

class)

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Ch 2 - My body.

Initiation : Name different body parts of our body and their uses.

I New words

- | | |
|----------|------------|
| 1. Head | 6. Thigh |
| 2. Cheek | 7. Fingers |
| 3. Chin | 8. Knee |
| 4. Elbow | 9. Ankle |
| 5. Chest | 10. Toe |

* Learning Outcome : Describe the basic functions of the body parts and taking care of it

II Fill in the blanks

1. We walk with our legs
2. We must eat healthy food
3. We taste our food with our tongue
4. We must do yoga to keep ourselves fit.

III Activity: List the activities that you do every day to keep your body fit and healthy.

Ans. 1. I brush my teeth

2. I take a bath

3. I do exercise, yoga

4. I eat healthy food.

Revision Ch. 2

IV Write True or False.

1. We must not play games (False)
2. We must eat healthy food (True)
3. We chew with our teeth (True)
4. We hold ^{the check} a ball with our legs (False)
5. We can smell the food with our nose (True).

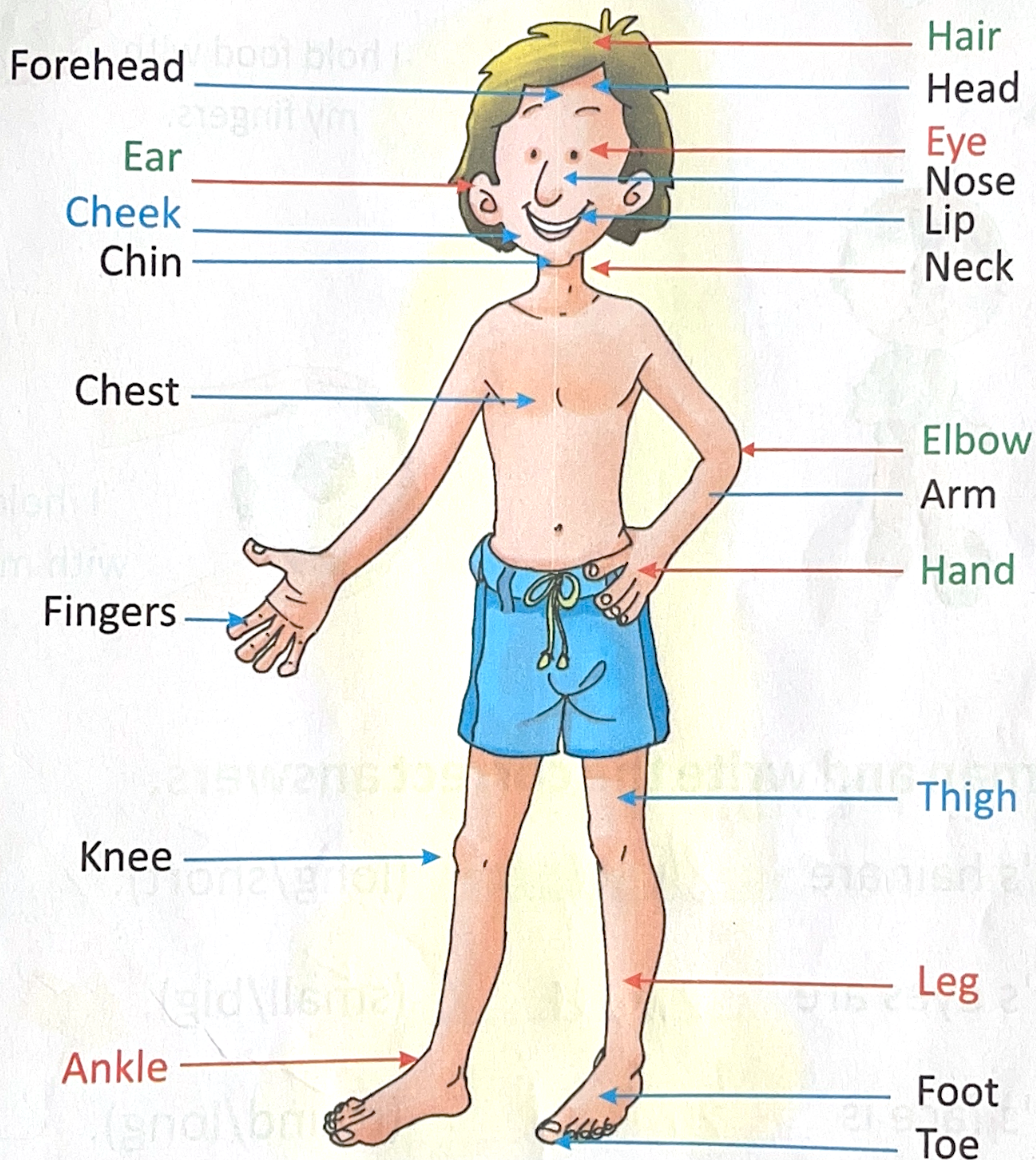
Revision Ch. 2

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My Body

My body has many parts. Each part has a name.



Teacher Build the number concept through body parts. Encourage the children to point out the similarities and differences in the size of body parts among infants, young children and old persons to develop the skills of speaking, listening, observation and differentiation. Discuss the body parts above the stomach on the first day and those below the stomach, the next day.

● Different parts of my body do different kinds of work.



I chew with
my teeth.



I hold food with
my fingers.

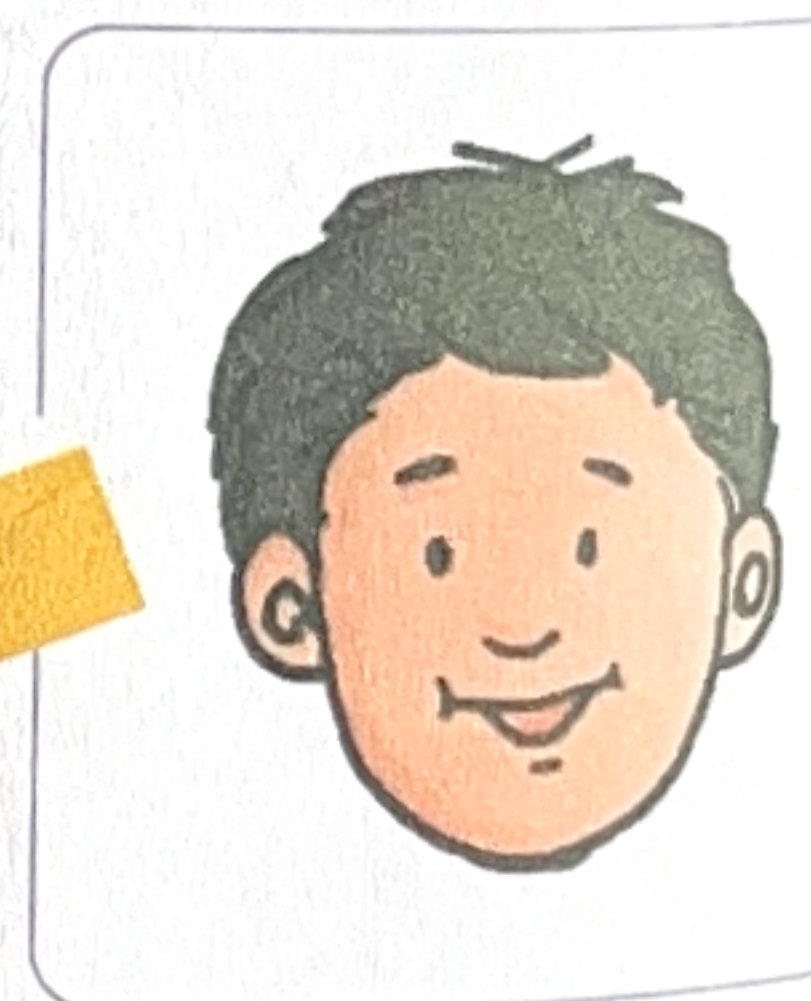
I walk with
my legs.



