

**Consciousness Development
Value Education**

**Class 2
Exercise Book**

Aegis and Guidance

A.Nagaraj

**Propounder and Author –
Madhyasth Darshan (*Saha-Astitvavaad*)**

Written by

Chani R. Chawda, Gowri Srihari, Anisha Madan, Shiela R. Gopala

Design, Layout and Illustrations by

Anisha Madan

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Gratitude To Divine Souls

Invocation to them,
invocation to them with gratitude
Who are guides of the righteous path
Together we bow to them
Together we bow to them

Admiration for them,
admiration for them with deep regards
Who are kind gracious and compassionate
Together we bow to them
Together we bow to them

Salutation to them,
salutation to them with high esteem
Who are engaged in universal goodness
Together we bow to them
Together we bow to them

Veneration for them,
veneration for them with dignity
Who educate and inspire humankind
Together we bow to them
Together we bow to them

Devotion to them,
devotion to them with reverence
Who help in development of consciousness
Together we bow to them
Together we bow to them

-Chani Chawda
(Student of Madhyasth Darshan- Sah-Astitvavaad)

Lesson 1

Human Goal

New Words to Remember

happy, human, child, every, want,
desire, goal, become, understand,
body, things, around, wise,
potential, same, basic, continuous

Study and Practice

I. Questions from the chapter

1. What is my basic desire?
2. What do I want to understand?
3. When is a man/woman called wise (*samajhdar*)?

II. Fill in the blank space with words from the chapter

- 1) I am a human _____.
- 2) I want to be _____.
- 3) I want to _____.
- 4) I want to understand _____.
- 5) I want to understand _____.
- 6) I want to understand _____ around me.
- 7) Every human has the _____ desire
- 8) Every human wants to be happy
- 9) A human being is called _____ only when he has
_____.
- 10) Only with _____ can every human being live with
_____.

Activities

1. Ask the children to observe at least 10-15 things around them and to discuss their relationship with those things.
2. Ask the children to observe at least 10-15 people around them and to discuss their relationship with those people.

3. The sound of

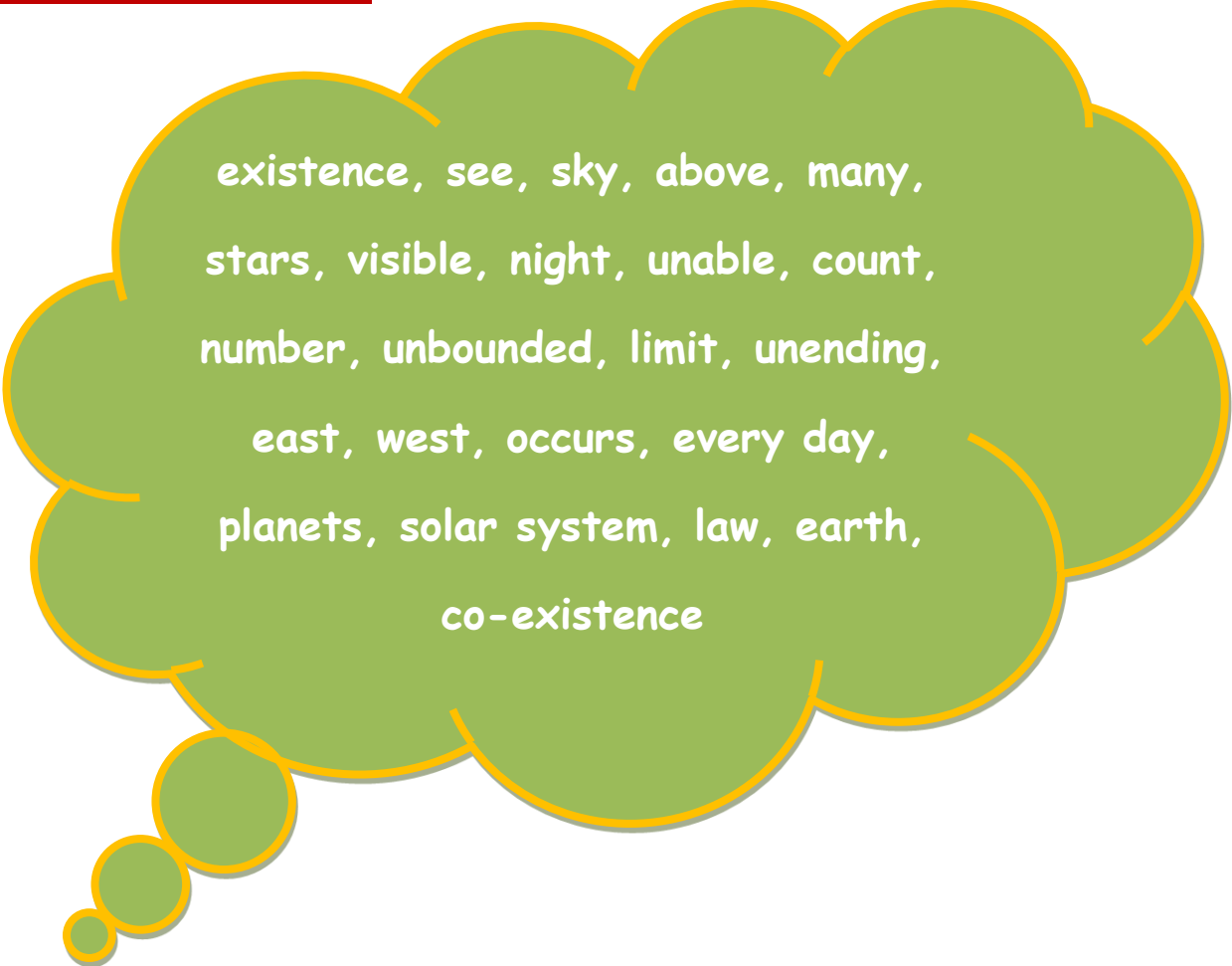


A + sh	Bu + sh	Di + sh
Gu + sh	Hu + sh	Lu +sh
Ma + sh	Me + sh	Pu + sh
Ru + sh	Wa + sh	Wi + sh
Bru + sh	Cru + sh	Fre + sh

Lesson 2

Existence

New Words to Remember



existence, see, sky, above, many,
stars, visible, night, unable, count,
number, unbounded, limit, unending,
east, west, occurs, every day,
planets, solar system, law, earth,
co-existence

Study and Practice

I. Questions from the chapter

1. Mention the names of the planets in the solar system.
2. What do we call sun and all the planets put together?
3. What is one of the laws of the sun?
4. What does existence mean?

II. Fill in the blank space with words from the chapter

- 1) I can see the _____ above me.
- 2) The sky is _____.
- 3) The _____, _____ and many _____ are in the sky.
- 4) The sun seems to rise in the _____ and set in the _____.
- 5) We call the sun and the planets together as the _____ family.

- 6) Among these are _____, Venus, Earth, _____,
_____, Saturn, _____ and Neptune.
- 7) We live on _____.
- 8) We find human _____, animals, _____, plants, _____,
soil, _____, wind and _____ all being together on this earth.
- 9) To be, to exist, is called _____.
- 10) Being together is called _____.

Activities

1. Ask the children to describe and discuss all that they see in the sky in the day time and at night.

Listen and Speak

2. Usage of HAVE / HAS

HAVE

1. I have five sense organs.
2. I have good classmates.
3. I have a caring family.
4. We have a guava tree in our house.
5. You have friendly neighbours.
6. They have a farm and an orchard.

HAS

1. has two brothers.
2. She has a green bag.
3. He has gone to school.
4. She has cooked food today.

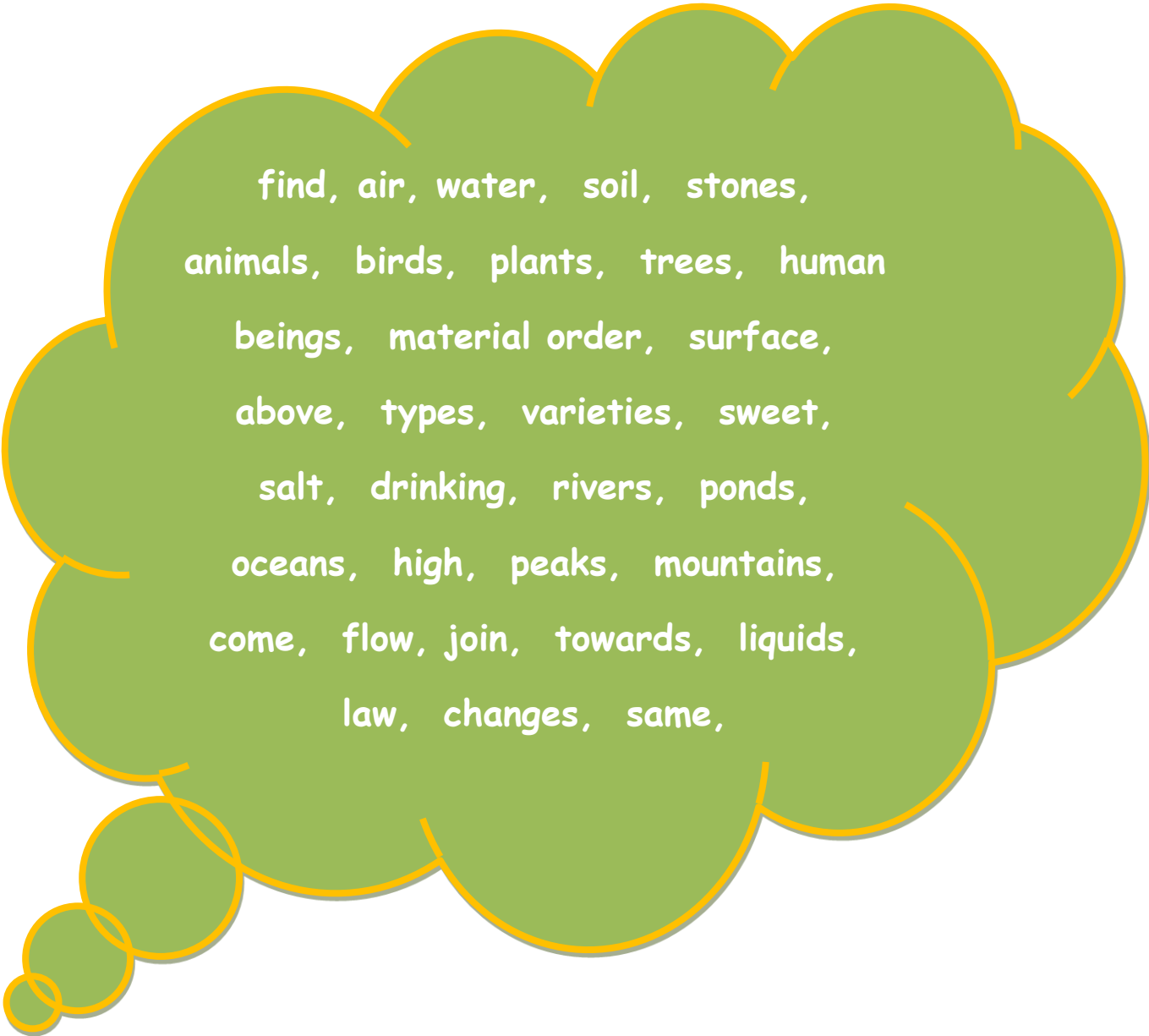
3. Write which planet comes 'Before' or 'After' the given planet:

