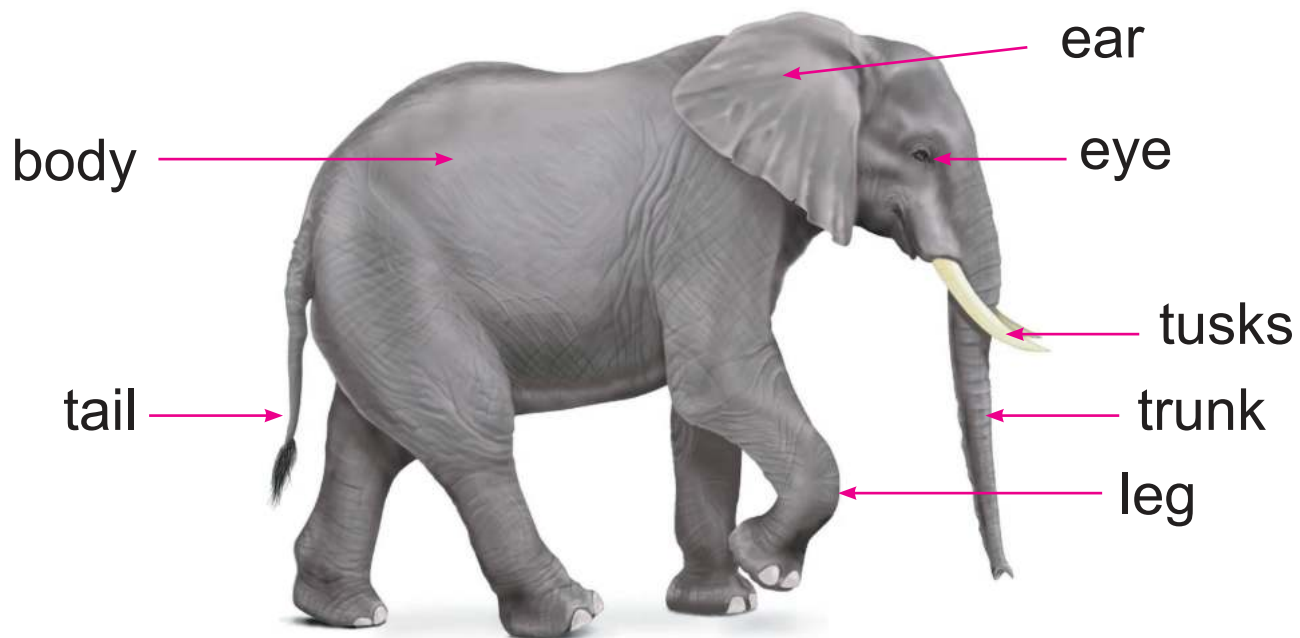
I can put the tall and short animals in the right spaces.



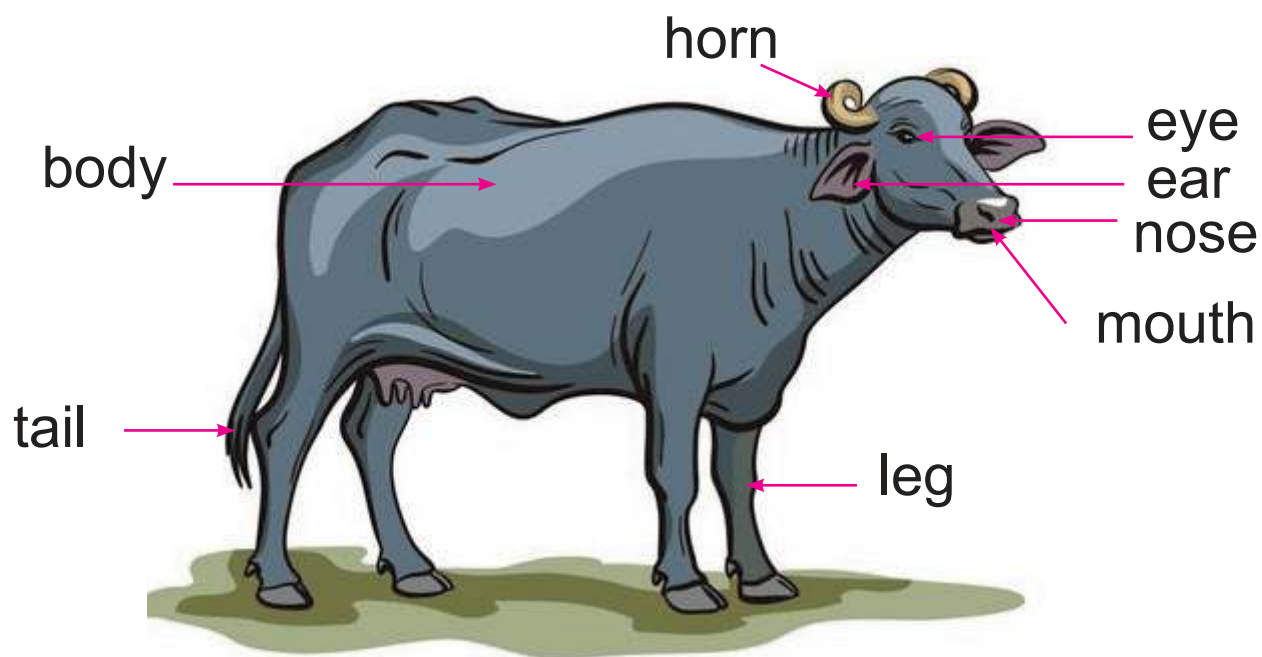
**Pig, horse, tiger, elephant, goat,
giraffe, lion, camel**



Body parts of the big animals



Elephant



buffalo

We should and should not do.

Should do



love animals



give food to animals

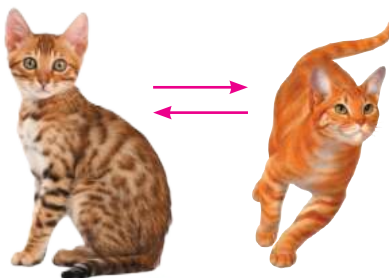


put them in their shelter

Should not do



hit animals



chase animals



make animals dirty

Activities for topic

1. using flash card
2. games
3. story
4. object talks
5. presentation
6. song / rhymes
7. farm and zoo visit



Reading Time

Natural and Man-made Objects

- Natural objects exist naturally.
- Man made objects are made by human beings.

Natural Objects



cloud



mountain



sky



soil



plant



rocks



water

Man-made Objects



furniture



vehicle



clothes



home



building



bridge



books



I can write **N** for natural objects and **M** for man-made objects.



Note: Please share about external features of objects (like colour, shape and texture)

Activities for topic

1. song / rhymes
2. videos
3. stories
4. real objects talk
5. sharing

LKG

Water Song

Water in the garden
Water in the sea
Water in the air
Water in all around us
Water is a gift from nature
so be thankful for water...
(let's save water together...) 2



Water high in the sky
Rain on the green grass
Water is what flowers drink
and fish breath!
Water is a gift from nature
so be thankful for water...
(let's save water together...) 2



Save water..., save life
(la la la ... la la la ... la la la) 2
Water is a gift from nature
so be thankful for water...
(let's save water together...) 2





Reading Time

Sources of water



river



stream



lake



pond



stone tap



well



I can match the pictures of sources of water with their names.



● spring



● river



● pond



● lake



● well



● stone tap



I can see the pictures and write their names.



I can draw a river and colour it.

river



Reading Time

Uses of water in daily life



cooking



bathing



washing



watering plant



cleaning



drinking



I can match the pictures with the uses of water.



bathing



cooking



washing



drinking



cleaning

LKG

Earth Song

"Earth" ...

We're in it together
forever and ever
saving our water, land and air
This is our planet to be shared.

Imaging our world
clean and litter free
from the ocean to the sky
join our hands....
Share the vision we can see
Let's begin by talking pride!
... taking pride.



"Earth" ...

