Rhythm

Textbook of English for Class 1

0123

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STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

MIZORAM:AIZAWL

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THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a [1]**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the [2][unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

---

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

Foreword

Education is a dynamic process that continually evolves to meet the changing needs of society and learners. In keeping this view, the National Council of Educational Research and Training (NCERT) developed high-quality textbooks that uphold the principles of the National Curriculum Framework (NCF) 2023 and promote competency-based learning.

The State Council of Educational Research and Training (SCERT), Mizoram which is the Academic Authority for Elementary Education in the state, contextualized and adapted these textbooks to suit local needs, culture, and environment of our state. This adaptation seeks to make the content more relatable and meaningful for students in Mizoram while maintaining the academic rigour and pedagogical integrity of the NCF 2023. I express my sincere gratitude to NCERT, New Delhi for sharing the copyrights for adaptation and translation of these textbooks.

I extend my sincere appreciation to teacher educators, subject experts, teachers and all other stakeholders involved in development of the textbooks. Their collective efforts have ensured that these textbooks truly represent the spirit of education for all while nurturing curiosity, creativity, and critical thinking among learners.

It is my hope that these textbooks will serve as effective tools for both teachers and students in enhancing teaching-learning process and in realizing the broader goals of the National Education Policy (NEP) 2020.

Aizawl
7th November, 2025

(CAROLINE ZORAMTHANGI)
Director, SCERT
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About the Book

Language is not only a medium of communication but also a vehicle for the continuous development of human beings. As per the *National Education Policy (NEP) 2020*, language plays an important role in promoting national development and contributes to the development of a just society. This policy has given much importance to the development of language and literacy in the education of children as these create a foundation for the learning of other subjects. NEP 2020 focusses on developing the skills of learning to learn, problem-solving, logical reasoning, critical thinking and creative thinking along with language development at the Foundational Stage.

In consonance with the approach advocated by the National Curriculum Framework 2022 and for Language Education and Literacy at the Foundational Stage, children learn concepts faster in their home language. Therefore, the primary medium of instruction would optimally be the child's home language, mother tongue or familiar language. Hence, here English is considered as second language (L2). Accordingly a communication-focused approach has been adopted in the English textbooks. The aim of this book is to enable the child to develop strong oral language skills (adequate vocabulary and oral expression skills) by the end of Foundational Stage. In addition to oral language development, written language is also being introduced to the learner in a gradual and sequential way. The textbook takes into consideration the curricular goals, competencies and learning outcomes mentioned in the NCF-FS 2022 and the syllabus developed for the Foundational Stage.

Children learn through observation, imitation and collaboration. They also learn through concrete experiences, using their senses and acting upon the environment; this has been kept in mind while developing the textbook. The content included in this book is drawn from the experiences of children and is suitable for their developmental needs as it provides ample opportunities for imagination, storytelling, art, music and play. The content is also supported with art-integrated and cross-curricular based activities which makes learning fun for the child as well as reflects the life of and around the learner. Both prose and poetry are centered around the themes of self and society, toys and games, health and hygiene, cleanliness, environment, travel, culture,

national identity and patriotism and the values pertaining to Global Citizenship Education (GCED). Further, the textbooks also encourage the teachers to go beyond the content and use a variety of relevant learning–teaching material depending on the context and the cognitive appropriateness of their learners.

Illustrations are of primary importance and more so in a second language textbook, they are not mere add-ons to the textbooks, but are integral to it. Through this book, the learners are given ample exposure to the alphabet (both small and capital letters). Gradual progression in writing from drawing and labelling, simple words to simple phrases and then to simple sentences has been followed. Plenty of picture-stories as well as colourful and relevant illustrations support all the texts throughout the book to augment their comprehension. In addition to that, illustrations also provoke the learner's critical thinking.

An effort is made to present language-learning as a holistic process of thinking, listening, observing, speaking, reading, imagining and writing. So, a reading activity may be followed by a drawing task or an oral discussion or could be preceded by a discussion on a picture and so on. A variety of activities, tasks, songs, poems and stories help the learner comprehend and practice the concepts. These are done through various sections, like 'Let us sing', 'Let us speak', 'Let us read', 'Let us draw', and 'Let us write'. This not only helps the learner in the process of language acquisition but also builds up their confidence level.

The curricular goals (CG as mentioned in NCF-FS) have been addressed in the textbook. CG 9.1 'listens to and appreciates simple songs, rhymes and poems' finds ample reflection in the action songs and engaging short poems in every unit. Young learners are encouraged to think of rhyming words, which addresses CG 9.2. Words related to familiar objects and events from day-to-day life are found in all the lessons in this textbook. This is related to CG 9.7—'knows and uses enough words to carry out day-to-day interactions effectively and can guess the meaning of new words by using existing vocabulary'. Further, there are exercises provided for young learners to engage in meaningful conversation, which is very important in L2. CG 9.3 rightly addresses 'converses fluently and can hold a meaningful conversation'.

One of the highlights of the book is the focus on communication in each unit, in the subsection titled 'Let us speak'. The objective of the activities is to encourage conversation and develop the child's confidence in speaking in English, so that the child will move progressively towards independent engagement with English language.

Activities such as 'Join the dots in alphabetical order' is an example of an instruction that the child needs to understand to complete a given task, as indicated in CG 9.4. Interesting stories in simple language are provided in the textbook in accordance with CG 9.5 and CG 9.6 which covers comprehension and narration of stories and identification of characters. A lot of exercises related to phonological awareness have

been introduced at regular intervals throughout the book, to address CG 11.1. Phonological awareness is the ability to discriminate between similar sounding words. Since a child who is phonologically aware is more likely to become a successful reader, it was important to find ways of developing this awareness through tasks given in the textbook. Most importantly, children are encouraged to have fun and play with words.

One of the major recommendations of NCF-FS 2022 is the inclusion of knowledge of India. Indian values and traditions have been presented to the learner in an easily comprehensible and acceptable way. This has been achieved through aptly placed illustrations, Indian ways of greetings like '*Namaste*' in 'Greetings', exposure to a variety of Indian foods from across the country in the lesson 'Eating Together', exposure to a variety of fruits and vegetables found in India in the lesson 'A Visit to the Market', and so on.

Chapter 1 of Unit 1 titled 'My Family and Me', talks of parts of the body with an emphasis on hygiene; it also helps children to associate actions with words. Chapter 2 inculcates politeness by introducing the various ways of greeting others, including '*Namaste*'. Chapter 3 introduces young learners to the concept of family, through a story of a sparrow family, enabling them to learn words related to family members.

Unit 2 titled 'Life Around Us', introduces children to the animals and birds in the surroundings. In Chapter 2, children learn the prepositions 'up' and 'down' through the familiar Indian folktale 'The Cap-seller and the Monkeys'. Chapter 3 emphasises rhyming words, throughout the comic strip 'Catch me if you can'. Chapter 4 introduces young learners in the farm and around the home.

Unit 3 titled 'Food' in Chapter 1, provides a glimpse of the variety of fruits, vegetables and flowers found in our country. Chapter 2 titled 'The Food we Eat' emphasises having respect for food, importance of saying a short prayer before eating meals, and addresses the diversity of food in our country.

Unit 4 titled 'Seasons' in Chapter 1 discusses the various seasons, and the changes in temperature, items of clothing, etc. Chapter 2 has a beautiful story on the colours of the rainbow. The chapter ends with the colouring of the national flag.

Multilingualism has been interwoven into the tasks and activities with specific guidelines to the teacher, wherever required. This facilitates the learner to move progressively from the home language to English. It also helps to shift from teacher-driven classroom to learner-centric classroom.

This book aids in the holistic development of the learner. The chapters aim at stimulating development of socio-emotional domain of children, through poems and narratives related to their family, neighbourhood and community.

Language and literacy, physical, socio-emotional, aesthetic and

cognitive domains have been integrated along with the development of positive habits to create a learning impression in totality for children. Development of *Annamaya, Pranamaya, Manomaya*, and *Vignyanmaya kosha* is an ongoing process which leads to the manifestation of *Anandmaya kosha*. The present textbook is a step in this direction.

In addition to the material provided in the textbook, teachers may also use the matter embedded in the QR code. Further, as suggested in 'Note to the teacher' sections given throughout the book, teachers are encouraged to use local stories, proverbs and objects in the classroom, as well as audio and video support from DIKSHA platform. The textbook is only one tool, learning needs many resources.

This textbook is not the only source of learning. Children learn much more while observing the environment around them, talking to peers and elders including grandparents, making things of their interest, watching TV, playing with mobile, toys and games, listening stories, poems, doing projects, visiting places of cultural importance and travelling. Therefore, we, as teachers or parents, need to value this learning which goes beyond the textbook and try to map it with the competencies and curricular goals identified for this stage. Education of our children is seen as our collective responsibility.

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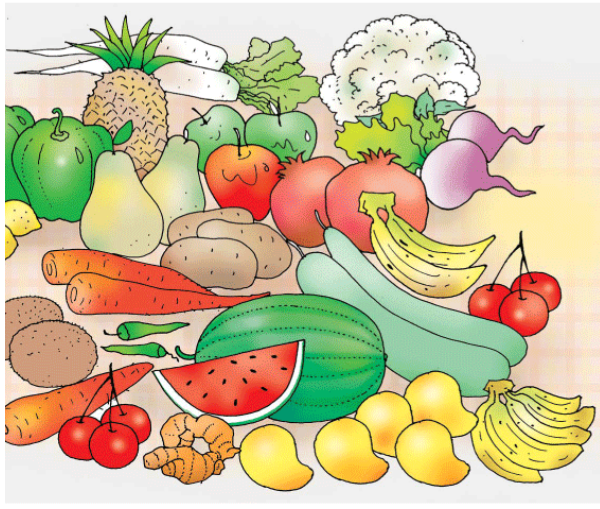
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Unit 1

My Family and Me



Chapter 1

Two little hands

0123CH01



Let us sing

Two little hands
go clap, clap, clap.

Two little legs
go tap, tap, tap.

Two little eyes
are open wide.

One little head
goes side to side.



Two little eyes to look around.
Two little ears to hear any sound.

One little nose to smell and breathe.
One little mouth that likes to eat.



Hands to clap, legs to walk
Nose to smell, mouth to talk
Head to move, eyes to see
I have a little body that belongs to me.

Sight words

| one | to

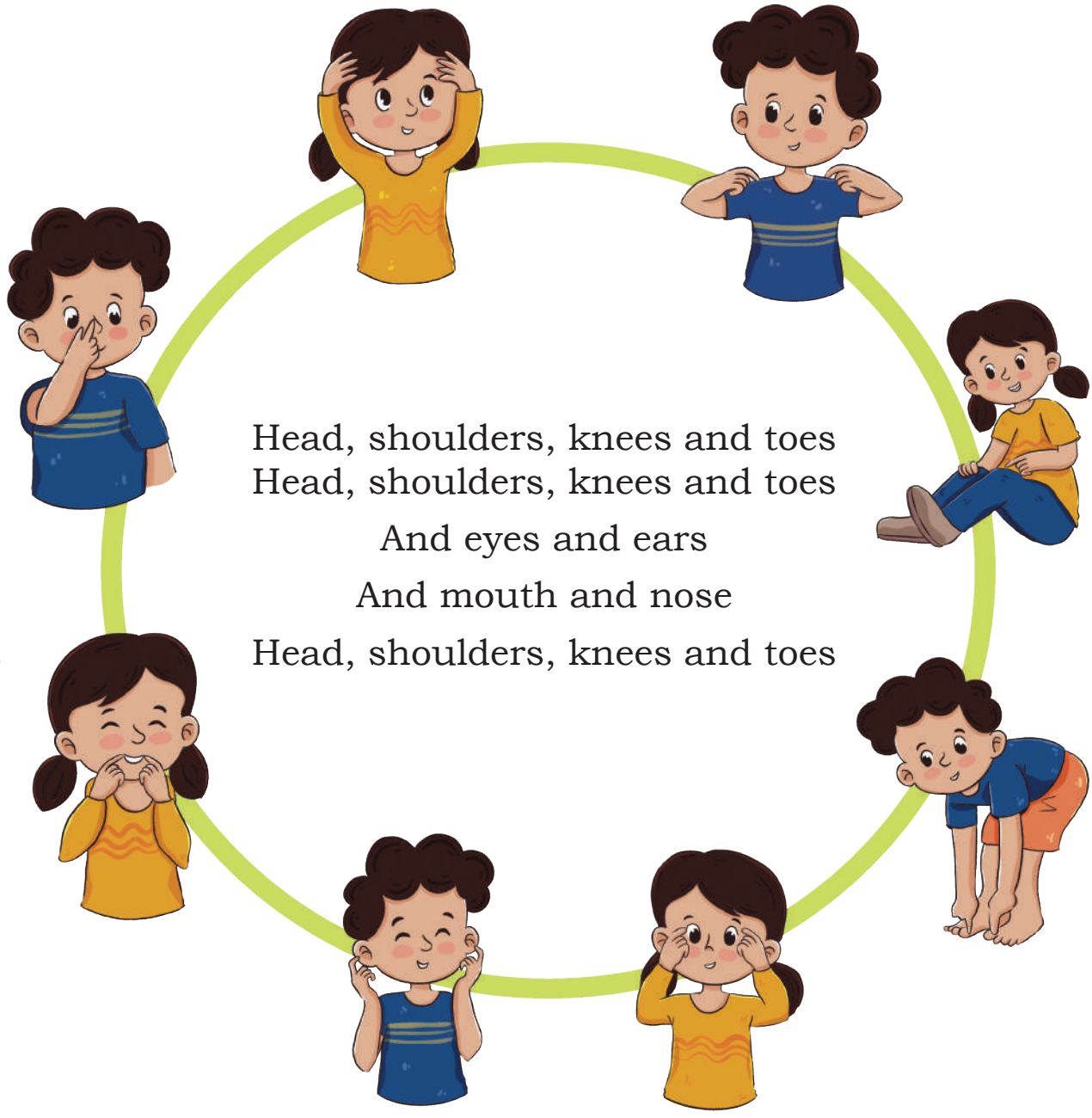
New words

hand | leg | head | eye | ear | nose | mouth

Note to the teacher

- Use different combinations and variations for the activity. For instance, while reciting the poem, you may say 'two little hands go...' and remain silent while continuing to clap.
- Write sight words and new words on the board.

Parts of the Body



Head, shoulders, knees and toes
Head, shoulders, knees and toes
And eyes and ears
And mouth and nose
Head, shoulders, knees and toes

Note to the teacher

- As children sing, they touch the part of the body referred to.
- This song may be repeated till the child learns the part of the body.
- New ways of reciting could be thought of by the teacher.