<i>Before</i>	<i>After</i>
Mercury	
	Mars
Jupiter	
Saturn	
	Uranus

Lesson 3

Material Order

New Words To Remember



find, air, water, soil, stones,
animals, birds, plants, trees, human
beings, material order, surface,
above, types, varieties, sweet,
salt, drinking, rivers, ponds,
oceans, high, peaks, mountains,
come, flow, join, towards, liquids,
law, changes, same,

Study and Practice

I. Questions from the chapter

1. Where does the river start from?
2. How does salt form?
3. Write one law of the material order?

II. Fill in the blank space with words from the chapter

- 1) We find _____, _____ and _____ on the surface of the earth.
- 2) We find _____ above the surface of the earth.
- 3) There are many _____ of soil such as black, red, yellow, white etc.
- 4) The stones also are of _____ varieties such as lime stone, rock, marble, granite etc.
- 5) We find _____ types of water on earth, _____ water and _____ water.
- 6) We find sweet water in _____ and ponds.
- 7) _____ have saline water (salt water).
- 8) Very high lands with peaks on the surface of the earth are called _____.
- 9) Rivers come from _____.
- 10) The rivers flow _____ slopes and join the _____.
- 11) All liquids flow towards _____. This is a law.
- 12) A law never _____ and always remains the same.

Activities

1. Display various colours of soil in the class.
2. Create models of mountains, valleys, and springs with children in the class.
3. Match the following

1) Water boils into	Sand
2) Ice melts into	Steam
3) Steam condenses to	Pebbles
4) Rocks break into	Ice
5) Stone breaks into	Water droplets
6) Wind blows strongly	Water
7) Air blows softly	Storm
8) Water freezes into	Slush
9) Mud mixes with water to form	Breeze
4. Find and write five 3-letter words and five 4 letter words from the word

M A T E R I A L

5. Usage of A and AN

In English, we use **a** or **an** before a singular noun.

We don't use these before an action.

We use **a** if the following word starts with a spoken **consonant**.

We use **an** if the following word starts with a spoken **vowel**.

Example

The following word starts with a spoken **consonant**:

- **a** boy
- **a** school
- **a** girl

The following word starts with a spoken **vowel**

- **an** aunt
- **an** orange
- **an** elephant

Let us practice

Use **a** or **an** before things.

1.book
2. orange
3. elephant
4. plant
5. game
6. eye
7. answer
8.uniform
9. iron
10.flower
11.umbrella
12. hour
13. apple
14. bag

Listen and Speak

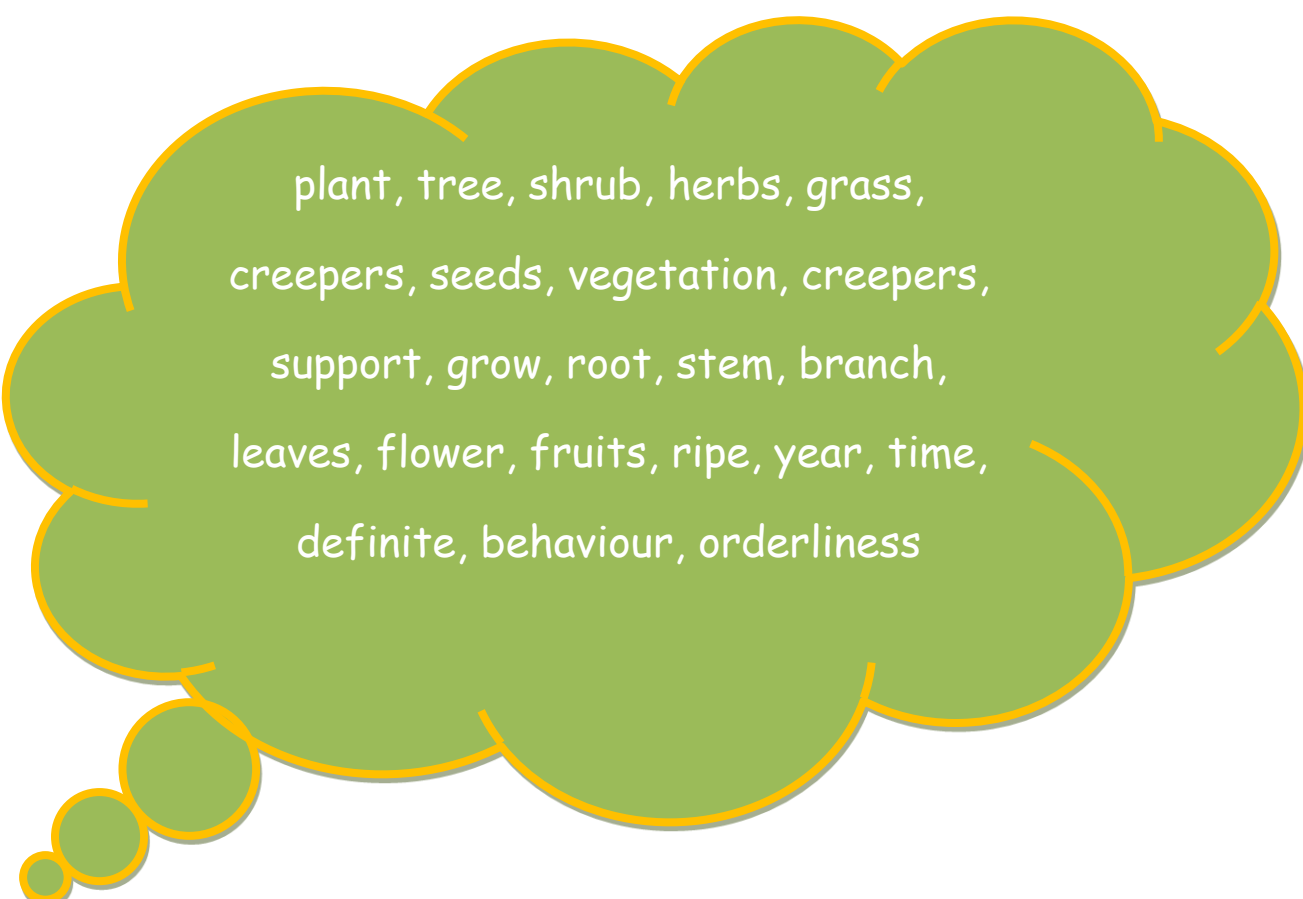
1. Repeat and do the actions after the teacher

- a. I **drink** water.
- b. I am **drinking** water.
- c. I **brush** my teeth.
- d. I am **brushing** my teeth.
- e. I **take** a bath.
- f. I am **bathing**.

Lesson 4

Plant Order

New Words to Remember



plant, tree, shrub, herbs, grass,
creepers, seeds, vegetation, creepers,
support, grow, root, stem, branch,
leaves, flower, fruits, ripe, year, time,
definite, behaviour, orderliness

Study and Practice

I. Questions from the chapter

1. Mention the definite behavior of trees and plants.
2. What do we call plants and trees?
3. How many types of vegetation are there?
4. What do we call big plants?
5. Mention the parts of plants and trees.
6. What plant grows from the seed of custard apple (*seetaphal*)?
7. What is orderliness in Plant order?

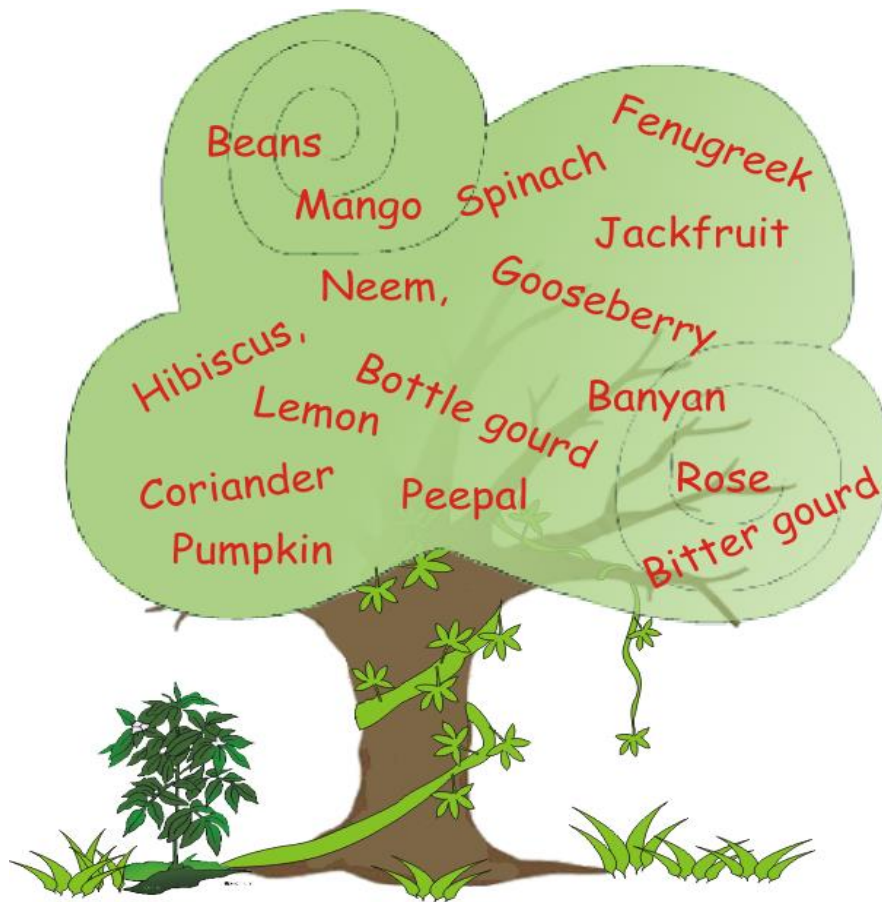
III. Fill in the blank space with words from the chapter

- 1) We call _____ and _____ as the plant order.
- 2) There are of _____ types of vegetation, _____, _____ (shrubs and herbs), _____ / climbers and _____.
- 3) Some plants grow very tall and big, we call these as _____
- 4) Plants that grow small are called _____
- 5) The plants that grow taking the support of other plants or trees are called _____ or climbers
- 6) Very small plants are called _____ or herbs
- 7) Root, _____, branch, _____, flower, _____ and _____, these are 7 parts of a plant.
- 8) From a Lemon seed a _____ tree will grow.
- 9) From a Pumpkin seed only a _____ creeper will grow
- 10) Every plant or tree is in orderliness _____.