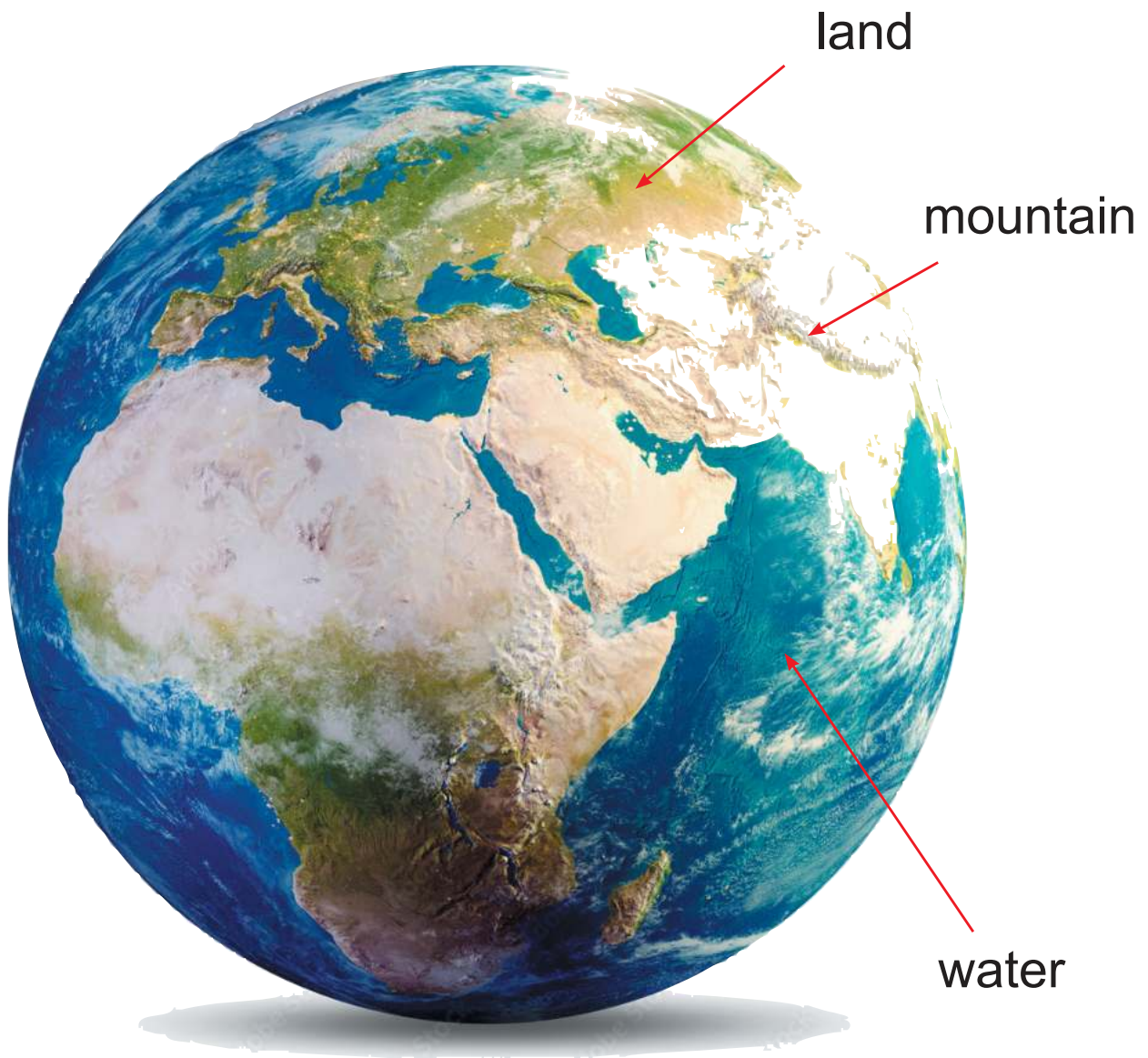
we're in it together
forever and ever
saving our water, land and air
This is our planet to be shared.



Reading Time

Parts of Earth

- Earth is called a living planet because living organisms exist in it.





I can colour blue for the ocean and green for the land in the given picture of the earth.



Earth



Reading Time

Our solar system



Sun



Mercury



Venus



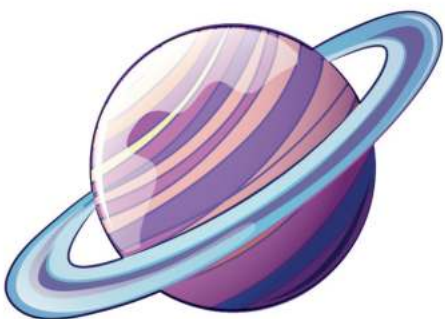
Earth



Mars



Jupiter



Saturn



Uranus



Neptune



I can match the planets with their names.



● Mercury



● Jupiter



● Earth



● Mars



● Saturn



● Sun



● Uranus



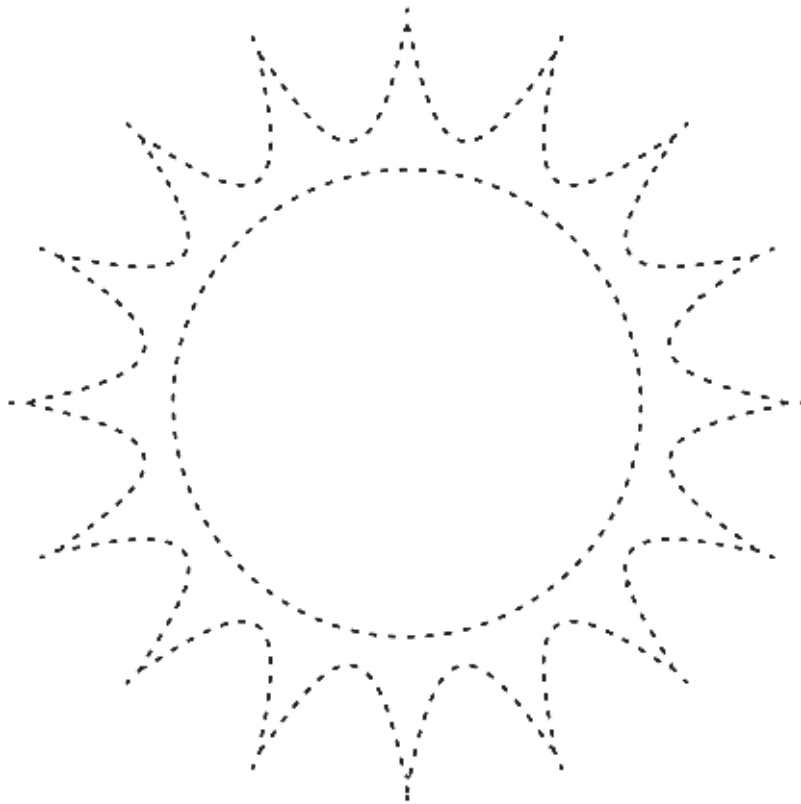
● Venus



● Neptune



I can trace and colour the sun.



sun



I can see the pictures and say.



day



night



Reading Time

What we see at day?



sunlight



mountain



hill



land



sky



cloud

What we see at night?



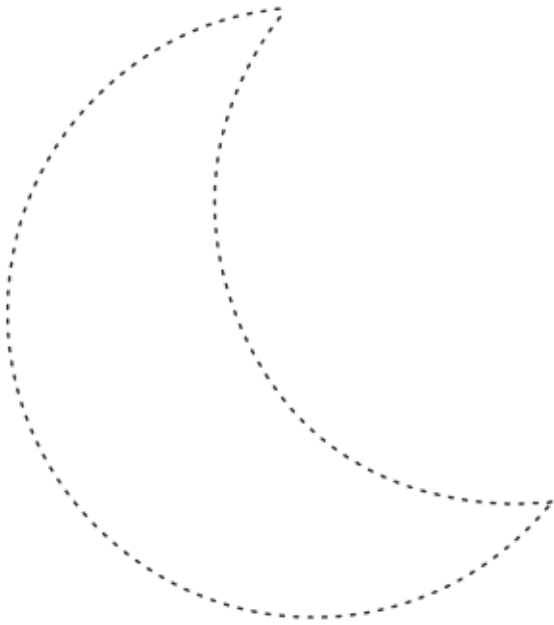
moon



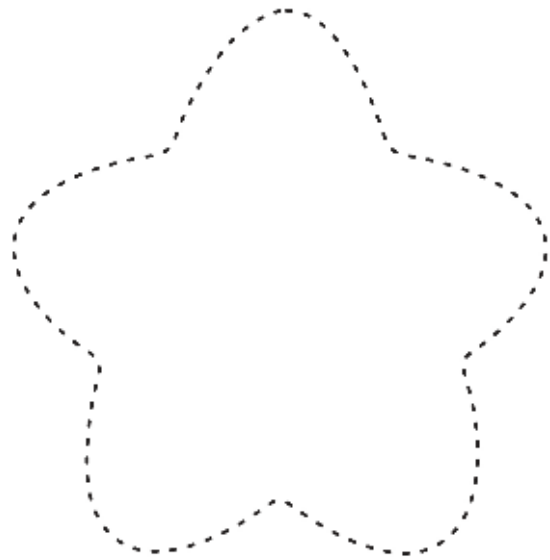
stars



I can trace and colour the moon and the star.