Let us speak

A. Repeat after the teacher

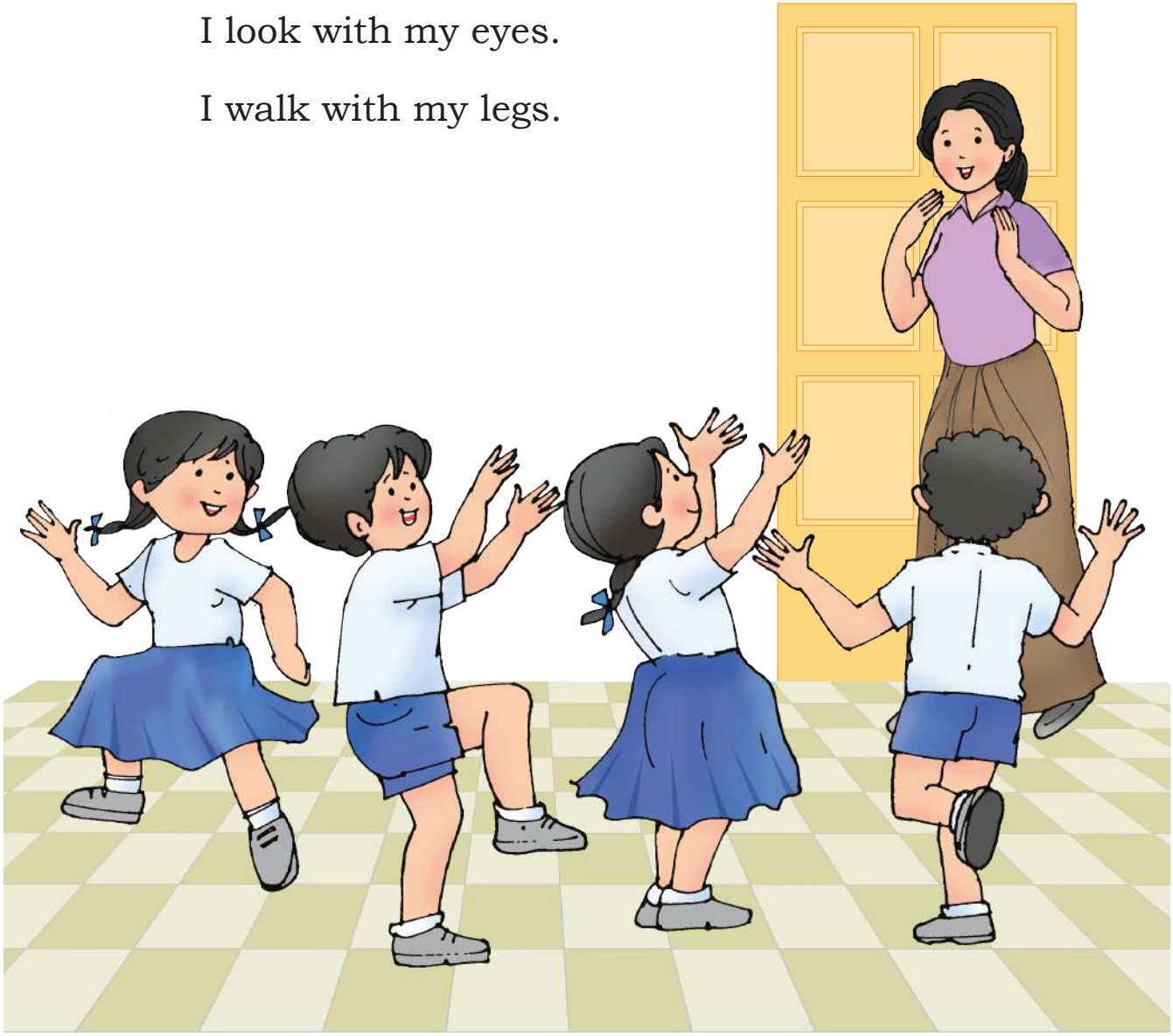
Teacher: I clap with my hands.

Children: I ...

I tap with my feet.

I look with my eyes.

I walk with my legs.



B. Talk in pairs

Ask your partner questions such as the ones below.

Robert: What is this?

Martha: This is my nose.

Martha: What are these?

Robert: These are my shoulders.

Robert: What is this?

Martha: This is my mouth.

Martha: What are these?

Robert: These are my ears.

Robert: What is this?

Martha: This is my mouth.

Martha: What are these?

Robert: These are my hands.

Robert: What are these?

Martha: These are my legs.



Note to the teacher

- Teacher demonstrates the actions and says the sentence, and children repeat after her. Then each child says one sentence in sequence, till every child in the class gets a chance to speak.

Match the parts of the body with their pictures.



Head

Nose



Eye

Ear



Cheek

Hand



Tongue

Arm



Mouth

Foot



Leg











Note to the teacher

- Using the picture, say aloud the parts of the body pointing to each one.
- As children repeat after you, let them also point to the corresponding body part.

Let us read

Look at the pictures. Read the word, then read the sentence.



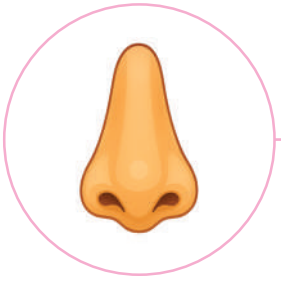
Eyes

I see with my eyes.



Ears

I hear with my ears.



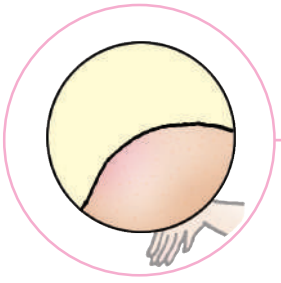
Nose

I smell with my nose.



Mouth

I eat with my mouth.



Skin

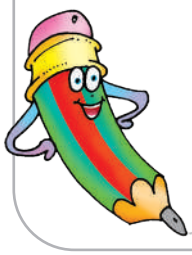
I feel with my skin.



Let us do

My hand

Place one palm in the centre of the box given below. With your other hand, draw an outline. Decorate the hand with colours, coloured paper bits, stickers or anything else.



Now compare your drawing with your friend's drawing.



Let us do

Washing hands



1. Open the tap or pour water on your hands.



2. Rub soap on your hands.



3. Wash between the fingers.



4. Rinse your hands again.

Note to the teacher

- Let the students listen to the instructions one by one and do accordingly.

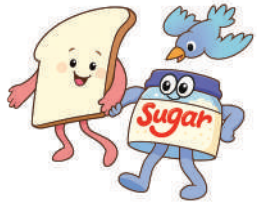


Let us sing

Alphabet song



A B C D E F G H I J K L M N O P
L M N O P Q R S T U V W X Y Z
X Y Z, Sugar on bread
Next day morning, come to me
We will learn the A B C...
Happy, happy we shall be
When we know the A B C....





Let us write

A. Write the letters

Aa Bb Cc Dd Ee Ff

Aa Bb

Cc Dd

Ee Ff

Note to the teacher

- Before the above exercise, make letter flash cards to indicate directions when tracing the letters.
- Provide extra practice if necessary.



Let us sing

A. Sing the alphabet (phonics) song for these letters before you start reading the words.

You may sing it in this way:



a is for ant .... ah.... ah.... ant



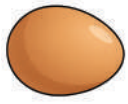
b is for bag .... ba.... ba.... bag



c is for cat .... kh.... kh.... cat



d is for dog .... da.... da.... dog



e is for egg .... eh.... eh.... egg



f is for fish .... fa.... fa.... fish



g is for goat .... ga.... ga.... goat



h is for hut .... ha.... ha.... hut



i is for inkpot .... ih.... ih.... inkpot



j is for jug .... ja.... ja... jug



k is for kite .... kh.... kh.... kite



l is for lion .... la.... la.... lion



m is for mango .... ma.... ma.... mango

n is for nose .... na.... na.... nose 

 **o** is for orange .... oh.... oh.... orange

p is for parrot .... ph.... ph.... parrot 

 **q** is for quilt .... qua.... qua.... quilt

r is for rat .... ra.... ra.... rat 

 **s** is for sun .... sa.... sa.... sun

t is for table .... th.... th.... table 

 **u** is for umbrella .... ah.... ah.... umbrella

v is for van .... va.... va.... van 

 **w** is for well .... wa.... wa.... well

x is for x-ray .... eh.... eh.... x-ray 

 **y** is for yarn .... ya.... ya.... yarn

z is for zebra .... ze.... ze.... zebra 

Note to the teacher

- Draw attention of the children to the initial sound of each word. Help each child say the word aloud focusing on the initial sound.
- Find the phonics song on YouTube and let the students sing along.



Let us speak

Letter sounds

a	b	c	d	e
 axe	 bag	 cart	 den	 egg
 ant	 bee	 cap	 door	 ear
 arm	 boy	 cat	 dog	 elephant

Note to the teacher

- Draw attention of the children to the initial sound of each word given above.
- Help them say the words aloud focusing on the initial sound.

Notice the initial sounds of the words in each row. Find the odd one out.

1



bag



cap



balloon

2



apple



ant



clock

3



egg



dog



drum

Note to the teacher

- Provide regular and frequent practice of the above exercise.

Chapter 2

0123CH02

Let us read

Greetings

When I meet someone,
I say '*Chibai*'.





When I meet someone in the morning, I say 'Good morning'.



When I meet someone in the afternoon, I say 'Good afternoon'.



When I meet someone in the evening, I say 'Good evening'.



When I go to bed, I say 'Good night'.

Note to the teacher

- Ask the children how they greet others in their mother tongue. E.g. '*Chibai*', '*Namaskar*'. Familiarise children with the phrases used for greetings in English.



Let us write

A. Match the pictures with the sentences.

I comb my hair.



I see my teacher.



I eat my food.



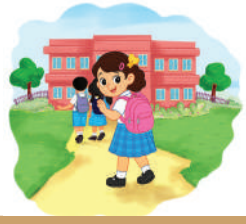
I hear the bell ring.



I walk to school.



I play football.



Note to the teacher

- Read the sentences aloud for the children.
- Ensure that the children learn the action words such as – combing, eating, seeing, saying, hearing.



Let us write

B. Write these letters

Sing the ABC song again.

Gg Hh Ii Jj Kk

Ll Mm Nn Oo Pp

Gg Hh

Ii Jj

Kk Ll

Mm Nn

Oo Pp

Note to the teacher

- Before doing the above exercise, make letter flash cards to indicate directions when tracing the letters.



Let us speak

Letter sounds

f	g	h	i	j
 fox	 goat	 house	 iron	 jacket
 foot	 gate	 hand	 ice	 jackfruit
 fish	 girl	 hut	 inkpot	 jug

Note to the teacher

- Draw attention of the children to the initial sound of each word given above.
- Help them say the words aloud focusing on the initial sound.

A. Say aloud each letter. Then circle the picture which begins with the same letter sound.

g



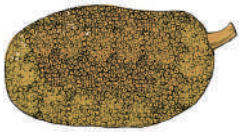


f





j





h





Note to the teacher

- Provide regular and frequent practice of the above exercise.



Let us sing

Hop a Little

Hop a little,
jump a little,
one two three.

Stamp a little,
skip a little,
tap one knee.

Dance a little,
twist a little,
shake your hand.



Yawn a little,
sleep a little,
in your bed.

New words

hop | jump | stamp | skip | tap
dance | twist | shake | yawn | sleep

Note to the teacher

- Sing the rhyme aloud in tune with actions. Encourage the children to repeat after you.
- Help the children associate actions with the words like hop, skip, jump, etc.
- Introduce other action words like run, walk, sit, stand and stretch.

Picture Talk



Note to the teacher

- Give children enough time to observe the picture. Encourage the child to speak and answer the questions, even if they speak in their home language. Help them find English words.



1. How many children are there in the picture?
2. What games are they playing?
3. Which is your favourite game?
4. Some children in the picture are not playing games. What are they doing?

Match the actions with the pictures

They are dancing.



She is jumping.



He is yawning.



She is hopping.



They are walking.



Mary is running.



John is stretching.



The dog is sleeping.



David is bending.



The boy is skipping.



Let us play



Hopscotch

Your teacher will help you draw the picture on the floor.
You have to take turns to jump and hop. Jump with one foot in each box.
Start with 1. Go till you reach number 7. Then turn around and come back.
If you put your foot outside the box, then you are out!



When you were playing one round
Did you jump?
Did you hop?
Did you have fun?
Did you count the numbers while playing?

Note to the teacher

- You may make children play this game with variations— changing the shape, using letters instead of numbers, and so on.



Let us write

A. Look at the picture and fill in the words from the boxes

dance	hop	skip	sleep	bend	jump	eat

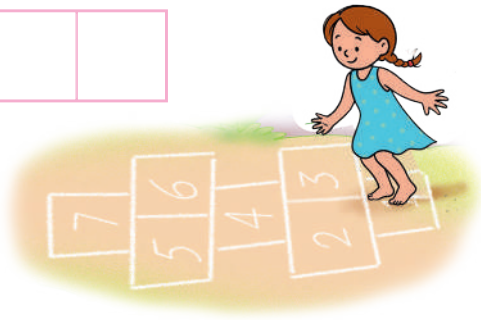














B. Write the missing letter to complete each word



p___n



c____t



d____g



t___n



st____r



b____s



sh___p



j____g



f____x



Let us speak

Letter sounds

k	l	m	n	o
 kettle	 leaf	 mouth	 nine	 owl
 kite	 lion	 mango	 nest	 ox
 key	 lemon	 mouse	 nose	 orange

Note to the teacher

- Draw the attention of the children to the initial sound of each word given above.
- Help them say the words aloud focusing on the initial sound.

A. Notice the initial sounds of the words in each row. Find the odd one out.

1



cap



mouse



mango

2



lion



lamp



hand

3



nest



six



nine

Play time

1. Can you do this?
   - Without using your hands turn the pages of your book one by one.
   - Sit with your partner. Look at each other's eyes and see who blinks first.



Let us write

A. Write these letters.

Sing the ABC song again.

Q q R r S s T t U u

V v W w X x Y y Z z

Q q R r

S s T t

U u V v

W w X x

Y y Z z

Note to the teacher

- Before the above exercise, make letter flash cards to indicate directions when tracing the letters.

Letter sounds

p	q	r	s	t
 pencil	 question mark	 rainbow	 spoon	 ten
 pot	 quilt	 rose	 swan	 tomato
 parrot	 queen	 ring	 seven	 table

Note to the teacher

- Draw the attention of the children to the initial sound of each word given above.
- Help them say the words aloud focusing on the initial sound.
- Provide regular and frequent practice of the above exercise.

A. Say the words aloud. Circle the picture with different starting sound. The first one is done for you.

1 

2 

3 

4 

Play time

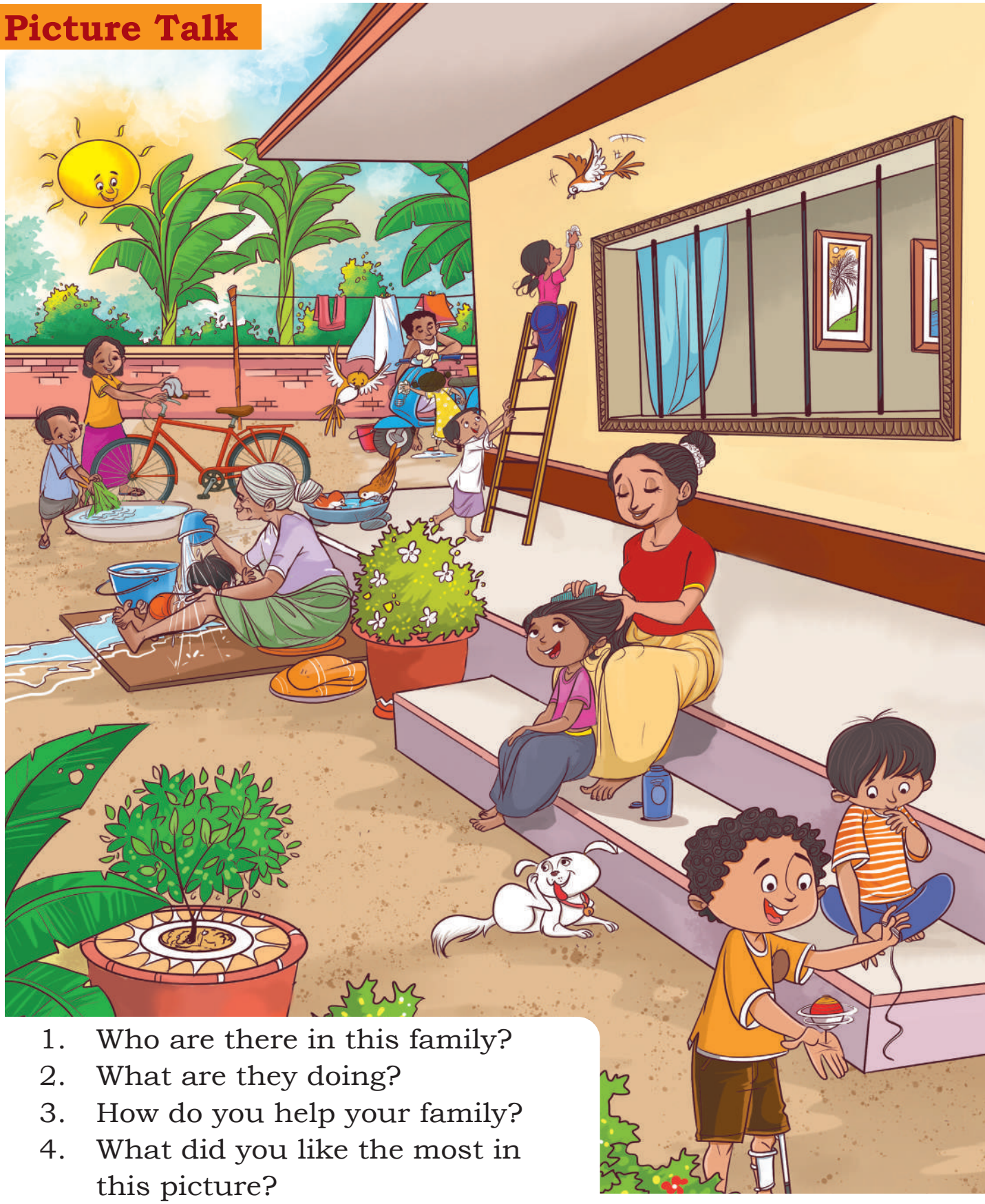
B. Hold this page in front of a mirror. Do they look the same in the mirror?