Activities

1. Teachers can request students to bring various leaves and seeds. Differentiate between the various leaves and ask the students to name them. Teachers can also name various shrubs, grass and creepers and ask students to bring their seeds, such as chickpeas, beans, peas, mustard etc.
2. Ask children to name the fruits that are available in different seasons such as summer, winter, rainy etc. and their pictures match the description of seasonal fruits. Mention that these grow in their definite seasons and ask them to make models with clay and paint them. Ask them to draw pictures of lemon, orange etc. and colour them.
3. Request them to bring various colored flowers from around their homes and discuss about them.
4. Request children to take a walk around the school area and identify the various plants and trees that they spotted.
5. Ask children why only one kind of fruit grows on a tree and other different types of fruits do not grow on the same tree? For e.g.: why guava does not grow on a mango tree?
6. Ask the children if the fragrances of rose, jasmine, marigold the same? Why do we not get the fragrance of rose from jasmine flower?

7. Put the words in the tree in the appropriate boxes:



TREES

SHRUBS

CREEPERS

GRASS

Listen and Speak

1. Usage of- **ME**

ME - मुझो/ मुझको



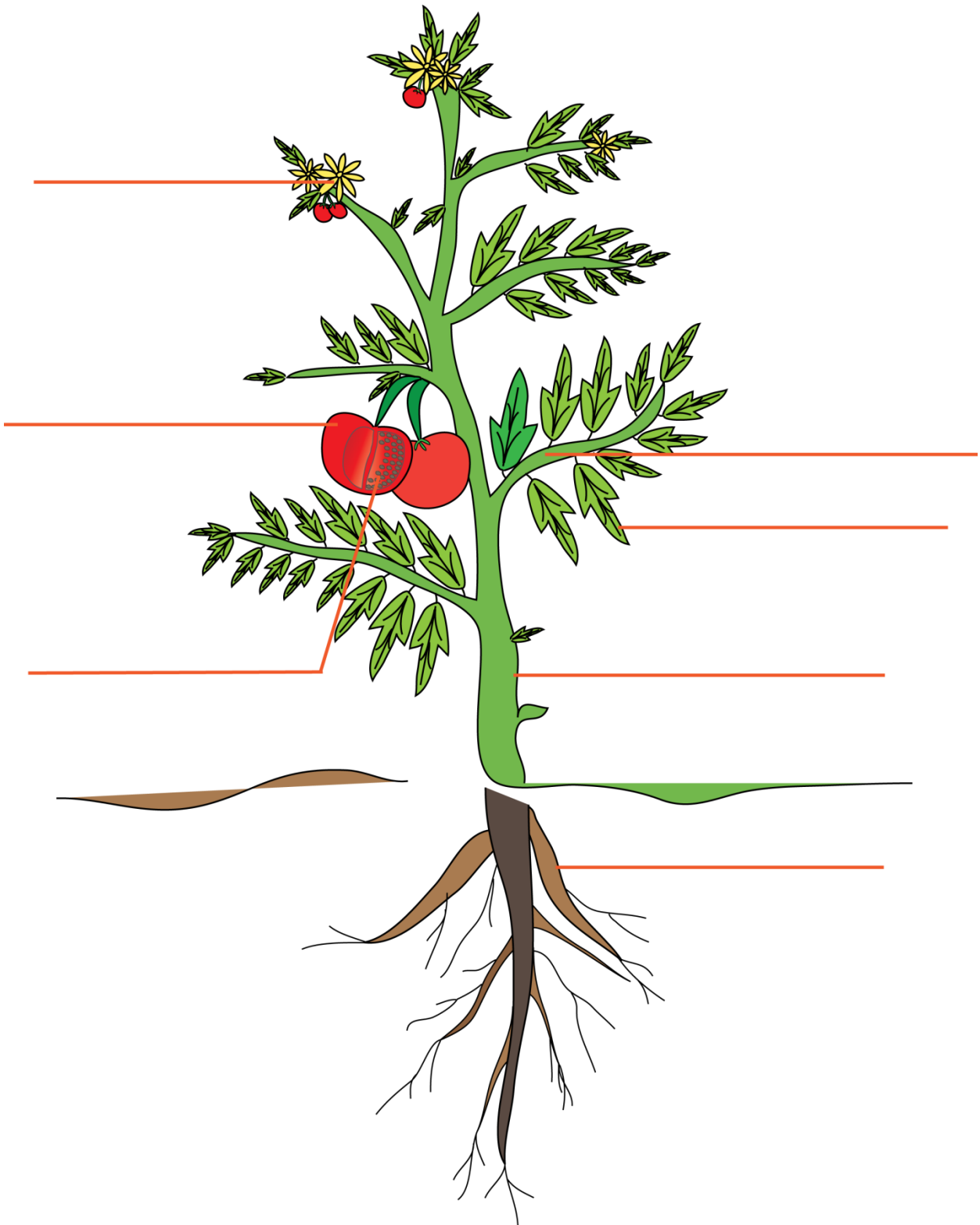
(Note: Teacher points to herself and says)

- a) I am *adhyapikaji*. Look at **me**.
- b) Say hello to **me**.
- c) You know **me**.
- d) You listen to **me**.
- e) Can you help **me**?

2. Repeat and do the actions after the teacher

1. I **wipe** my body after bathing.
2. I am **wiping** my body.
3. I **wear** clean clothes.
4. I am **wearing** clean clothes.
5. Mammaji please **apply** oil on my scalp.
6. Mammaji is **applying** oil on my scalp.

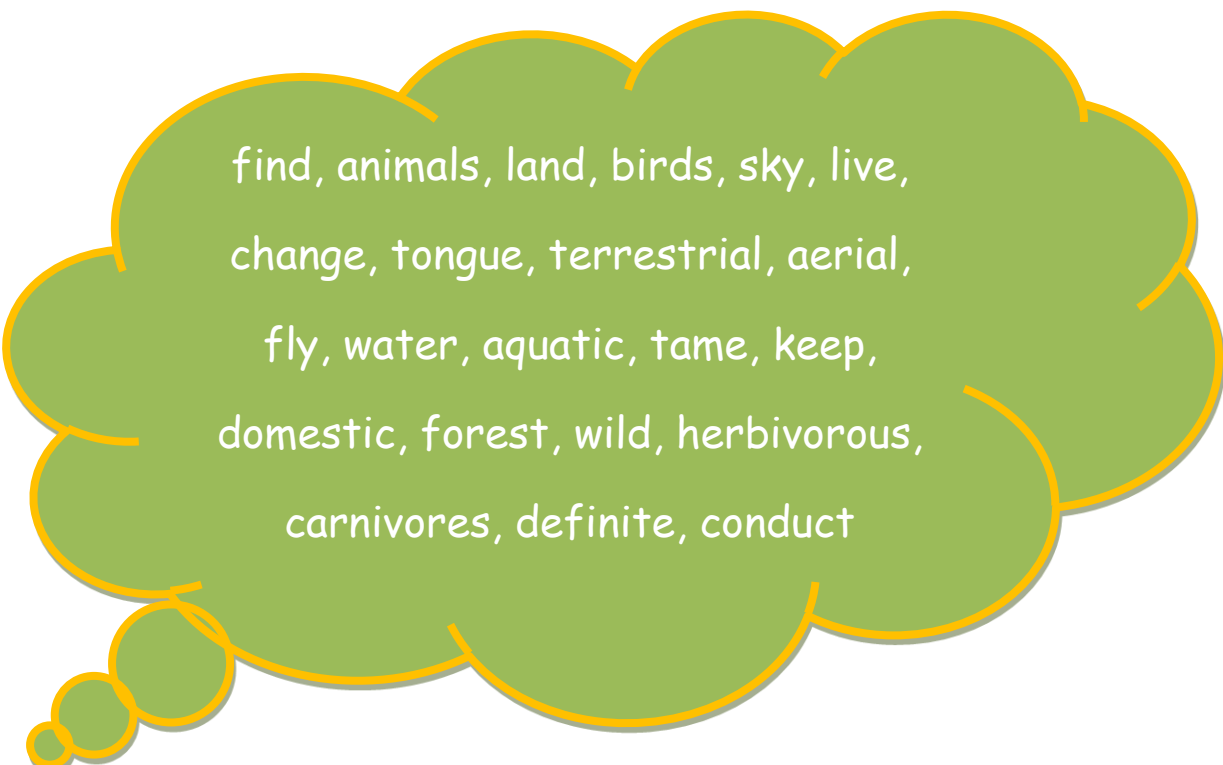
11. Label the parts of the plant



Lesson 5

Animal Order

New Words to Remember



find, animals, land, birds, sky, live,
change, tongue, terrestrial, aerial,
fly, water, aquatic, tame, keep,
domestic, forest, wild, herbivorous,
carnivores, definite, conduct

Study and Practice

I. Questions from the chapter

1. Mention the name of domestic animals (pet animals)
2. Which animals do you call aquatic? Mention a few.
3. Mention the names of animals that fly.
4. Tiger drinks water with its tongue and cow drinks water with its lips. Mention other animals that behave similarly.
5. Why do we domesticate animals?
6. Which animals are herbivorous?
7. What is the law of the animal order?

II. Fill in the blank spaces with words from the chapter

- 1) We call animals and birds as the _____.
- 2) We call animals that live on land as _____ animals.
- 3) The birds that fly in the sky are called _____ animals.
- 4) The animals that live in water are called _____ animals.
- 5) Human beings tame and keep some animals. We call such animals as _____ animals.
- 6) Many animals live in the forest, we call such animals _____ animals.
- 7) Animals that eat grass and plants are called _____.
- 8) Animals that eat meat are called _____.
- 9) Cows and all other herbivorous animals drink water from their _____.
- 10) Tiger, cheetah, lion and all other carnivorous animals drink water by _____ with their tongue.
- 11) Every animal's food is definite and does _____.
- 12) Every animal's conduct is _____.