moon

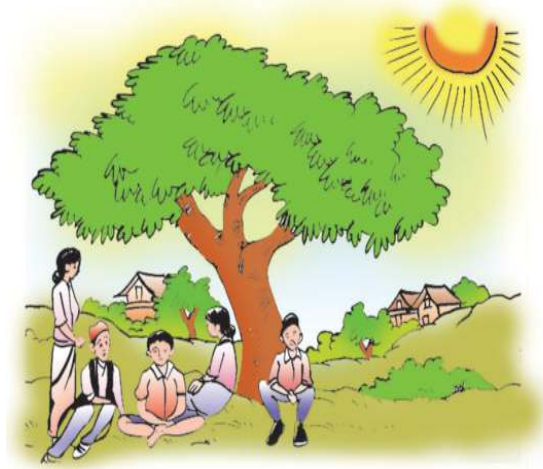


star

Activities for topic

- | | |
|---------------|-----------------|
| 1. flash card | 2. model making |
| 3. story | 4. song/rhymes |
| 5. videos | 6. sharing |

On a **sunny day** I'm happy
On a **sunny day** I smile
Flower bloom...
in the sunlight
We play outside
and go and look for butterfly...



On a **rainy day** I'm happy
On a **rainy day** I smile
Hill and tree
look fresh and green
and I see rainbow colour
umbrella on the street.



On a **windy day** i'm happy
On a **windy day** i smile
All the leaves shake and fly
and my kite
is flying high in the sky...





Reading Time

Things for Sunny Days



light clothes



cold drinks



ice-cream



fan

Things for Rainy Days



umbrella



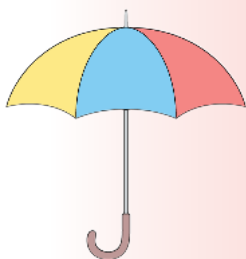
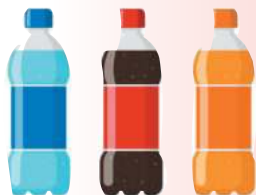
raincoat



rain boots



I can write **S** for sunny day and **R** for rainy day.



(Get ready) 2

It's time to go

(Get ready) 2

from head to toe

sun, wind, rain or snow

Look outside and pick your clothes.



(Put on your shirt) 2

(Put on your pants) 2

(Put on your socks) 2

Get dressed from that day.



(Get ready) 2

It's time to go

(Get ready) 2

from head to toe

sun, wind, rain or snow

Look outside and pick your clothes.

(Put on ...) 2



Note: Add more clothes names and sing the song.



Reading Time

Clothes we wear in SummerSeason



t-shirt



cap



vest



hat



skirt



half pant



shirt



sunglasses

Clothes we wear in Winter Season



sweater



beanie



gloves



jacket



long coat



scarf



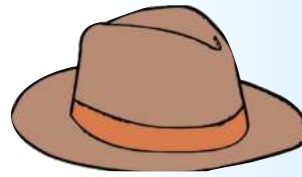
socks



boots



I can write letter **S** for summer clothes and **W** for winter clothes.





Reading Time

What we see on a rainy day?



lightning



storm



wind



rain



I can trace the picture and colour it.



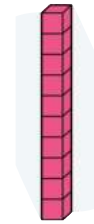
LKG

Machines Song

The wheels of the machines go
round and round,
round and round,
round and round
making rolling sound.



The rods of machines go
side to side, side to side,
side to side
see how well they slide.



The pulleys of machines go
up and down,
up and down,
up and down
high and low of the round.



The screws of machines go
twist, twist, twist
till they're firm and tight.





Reading Time

Household Equipments



fan



juicer



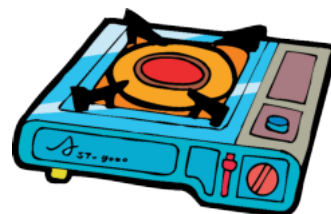
sewing machine



television



oven



gas stove



hair dryer



toaster



washing machine



refrigerator



iron



water cooler



I can match the pictures with their names.



● television



● fan



● refrigerator



● washing machine



● gas stove



● toaster



● oven

LKG

Transportation Song

(I ride on bike) 2
but I... want to go
(faster!) 3



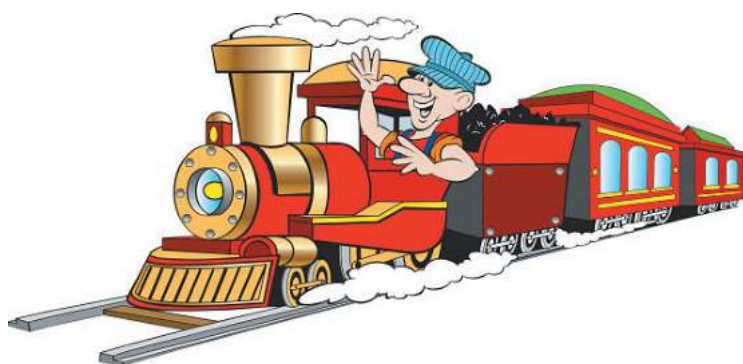
(I ride on a bus) 2
but I... want to go
(faster!) 3



(I ride a car) 2
but I... want to go
(faster!) 3



bike..., bus..., car...
train..., plane..., rocket...
(I ride on a train) 2
but I... want to go
(faster!) 3



(I fly on a plane) 2
but I... want to go
(faster!) 3



10..., 9..., 8..., 7... 6...,
5..., 4..., 3..., 2... 1...
(I fly in a rocket
I fly into space
in a rocket) 2





Reading Time

Land Transportation



car



bus



jeep



train



truck



bicycle



scooter



tractor



rickshaw



I can match the pictures with their names.



● bus



● car



● train



● jeep



● bicycle



● truck



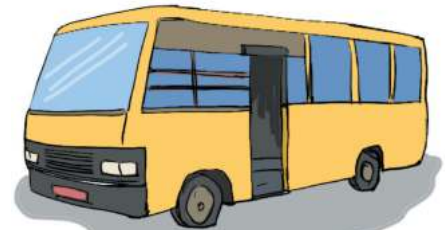
● scooter



● tractor



I can write the names of the given vehicles.





Reading Time

Water Transportation



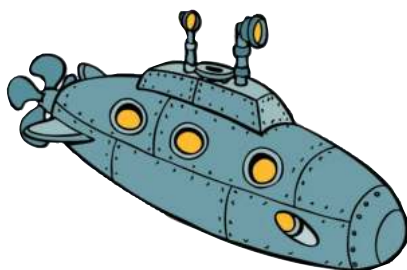
boat



yacht



ship



submarine

Air Transportation



rocket



aeroplane



parachute



helicopter



hot air balloon



I can circle the correct names for the given pictures.



boat
car
rocket
ship



bus
jeep
yacht
taxi



rocket
aeroplane
ship
tractor



helicopter
parachute
hot air balloon
submarine



I can match the pictures with their correct names.



- rocket
- aeroplane
- hot air balloon
- helicopter
- parachute

LKG

Traffic Light Song

Red light, red light

what do you say?

I say stop...

stop I do say...

Yellow light, yellow light

what do you say?

I say wait

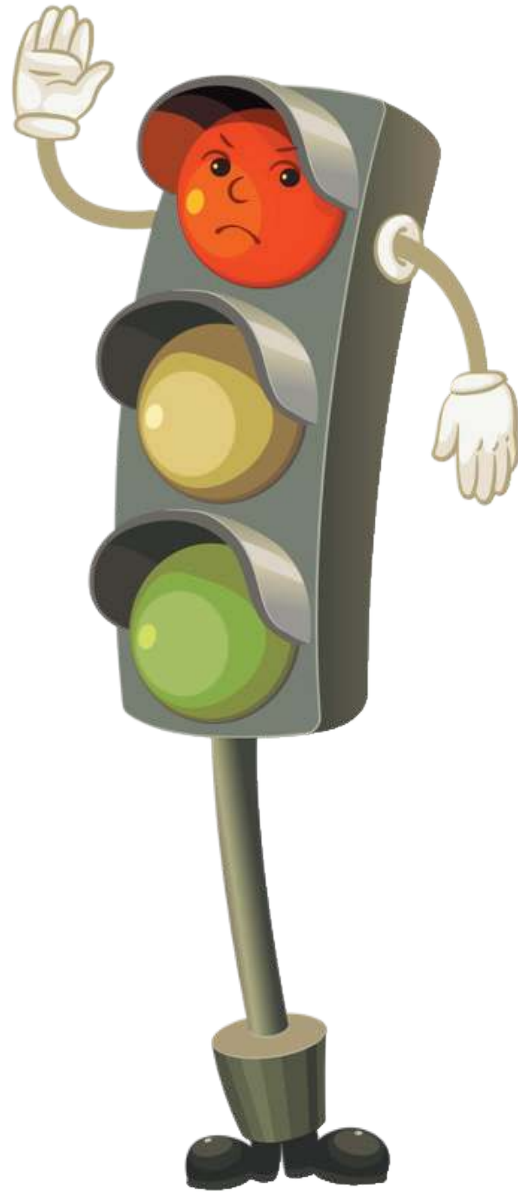
till the light turn green.