I hold a ball
with my hands.

● Look at Aman and write the correct answers.

1. Aman's hair are short (long/short).
2. Aman's eyes are small (small/big).
3. Aman's face is round (round/long).
4. Aman's nose is broad (sharp/broad).



Teacher | Practise some more opposites related to body parts.

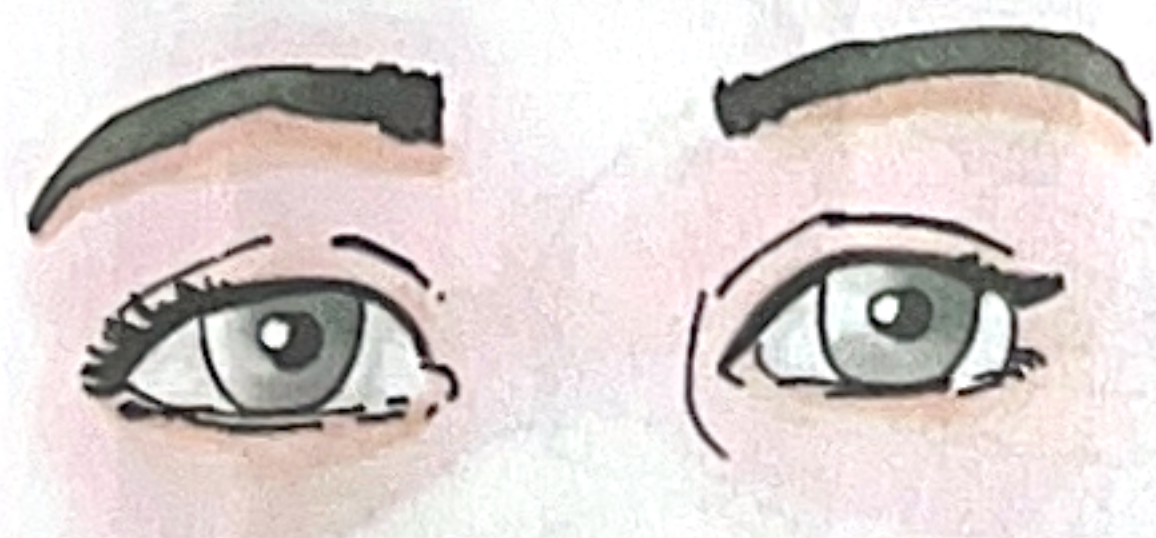
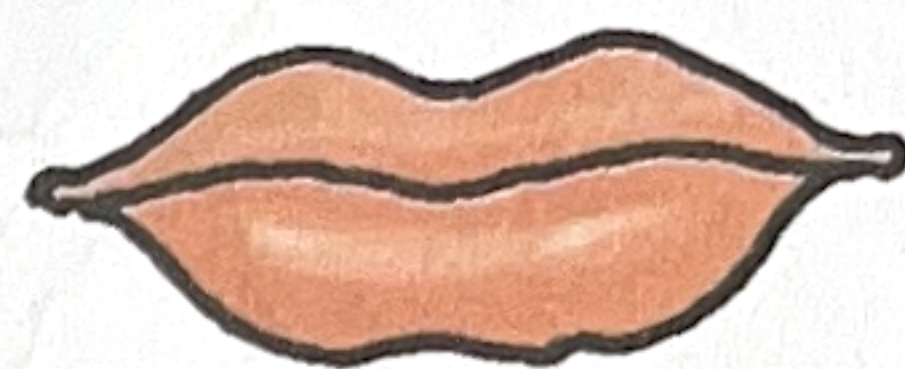
Let us count