Activities

1. Mention the names of animals that you see around you and discuss how they drink water.
2. Teacher can show or draw pictures of animals and students can discuss the name of the animal, where it lives and what it eats.
3. Make a jumble of the pictures of various animals and ask the students to differentiate between wild, domestic, herbivorous and carnivorous animals.
4. Ask children to collect pictures of animals from old books, newspapers, magazines etc. and categorize them as mentioned above.
5. Ask the students to observe if herbivorous animals drink water through their lips and carnivorous animals drink water through their tongue.
6. **Joining two small words to make a big word**
 - a) any + where = _____
 - b) some + where = _____
 - c) bed + room = _____
 - d) after + noon = _____
 - e) every + where = _____
 - f) with + out = _____
 - g) any + thing = _____

7. Write one and many:

One Cow	Many Cows
One Bear	Many
One Elephant	Many
One Lion	Many
One Deer	Many
One Cat	Many
One Dog	Many
One Donkey	Many
One Buffalo	Many
One Horse	Many

8. Fill in the blanks with



- 1) __n__m__l
- 2) b__rd
- 3) c__w
- 4) h__rs__
- 5) d__g
- 6) p__rr__t
- 7) cr__w
- 8) f__sh
- 9) c__m__l

9. Join the dots and colour the picture. Write the name of the animal in the picture below it.



Listen and Speak

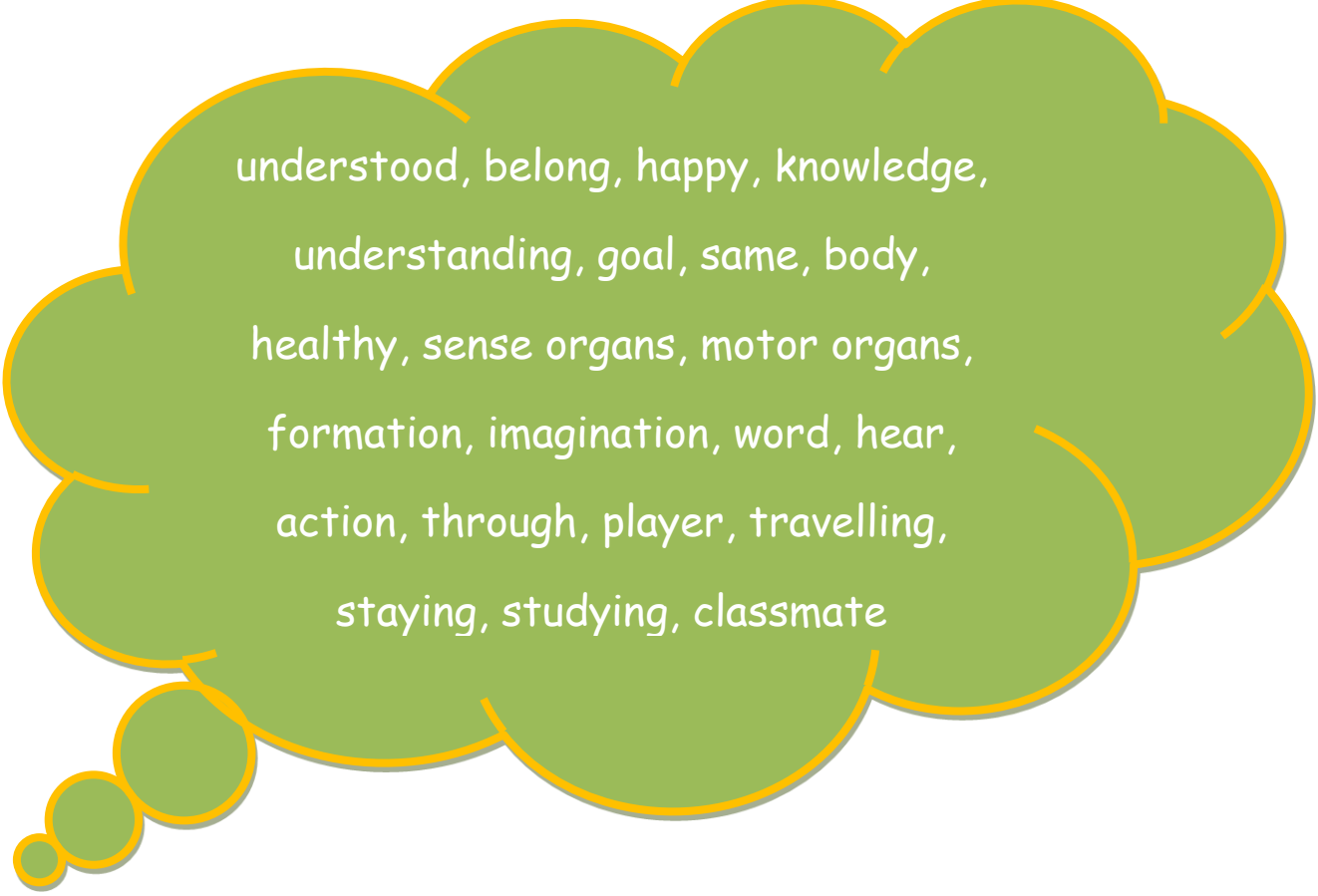
1. Repeat and do the actions after the teacher

1. I **cut** my nails once a week.
2. I am **cutting** my nails.
3. I **pack** my bag.
4. I am **packing** my bag.
5. I **fill** my water bottle.
6. I am **filling** my water bottle.

Lesson 6

Knowledge Order

New Words to Remember



understood, belong, happy, knowledge,
understanding, goal, same, body,
healthy, sense organs, motor organs,
formation, imagination, word, hear,
action, through, player, travelling,
staying, studying, classmate

Study and Practice

1. Questions from the chapter

1. What order does human belong to?
2. How does man become happy?
3. Do you imagine?
4. How much do you imagine?

II. Fill in the blank spaces with words from the chapter

- 1) Human being belongs to the _____ order.
- 2) Every human being becomes happy by _____.
- 3) Every human being's goal is the _____.
- 4) In every healthy human being's body, there are five _____ organs and five _____ organs.
- 5) Every human being's formation is the _____.
- 6) Every human being _____.
- 7) We are all able to _____ as much as we want.
- 8) We bring our imagination to _____ through our _____.

Activities

1. Teacher to draw round, rectangle, triangle figures on the board. Ask students one by one what they can make out of these figures. Children will either complete the figure or create another from their imagination.
2. Draw a picture of a house and colour according to imagination.
3. Ask the children to draw a picture of their mother
4. Ask children why they help other children in the neighborhood and how do they feel by doing so?
5. Teacher asks – imagine that your grandfather/father/teacher is asking you nicely, with love, to do some work - how would that make you feel?
6. Add 'ing' after the words to form new word
 - a) Study + ing = _____
 - b) Hear + ing = _____
 - c) Talk + ing = _____
 - d) Play + ing = _____

7. Sometimes we replace the names of people with another word, instead of repeating the name. Replace the names in the sentences using a word from the box



I

- a) Payal is playing with the toys. _____ is a girl.
b) Rohan is writing in the book. _____ is a boy
c) This is a pencil. _____ is for writing.

8. Write The Words Below In The Correct Column)

man divan garden people stool human-being sofa boy girl bus-stop kids airport school bench library desk railway-station chair bed baby wardrobe children market table cupboard woman clinic person park home		
Humans	Places	House Furniture

Listen And Speak

1. Usage of **US**

US - हमें/ हमको



- a) We are children. Look at **us**.
- b) Say hello to **us**.
- c) *Adhyapikaji* teaches **us**.
- d) *Mammaji* loves **us**.
- e) Our family loves **us**.

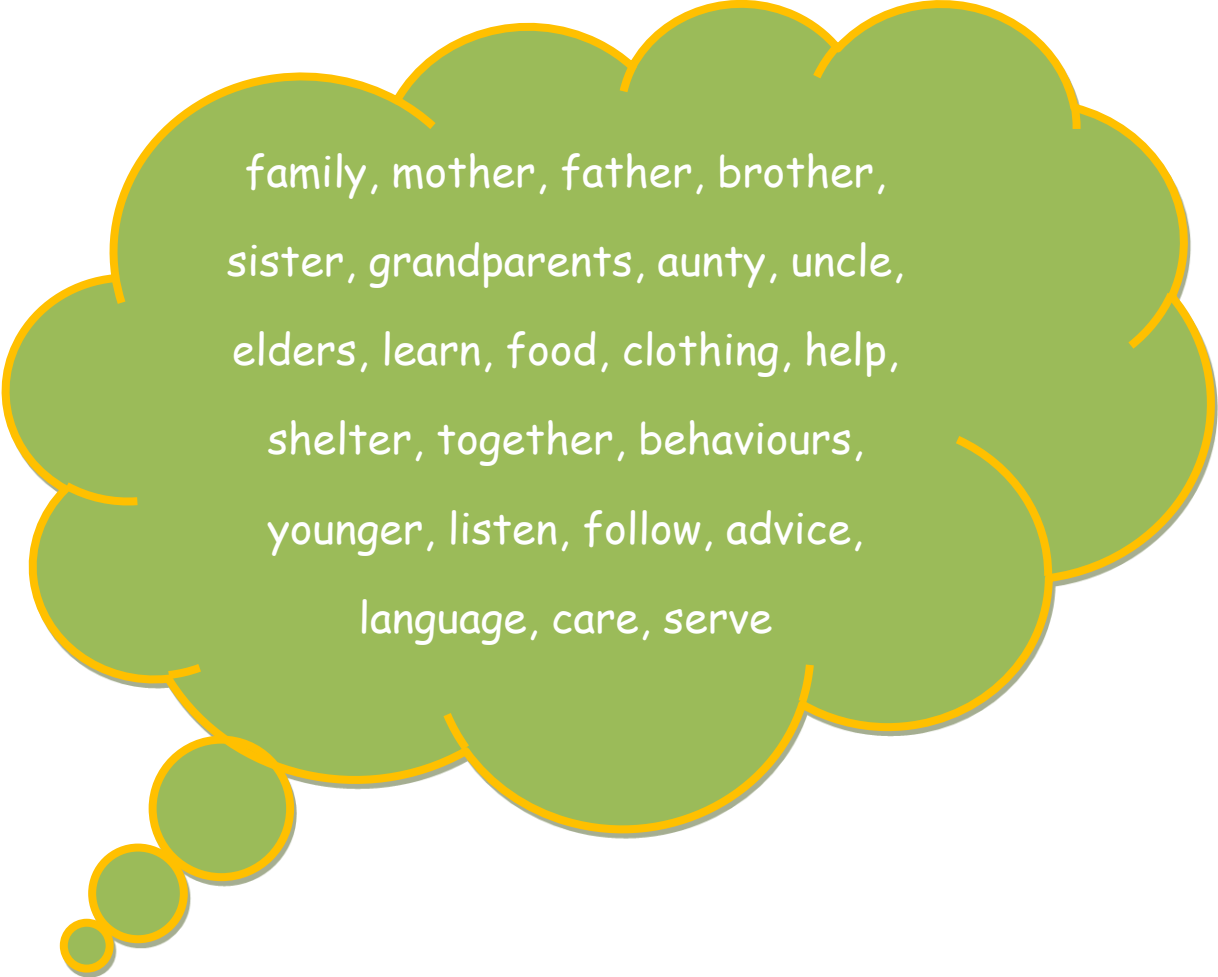
2. Repeat and do the actions after the teacher

- 1. I **wear** shoes in winters.
- 2. I am **wearing** canvas shoes.
- 3. I **wash** my hands before eating.
- 4. I am **washing** my hands.
- 5. I **have** breakfast everyday.
- 6. I am **having** breakfast.