H B

A C



Picture Talk



1. Who are there in this family?
2. What are they doing?
3. How do you help your family?
4. What did you like the most in this picture?



Note to the teacher

- Encourage the children to observe the picture carefully. Ask them to speak about their family. Support them to find English words.



Let us sing

My family

Mother, mother
Will you play with me?
Yes, I shall, yes, I shall
We are a family!

Father, father
Will you eat with me?
Yes, I shall, yes, I shall
We are a family!

Brother, sister
Will you dance with me?
Yes, I shall, yes, I shall
We are a family!





Grandmother, grandmother,
Will you sing with me?
Yes, I shall, yes, I shall
We are a family!

Grandfather, grandfather,
Will you read with me?
Yes, I shall, yes, I shall
We are a family!



Let us read

The sparrow family



Mama and Papa sparrow were making a nest.

They found a safe place.

The little nest was soon ready.

It was soft and warm.



Sight words

and | they | them

New words

nest | sparrow | egg | grandmother | grandfather | aunt | uncle | cousin | mother | father



Mama sparrow laid three small eggs. One day the eggs broke open. Three little heads popped out. Papa sparrow brought food for them.

Grandmother and Grandfather sparrow, Aunt and Uncle sparrow, cousins and friends all came to meet the baby sparrows.

The baby sparrows grew bigger and bigger.
One day, the baby sparrows hopped out of the nest.
They flew up into the big blue sky.



Note to the teacher

- Reinforce the names of family members in English.
- Explain that there can be various kinds of families.



Let us speak

1. Who are the members of your family?
2. How do you help each other?
3. What are your grandparents' names (both paternal and maternal)?
4. Which bird do you see around your house?
5. If you were the baby sparrow, where would you go flying?
6. What do you think the baby sparrows saw from the sky?

What do you call the following members in your mother tongue?

Family members

Mother		Grandmother	
Father		Grandfather	
Elder brother/ sister		Aunt	
Younger brother/sister		Uncle	

Note to the teacher

- As the child names the bird, write it down on the board. Let the children be familiar with these birds. Later, a picture bird chart may be prepared as a group activity and displayed in the class.



Let us draw

A. Draw a picture of your family in the box given.

You may include any interesting thing about your family like pets, your plants, trees in your garden, etc.



Now tell your class about what you have drawn.

Note to the teacher

- Encourage children to speak freely. Help them find words in English if they feel stuck. Guide them to speak good things about their family, the unique members of their family like dogs, cats, cows, goats, and so on. Instill the value of family love.

Let us do

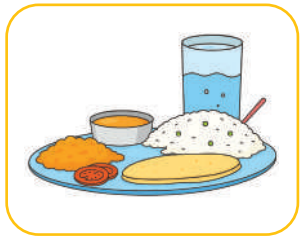
The word 'father' begins with 'f' sound. Read the following words that begin with 'f' sound.



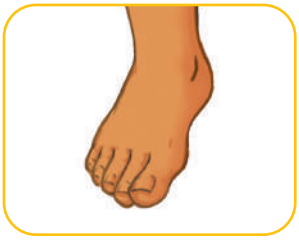
fox



feather



food



foot



five

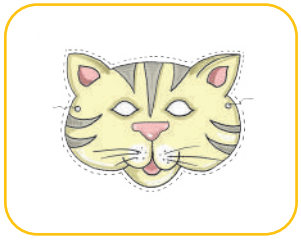


flag

The word 'mother' begins with 'm' sound. Read the following words that begin with 'm' sound.



man



mask



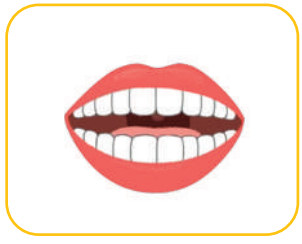
mouse



moon



monkey



mouth

A. Read the words in the box

- Tick the words that begin with f.
- Circle the words that begin with m.

fish	mug	map
sister	face	mat
fan	eye	finger
	milk	

B. Write the words

Father		
Mother		
Sister		
Brother		



Picture talk

Look at the picture of a bathroom. Label the things in it.



What things do you see in the picture?
Do you remember to close the tap when you are not using it?
Why should we do so?

Letter sounds

u



uniform



utensils

v



van

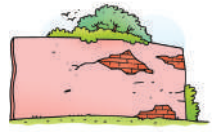


vase

w



well

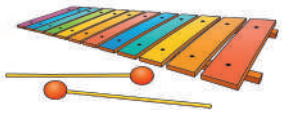


wall

x



x-ray



xylophone

y



yak



yo-yo

z



zip



zebra

Note to the teacher

- Draw attention of the children to the initial sound of each word given above.
- Help them say the words aloud focusing on the initial sound.
- Provide regular and frequent practice of the above exercise.

Notice the initial sounds of the names of pictures in each row. Find the odd one out.

1





2





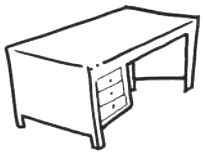
3





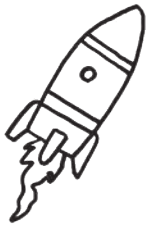
Colour the pictures and the letters

Tt



Rr








Let us think

A. You all know the alphabet song. Let us sing it while reading the letters.

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

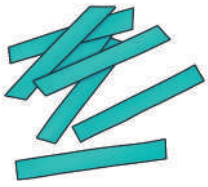
B. Sing it, loudly for the capital letters and softly for the small letters.

A	B	C	D	e	f	g	H	I	J	K	l	m
n	o	p	Q	R	S	T	u	v	w	X	Y	Z



Let us do

Let us make puppets.
Follow the instructions given by your teacher.



a. Let us make 6 thick paper strips. These strips may be of any colour.



b. With the help of your teacher, draw faces of each family member on paper.



c. Stick each picture on one end of the strip. The picture may help you.



d. You may now use these as puppets and play with your friends.

Note to the teacher

- Help the children read the above alphabet. They read the capital letters in a loud voice and the small letters in a soft voice.

Unit 2

Life Around Us

0123CH03



Chapter 1



Let us speak

Picture time



1. What do you see in this picture?
2. Can you name these animals?
3. Do you know the names of each animal in English?
4. Where have you seen them?
5. Are there any birds in the picture?
6. Can you name them?
7. Can you see the snakes? How many are there?
8. What is the monkey doing?



Let us sing

Fun with Numbers



One, two,
three, four, five,

Once I caught
a fish alive.

Six, seven,
eight, nine, ten,

Then I let it
go again.





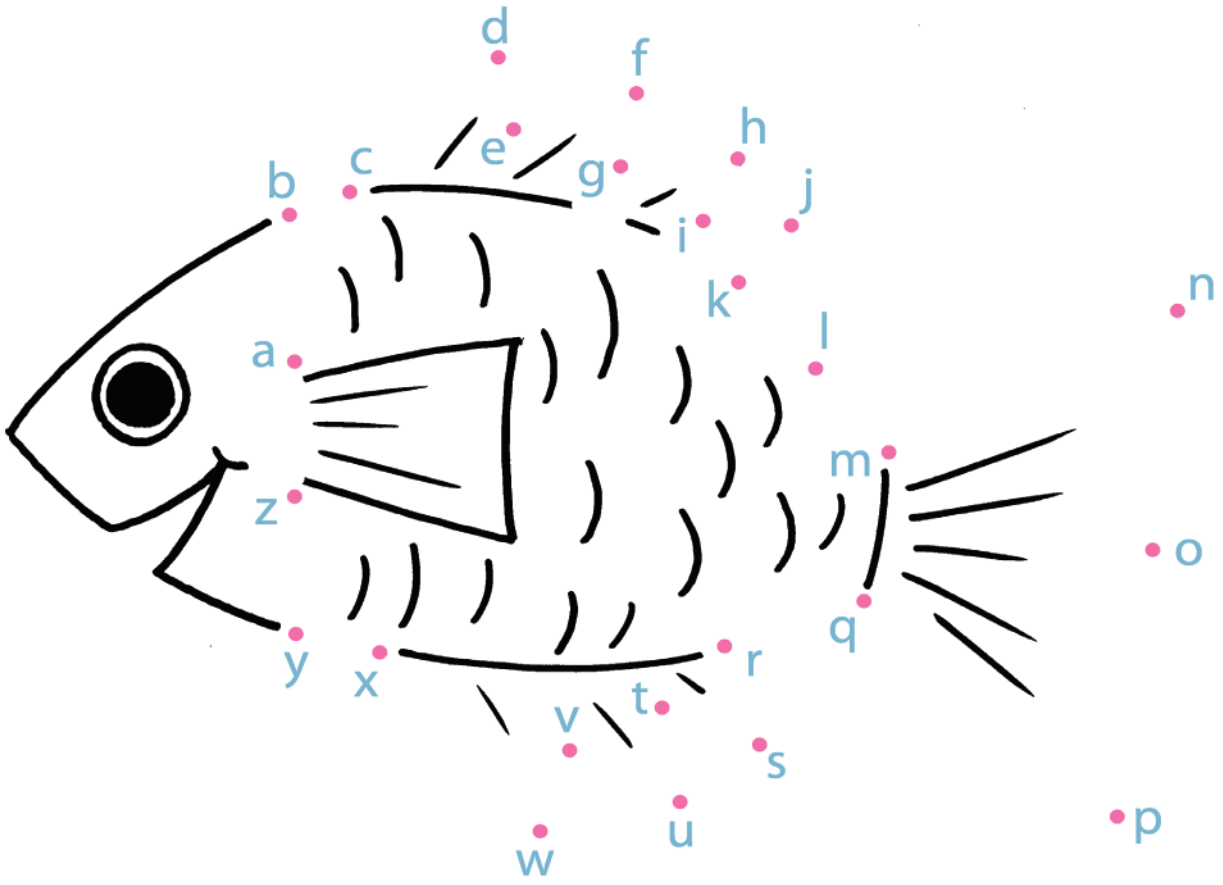
Let us speak

- Have you seen a fish?
- Where did you see it?
- What was it's colour?



Let us draw

Join the letters in the correct alphabetical order to complete the picture and then colour it.



Note to the teacher

• Help children follow the correct alphabetical order.



Let us sing

Five little monkeys

Five little monkeys
jumping on a tree,
One fell down
and bumped his knee.
Ah! Ah! Ah!

Four little monkeys
jumping on a tree,
One fell down
and bumped his knee.
Ah! Ah! Ah!

Three little monkeys
jumping on a tree,
One fell down
and bumped his knee.
Ah! Ah! Ah!



Two little monkeys
jumping on a tree,
One fell down
and bumped his knee.
Ah! Ah! Ah!

One little monkey
jumping on a tree,
One fell down
and bumped his knee.
Ah! Ah! Ah!

Now, no more monkeys
jumping on a tree,
Each of them
is holding his knee!

Sight words

each | is | and

New words

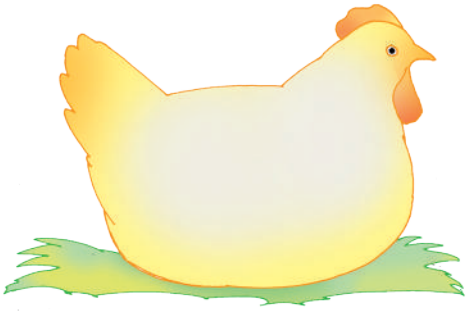
one | two | three | four | five |
little | fell | bumped | holding |



Let us do

1. Circle the word “little” in the poem wherever you find it.
2. Notice the rhyming words— five-alive, tree-knee in the two songs you have read.
   Make rhyming words for Ten by using letters from the help box.

h p m d



__ en

__ en

__ en

__ en

3. Do you know any other number rhyme?
   Ask your parents or elders at home.
   It could be in any language. Share it in class.



4. Match the animals with their names

Lion



Monkey



Fish



Elephant



Frog



Rabbit



Chapter 2

0123CH04

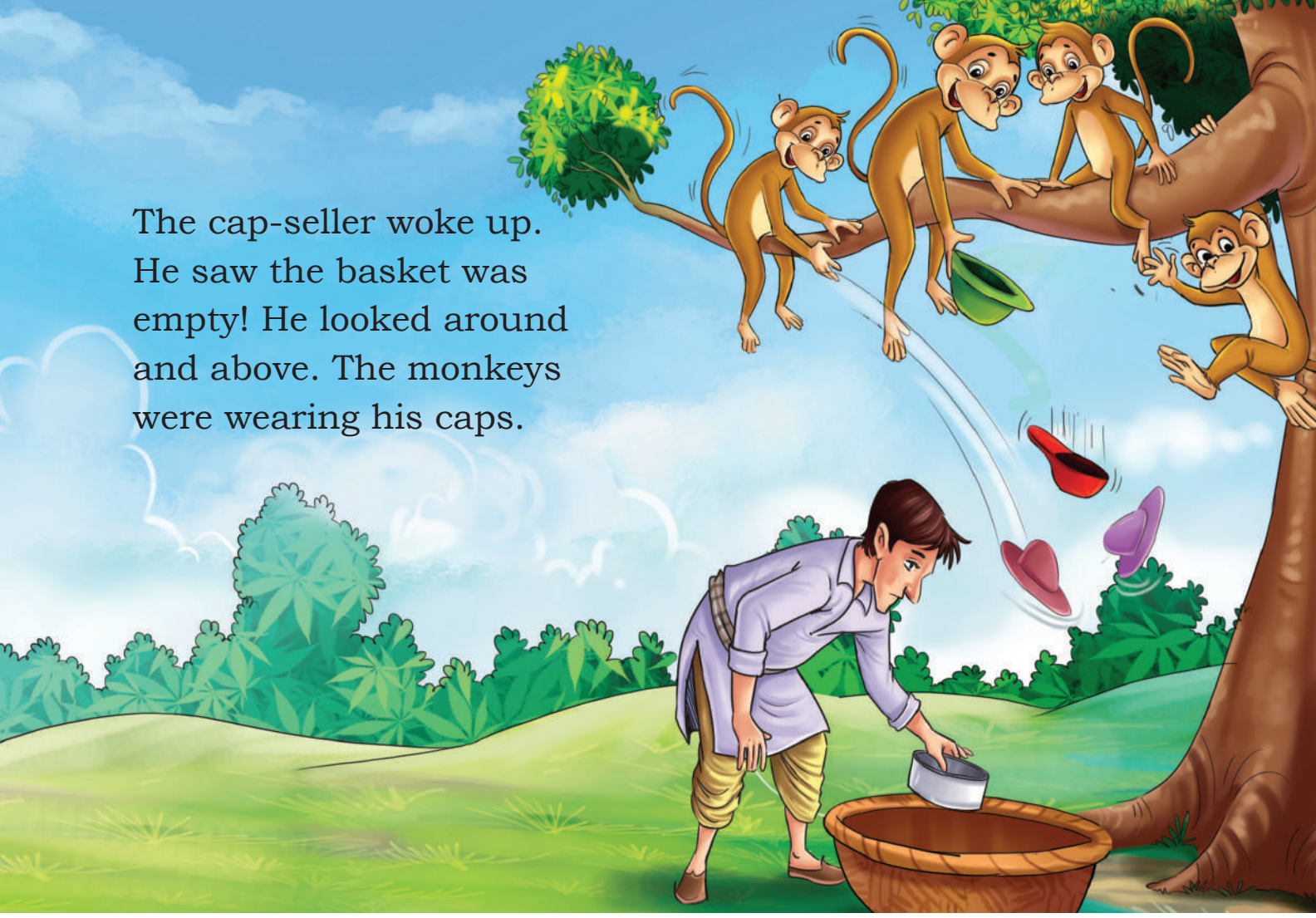
Let us read

The Cap-seller and the Monkeys



Once there was a man who sold caps. He carried many caps in a basket on his head. He was a cap-seller.