1. I have two hands.



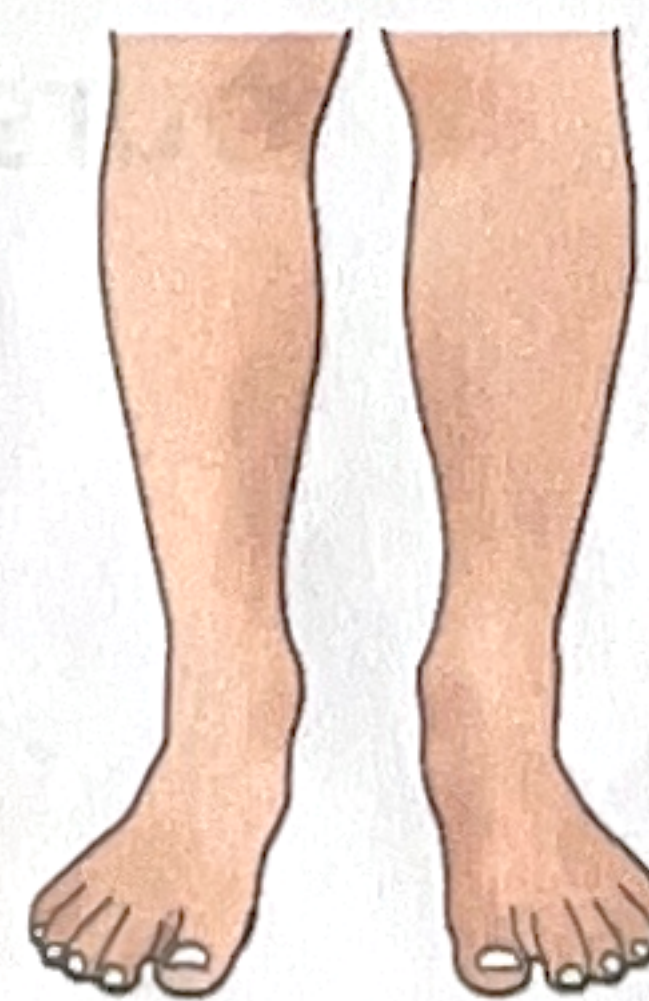
2. I have one nose.

3. I have two lips.



4. I have two eyes.

5. I have two legs.



All of us have teeth but their number is different.
Find out the number of teeth that each member of your family has.