Lesson 7

Family

New Words to Remember



family, mother, father, brother,
sister, grandparents, aunty, uncle,
elders, learn, food, clothing, help,
shelter, together, behaviours,
younger, listen, follow, advice,
language, care, serve

Study and Practice

I. Questions from the chapter

1. Who lives in your family?
2. How do you feel living together in your family?
3. Where do we learn how to speak?
4. What do we learn from our elders?
5. In a family – how do we live and what do we do with each other?

II. Fill in the blank spaces with words from the chapter

- 1) We live in a _____.
- 2) In a family mother, father, brother, sister, grandparents, aunty, uncle, all live _____.
- 3) In the family, father, mother and all elders _____ of us.
- 4) We learn _____ such as walking, sitting, eating from our family
- 5) In the family everyone _____ each other.
- 6) Mother and father take good _____ of and _____ the elders well.
- 7) In a family, younger children _____ to elder children and follow the _____ of the elders.
- 8) We live with elders and learn to _____ and be _____ to others.
- 9) Mother, father and all the elders take care of the requirements of _____, _____ and _____ for the entire family.
- 10) In a _____ we all live together.

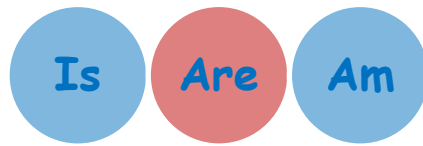
Activities

1. Ask the children to list out all the people living in their house and their relationship with them and how do they address each one of them.
2. Ask the children to list out ways in which they participate (do *bhagidari*) in their family.
3. Fill in the blanks with the words given: (with teachers help)



- a) I have _____ brothers.
- b) We will go _____ school tomorrow.
- c) I have _____ books to read.
- d) I will have rice and chapatti _____.
- e) The table is _____ heavy _____ carry by myself
- f) We have lunch at _____ O'clock in the afternoon.
- g) Younger children listen _____ elder children.
- h) We live with elders and learn _____ serve and be helpful _____ others.

4. Fill in the blanks with the following words



- a) The school bell _____ ringing.
- b) I _____ a honest child.
- c) This _____ a Mango tree.
- d) We _____ happy children.
- e) I _____ very sleepy.
- f) The children _____ playing in the garden.
- g) My grandmother _____ in the house.
- h) They _____ in the house.
- i) It _____ time to play.
- j) How _____ you today?
- k) Priya and Sneha _____ sitting in the class.
- l) This _____ an animal.

Listen And Speak

1. Usage of HIM and HER

HIM - उसे/ उसको/ उनको

- a) He is *bhaiyaji*. Look at him.
- b) Say hello to him.
- c) We like him.
- d) We help him.

HER - उसे/ उसको/ उनको

- a) She is *behanji*. Look at her.
- b) We know her.
- c) Say hello to her.
- d) We like her.
- e) We help her.

2. Repeat and do the actions after the teacher

1. I **wash** my plate every day.
2. I am **washing** my plate.
3. I **read** a book with my teacher.
4. I am **reading** a book.
5. I **write** in a copy.
6. I am **writing** in a copy.

Lesson 8

Human Relationships

New Words to Remember:

relationships, good, honest,
rightful, truthful, wake up, serve,
cook, feed, right, wrong, advise,
listen, teach, work, nature

Study and Practice

I. Questions from the chapter

1. Who does the child learn to talk from?
2. Who does the mother help?
3. you like living with your mother?

II. Fill in the blank spaces with words from the chapters

- 1) All of us live in a _____.
- 2) In a family we have _____ such as brother, sister, father, mother etc.
- 3) My mother, you are _____, my mother, you are _____.
- 4) By nature, you are good, you are _____.
- 5) You _____ and you _____ everyone every day.
- 6) You give the right _____ and make wrong _____.
- 7) From you, I wish to learn to _____ and _____.
- 8) From you I wish to learn things _____.
- 9) From you, I wish to learn the right way to _____.
- 10) I wish to always listen to the _____ you give.

Activities

1. Ask the children to share the various activities their mother does with them in the class. *(The activities will be action words)*
2. Ask the children to share various ways in which their mother has helped them increase their understanding.
3. Ask the children how do they help their mother?
4. Understand the usage of the question words with the help of the teacher
Complete the questions with the words in the box



- a. _____ is your mother's name?
- b. _____ old is your brother?
- c. _____ does your mother wake up?
- d. _____ do you sleep with?
- e. _____ is your house?
- f. _____ are you late to school today?

Listen And Speak

2. Usage of **THEM**
THEM - उन्हें/ उनको

- a) They are playing. Look at **them**.
- b) We know **them**.
- c) Say bye to **them**.
- d) Play with **them**.
- e) Let's talk to **them**.
- f) *Adhyapikaji* teaches **them**.

3. Repeat and do the actions after the teacher

1. We **learn** new words.
2. We are **learning** new words.
3. We **have** lunch together.
4. We are **having** lunch.
5. We **sing** songs in class.
6. We are **singing** a song.

Lesson 9

Human Society

New Words to Remember

society, people, outside, world,
study, school, part, different,
families, build, cleanliness, repair,
read, write, celebrations, teacher,
teaches, sports, exercise,
participate, express

Study and Practice

I. Questions from the chapter

1. What do we call as a society?
2. Who builds and takes care of the school?
3. Is school part of the Society?

II. Fill in the blank spaces with words from the chapters

- 1) All of us live in _____.
- 2) We live with a lot of _____ other than our family. We call them society.
- 3) We call all the people of the world together as _____.
- 4) We study at _____. School is part of the _____.
- 5) Students come from many _____ to study at school.
- 6) They ensure the maintenance, _____ and _____ of the place.

- 7) At school, the teachers _____ the students to read and write and help them _____.
- 8) They teach children _____ and exercise too.
- 9) We have _____ at school from time to time.
- 10) Both teachers and students _____ participate in the celebrations and _____ their happiness and make everybody happy.

Activities

1. Discuss the various types of work that are carried out in and around where you stay.
2. Observe the relationship in society between man-man and between man-physical facilities.
3. Discuss in class who all take care of your school.
4. Circle the correct answer (with teacher's help)
 - All of us **living / live** in families.
 - We **study / studying** at school.
 - Students **coming / come** from many families to study at school.
 - At school, the teachers **teach / teaching** the students.
 - We **call / calling** them society.
5. Find and write five 3-letter words and five 4 letter words from the word

S O C I E T Y

6. Add 'ed' to the word to form new words

Live + ed = _____

Reach + ed = _____

Fold + ed = _____

Stay + ed = _____

Call + ed = _____

Listen And Speak

1. Repeat and do the actions after the teacher
 1. We **draw** pictures.
 2. We are **drawing** a flower.
 3. We **colour** pictures.
 4. We are **colouring** the scenery.
 5. We **dance** in our dance (nritya) class.
 6. We are **dancing**.

Lesson 10

My School

New Words to Remember

school, regularly, study, gain,
knowledge, classes, teachers, students,
address, male, lady, help, reading,
writing, learning, understanding,
parents, home, guardians

Study and Practice

I. Questions from the chapter

1. Why do you go to school?
2. How do you address your teachers?
3. How do you help the other students in the school?
4. Who takes care of you at school?
5. Who is our guardian at school?

II. Fill in the blank spaces with words from the chapters

- 1) There is a _____ I close to where I live.
- 2) I go to school _____.
- 3) I go to school to _____ and _____ knowledge.
- 4) There are many _____ and _____ in the school.
- 5) All of us, students address _____ as 'Bhaiji' or 'Bahanji'.
- 6) All students of the school _____ each other in reading, _____, learning and _____.
- 7) Our parents take care of us at _____ and our teachers take care of us at _____.
- 8) Our _____ are our guardians at home and our _____ are our guardians at school.

Activities

1. Make a drawing of your school in your copy.
2. Why is a school needed? Discuss with children.
3. Make children describe 'a day at school' including details of time and people.
4. Fill in the correct answers with –



- a. Raman helped _____ old man in crossing the road.
- b. Today **the** farmer will buy _____ ox and _____ cow.
- c. There is _____ apple and _____ banana on _____ plate.
- d. Amar is drawing _____ elephant.
- e. I need _____ umbrella, as it is raining outside.
- f. She is eating _____ orange.
- g. _____ man is sitting in the park.

5. Same

Spelling

but different

Meanings

Word	Meaning 1	Meaning 2
Bat	<i>An animal</i>	<i>A wooden stick</i>
Bowl	<i>A dish</i>	<i>A sport</i>
Bark	<i>A dogs growl</i>	<i>A tree trunk's covering</i>

Listen and Speak

1. Usage of WE

We - हम

- a) We are going to school.
- b) We play together.
- c) We like our teacher.
- d) We are hungry.
- e) We learn to read.