Green light, green light

what do you say?

I say ready to go...

go right away...





Reading Time

Traffic Light

red



stop

yellow



read
to go

green



go



I can fill in the gaps with the correct traffic light functions.



red light for _____

yellow light for _____

green light for _____



Reading Time

Means of Communication



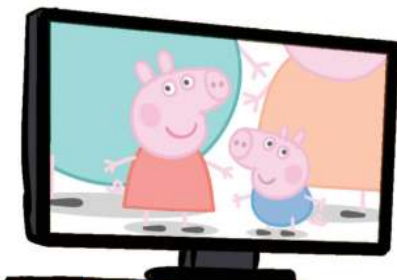
mobile



telephone



radio



television



letter



newspaper



I can match the pictures with their correct names.



mobile

radio



letter

newspaper



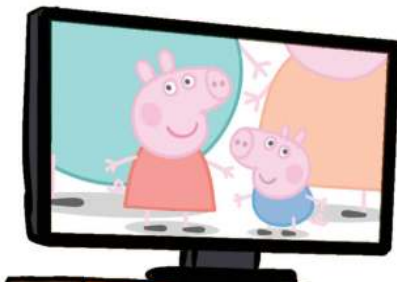
television

radio



telephone

mobile



newspaper

television



telephone

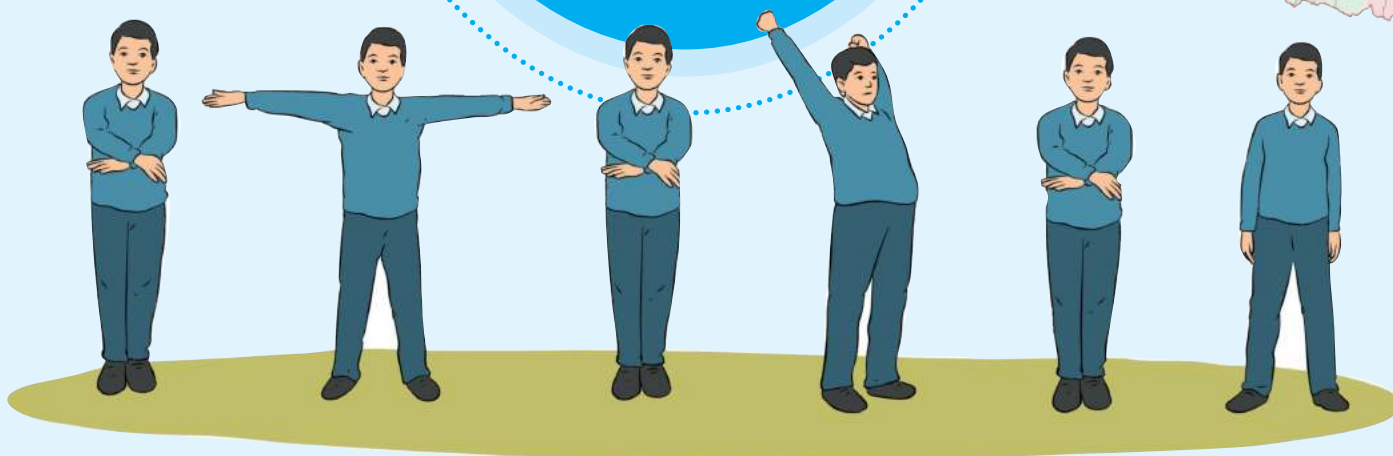
letter



Social Education

Areas for Concepts

- Myself
- My home
- My family
- My school
- Our community helpers
- Our festivals
- My country
- Physical exercise



LKG

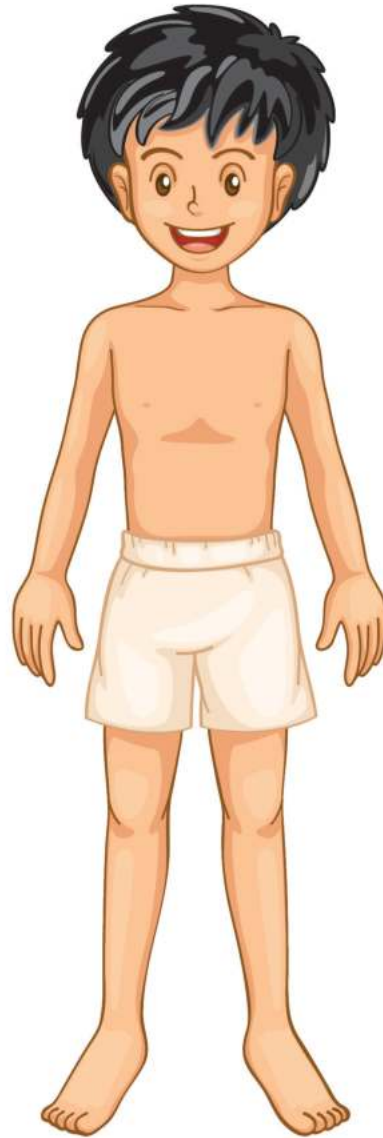
Body Parts Song

These are the body parts
created by god,
for good works
These are the body parts...
Let's all praise
praise the god.

Head, eyes, mouth and nose
hands, fingers, feet and toes
These are the body parts...
Let's all praise
praise the god..

These are body parts
created by god,
for good works
These are the body parts...
Let's all praise
praise the god.

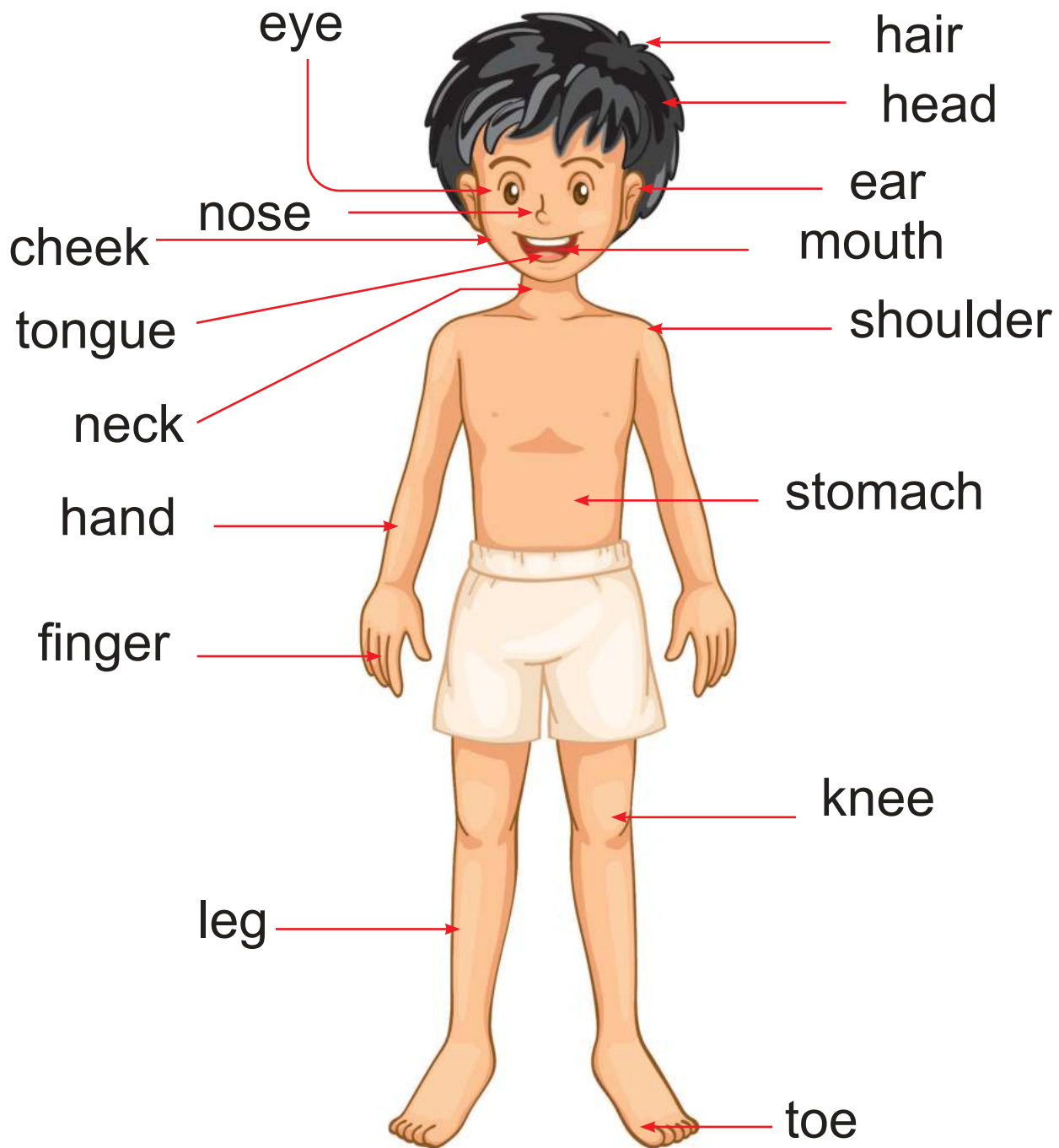
Heart, cheeks, shoulders and ears
legs, knees, arms and hair
These are the body parts...
created by god,
for good works
These are the body parts...
Let's all praise
praise the god.