One day, he slept under a tree.
There were monkeys on the tree.
They came down from the tree.
They took away all the caps.



The cap-seller woke up. He saw the basket was empty! He looked around and above. The monkeys were wearing his caps.

What do you think the cap-seller would do now?

The cap-seller shook his fists at the monkeys. They also did the same. The cap-seller scratched his head. The monkeys did the same.

The cap-seller had an idea! He took off his cap and threw it into the empty basket.

Note to the teacher

- The question in the middle of the story is to give children time to reflect and guess.



The monkeys also did the same.
The cap-seller got all his caps back and went away happily.

Note to the teacher

- With the help of the pictures, narrate the story in simple English using voice modulation and actions.
- Draw the attention of the children to the details in the illustrations.
- Ask questions to elicit answers in English. Even if a child answers in one word like 'cap' instead of "This is a cap.", accept the answer.
- Ensure that the children have understood the story. After a few days, repeat the story to reinforce the usage of English words.



Let us speak

A. Answer the following questions

1. Do you have a cap? What is its colour?
2. Why do you think the monkeys threw the caps in the basket?

B. What is the first sound of the words in each row?

1	cap	cat	coat
2	monkey	mango	mouse
3	basket	bat	ball



Let us write

A. Read the words below and circle the words that start with the same sound in each row

car **t**ap **c**an **r**at **c**at **h**at **c**ow

mat **m**an **p**an **m**ango **b**anana **m**ug **r**ug

B. Write the numbers (1–4) next to the pictures according to the story.









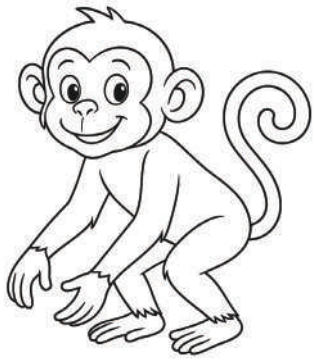
Note to the teacher

- Help children number the pictures according to the sequence of the story.
- Ask children to try and narrate the story in their own words in English.
- Even if children use non-English words, accept their answers. But ensure a smooth transition to the target language.

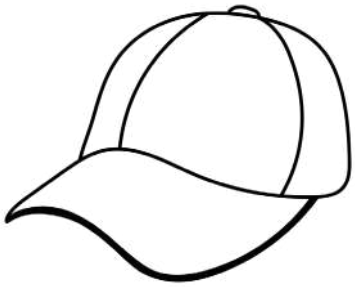
C. Let's colour and write



a tree



a monkey



a cap



a basket

D. Cats, rats, ants and more! Write their names.

Aa Ant



Bb Bee



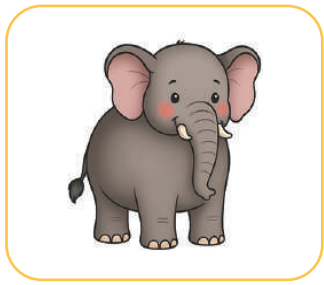
Cc Cat



Dd Dog



Ee Elephant



Ff Fish



Gg Goat



Hh Hen



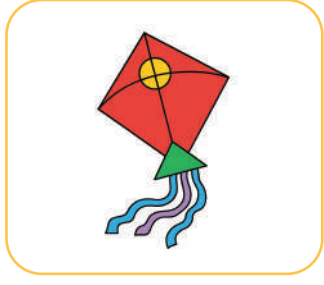
Ii Inkpot



Jj Jug



Kk Kite



Ll Lion



Mm Monkey



Nn Nest



Oo Owl



Pp Parrot



Qq Queen



Rr Rat



Ss Snake



Tt Tiger



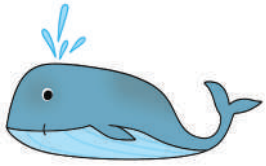
Uu Uniform



Vv Van



Ww Whale



Xx X-ray

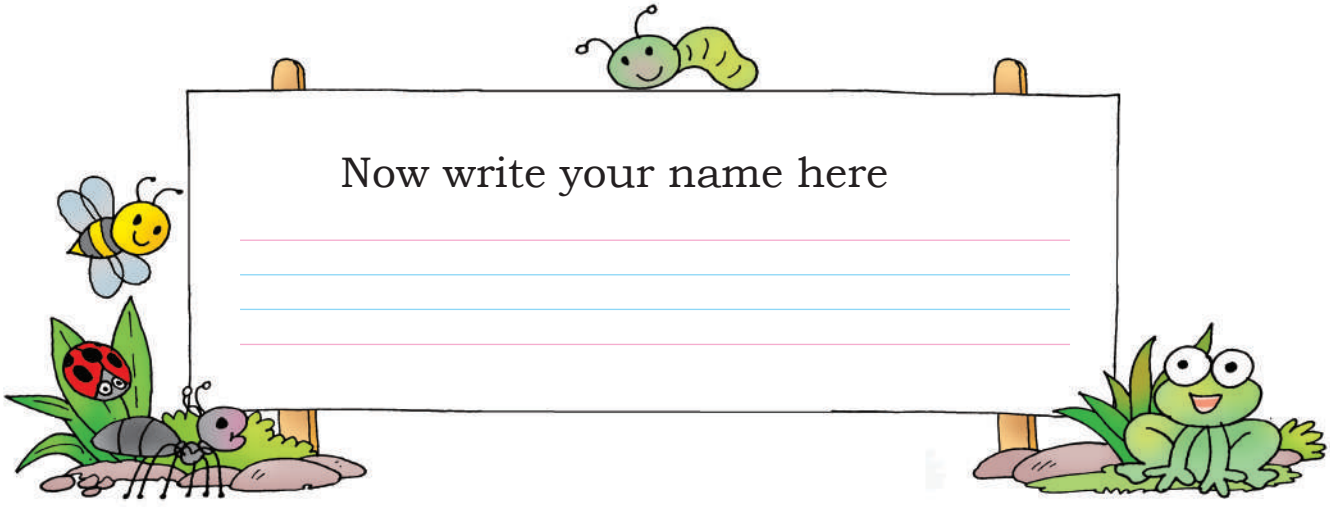


Yy Yam



Zz Zebra







Let us sing

Butterflies

Butterflies, butterflies,

Up, up, up.

Butterflies, butterflies,

Down, down, down.

Butterflies, butterflies,

In, in, in.

Butterflies, butterflies,

Out, out, out.



Would you like to replace butterflies with anything else? Try.

Note to the teacher

- Sing the song along with actions.
- Let the children repeat after you and then let them sing it on their own with actions.



Let us speak

A. Answer the questions

Teacher: Look up! What do you see on the tree?

Child: I see_____ on the tree.

Teacher: Look down! What do you see on the ground?

Child: I see_____on the ground.

Teacher: Look up! What do you see in the sky?

Child: I see_____ in the sky.



B. Say and clap

Say aloud each line of both the poems, clapping for every word.

For example

Butterflies, (clap) butterflies, (clap)
Up, (clap) up, (clap) up. (clap)
Butterflies, (clap) butterflies, (clap)
Down, (clap) down, (clap)

Roly (clap) poly (clap)
Up, (clap) up, (clap) up. (clap)
Roly (clap) poly (clap)
Down, (clap) down, (clap)

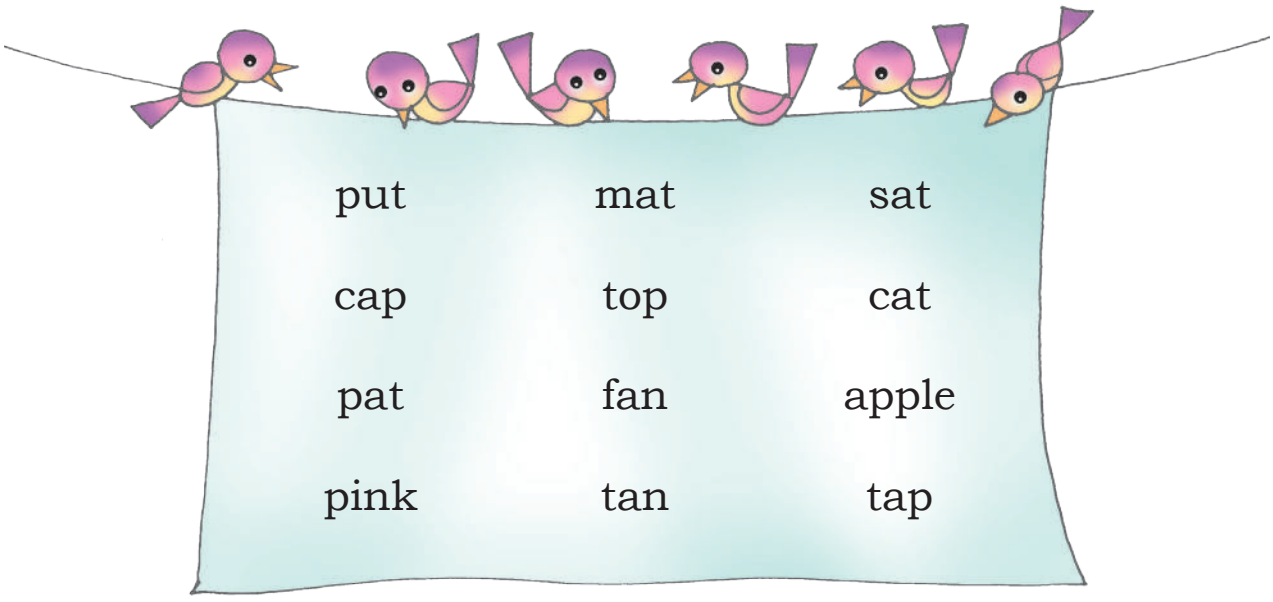
Note to the teacher

- For Activity A, encourage the children to speak using the given phrases.
- Provide regular and frequent practice of the phrases such as on the ground, on the tree, etc.
- Encourage the children to clap for every word in a line, for example, 5 claps for 'butterflies, butterflies, up, up, up'.



Let us write

A. Circle the words that have 'p' in them



put	mat	sat
cap	top	cat
pat	fan	apple
pink	tan	tap

B. Circle the matching letters in each row

1	T	F	p	F	r
2	b	C	d	b	q
3	o	q	n	o	r
4	W	x	M	W	V

C. Match the words with the same initial sound of one syllable words

hop	dog
sand	hide
jump	socks
run	rat
dance	jet



Let us speak

Listen and repeat

Some words have two syllables. Read the words below:

kitchen	kit + chen
seller	sell + er
basket	bas + ket
teacher	tea + cher

Note to the teacher

- Let children clap for each syllable: e.g., two claps for mon+key.
- Explain what a syllable is to the students.



Let us read

Catch me if you can

A fat cat sat
on a mat.
“I can catch you, little rat”,
said the cat.





A little rat saw her,
and hid in a hat.



“No, no, you can’t”,
said the rat.





The cat ran to
catch the rat.





The rat ran and
hid in a box.

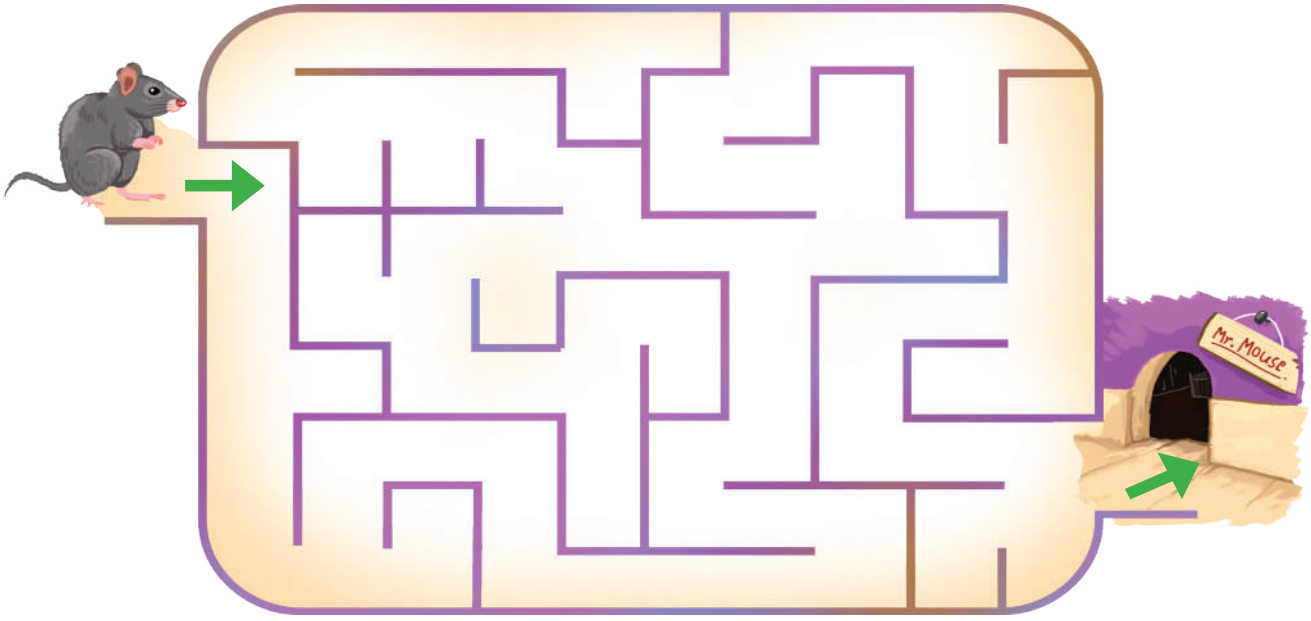


The lid of the box did not open.



"Ha, ha! You can't catch me, big cat!", said the rat.

Help the mouse reach its home





Let us listen

A. Close your eyes and listen to your teacher

cat	bat	fat
sat	mat	hat

- What is the first sound in each of these words?
- What is common in all these words?

B. Let us make words by adding one letter to 'at' as shown The first has been done for you

B	at
C	
M	
F	
R	
H	

Bat

C. Listen and do the actions that your teacher says:

- Catch the ball.
- Throw the ball.
- Hide under a table.
- Open your pencil box or bag.
- Close your pencil box or bag.
- Say hurray!!



D. Now listen to the following words. Do you know what they mean? Ask your teacher.

catch	throw	hide
open	say	close



Let us read

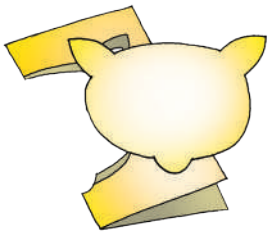
Try to read the story 'Catch me if you can' again by yourself.



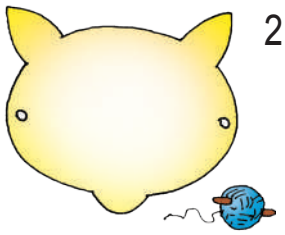
Let us do

What shall we make? A cat and a rat?