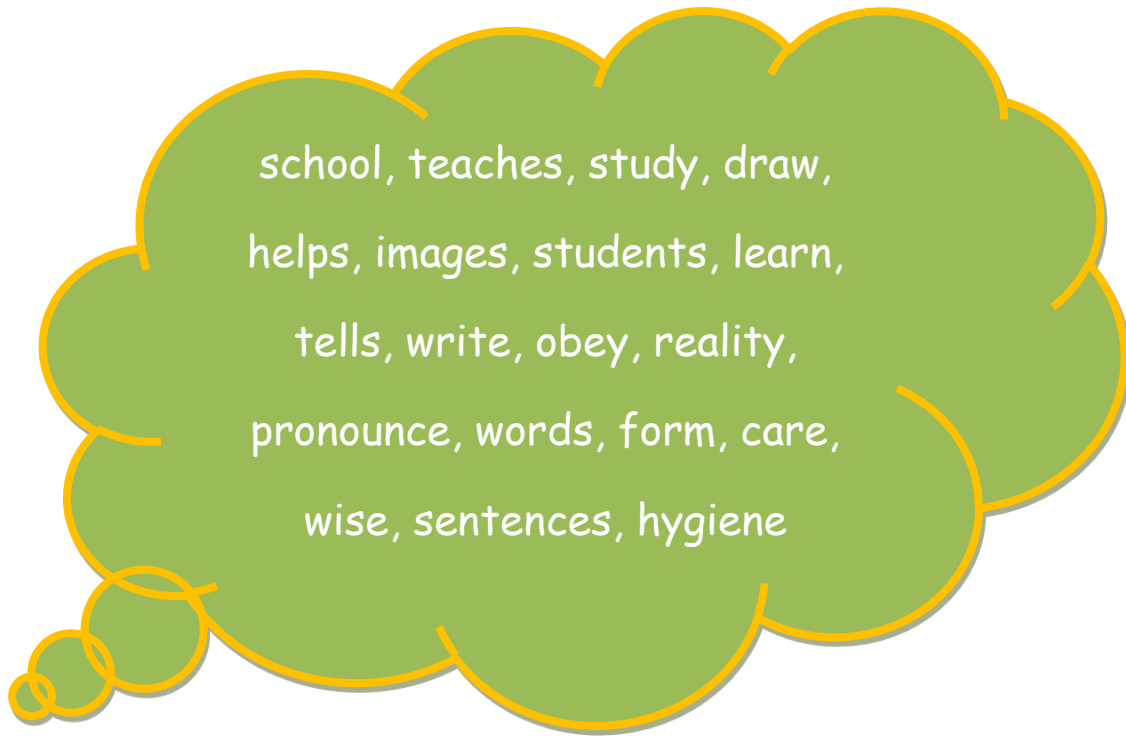
1. Repeat and do the actions after the teacher

1. We **recite** our poems.
2. We are **reciting** poems.
3. We **clean** our desk every day.
4. We are **cleaning** our desk.
5. We **play** with our classmates.
6. We are **playing** with our classmates.

Lesson 11

Teacher-Student Relationship

New Words To Remember



Study and Practice

I. Questions from the chapter

1. What does the teacher teach you?
2. What are the truths that your teacher teaches you?
3. What are the things that the teacher helps you understand?
4. Where do we go to study?
5. Who teaches us?
6. Do you obey your teacher?
7. What are the things that the teacher asks you to do?

II. Fill in the blank spaces with words from the chapters

- 1) We go to school to _____ and to understand.
- 2) The teacher _____ us and helps us _____.
- 3) We are the teacher's _____.
- 4) I want to know _____.
- 5) . Teacher teaches us about _____ .

- 6) Teacher teaches us how to pronounce the _____ .
- 7) Teacher also teaches us how to _____ images, write and _____ sentences
- 8) Teacher teaches us about how to take care of our _____ and its _____
- 9) I _____ every word of the teacher.
- 10) I want to be _____ like my teacher.

Activities

1. Ask the students to discuss the relationship between the teachers and students in the school.

2. Match the following

Reading	to school
Writing	in the playground
Walking	on the black board
Listening	on a bench
Running	a book
Counting	to the teacher
Playing	with colours
Sitting	new things
Learning	a race
Painting	numbers

3. Same

spelling

but different

meanings

Word	Meaning 1	Meaning 2
Can	<i>Able to</i>	<i>Container</i>
Kind	<i>Nice</i>	<i>Type</i>
Light	<i>Lamp</i>	<i>Not heavy</i>
Play	<i>Have fun</i>	<i>A drama</i>
Roll	<i>Revolve</i>	<i>A small piece of dough</i>
Story	<i>Tale</i>	<i>One floor of a building</i>
Watch	<i>Look</i>	<i>Clock</i>

6. Fill in the blanks with



- 1) The teacher teaches all of _____ .
- 2) _____ go to the same class.
- 3) _____ obey our teachers.
- 4) Our teacher teaches _____ to read.
- 5) _____ want to become wise like our teacher.
- 6) Our teachers are very kind to _____ .
- 7) The teacher teaches _____ to draw.
- 8) Our teacher cares for all of _____ .

Lesson 12

Our Needs

New Words to Remember



Study and Practice

I. Questions from the chapter

1. Why do we need things?
2. What do we need to protect our body?
3. What are the physical facilities that we use to travel from one place to the other?
4. What are the physical facilities that we use to talk to people who live far away?

II. Fill in the blank spaces with words from the chapters

- 1) We all live in _____ and in the society.
- 2) To fulfill our living in family and in society we need many _____.
- 3) To satisfy our hunger we need _____.
- 4) To protect ourselves from cold we need _____.
- 5) To satisfy our thirst we need _____.
- 6) By living inside a house we protect ourselves from storm _____,
_____, _____ and wild animals.
- 7) Our body is protected by _____, _____ and _____.
- 8) To hear voices from far (distant-hearing) we use the _____.
- 9) To talk to our relatives who live far away we use _____ or _____.
- 10) To see things from far away (distant-viewing) we use the _____.
- 11) To fulfill our living in the society we use _____,
_____ and _____.

Activities

1. Make children into two groups A and B. Let children of group A talk about our requirements and let children of group B talk about the things that are needed to fulfill those requirements.

Example:

Group A

If we get hungry....

If we get thirsty....

Group B

then we eat food

we drink water

2. Discuss with children the different modes of transport (air, water and road). The various methods of distant – hearing (radio, phone), discuss letter writing and emailing as modes of communication. Discuss methods of distant viewing – Television and other accessories, videos – DVDs, CDs, Etc.
3. Find and write five 3-letter words and five 4 letter words from the word

U N D E R S T A N D

4. Sort the following words into appropriate columns

sweater	car	rice	socks
house	mobile	whitewash	wheat
radio	milk	cement	telegraph
pant	internet	pyjama	ship
cap	television	bricks	loudspeaker
vegetables	shirt	jacket	nuts
airplane	fruits	rajma	dvd
saree	bus	sugar	e-mail

Food



Clothing



Shelter



Distant-viewing



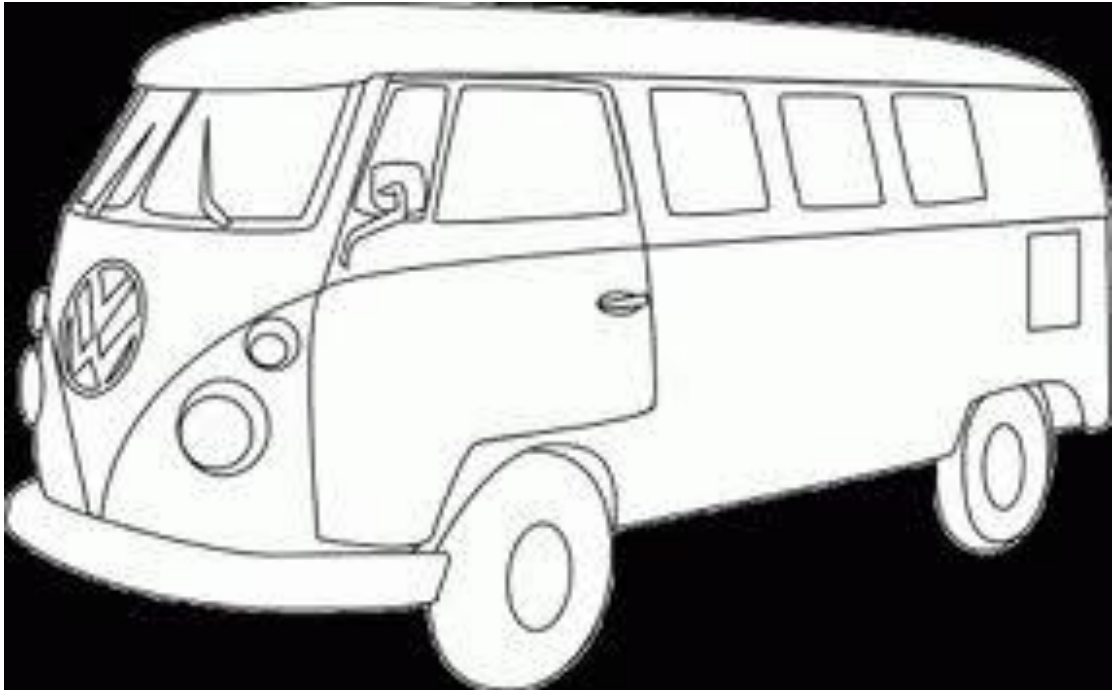
Distant-travel



Distant-hearing



5. Colour this drawing and name it. Also, right below what need it fulfils



This is a This is used for

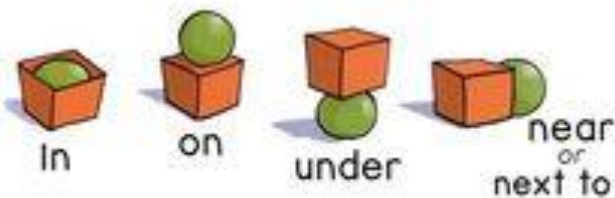
Listen and Speak

1. Listen, Understand and repeat after the teacher

BEGINNER PREPOSITIONS

Prepositions of Place - Reference Worksheet

The green ball is ...



... the box(es).

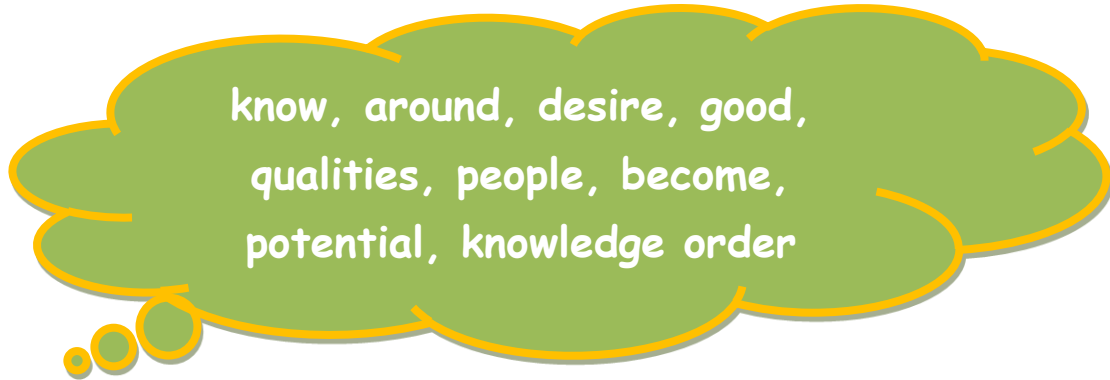
2. Repeat and do the actions after the teacher

1. We **share** our toys during games.
2. We are **sharing** our toys.
3. I **return** home after school.
4. I am **returning** home.
5. I **wash** my feet after reaching home.
6. I am **washing** my feet.