Reading Time

Body Parts





I can match the pictures with their correct names.



head

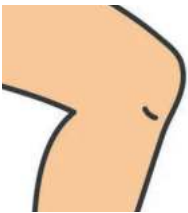
eyes

head

shoulder

nose

eye



leg

knee

shoulder

leg

mouth

toes



cheek

ear

hair

hand

neck

hand



tongue

finger

neck

ear

leg

neck

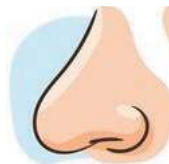




I can write the missing letters.



t _ n _ u _



n _ s _



e _ r



e _ e



h _ n _



h _ a _



I can write the names of the parts of human body.

1

2

3

4

5

6

LKG

Five Sense Organs Song

I have two eyes,
so I can see...
and nose to smell.



SMELL



SIGHT

I have ten fingers,
that can touch...
They do it very well.



TASTE



HEAR

I have two ears,
so I can hear...
The birds up in the tree.



TOUCH

**FIVE
SENSES**

I have a tounge,
inside my mouth...
It tastes the food I eat.



Reading Time

My Sense Organs



eye - to see



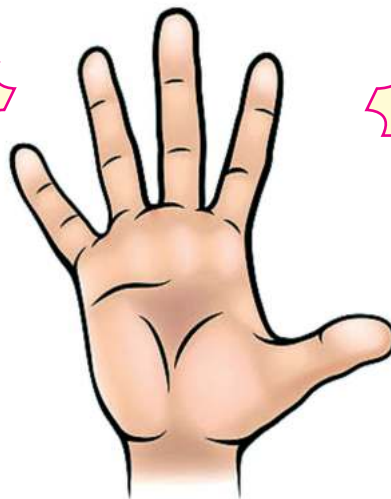
ear - to hear



nose - to smell



tongue - to taste



skin - to feel



I can complete the sentences.



Eye helps us _____.



Nose helps us _____.



Skin helps us _____.



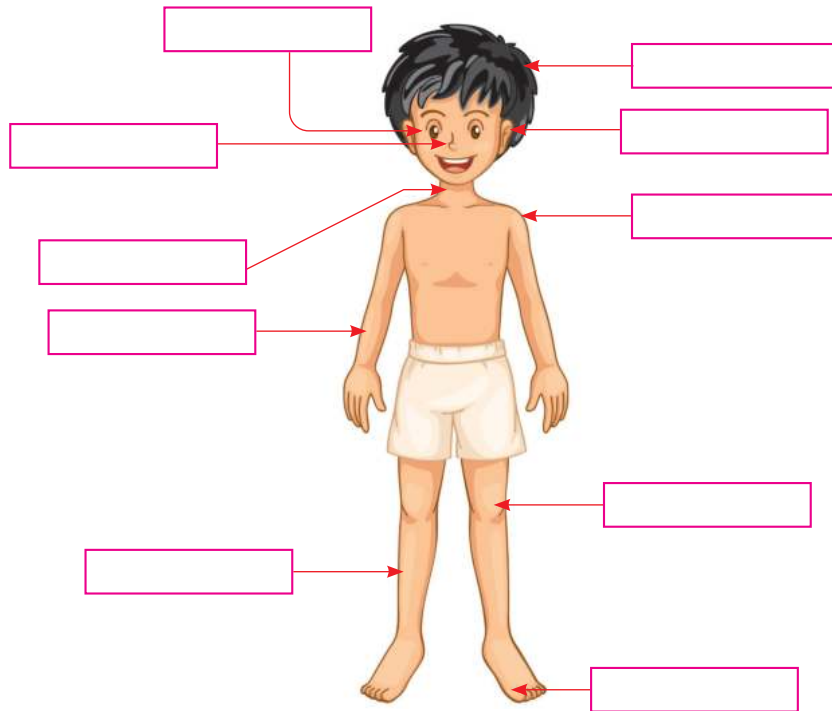
Ear helps us _____.



Mouth helps us _____.



I can name the body parts.





Who am I?



I am a boy.



I am a girl.



I can copy down the sentences.

I am a boy.

I am a girl.

LKG

Feelings & Emotions Song

What do you do,
When you are happy?
(When I'm happy, happy, happy
I laugh, laugh, laugh
Ha... Ha... Ha... Ha...



What do you do,
When you are sad?
(When I'm sad, sad, sad
I cry, cry, cry...) 2
boo, hoo...,boo, hoo...,boo, hoo...



What do you do,
When you are angry?
(When I'm angry, angry, angry
I stomp my feet, stomp my feet, stomp my feet) 2
stomp... stomp... stomp...



What do you do,
When you are hungry?
(When I'm hungry, hungry, hungry
I eat the snack, I eat the snack, I eat the snack) 2
yum... yum... yum...



What do you do,
When you are sleepy?
(When I'm sleepy, sleepy, sleepy
I go to sleep, I go to sleep, I go to sleep) 2
Zzz... Zzz... Zzz...





Reading Time

My different feelings and emotions



happy



sad



angry



cry



hungry



sleepy



surprised



tired



I can write the missing letters.



h _ p _ y



a _ g _ y



h _ n _ r _



s _ e _ p _



c _ y



s _ d



Reading Time

Our Good Habits



Don't chew your nails.



Trim your hair.



Always be happy.



Wash your hand.



Clean your body.



Wear clean and tidy dress.



I can match the same words.

clothes

bag

bag

clothes

toys

tooth brush

water bottle

toys

tooth brush

lunch box

lunch box

water bottle

Today is my birthday



I can complete the sentences.