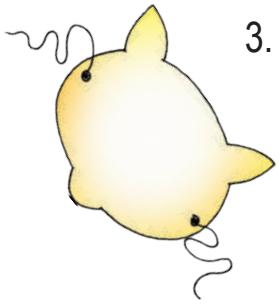
Look at the mask of a cat from page no. 119 of your book.



1. Cut out the mask with the help of your teacher.



2. Make holes on the sides.



3. Tie strings in these holes.



4. Your mask is ready to use!

- Now, think about the steps for making a mask of a rat. Tell your friends how to make a mask of a rat
- Are your masks ready? Enact the story.



Let us explore

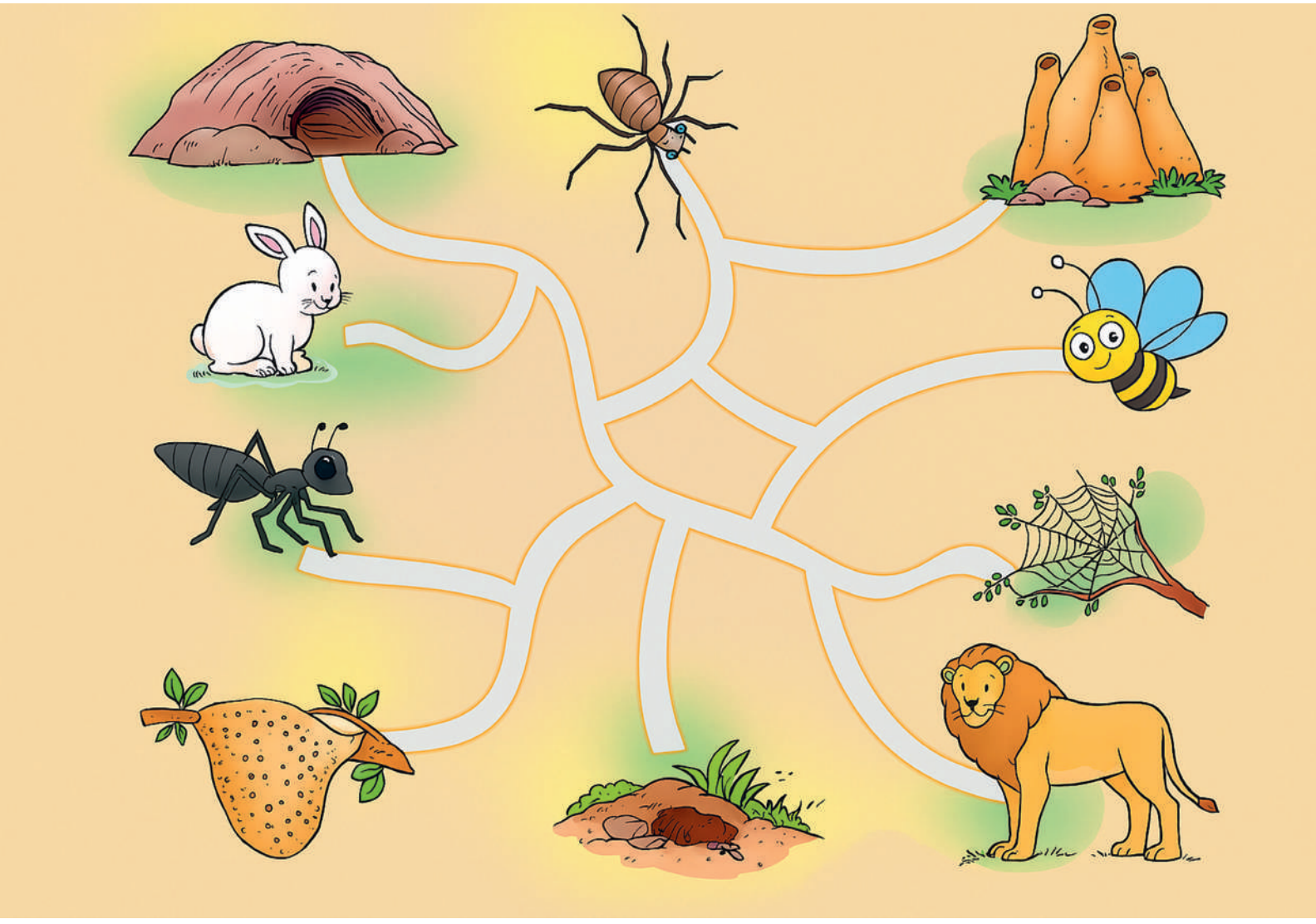
Look at the insects, flowers, birds, animals and trees around your home.
Draw some of these and tell your friends more about them.





Let us do

A. Help these animals find their homes



B. Ask anyone in your family to tell you a story about animals. Try to share the story in English in the class. Listen to the stories shared by your friends in class.

C. In small groups, choose any story that you heard or shared in the class. Draw pictures for the story. Present the story in class.

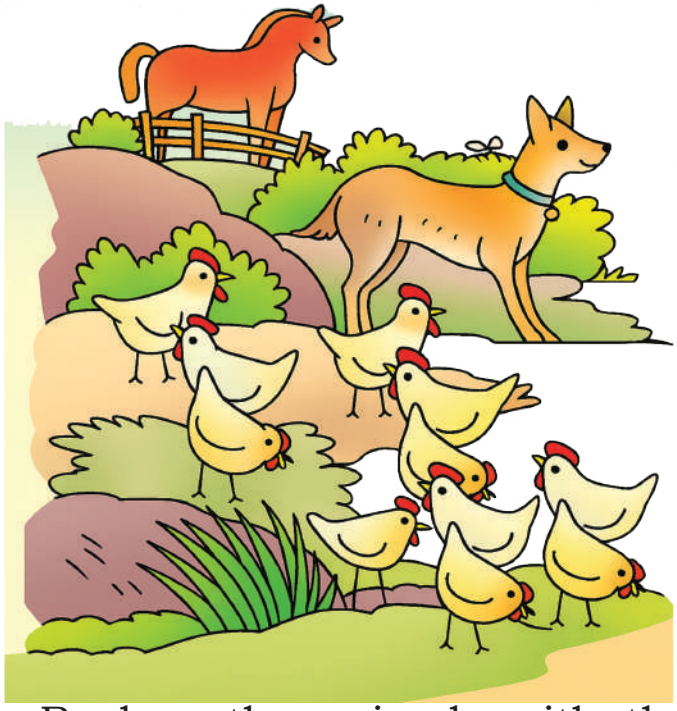
0123CH05

Let us sing

A Farm

My dear grandpa had a farm
E-I-E-I-O
And on that farm,
He had a cow
E-I-E-I-O
With a moo-moo here
And a moo-moo there
Here a moo, there a moo
Everywhere a moo-moo
My dear grandpa had a farm
E-I-E-I-O





My dear grandpa had a farm
E-I-E-I-O
And on that farm,
He had a hen
E-I-E-I-O
With a cluck-cluck here
And a cluck-cluck there
Here a cluck, there a cluck
Everywhere a cluck-cluck
My dear grandpa had a farm
E-I-E-I-O

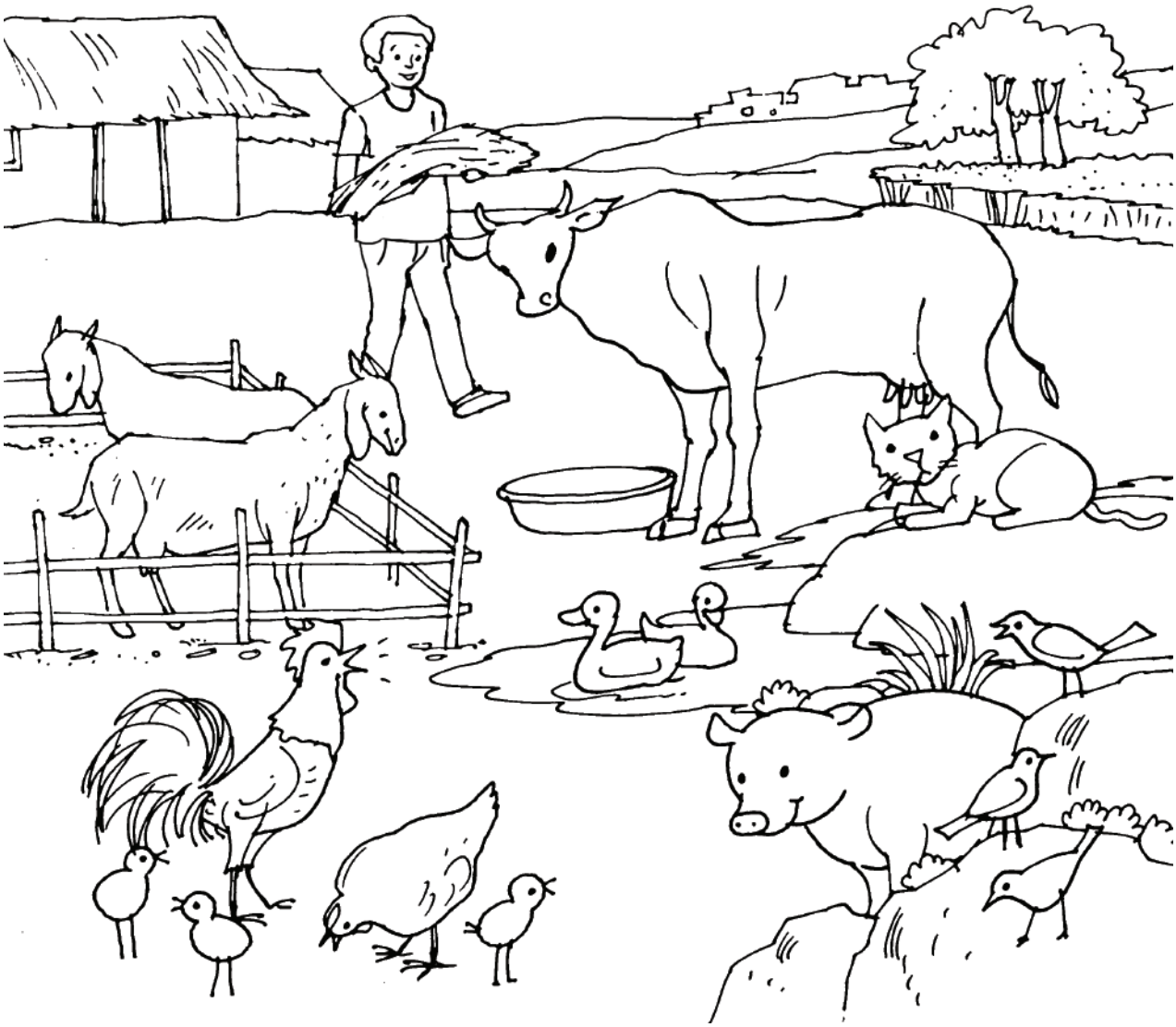
Replace the animals with their sounds and continue the rhyme. Use the sounds of animals from your language.
For example: cat – miau-miau.

Let us do

Colour the farm and name the animals in the farm. Use this help box.

Help box

Cat | Cow | Goat | Pig | Hen | Cock | Sparrow | Duck | Chicken



Animals and Birds

My name is Jaggu.
I live in Nagpur.
Come with me.

I will tell you about the animals
that live near my house.



This is a dog.
It lives near the gate.

These are cats.
They jump up and down in
the verandah of my house.



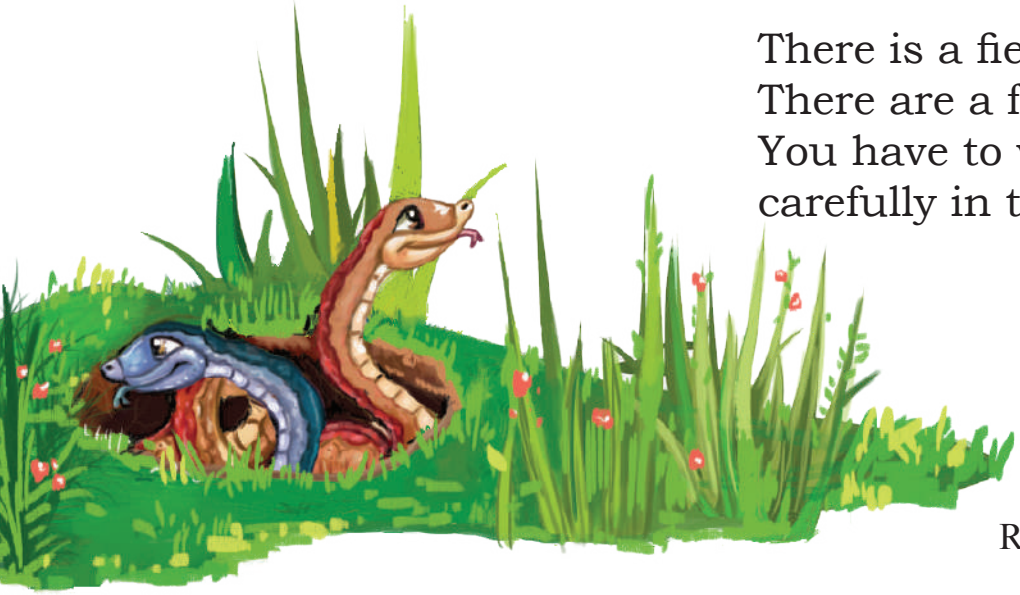
This is a cow.
It eats grass.



This is a rat.
The rat is very small.
The cat chases the rat.



These are monkeys.
They swing and jump in
the trees.



There is a field beside my house.
There are a few snakes in it.
You have to walk
carefully in the field.



Now, I will also tell you about the birds I see near my house. This is a crow. It is black in colour.

This is a pigeon. It is grey in colour.

This is a sparrow. It is a small bird.

This is a parrot. It is green and has a red beak.

This is a peacock. It has many colours.

I love animals and birds.

New words

verandah | cow | rat | sparrow | crow
pigeon | snake | fields | peacock | beak

Note to the teacher

- Talk about animals, birds, and insects that live in your surroundings.
- Through frequent and regular repetition, reinforce the English names of the animals, birds and insects.



Let us speak

A. Do you know that some animals live in the jungle?

Look at the pictures and say the names.



Tiger



Lion



Elephant

B. Say the word 'rat'. Say it again. Notice that the last sound of the word 'rat' is 't'.

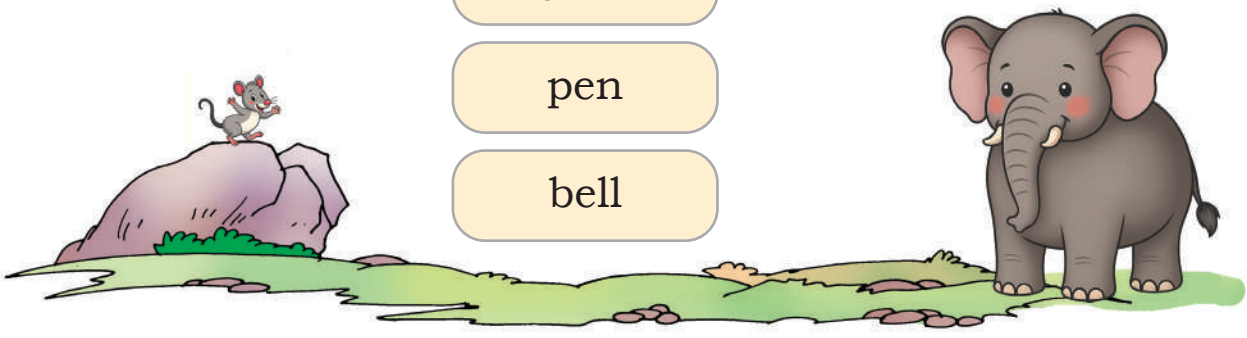
Now say the words given below

cap

jam

pen

bell



What is the last sound that you hear in each word given above?

Note to the teacher

- Help children understand the concept of domestic and wild animals.
- Help children notice the final sounds of the words given above.

C. Talking in pairs

Child 1: What is the colour of a parrot?

Child 2: A parrot is _____

Child 1: What is the colour of a crow?

Child 2: A crow is _____

Child 1: What is the colour of a dove?