1. My grandfather

2. My grandmother

3. My father

4. My mother

5. My sister/brother

6. How many teeth do you have?



2. My Body

Worksheet-1

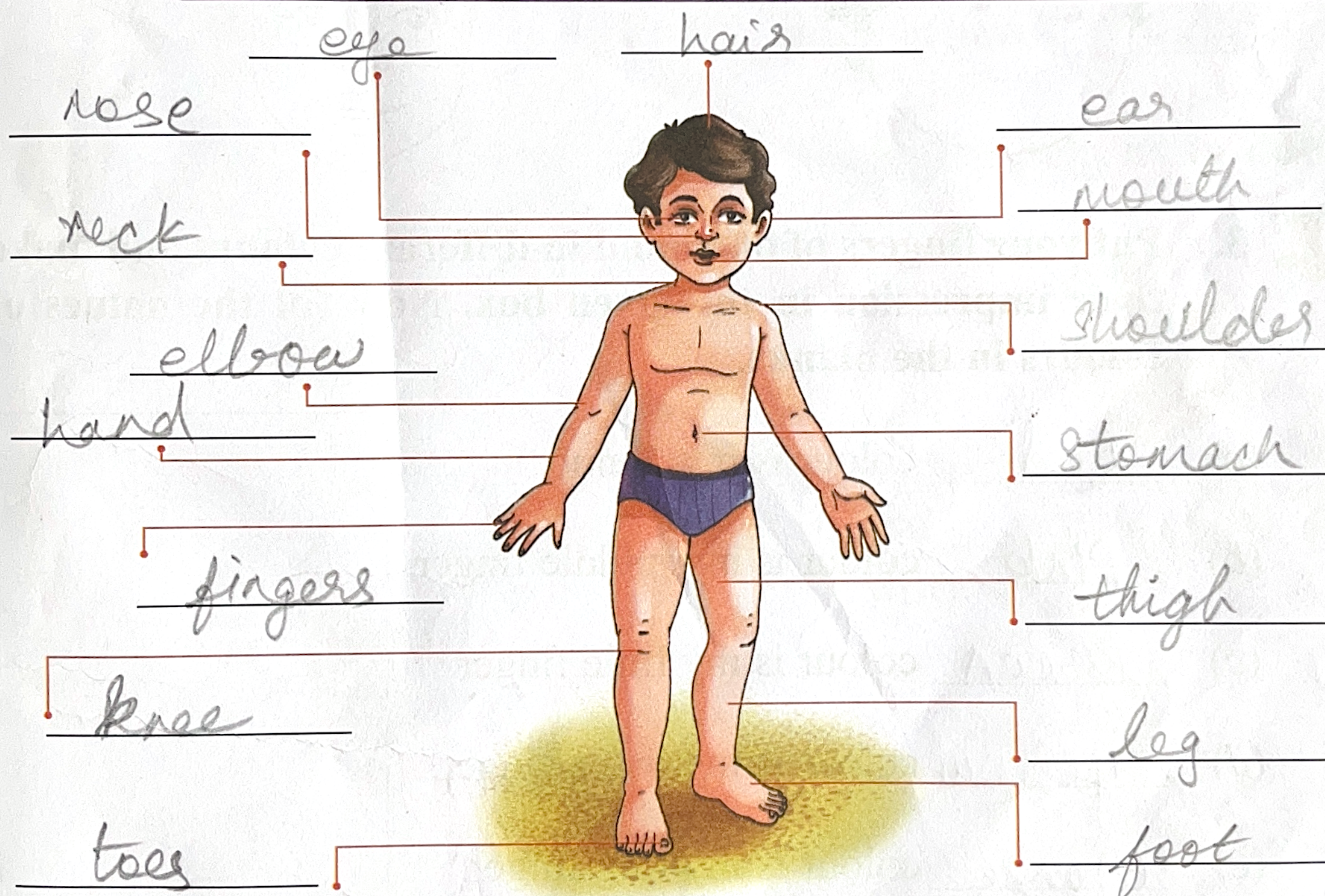


1. Label the different parts of the body in the diagram given below using the Help Box.



Help Box

stomach, foot, elbow, nose, eye, knee, leg, hand, hair, mouth, neck, thigh, ear, shoulder, toe, fingers





- ^{HW}
2. Draw the missing part in the given faces using different sketch pens.

(a)



(b)



(c)