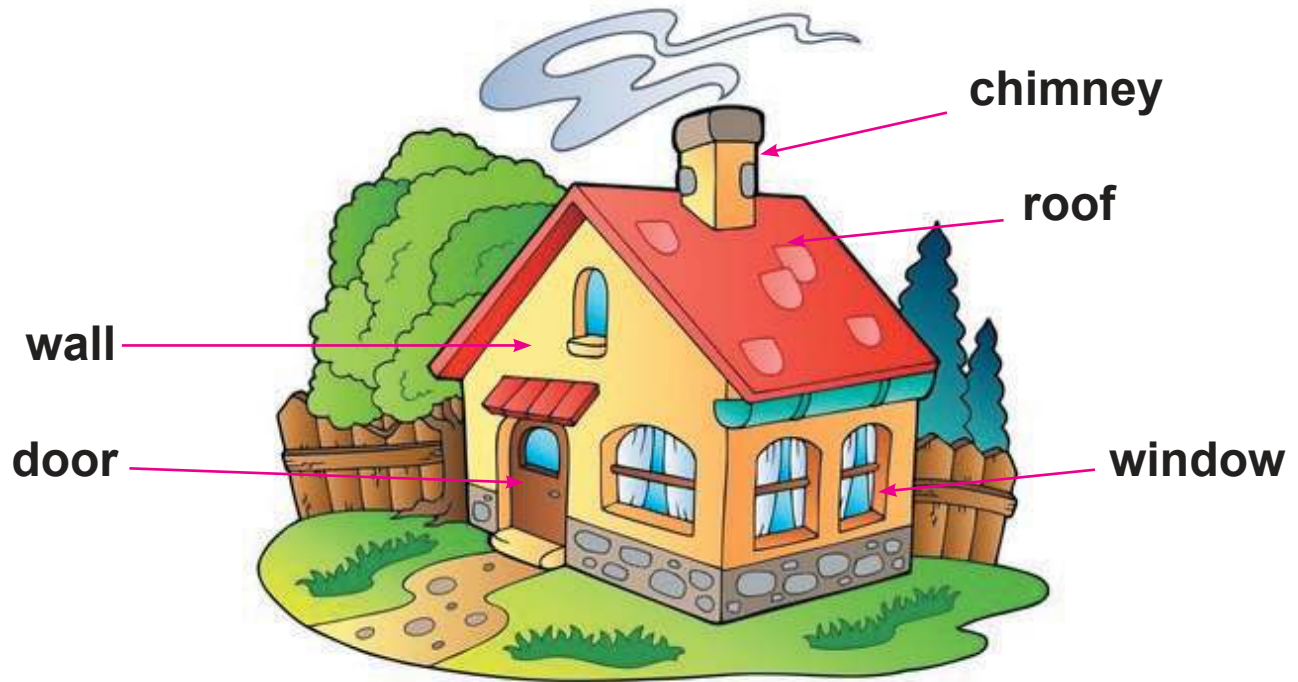
1. My name is _____.
2. I am _____ years old.
3. I study in _____ class.
4. I like to read _____.
5. My favourite food is _____.
6. I love my _____ very much.



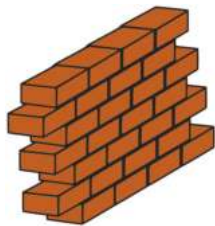
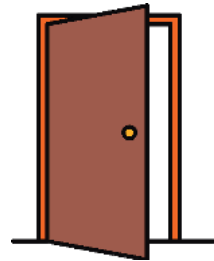


Reading Time

This is my house.



I can write the names of the given parts of the house.





Reading Time

Rooms in my house.



living room



bedroom



kitchen



bathroom



dining room



store room



I can write the missing letters.

l _ v _ n _ r _ _ m

b _ d _ o _ m

k _ t _ h _ n

b _ t _ r _ o _

d _ n _ n _ r _ _ m

s _ o _ e r _ _ m

LKG

Family Song



I love my father
I love my mother
We are so happy
I love my grand father
I love my grand mother
We are so happy
It's my family.

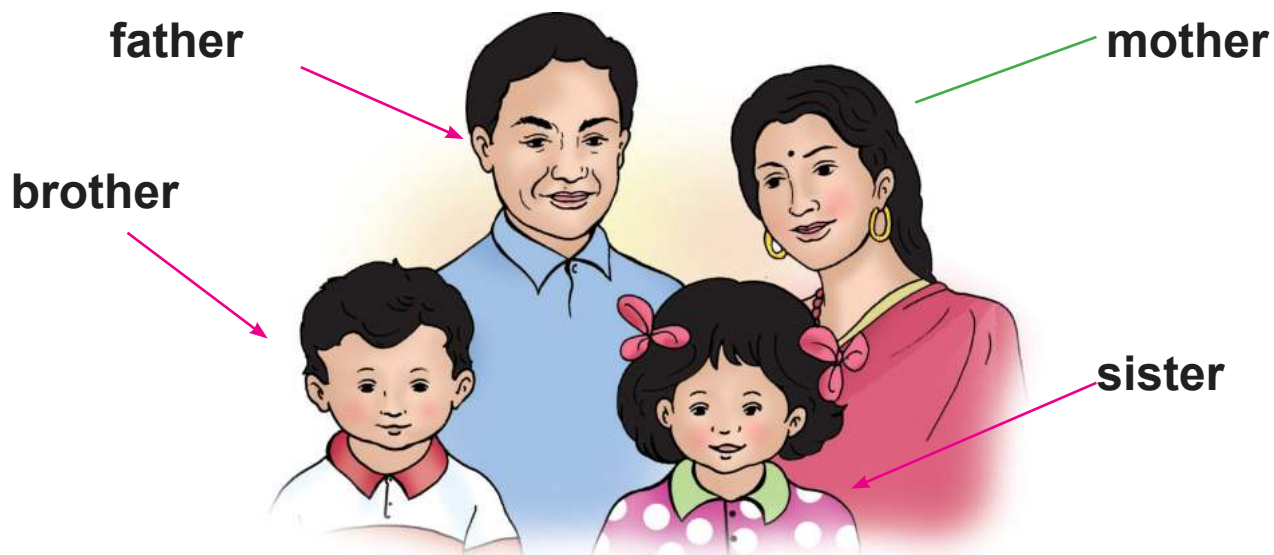
I love my brother
I love my sister
We are so happy
It's my family.

(And we have fun) 3

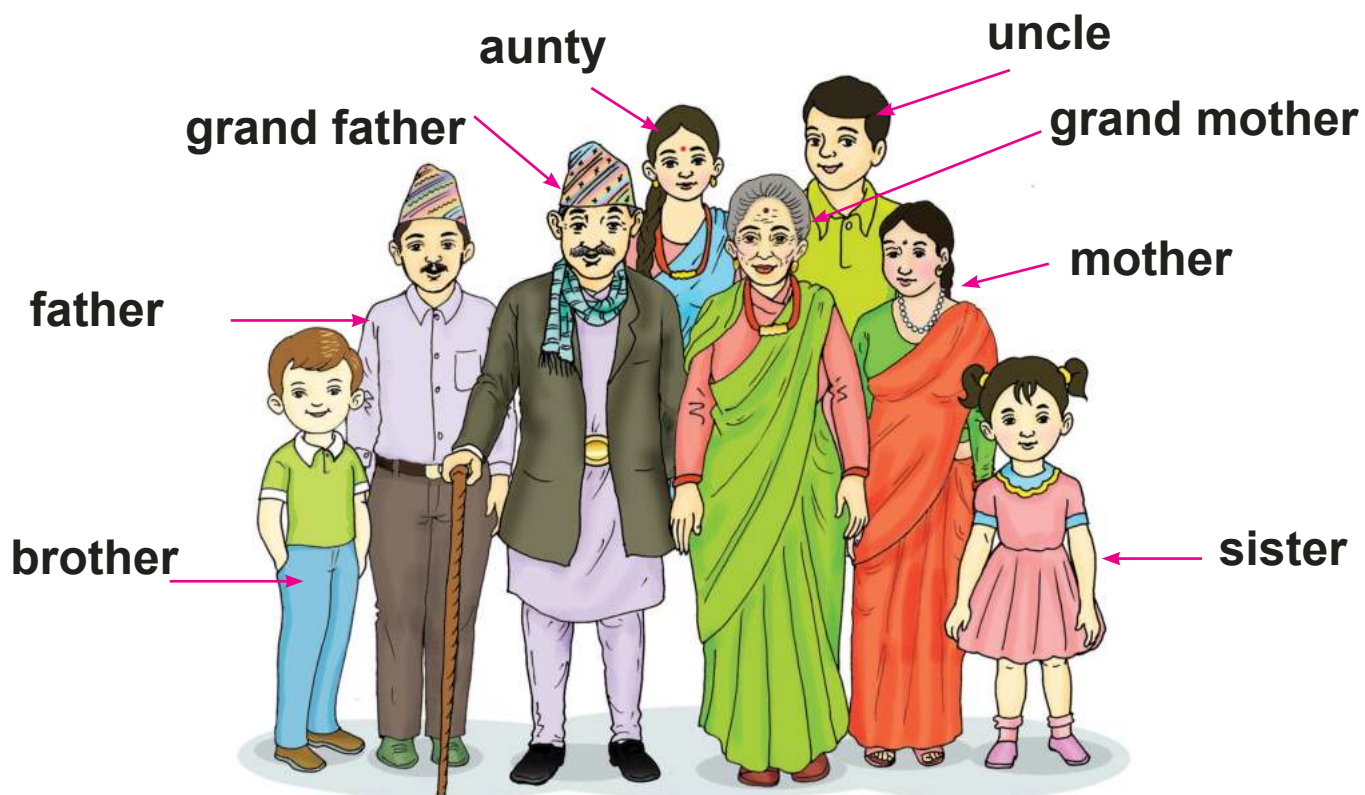


Reading Time

I have nuclear family



Aastha has extended family





I can match the family members with their names.