Child 2: A dove is _____

Child 1: What is the colour of a peacock?

Child 2: Oh! It has many colours.



Note to the teacher

- The objective of the above activities is to encourage conversation and develop the child's confidence in speaking English. Help children frame sentences using the above sentence structure.

Fun time

Can you see the elephants? Where can you see them?



Note to the teacher

- Help children locate the elephants at different places.
- Help them use prepositions such as 'in', 'on', 'behind', etc.
- Ask children about other details in the picture for interaction and developing speaking skills.

Unit 3

Food

0123CH06

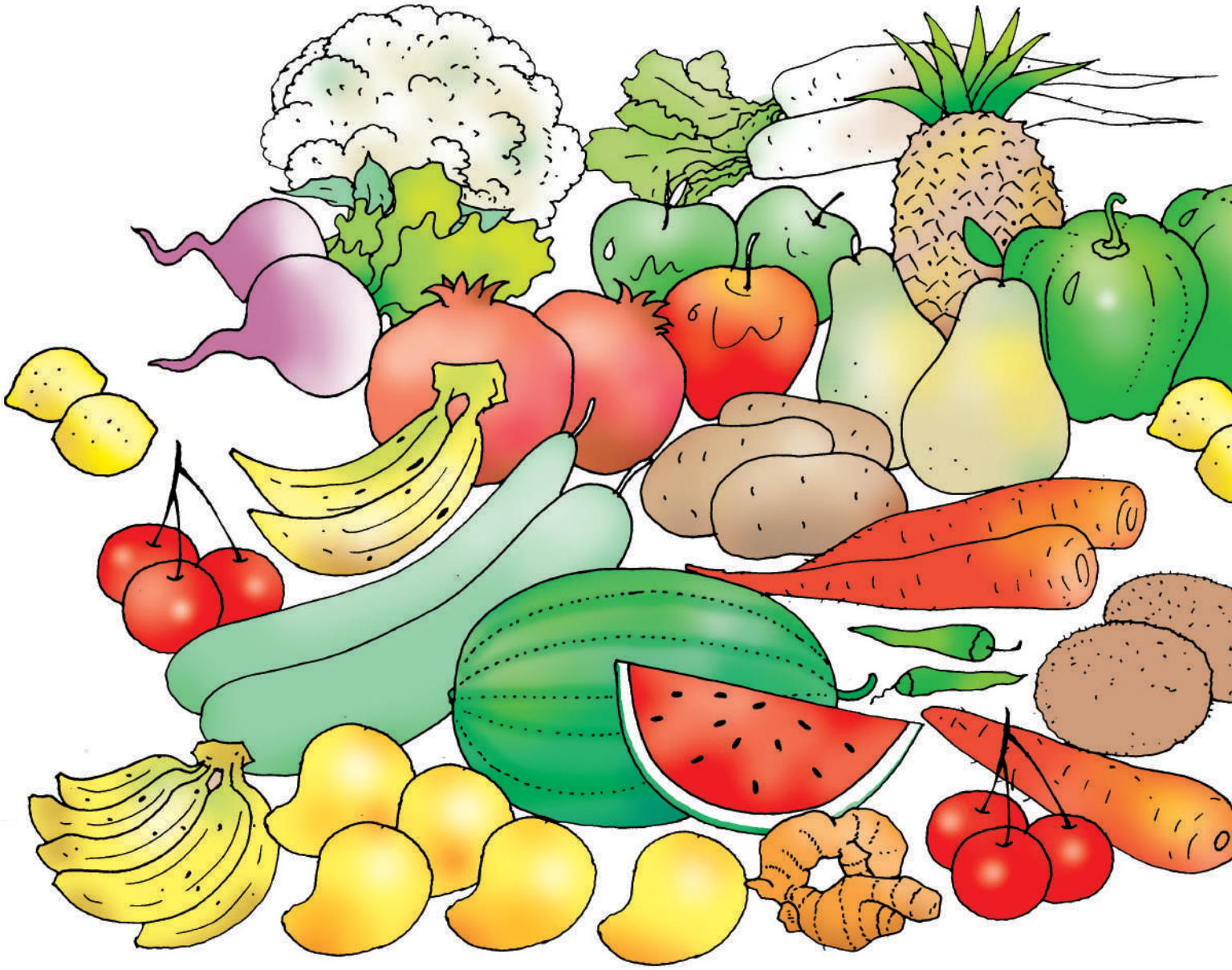


Chapter 1

Fun with Pictures



Let us speak





Let us speak

(a) What do you see in this picture?

(b) Say the names of the fruits and vegetables that you see.

(c) How many fruits are there in the picture?

(d) Can you name the fruits that are red in colour?

(e) How many vegetables are there in the picture?

(f) Can you name the green vegetables?

(g) Which fruits and vegetables do you like the most?

(h) Why do we eat fruits and vegetables?



Note to the teacher

- Encourage children to answer all the questions, even if they say in their home language. Help them find English names for fruits and vegetables. Names identified by children can be written on the board.



Let us sing

Fruits for all

Five yellow mangoes hanging on the tree,

One for the traveller who rests under the tree.

One for the bird who nests on the tree.

One for the squirrel who runs up the tree.

One for the rabbit who lives under the tree.

One for you to share with me.



Five red apples hanging on the tree,

One for the traveller who rests under the tree.

One for the bird who nests on the tree.

One for the squirrel who runs up the tree.

One less for the rabbit who lives under the tree.

One for you to share with me.



Note to the teacher

- Sing this song with different types of local fruits. Help every child answer the questions. Numbers up to five can be used for adding.



Let us speak

(a) With whom does the tree share its fruits?

(b) What do you share with your brother, sister or friends?

(c) Circle the words: 'for' and 'on' in the poem.



Let us do

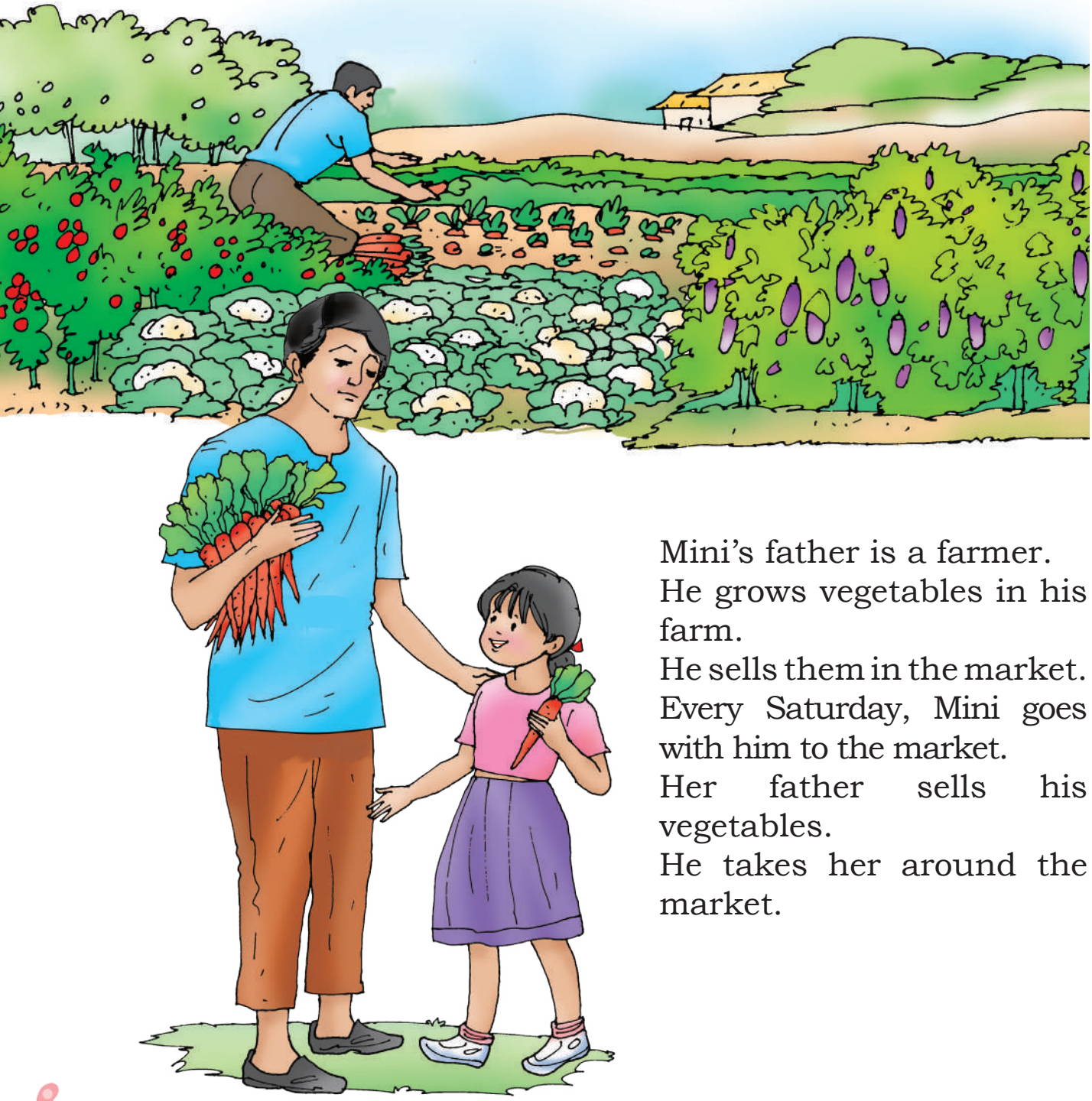
Bring one fruit to the class. Wash it well. Your teacher will cut the fruits. Your teacher will help you prepare a fruit salad. Sit in a circle and enjoy eating it together.



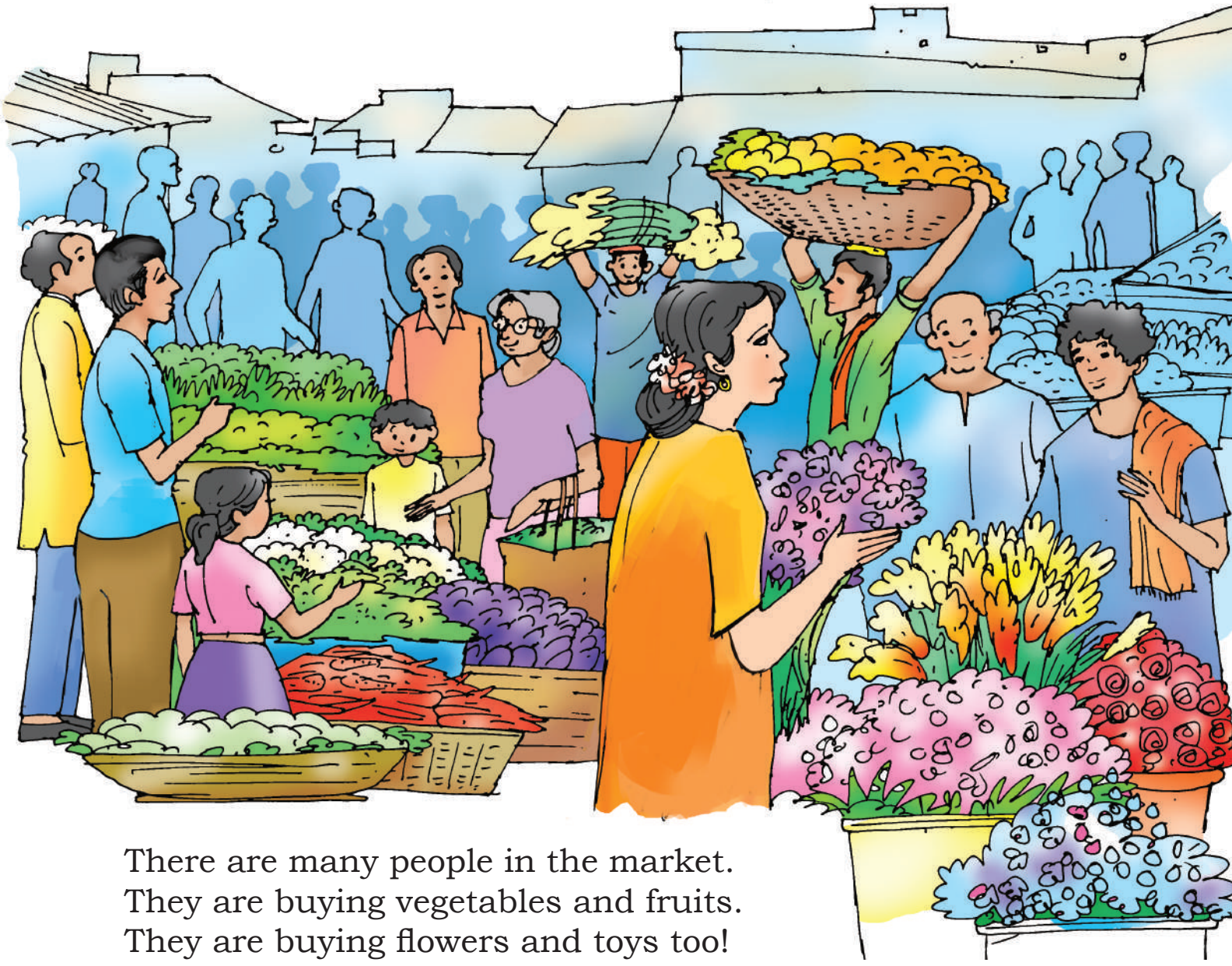


Let us read

A Visit to the Market



Mini's father is a farmer.
He grows vegetables in his farm.
He sells them in the market.
Every Saturday, Mini goes with him to the market.
Her father sells his vegetables.
He takes her around the market.



There are many people in the market.
They are buying vegetables and fruits.
They are buying flowers and toys too!

Mini: Look, Father! There are many colourful flowers.

Father: Yes, there are. Let me tell you the names of the flowers. These are roses. These are marigolds. Those are jasmine.

Mini: Yes. Sometimes Mother puts roses in a vase.

Father: Look at the fruits here.

Mini: I can see apples but what are those large fruits behind the apples?

Father: Those are pineapples.

Mini: What are these fruits kept on the right side of the apples?

Father: They are oranges.

Mini: What is the name of the big green fruit kept on the left side of the apples?

Father: Oh! That is watermelon.

Mini returns home with her father. She holds a small basket of flowers in her hand. Her father has a bag of fruits.



Sight words

his | he | them | her | around | there
those | behind | with | these

Note to the teacher

- You may facilitate children to take up the roles of Mini or the father and conduct role play.
- Help children identify various flowers available around them in the local language and in English.



Let us speak

(a) Is there a market near your house?

(b) Do you go to the market?

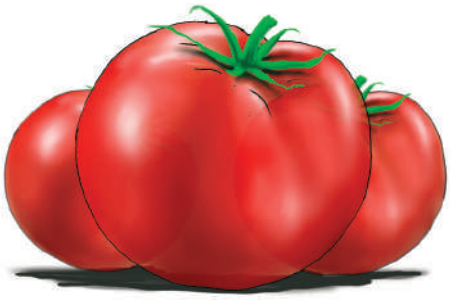
(c) With whom do you go?

(d) What do you like best about the market?