Lesson 13

Knowing

New words to remember



Study and Practice

I. Questions from the chapter

- 1) What do I desire to know?
- 2) How do I become happy?

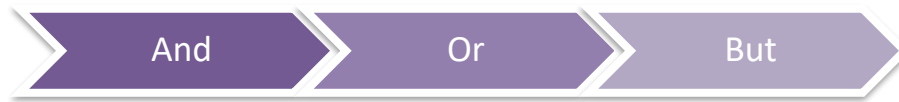
II. Fill in the blank spaces with words from the chapters

- 1) I want to know _____ and the things _____ me.
- 2) I desire to know about soil, _____, plants, _____, animals, _____, the sky and the _____.
- 3) I feel happy _____ about them.
- 4) I want to know good _____ about the people that I live with.
- 5) I want to know my _____.
- 6) I also want to know how to become _____.
- 7) We feel happy by knowing _____ other's good qualities.
- 8) Every human being desires to _____.

Activities

1. Teacher will fill a bag with things such as pen, pencil, fruits flowers etc. The teacher then pulls out one item from the bag, without showing it to the children and asks, what is in my hand? The children will not be able to tell and hence the teacher will give them some information regarding the item such as
 - a. It is red in colour.
 - b. It lives surrounded by green things
 - c. It has a nice fragrance
 - d. It is soft to touch.
 - e. It is as big as
 - f. It is round in shape.

2. We use some words to join two small sentences to make a bigger sentence like



Now let us circle the **joining word** in the following sentences:

- a. I have a brother and a sister.
- b. The teachers help us to learn and understand
- c. I don't know what to eat first, Mangoes or *Ladoos*
- d. I want to play outside but it is raining today.
- e. Our teacher asked us to run and play but we wanted to sit and talk.
- f. Do you want to read this book or take a bath first?

Listen n Speak

1. Usage of WITH and TO

WITH

- a) Come and play with me.
- b) Sing with me.
- c) She stays with me.
- d) He colours with me.
- e) I will go with you.

TO

- a) Throw the ball to me.
- b) Give the pencil to her.
- c) Give the ball to him.
- d) I am talking to them.
- e) Adhyapikaji is talking to us.

2. Repeat and do the actions after the teacher

1. I **wash** my hands after reaching home.
2. I am **washing** my hands.
3. I **wash** my face after reaching home.
4. I am **washing** my face.
5. I **have** supper in the evening.
6. I am **having** supper.

Lesson 14

Celebration

New Words to Remember

filled, times, during, brings,
pleasure, moment, celebration,
darkness, shivering, warmth,
showers, ripe, crop, harvested

Study and Practice

I. Questions from the chapter

1. What is celebration?
2. What occasions do we celebrate?
3. What do you call these celebrations at home? Discuss in class
 - a. The birth of a child
 - b. Inaugurating a new home
 - c. Harvest season
 - d. The beginning of Spring

III. Fill in the blank spaces with words from the chapters

- 1) _____ times are called celebration.
- 2) Celebration _____ every occasion.
- 3) The sun _____ and brings celebration.
- 4) The full moon too brings _____
- 5) After the _____ winter, comes the celebration of _____ spring.
- 6) There is celebration in the _____ that summers bring.
- 7) Enjoy the _____ of rain with cheer.
- 8) Celebration when the _____ ripens every year.
- 9) Parents, teachers and all my _____
- 10) Living _____ is also a celebration.

Activities

1. Ask the children to share with each other the various ways in which they celebrate the Child's birth at home.
2. Ask the children to celebrate a Child's birthday in the class room. And ask the children to share with the birthday child, all the good things they have observed about that child.
3. Ask the children to find out from their parents about the ways in which harvest festival is celebrated in their home and then share it with the class. Ask the children to discuss the importance of harvest festival in the class.
4. Find and write words from the following word:

CELEBRATION

Listen and Speak

1. Repeat and do the actions after the teacher

1. I **drink** milk twice a day.
2. I am **drinking** milk.
3. I go **cycling** every day.
4. I am **cycling**.
5. I like to **climb** trees.
6. I am **climbing** a guava tree.

Lesson 15**Occupation****New words to remember**


specific, made, occupation, building,
cooking, activities, hard-work,
effort, agriculture, dairy, stitching,
construction, building, medicines,
vessels, paper, cleaning, repairing,
creating, participating

Study and Practice**I. Questions from the chapter**

1. What are the occupations that you see in your family
2. What occupations do you observe in your community?
3. What is an important part of every occupation?

II. Fill in the blank spaces with words from the chapters

- 1) We live in _____ and in the society and we have specific _____ to fulfil our living.
- 2) Most of these _____ that we need are made by human beings.
- 3) We call such activities as _____.
- 4) Hard work or _____ is needed for all occupations.
- 5) There are _____ types of occupations.
- 6) Occupation is a _____ for every family and human society.
- 7) Every human being becomes _____ by participating in an occupation.

Activities

1. What are the different occupations that happen in the city and in the village?
Discuss with children.
2. By what occupations are the needs of your family satisfied?
3. Ask the children to discuss and then describe the steps taken by the following people in order to do their occupation

Barber
Potter
Farmer
Carpenter

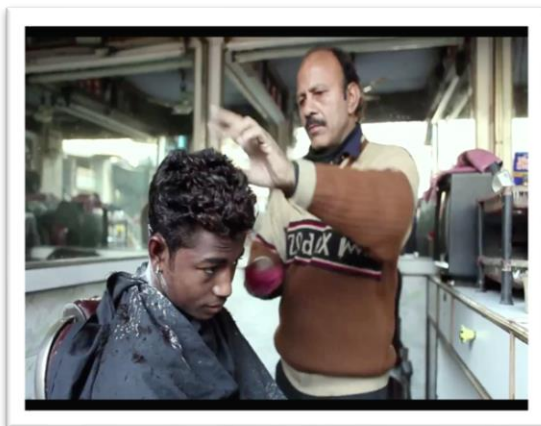
4. Is there physical effort involved in all occupations? Discuss
5. How do you contribute to the family's occupation?
6. Fill in the blanks with appropriate words



Think, discuss and fill in the blanks



_____ are made by a potter.



_____ is cut by a barber.



_____ is delivered by a milkman/milkwoman



_____ are made by a carpenter.



_____ is tended by a farmer



_____ is built by a mason



_____ are stitched by a tailor



_____ is repaired by a plumber.

7. Replace names with the given words



1. Raju *chachaji* is a carpentermakes doors and windows out of wood.
2. Jyoti *mousiji* is a tailor..... Stitches my clothes.
3. Do not open that tap. is leaking.
4. Call Suresh *tauji* is a plumber. will fix it.
5. My parents are farmers work in the field every day.
6. We get milk from Soni *chachiji*. is a milkwoman.
7. Are going to help me?
8. Tanush, Adi and I are in the same school. go to school in the same school bus.
9. Have you seen my pencil? I cannot find
10. am a student.

Listen and Speak

1. Repeat and do the actions after the teacher

1. I like to **skip** rope.
2. I am **skipping**.
3. I like to **fly** a kite.
4. I am **flying** a kite.
5. I can **lift** my bag.
6. I am **lifting** my bag.

Lesson 16

Seasons

New Words to Remember



Study and Practice

I. Questions from the chapter

1. What are the different seasons? Write their names.
2. For how long does each season stay?
3. Which season comes brings an end to sharp winter?
4. During which season do we have long days and short nights?
5. What is the rainy season called?
6. In which season are the days short and the nights long and cold?

II. Fill in the blank spaces with words from the Poem:

Every year the _____ come
One after the _____.
In a definite _____ they come
_____ seasons all together
Each season stays for _____ months
Giving us definite _____ to gather

End of _____ winter
And _____ to eat
Ah! the _____ (vasant) is here

_____ hot days and short hot nights
And lots of melons to _____ your body
Oh! the _____ (grishma) is here

_____ -drops from the clouds
 Bringing _____ to earth and mangoes to eat;
 Wah! The _____ (*varsha*) is here

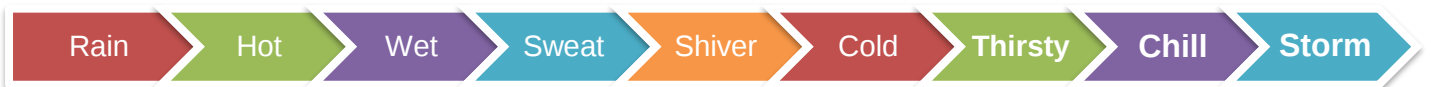
Clear fresh _____
 Guvava, _____, custard apple to eat
 Ah! the _____ season is here

A little _____ in the air
 _____ and pomegranate to eat
 Oh! The season of _____ is here.

_____ days and _____ cold nights.
 Oranges, Kinnu and _____ to eat
 Wah! The _____ (*shishir*) is here.

Activities

1. Discuss about the different kinds of seasonal foods and their effect on our body.
2. Discuss the different clothes worn during all the seasons.
3. Discuss about the changes that occur in trees and in plants during the different seasons.
4. Group these words into the appropriate columns



Summer

Winter

Monsoon

5. Colour this picture and name this season.



Listen and Speak

1. Repeat and do the actions after the teacher

1. I **hold** my *dadaji's* hand.
2. I am **holding** *dadaji's* hand.
3. I like to **pick** guavas.
4. I am **picking** guavas.
5. I **choose** to paint.
6. I am **choosing** to paint.

Lesson 17

BODY

New words to remember

head, ears, nose, legs, hands, sense organs, ears, nose, mouth, tongues, skin, smell, taste, hear, form, colour, motor organs, mouth, hands, legs, excretory organs, discard, waste, chewed, stomach, strength, digested, excrete, rest, plenty

Practice and Study

I. Questions from the chapter

1. Name five sense organs
2. Name five motor organs

II. Fill in the blank spaces with words from the chapters

- 1) I bring my imagination into _____ with the help of my body.
- 2) The body has _____ sense organs – ears, _____, _____, tongues and skin.
- 3) We recognize _____ through our nose;
- 4) We hear _____ and words through our ears
- 5) We recognize _____ and colour through our eyes.
- 6) We recognize _____ by our tongue.
- 7) We recognize _____ by our skin.
- 8) The body has _____ motor organs – mouth, _____, _____, and two excretory organs.
- 9) We _____ and _____ through our mouth, _____ with our hands and _____ with our legs
- 10) We discard _____ from our body from the excretory organs.
- 11) Eating food on _____, drinking a lot _____, exercising _____ and enough _____ keeps the body healthy.
- 12) If we _____ healthy then we are able to _____ and _____ with others well and we will be happy.

