



### Learning Objectives

The learner should be able to

- > Name the external parts of the body
- > Identify the various senses
- > Maintain personal hygiene



#### Let Us Talk

We play, walk, run, hear, see, smell, taste and touch.

We can see some parts of our body but some others are within us, which we cannot see.

Some parts are in pairs. Can you name a few?

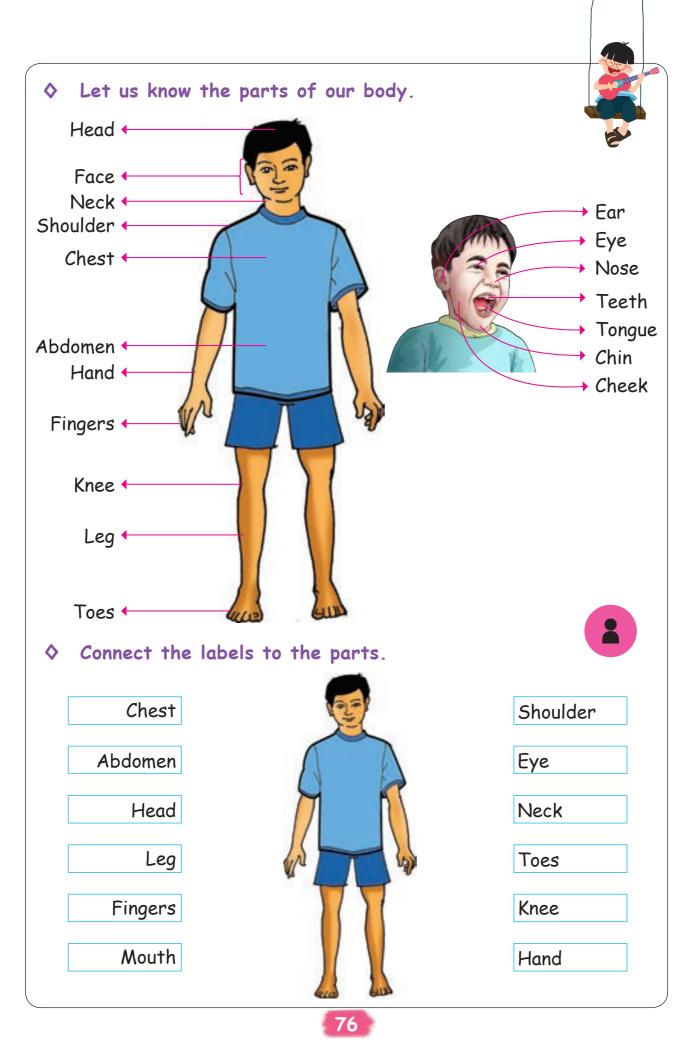
Let us learn names of some parts of our body with this rhyme.





### Rhyme Time

Head, shoulders, knees and toes (2) Knees and toes Eyes and ears Mouth and nose Head, shoulders, knees and toes Eyes, ears, mouth and nose



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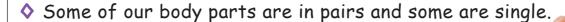
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- ♦ You can fold your arm and your fingers, wherever there are lines. Try it.
- We experience different feelings like happiness, sadness, fear and anger.
- We show these feelings with our facial expressions.

Try making these expressions.











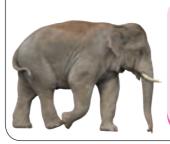
Connect the paired parts to the number 2 and the single parts to the number 1.





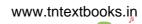
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♦ Draw the facial expressions.



The giraffe has a long neck and the elephant has a long trunk.





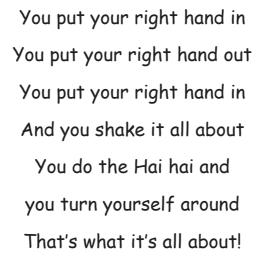
#### Rhyme Time

Right and Left

Let us sing this rhyme.





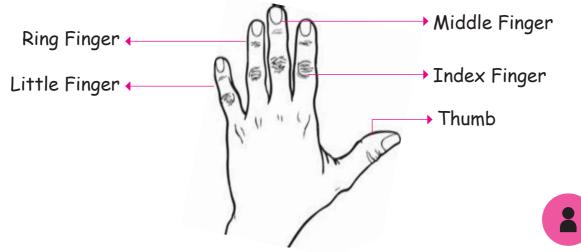




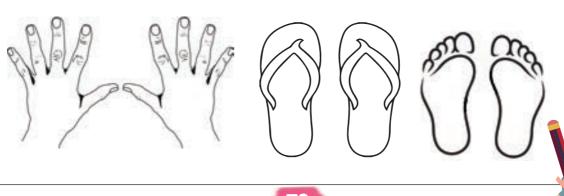


Similarly do the actions with the left hand, right foot, left foot, head and then with your whole body.

Each finger of your hand has a name. Do you know the names?



♦ Colour the pictures on the right side red and the left side blue.











Ask your friend to put his/her thumbprint next to yours.

Do they look the same?



♦ Play the game "Raja Says" or "Rani Says" with your friends.