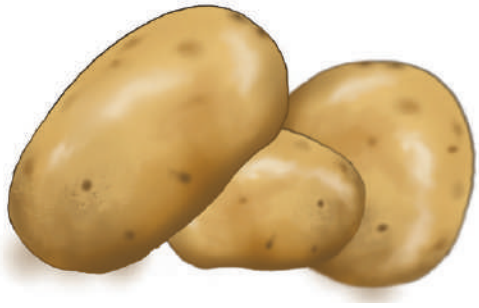


Let us read

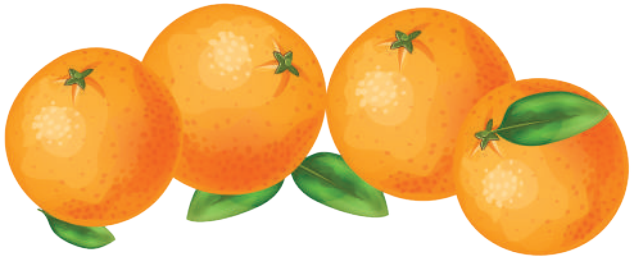
A. Read these aloud



tomatoes



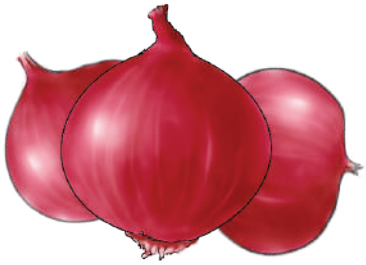
potatoes



oranges

Note to the teacher

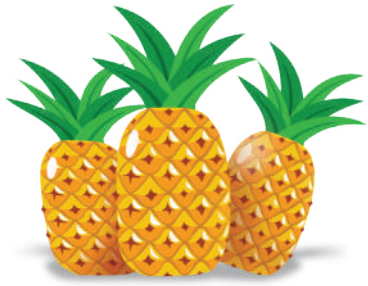
- Encourage all children to speak, help them in naming the fruits and vegetables in English.



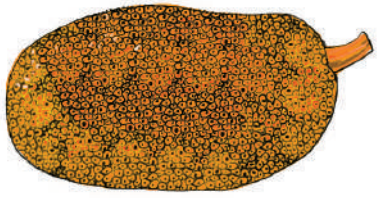
onions



brinjals



pineapples



jackfruit



cauliflowers



mangoes



radish



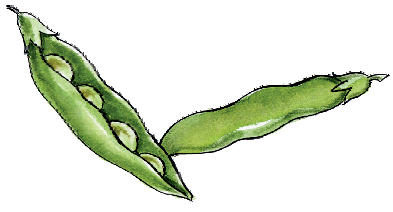
guava



carrots



cabbages



peas

B. Think of words for the pictures and read aloud

Today, my  took me to the  .

I saw many  and  there.

I liked the  .

My  bought me an  .

We bought  and  .

We had a good dinner.

Note to the teacher

- Support children's attempts to read the above sentences.
- Discuss with children that we should not waste food.



Let us draw

A. Draw and colour the fruits and vegetables you like. Discuss with your friends — Why do you like these fruits and vegetables?





Let us write

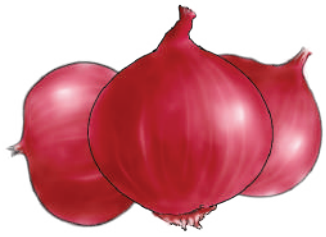
Write the words in the space given in the next page

yellow mango	red apple	yellow banana
green guava	purple brinjal	brown potato
orange carrot	white radish	



B. Fill in the blanks. Two have been done for you.

Are these onions?
Yes, they are.
These are onions.





Are these tomatoes?
No, they are not.
These are brinjals.

Are these potatoes?
_____, they are not.
These are _____.

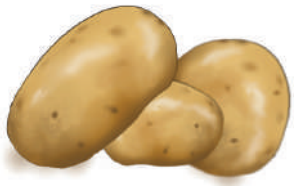




Are these carrots?
_____, they are.
These are _____.

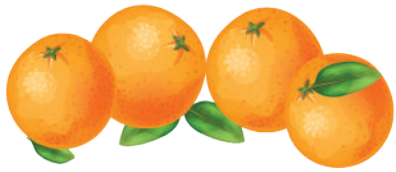
Are these marigold?
_____, they are not.
These are _____.





Are these pumpkins?
_____, they are not.
These are _____.

Are these mangoes?
_____, they are not.
These are _____.



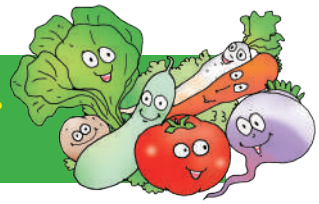


Are these cauliflower?
_____, they are.
They are _____.

Is this a cabbage?
_____, it is.
This is a _____.



Vegetables are good for health.
We should eat them everyday.



Note to the teacher

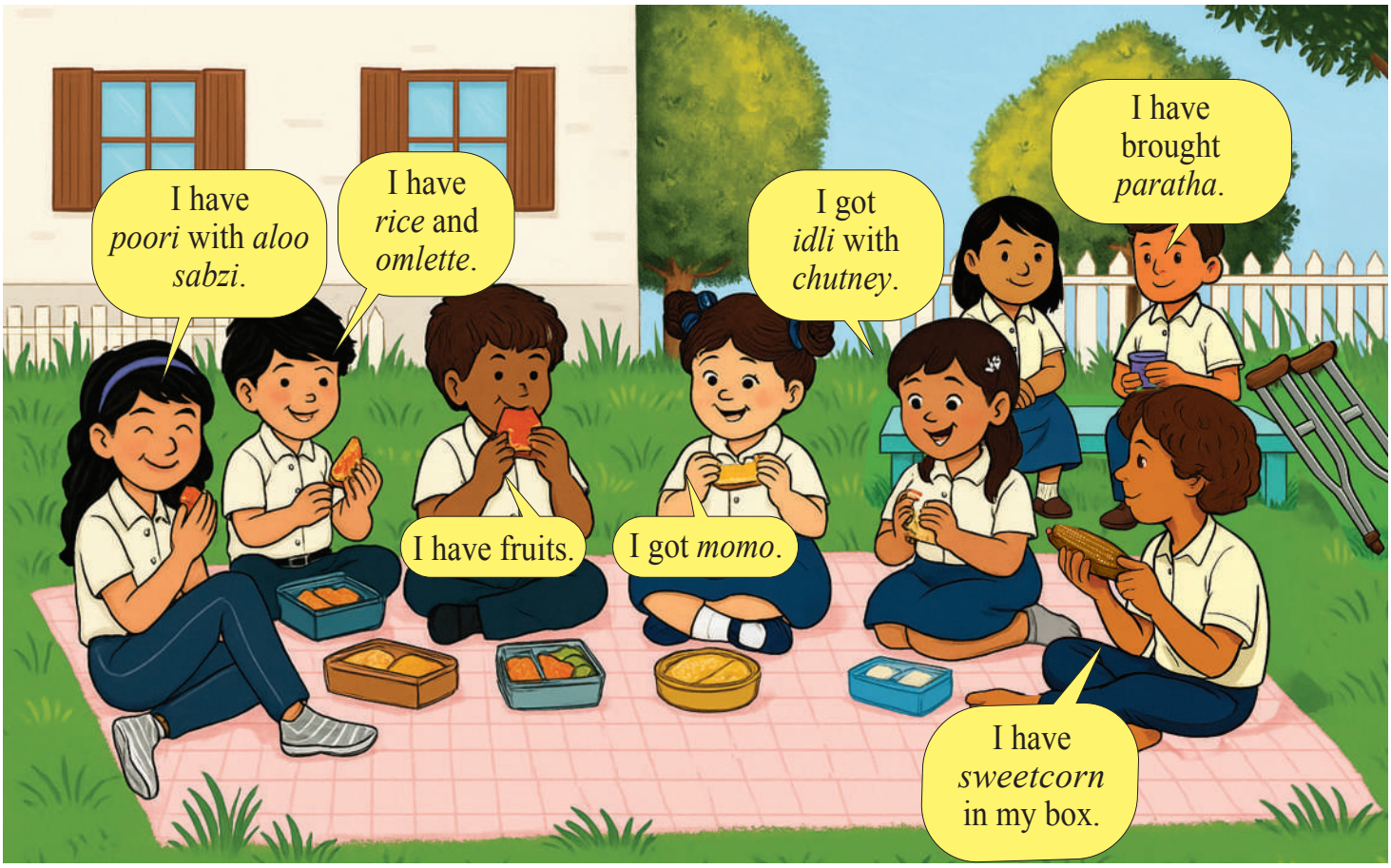
- Help the children read the questions first. Later, they may write the words.

Chapter 2

The Food we Eat

0123CH07

Let us read



Note to the teacher

- Encourage the children to share their food with each other whenever possible.
- Encourage children to say a short prayer of thanks before eating.
- Encourage the children to express gratitude and respect for food and for the people who provide it.
- Discuss with children the type of food they eat. Let them say what other things they eat at home.
- Talk to the children about the diversity of culture and food in our country.



Sight words

from | for | them | their | they | has
she | have

New words

have | thank you | share | lunch |
sick | fruits | today

Answer the questions

1. Where do you sit when you have lunch at school?
2. Do you share your food with your friends?
3. When you were hungry, did anyone share food with you?



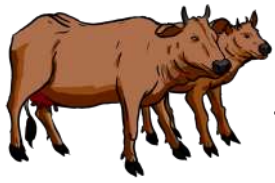
Let us read

A. Think of words for the pictures and read aloud

We eat  and  which farmers grow.

Some farmers keep  .

We get honey from  .

Some  keep  .

We get milk from cows.
We make curds and butter from the milk.

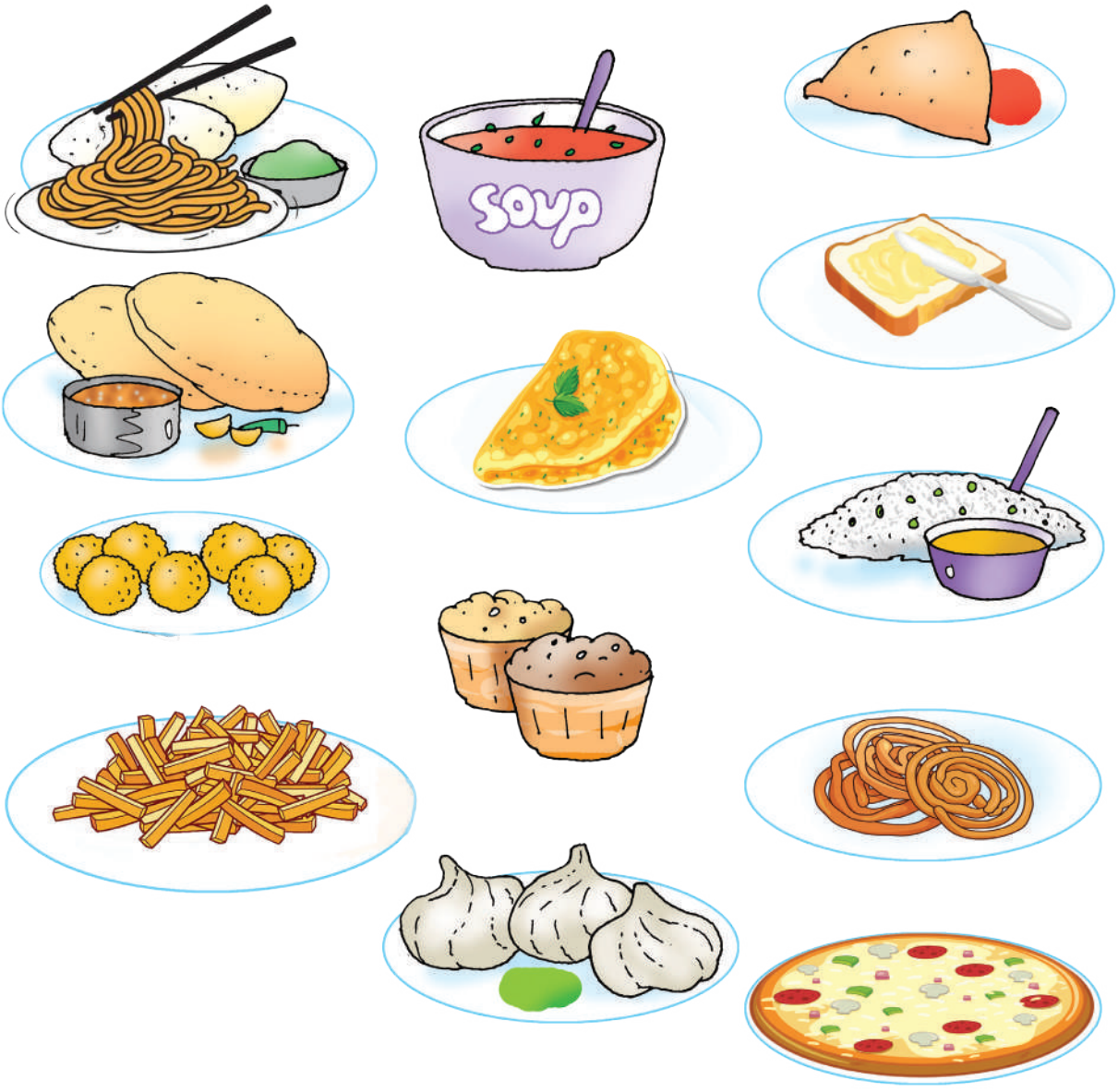
We should say ‘thank you’ to  .

Note to the teacher

- Help children realise that farmers work hard to give us many kinds of things to eat.
- Reinforce that we should not waste food.



Let us speak



(a) Name the food items you see in the picture.

(b) Which is your favourite food?

(c) Who cooks food at home?

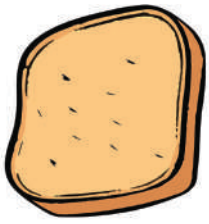
(d) Do you wash your plate after a meal?

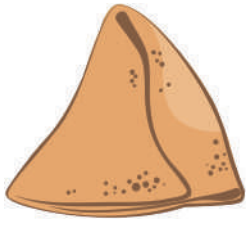


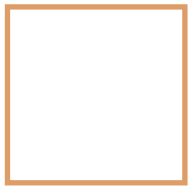
Let us do

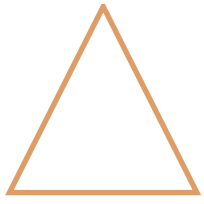
B. Match the food item to its shape

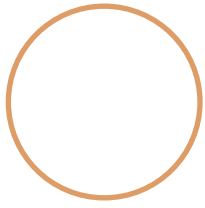














Let us draw

1. Say the names of the special dishes you eat at home.

   Draw and colour them. See what others have drawn.



Let us speak

Fun with Words

A. Listen to the following words that your teacher will read out. Notice that they have only one syllable.

Say the word and clap once.

man	food	cat
hut	eat	mat
go	come	sit

B. Now say these words.

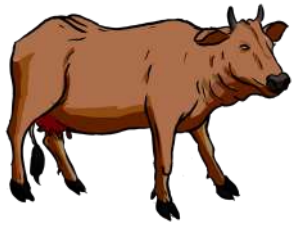
These words have two syllables. Say each word aloud and clap for every syllable of the word.

farmer	far	mer
jackfruit	jack	fruit
market	mar	ket
brinjal	brin	jal
kiwi	ki	wi
breakfast	break	fast
dinner	din	ner

2. Match the following images to the sentences.



This cow is brown.



These are four oranges.



This is a purple cap.



This is my lunch.



This is a green jeep.



Let us do

Riddles

1. I am a fruit. My name is my colour.
   Who am I?

   Answer: _____

2. I am hard and brown on the outside.
   Soft and white inside.
   Who am I?

   Answer: _____

3. I am a vegetable. I am pink in colour.
   I may also be white in colour.
   If you cut me, I make you cry.
   Who am I?

   Answer: _____

4. I am a fruit. I come in green or purple.
   I come in a bunch.
   Who am I?

   Answer: _____

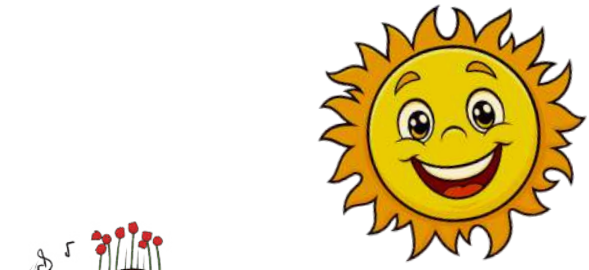
Answers on page 118



Unit 4

Seasons

Chapter 1





Let us sing

The Four Seasons



Spring is a time,
when children play.
Flowers bloom,
every day.