● brother



● uncle



● mother



● father



● grandmother



● sister



● aunty



● grandfather



I have five family members at my home. They are:

1

2

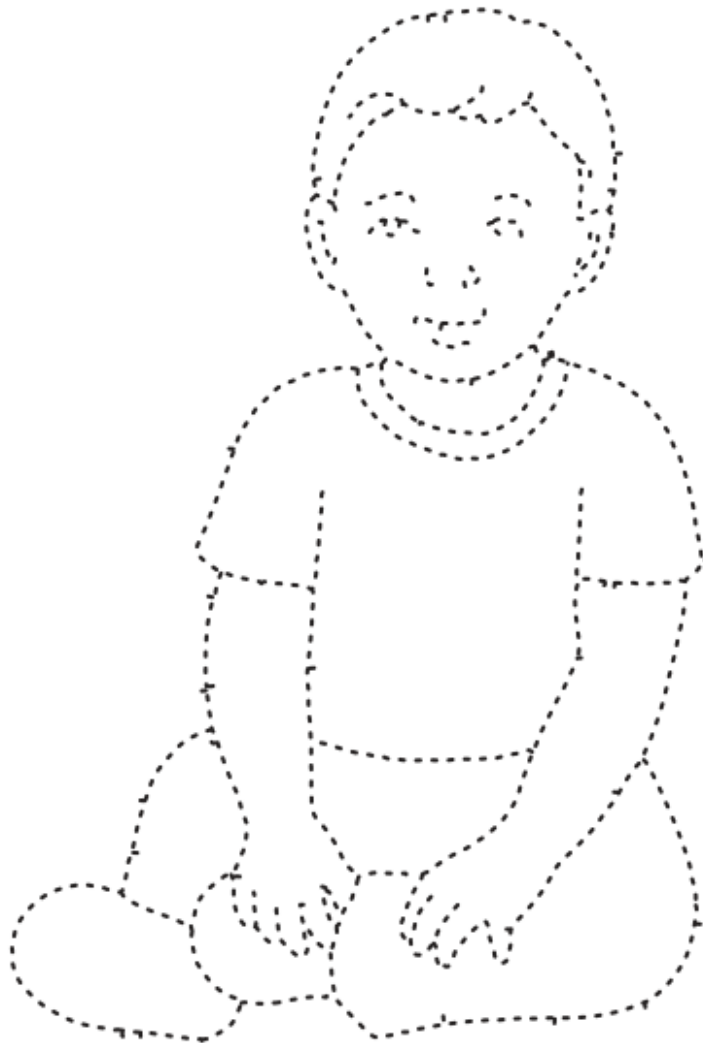
3

4

5



I can trace and colour my brother's picture.



brother

LKG

Time to School Song

Wake up, wake up, wake up dear
It's time to go to school
No, no, no, mommy
I can't get up so soon.



Wake up, wake up, wake up dear.
The birds are chirping with love.
Yes, yes, yes mommy
I will wake up now.
Brush, brush, brush your teeth
It's time to go to school
No, no, no, mommy
It's a boring thing to do.



Brush, brush, brush your teeth
To keep the germs out
Yes, yes, yes mommy
I will brush my teeth now.

Bath, bath, bath my dear
It's time to go to school
No, no, no, no, no mommy
I feel so cold.



Look, look, look at the ducks.

Say quack, quack, quack
Yes, yes, yes mommy
I will take a bath.

Dress, dress, get dressed dear
It's time to go to school
No, no, no, mommy
I don't want to change my clothes.

Look, look, look at your sister
She's all dressed for school
Yes, yes, yes mommy
I will get dressed too.

Eat, eat, eat your breakfast
It's time to go to school
No, no, no, no, no, no mommy
I don't like this food.

Look, look, look at your brother
He's enjoying his food
Yes, yes, yes mommy
I will eat and be good.

The bus, bus, bus is here
To take you all to school
Yes, yes, yes mommy
We're ready to go to school.





Reading Time

Who are there in your school?



Principal



Vice-principal



Co-ordinator



Receptionist



Care taker



Guard



Librarian



Driver

Activities for topic

1. Introduction / visit to school



Reading Time

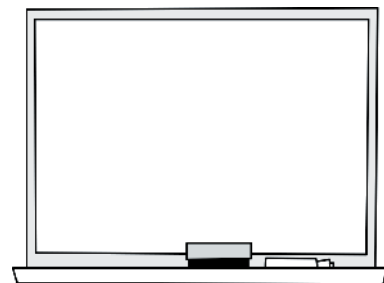
What are there in my school?



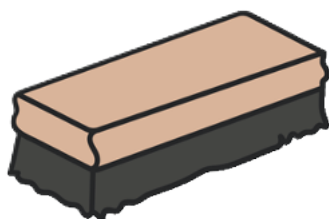
Playground



Classroom



White board



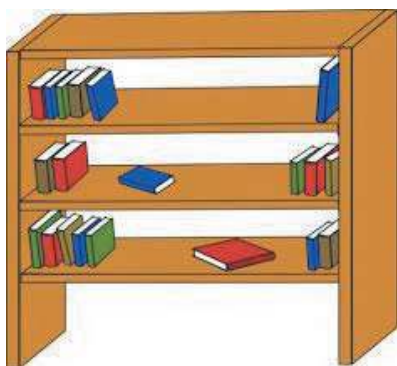
Duster



Book



Library



Cupboards



Dustbin



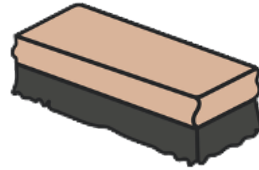
Watch



I can circle the correct names of the given pictures.



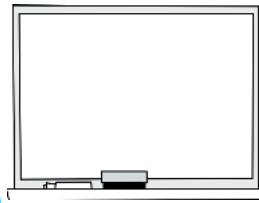
duster
watch
book
cupboard



book
watch
dustbin
duster



dustbin
duster
library
whiteboard



cupboard
book
whiteboard
watch



I can write the things that can be found in a school.

1

2

3

4

LKG

Friends Song



Friends oh friends, friends, friends
How do you do, do, do?
Both my hands, hands, hands
I give to you, you, you
Turn a round, round, round
Play a game, game, game
Go and find another friend.



Reading Time

Friends and me



read



write



play



eat



sing



dance



draw



laugh



I can write the names of the given pictures.



What are your friends' favourite fruits? Ask them and write down five of them.

1

2

3

4

5

LKG

Job Song

What do you do?
What do you do?
I am a teacher
I am a teacher
Everybody say your a, b, c, d, e.



What do you do?
What do you do?
I am a doctor
I am a doctor
Everybody listen to your heart beat.



What do you do?
What do you do?
I am a farmer
I am a farmer
Everybody come and eat food.



What do you do?
What do you do?
I am a police man
I am a police man
Everybody be safe everytime.





Reading Time

Community helpers



Policeman



Farmer



Teacher



Doctor



Tailor



Barber



Army



Carpenter



Plumber



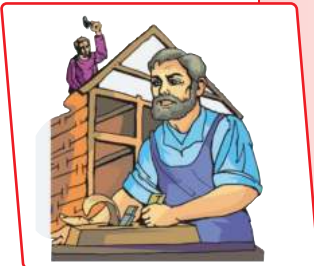
I can see the pictures and circle the correct words.



Doctor
Carpenter
Plumber
Farmer



Police
Plumber
Doctor
Farmer



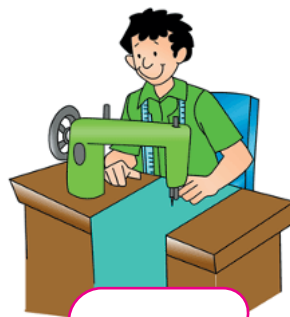
Carpenter
Plumber
Tailor
Doctor



Army
Plumber
Farmer
Teacher



I can see the pictures and write the first letters.





Reading Time

Our Festivals



Dashain



Tihar



Teej



Holi



Chhath



Lhosar



Jatra



Sakela



Eid



I can match the festival pictures with their names.