Touch your nose





#### My Senses

I hear many sounds with my ears. Some sounds are loud and some are soft.



The cawing of a crow



The ringing of a bell



The ticking of a clock



The sound of a moving train



The sound of a water drop









What are the sounds you hear every day around you? Which sounds do you like?

♦ Let us play a game.

Blindfold yourself. Let your friends move around you while they make sounds of different animals. Identify the animal with the sound. Indicate the direction of the sound by pointing.



We see the world around us with our eyes. We see different shapes, sizes and colours.



♦ Observe the picture and discuss.





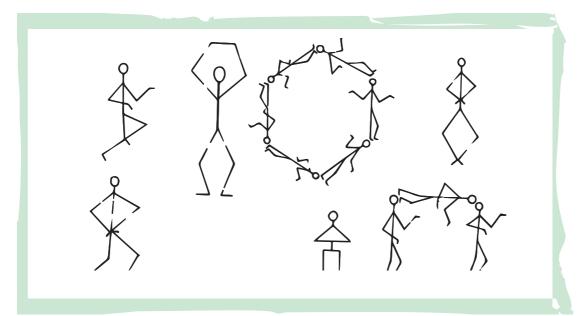


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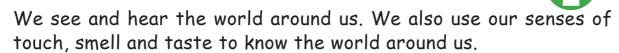








Eagles, falcons and hawks can see small objects even from a great height.



There are different kinds of tastes like sweet, sour, salty and bitter. Our tongue helps us to taste.

The lemon is sour, the mango is sweet and the bitter gourd is bitter.

What do you like to eat?











Our nose can sense different types of smell.

What are the smells you like? What are the smells you don't like?





♦ Go for a Nature Walk in your school campus.



Feel the plants and the soil.

Touch the flower. It is soft.

Touch the tree trunk. It is hard.



♦ Blindfold your friend. Give your friend various things to smell, taste and feel and ask him/her to find out what they are.



A dog's sense of smell is 40 times greater than that of a human.









# Story Time





This is Mala 🦚 . She wakes up 🐸 in the morning. This is





cannot see the . is very small.



🎇 is waiting to get inside 🌇 body. 🎢















. 🌹 is clean and 隓





goes to the washroom



wash her hands with . is happy. the enters















🌹 stomach.









visits the 🎒 . The doctor tells







her hands with 🥯 before 🐫 and after using















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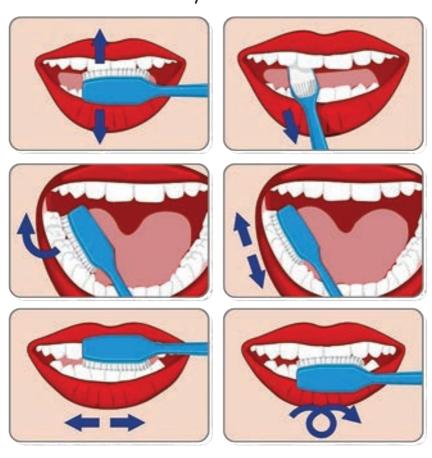


We should keep our hands clean. If we don't, we will fall sick like Mala. Let us learn how to wash our hands properly. Do it step by step.



We must brush our teeth twice a day, once in the morning and once at night. Let us learn the right way of brushing our teeth.

Practice all these routines daily.











#### ♦ Healthy Washroom Routines

After using the toilet (wash room) wash yourself.









Pour water

Wipe your feet

Wash your hands with soap

Wipe your hands

### Daily Routines

♦ These pictures show our daily routine. Arrange them in sequence.



♦ Tick (✓) the things which help to keep you clean.







## **Evaluation**

- ♦ Observe the picture and draw a -
  - O near the kite
  - $\Rightarrow$  near the objects which produce sound
  - inear the objects with smell
  - $\triangle$  near the objects which are tasty
  - near the objects people touch





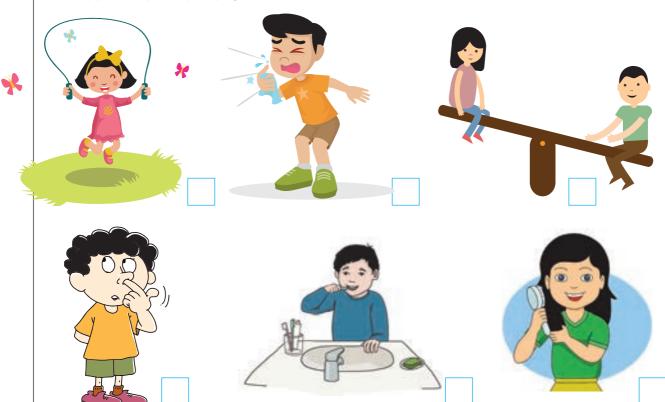






♦ Some activities keep us healthy and some don't.

Tick (✓) the activities that keep us healthy and cross (X) those that do not.



# Self-Evaluation

I can name the parts of my body.

I can do many actions with my body.

I practise good habits to keep me clean.

I know the names of my sense organs.