Activities

1. Ask children to describe in their own words the things that they would not be able to do if they could not use their
 - a. Sense organs
 - b. Motor organs
2. Sensitize children to their sense organs.
 - a. Put small pieces of aromatic materials (with distinct smell) such as ginger, garlic, rose, fennel, cinnamon, coriander etc in sealed match boxes, with hole in them (for the aroma to escape) and ask children to identify them by smelling the boxes.
 - b. Blindfold some of the children and ask the rest of the children to use various materials to create noise. The blindfolded children have to identify them. Then ask children to exchange their roles and repeat the game.
 - c. Ask children to go into the garden and bring back things with different textures (that have a different feel when being touched) and to describe the textures.
 - d. Prepare solutions of salt, sugar, lemon, amla and karela and ask children to identify the taste as salt, sweet, sour, astringent and bitter.
3. Fill in the blanks with-

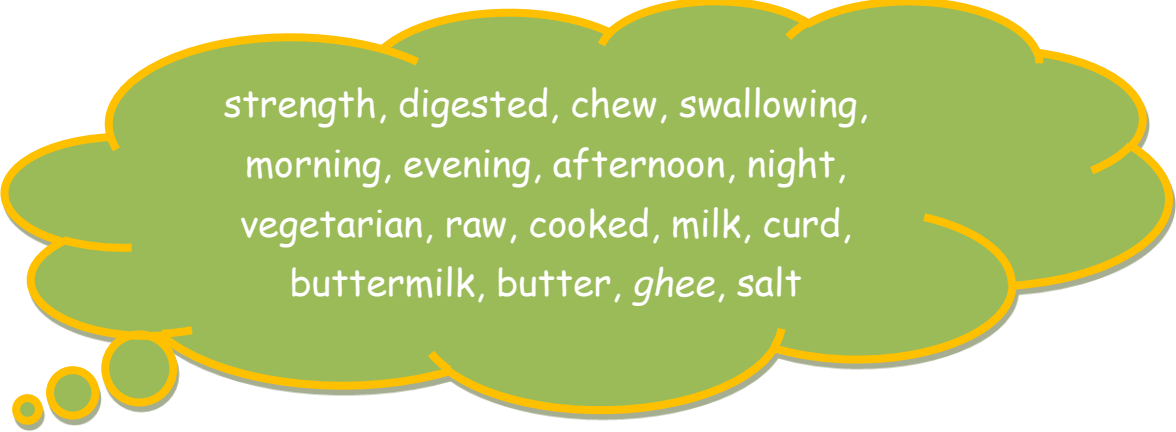
a e i o u

- 1) E y  s
- 2) E  r s
- 3) M   t h
- 4) L  p s
- 5) H e  d
- 6) H  n d s
- 7) L  g s
- 8)  r g  n

Listen and Speak

1. Repeat and do the actions after the teacher

1. I like to **help** mammaji.
2. I am **helping** mammaji.
3. I like to **serve** food to all.
4. I am **serving** food.
5. I **do** my homework in the evening
6. I am **doing** my homework.

Lesson 18**Food**New words to remember


strength, digested, chew, swallowing,
morning, evening, afternoon, night,
vegetarian, raw, cooked, milk, curd,
buttermilk, butter, ghee, salt

Study and Practice**I. Questions from the chapter**

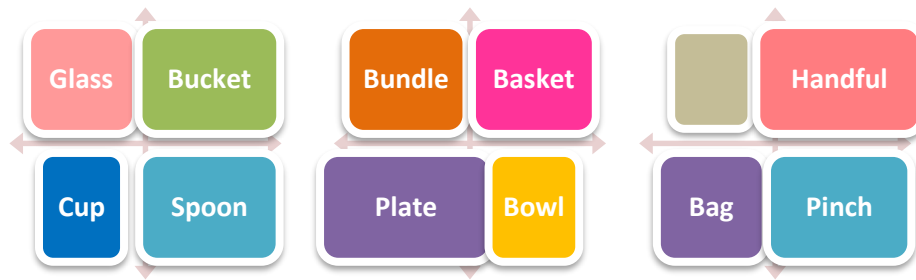
1. What does our body get from food?
2. At what times of the day do we have food at home?
3. What parts of plants or trees form the major part of our food?
4. Can we eat raw food?
5. What are the different food items prepared from milk?
6. To what order do salt and water belong?

II. Fill in the blank spaces with words from the chapters

- 1) Our _____ gets strength from food.
- 2) The food that we _____ is digested well, if we _____ well before swallowing.
- 3) At home, we have our food in the _____, afternoon, _____ and night.
- 4) The major part of human being's food is _____ (plants and trees).
- 5) Parts of plants or trees such as roots, _____, leaves, _____, fruits and _____, all of these are used as food.
- 6) Both _____ and _____ foods are eaten.
- 7) _____ is also part of our food.
- 8) _____, buttermilk, _____, ghee and many types of sweet are prepared from milk
- 9) We get milk from the _____ that we have at home.
- 10) We use _____ and water while cooking food.

Activities

1. Fill in the blanks with what you think is the right choice of words. (with the help of your teacher)



A of milk

A of water

A of fruits

A of nuts

A of ghee

A of salt

A of rice

A of soup

A of vegetables

A of flowers

A of leaves

A of *papad*

2. Sometimes we use words that describe someone, someplace or something we can call them describing words e.g.:

1. Healthy food
2. Sweet kheer
3. Cold water
4. Hot milk
5. Fresh vegetables

Now circle the words that **describe** in the sentences below: (with the help of your teacher)

1. My mother gives me hot food when I go back home.
2. My brother likes cold milk.
3. I like salty biscuits.
4. We get fresh milk from the *gowshala*
5. Our adhyapikaji, brings raw salad for lunch.
6. This halwa smells good.
7. We eat white rice at home.
8. The mangoes are very . juicy

3. Make 3 columns in your note-book. Label them as shown below and the write the following words in the write column.

Glass Chikoo Carrot Mulberry Plate Tomato Watermelon Pan Onion
Spoon Bottles Fork Pineapple Tray Jug Mug Banana Kettle
Papaya Knives Apple Spinach Cup Potato Chilli Bowl Ladyfinger
Mango Beans Litchi Peas Grapes Cabbage Cauliflower Pear
Drumstick Straw Guava Pot Cucumber Strawberry Radish Sweet
Lime Orange Bottle Gourd

Fruits	Vegetables	Kitchen Utensils and Tools

Listen and Speak

1. Repeat and do the actions after the teacher

1. I **have** my dinner every night.
2. I am **having** dinner.
3. I **change** my clothes before going to bed.
4. I am **changing** my clothes.
5. I **go** to sleep on time.
6. I am **going** to sleep.

Lesson 19**Medicine****New words to remember**

healthy, ill, medicine, *tulsi*, *neem*,
turmeric, rose petals, gooseberry, lemon,
juice, paste, applied, spices, coriander,
fenugreek, carom, pepper, alum, lime,
salt, quantities

Study and Practice**I. Questions from the chapter**

1. How does the body stay healthy?
2. When do we become ill?
3. What are the various materials that are used as medicine?
4. Name medicines that you use at home?
5. What do we use Neem for?
6. In how much quantity should we take medicines?

II. Fill in the blank spaces with words from the chapters

- 1) The body stays _____ with the right kind of _____, good _____, exercise, _____ and hygiene.
- 2) When we do not take the _____ kind of food we become _____.
- 3) We get _____ about the right kind of food from our _____ and _____.
- 4) _____ materials are used as medicine such as _____, Neem, _____, Rose petals, _____ and Lemon.

- 5) The _____ of tulsi leaves are used as _____ for cold and cough.
- 6) The _____ of Neem leaves is applied on the _____ for any skin problems.
- 7) Rose _____ is used as medicine for the _____.
- 8) Gooseberry and _____ are used to treat problems of the _____.
- 9) Some _____ such as _____, Fenugreek, _____, and Pepper are also used as _____.
- 10) Common _____ items such as alum, _____, _____, are also used as medicine.
- 11) _____ are always taken in _____ quantities.
- 12) Eating medicine in _____ quantities can _____ the body.

Activities

1. Ask children to share with the class about the various times their parents teachers and elders have used medicines from their kitchen to help them or someone in their family to get better.
2. Show and introduce children to home medicines.
3. Ask children to plant a Neem tree, and to protect it.
4. Some words sound the same but their spellings are different. Match the similar sounding words

son	write
two	eye
see	to
right	sun
I	sea

5. Colour the name of a **person** in red, the name of **place** in blue and of a **thing** in yellow

Ankit	pencil	park	Chirag
Raipur	Milli	Achoti	Rohan
table	cup	book	School
Sonu	glass	Preeti	Jungle

6. Learn some actions that we do while making medicines.



Grind



Powder



Peel



Squeeze



Boil



Mix



Dry



Wash



Strain



Cut



Chop

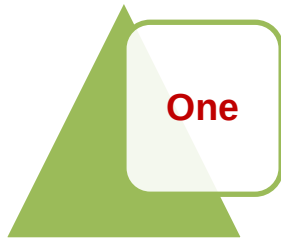


Grate



Roast

7. Say aloud and learn how to use these words



Root	Roots
Leaf	Leaves
Stem	Stems
Fruit	Fruits
Bark	Barks
Tree	Trees
Plant	Plants
Peel	Peels
Petal	Petals
Seed	Seeds
Gooseberry	Gooseberries
Mango	Mangoes
Ginger	Roots of ginger
Garlic	Pods of garlic
Pepper	Corns of pepper
Clove	Cloves
Cinnamon	Barks of Cinnamon
Lemon	Lemons

8. Rewrite these sentences using He, She, We and They. Write it in your notebooks. The first one has been done for you.

E.g.

1. I am going to school.
 - *He is going to school.*
 - *She is going to school.*
 - *We are going to school.*
 - *They are going to school.*
2. I am studying in class.
3. I am reading a book.
4. I am writing writing.
5. I am drawing a flower.

What am I? How am I? What do I want?

I am a human being.

I bring my imagination into action. I live with the expectation of a healthy mind. My healthy mind is evidenced in my living.

I am a unit of the knowledge order.

I am a combined form of the Self (Jeevan) and the body

I, the self (Jeevan), in natural form, have activities of knowing, assuming, recognizing and fulfilling.

I am in self-organized with humane-ness.

I want to be equipped with intellectual resolution and physical prosperity.

I, the self (Jeevan), want to be with complete awakening and its continuity and be free of ignorance, fear and problems.

I want to be an authority in participating in undivided society and universal order and want to be self-organized. I also want to see every human being become the same.

A. Nagarj
Shree Narmadanchal, Shree Bhajanashram
Post Amarkantak, Dist Annupur (M.P.), India