Summer is hot.
To stay cool,
everyone wants a
dip in the pool.





Monsoon clouds
Are filled with rain,
Make you feel
Cool again.

Winter is cold.
On sunny days,
People enjoy the
sun's rays.



Let us speak

1. (a) What do you wear in summer?

   (b) What do you wear in winter?

   (c) Which season do you like most? Why?

Note to the teacher

- Help children answer in full sentences.
- Explain the cycle of seasons.

2. Look at the pictures and tell the story in your own words.









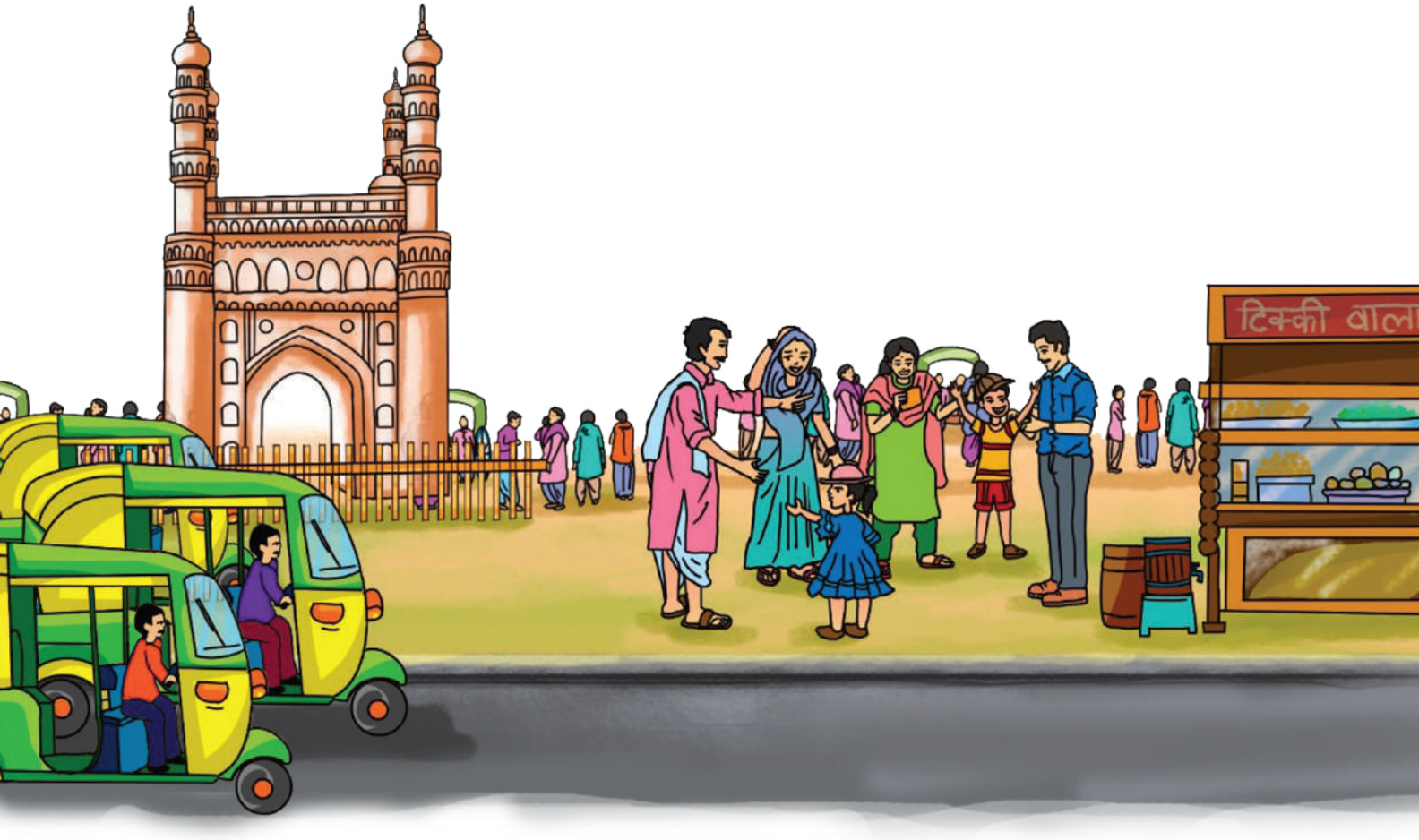


Let us read

Summer

Brinda and her family are visiting Hyderabad. Brinda's grandparents live there. It is hot in Hyderabad. She is wearing a cotton frock.

What are Brinda's mother, father, grandfather, grandmother and brother wearing?



Note to the teacher

- Help children answer in complete sentences.

Winter

Prithvi has gone to Shimla. It is cold there. What is Prithvi wearing? What things do you see in the picture?



Monsoon

Circle the words you see in the picture.



pot

puddle mud

house roses

raindrops

cat umbrella

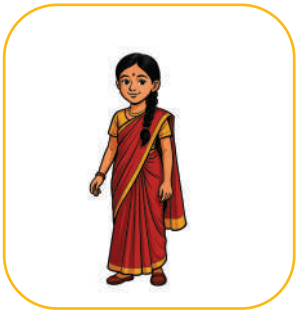
boat mat

sun



Let us speak

A. Look at the pictures. Say the names of the clothes we wear.



sari



dhoti-kurta



shirt



cap



frock



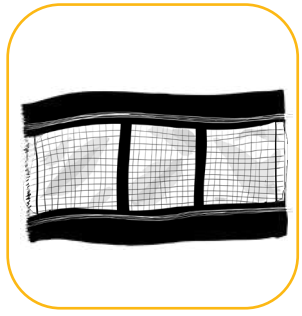
pants



skirt



t-shirt



puan

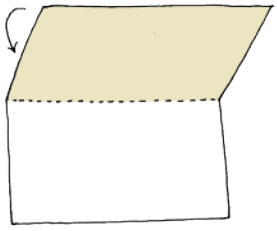


Let us do

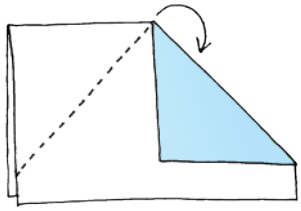
A Paper Hat

Look at the pictures and make a paper hat.

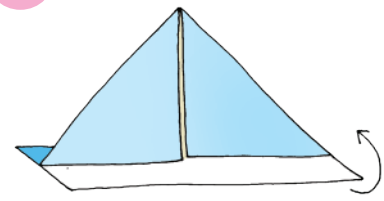
a



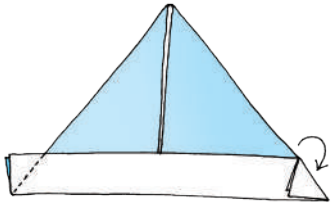
b



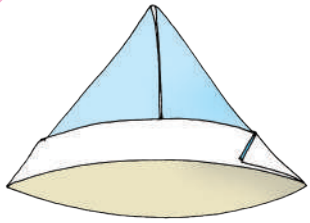
c



d



e



f



Put on your hat and have fun!

Note to the teacher

- Take an A4 size paper.
- Fold the paper lengthwise.
- Fold it again.
- Open it, and bring the corners to the centre.
- Fold one of the lower flaps upward.
- Do the same with the other flap on the opposite side.
- The hat is ready.



Let us sing

Pitter Patter

I hear thunder,
I hear thunder,
Oh don't you?
Pitter patter raindrops,
I am wet through.



Rain

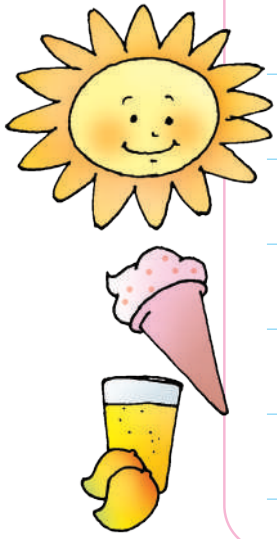
Rain on the green grass,
Rain on the trees,
Rain on the rooftops,
And rain on me.



Let us write

Write down the words that come to your mind when you say summer, winter or monsoon.

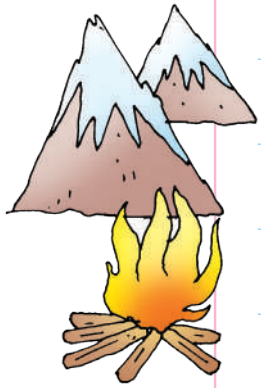
A few words have been written for you.



Summer

hot

holidays



Winter

cold

woolen cap



Spring

new leaves

colourful



Monsoon

umbrella

clouds

Chapter 2

Let us read

Anandi's Rainbow

It was raining outside. Anandi was fast asleep dreaming of rainbows. She woke up to look out of her window. There was a huge, bright rainbow across a clear blue sky.





Anandi ran out to the garden with Milli, her favourite cat.

Anandi loved to draw and paint. Today, she wanted to paint the flowers of her garden with the colours of the rainbow.



She coloured one flower with violet, and another with the indigo of the rainbow. One with the blue and leaves with the green... One with orange... One with red...

But she left the yellow so that the Sun may look bright and gay.

And lo! There were beautiful flowers all over the garden. The Sun was up there shining in its yellow glory.

After giving colours to the flowers and the Sun, the rainbow was gone...





Let us speak

1. Have you seen a rainbow?
2. When did you see it?
3. Where did you see it?
4. What is the colour of the sky during sunrise and sunset?



Let us do

1. Go outside and look at the sky.

   Do you see the clouds?

   What shapes do you see in the clouds?

   Draw the shapes you see in the clouds.

2. Watch the sky at sunrise, sunset and at night. Share your experience with the class.

Note to the teacher

- Encourage every child to express what they see.



Let us write

A. Write about yourself

My name is _____ .

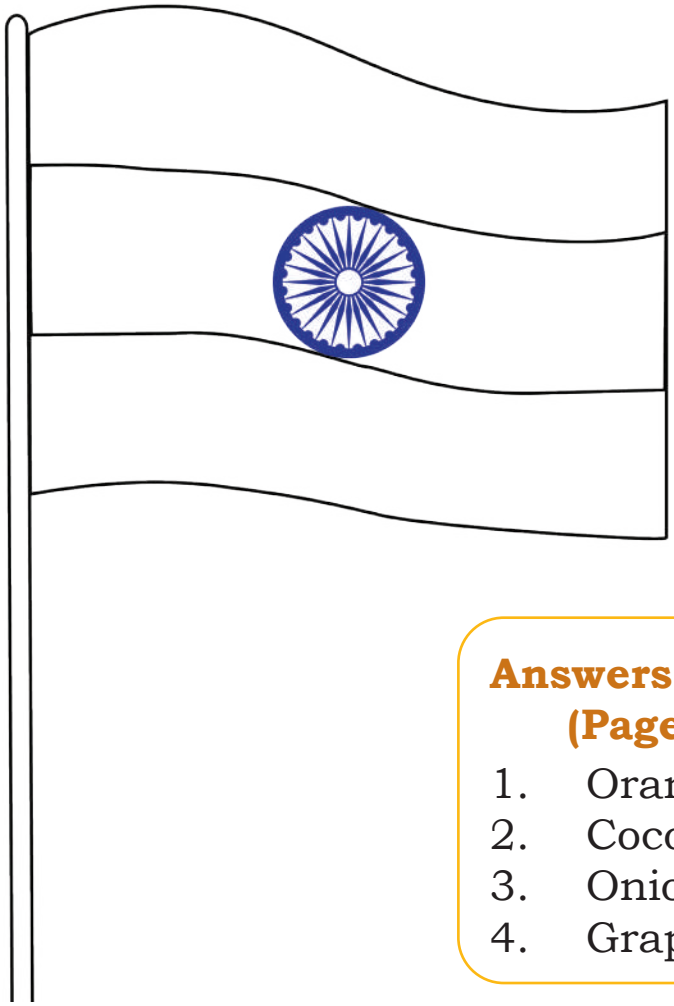
I am _____ years old.

I study in _____ school.

My favourite colour is _____ .

I like _____ .

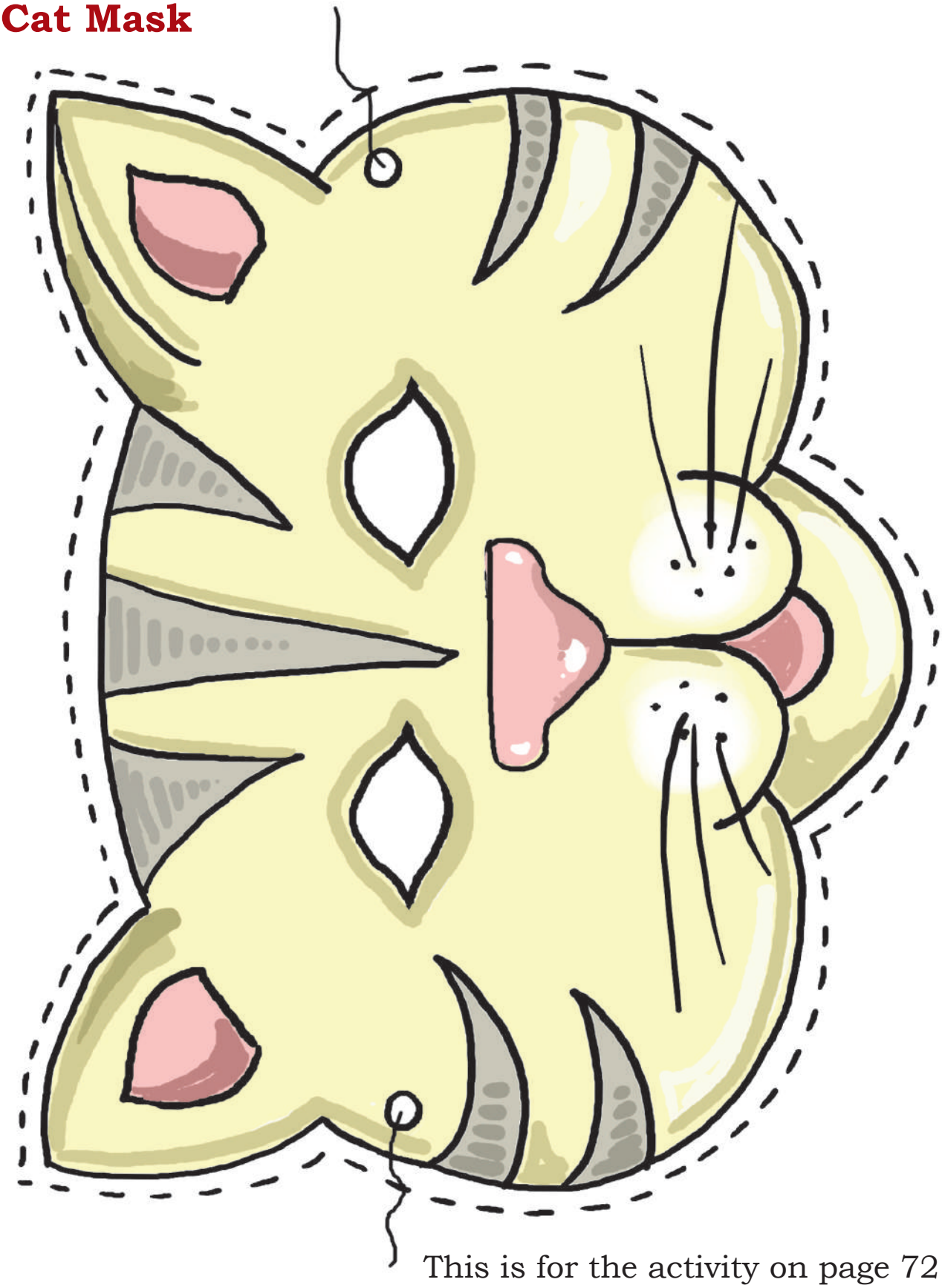
B. Colour the Indian flag



Answers to riddles (Page 105)

1. Orange
2. Coconut
3. Onion
4. Grapes

Cat Mask



This is for the activity on page 72.

NOTE

NOTE