Dashian



Tihar



Jatra



Sakela



Chhait



Eid



Teej



Ihosar



holi

LKG

National Anthem



सयौं थुँगा फूलका हामी, एउटै माला नेपाली
सार्वभौम भई फैलिएका, मेची-माहाकाली ।

सयौं थुँगा फूलका हामी, एउटै माला नेपाली
सार्वभौम भई फैलिएका, मेची-माहाकाली ।

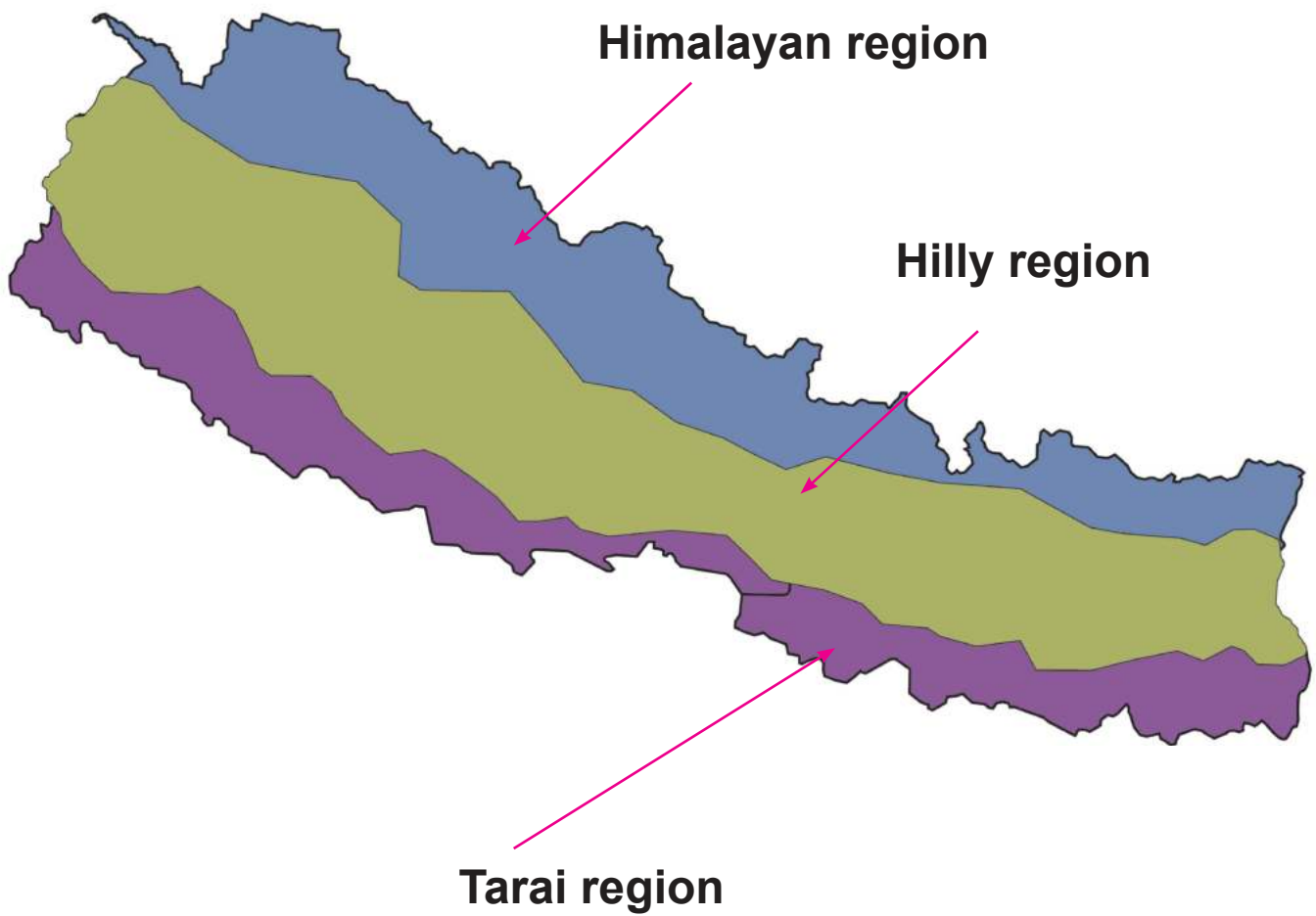
प्रकृतिका कोटी-कोटी सम्पदाको आंचल
वीरहरूका रगतले, स्वतन्त्र र अटल ।

ज्ञानभूमि, शान्तिभूमि तराई, पहाड, हिमाल
अखण्ड यो प्यारो हाम्रो मातृभूमि नेपाल ।

बहुल जाति, भाषा, धर्म, संस्कृति छन् विशाल
अग्रगामी राष्ट्र हाम्रो, जय जय नेपाल ।

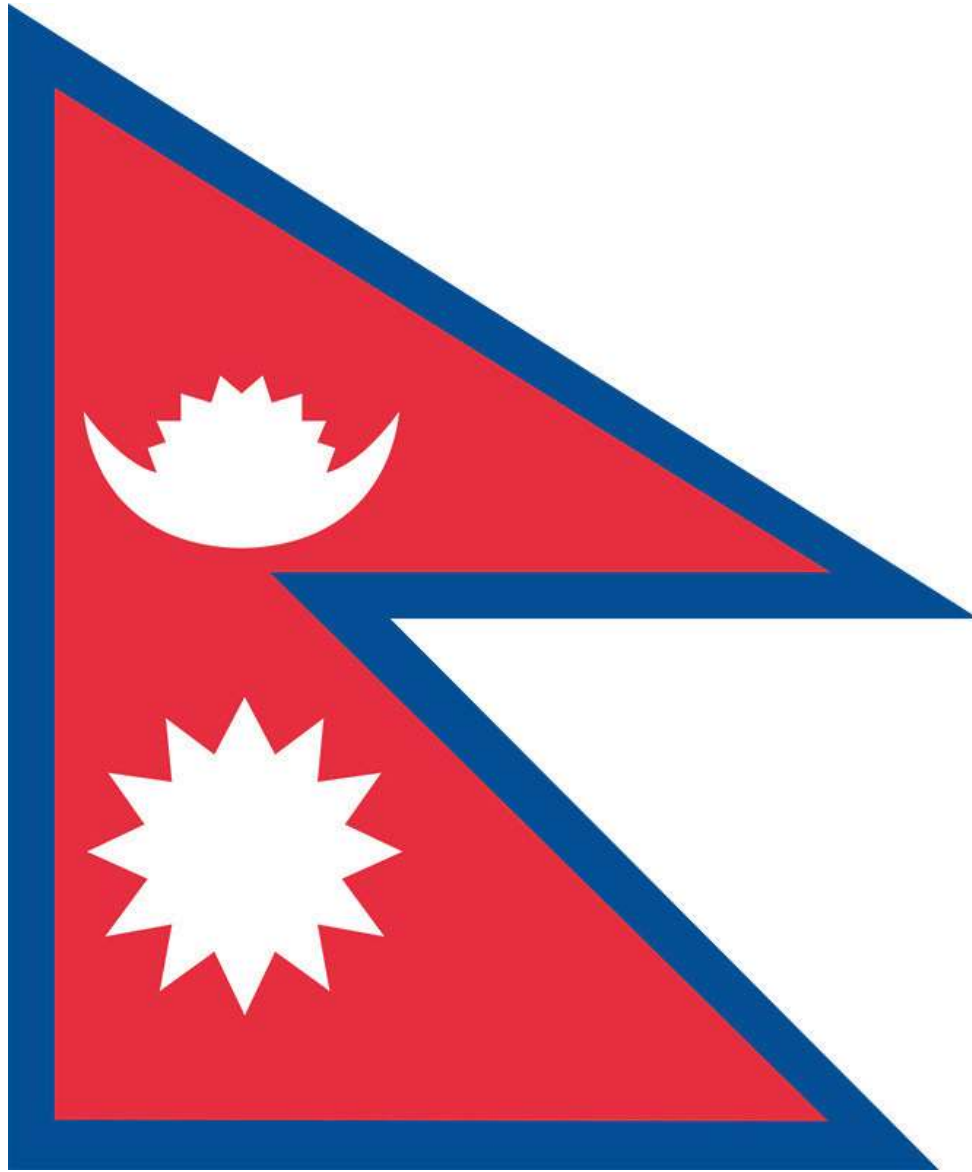
LKG

Map of Nepal



LKG

Our National Flag



Our national flag is in two triangular shape.



Reading Time

Physical Exercise / Yoga



planks



push-up



crunches



cycling



lunges



running

Yoga Pose



tree pose



camel pose



lord of the dance pose



chair pose



big toe pose



triangle pose

Yoga Pose



bow pose



boat pose



scorpion pose



down dog pose



cow pose



lunges pose