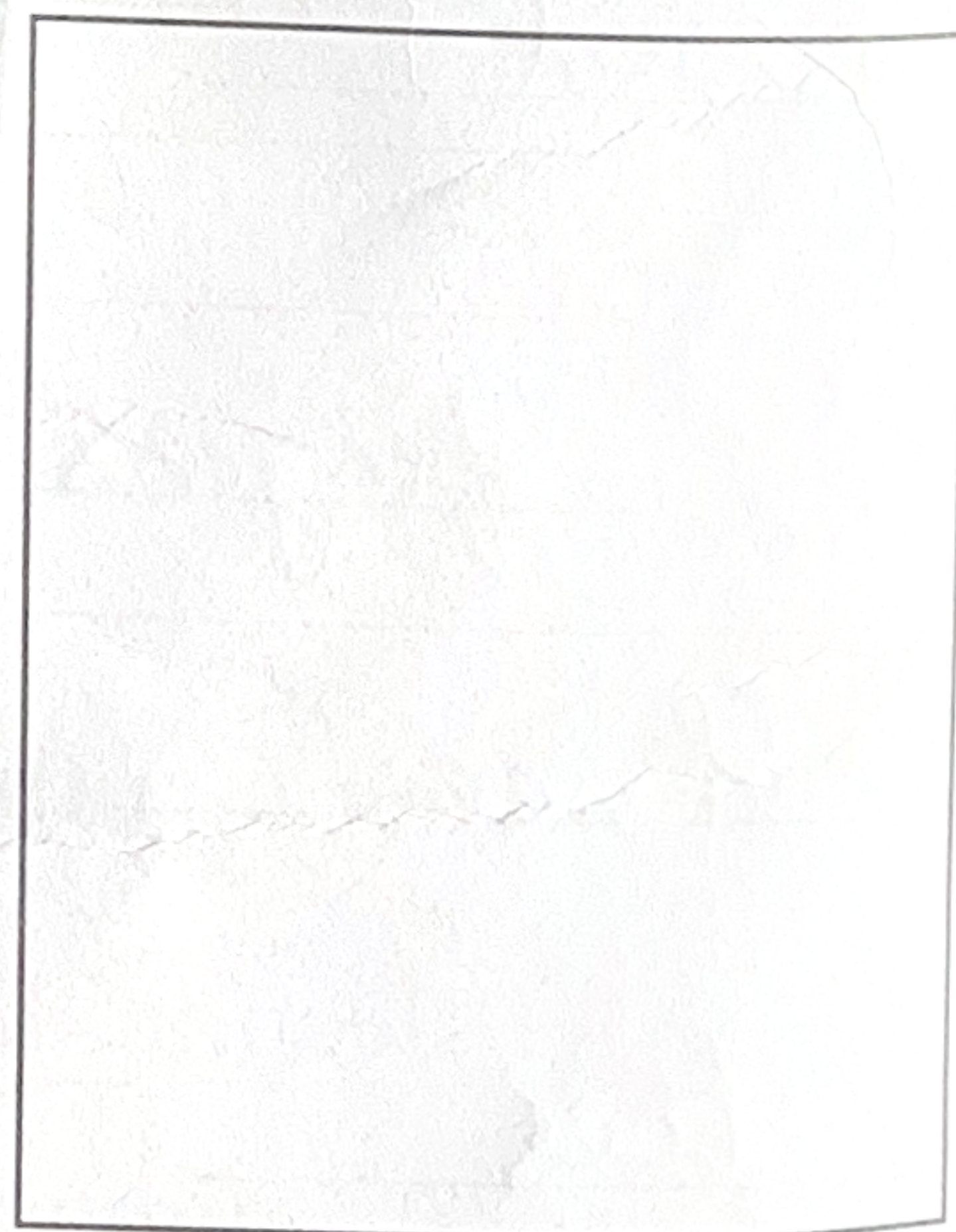


(d)



3. Put your fingers of one hand in different colours and make their impression in the given box. Now fill the names of colours in the blanks.

- (a) Red colour is my thumb.
(b) Pink colour is my middle finger.
(c) green colour is my little finger.
(d) yellow colour is my index finger.
(e) Orange colour is my ring finger.





2. My Body

Worksheet-2



1. Our body has many parts. Write the numbers of the following body parts.

- (a) You have two eyes. (b) You have two ears.
(c) You have one nose. (d) You have one mouth.
(e) You have one stomach. (f) You have two hands.
(g) You have ten fingers. (h) You have two legs.



2. Identify and write the body parts that help us to do the following activities.



- (a) I clap with my hands.



- (c) I use my hands and legs to ski.



- (b) I use my hands and fingers to write.



- (d) I use my hands and legs to play.



3. Find and encircle the names of five body parts hidden in the grid below.

W	X	Y	T	Z	A	D
C	H	E	E	K	S	J
H	V	L	E	N	R	K
I	P	B	T	R	U	S
N	Q	O	H	E	M	B
F	G	W	R	I	S	T



4. Fill the following information about yourself. *(Students choice)*



- (a) I am a boy/girl _____.
- (b) Colour of my eyes _____.
- (c) Colour of my hair _____.
- (d) My height is _____.
- (e) My weight is _____.
- (f) My eye sight is weak/strong _____.
- (g) I wear / do not wear spectacles _____.



5. Match the names of body parts with the given items.

Column A

- (a) Ankle
(b) Hair
(c) Tooth
(d) Wrist
(e) Neck

Column B

- (i) watch *(d)*
(ii) lace *(e)*
(iii) brush *(c)*
(iv) socks *(a)*
(v) band *(b)*



Help Box

