

Class II
EVS
L-3 Food

Reading : Groups & Individual reading

Lecture: Lesson will be explained.

Discussion :

- Discussion on healthy and unhealthy food.
- Food we get from plants.
- Food we get from animals.

Audio-Visual : Healthy food

Demonstration :

Food pyramid will be shown to explain good food habits. Food we should eat more – vegetables and fruits etc. Food we should eat less – oil, butter, sweets etc.

Practice by doing :

1. Healthy food – Sprout salad
 - Soak a cup of green lentils/moong daal a day before.
 - Next day, drain the water. Place the lentils in the bowl.
 - Next day, we will see roots/sprouts coming out of the lentils.
The moong sprouts are ready.
 - WE will add chopped onion, cucumber & tomatoes to the sprouts.
 - We will put salt, pepper and lemon juice according to the taste.
 - Our healthy and yummy salad is ready.
2. Make a cut out of a cow or a buffalo and paste pictures of milk products such as paneer, curd, ghee, butter, icecream and cheese etc.

Teach others: Everyday during tiffin time, students check each other's tiffins and encourage each other to bring healthy food and avoid junk food like burger, Maggie, toffees etc.

Thinking Skills : Is butter a plant or an animal product & why?

Value and life skills : We should avoid eating unhealthy food

- One day one child didn't bring his tiffin, all students shared their food.

Class II
EVS
L-3 Food

HANDS ON ACTIVITIES/EXPERIENTIAL LEARNING

Healthy food – Sprout salad

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The moong sprouts are ready.
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3. Make a cut out of a cow or a buffalo and paste pictures of milk products such as paneer, curd, ghee, butter, icecream and cheese etc.

Class II
Maths

Lesson 1 & 2 – Numbers till 999

($>$, $<$, $=$), greater than, less than, equal to

Activities : Story of greedy crow will be told to make the concept clear.

Our crow is greedy so it opens its mouth when it see the bigger number to eat that. E.g. $815 > 415$

And when it sees smaller number it closes its mouth. E.g. $319 < 609$

And it is in fix when it sees the same number. E.g. $155 = 155$

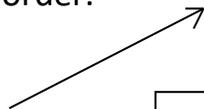
Ascending & Descending Order :

Demonstration :

- Mixed height children will be called and arranged height wise in ascending and descending order to make them understand that ascending order means smallest to greatest and descending order means greatest to smallest.

Practice by doing :

- Students will be asked to climb up (Ascend) stairs to explain ascending order.



Smallest to greatest

- Then the students will be asked to climb down (descend) the stairs to make them understand descending order.



Greatest to smallest

Ascending – Climbing Up

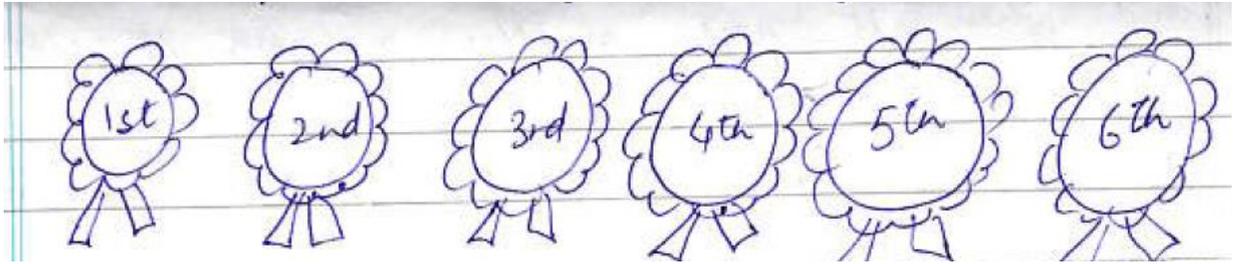
Descending – Climbing down

Ordinal Numbers

Activities :

Practice by doing :

- Students will be divided into groups and will be asked to run (race) and will be made to stand according to the position they have got in race.



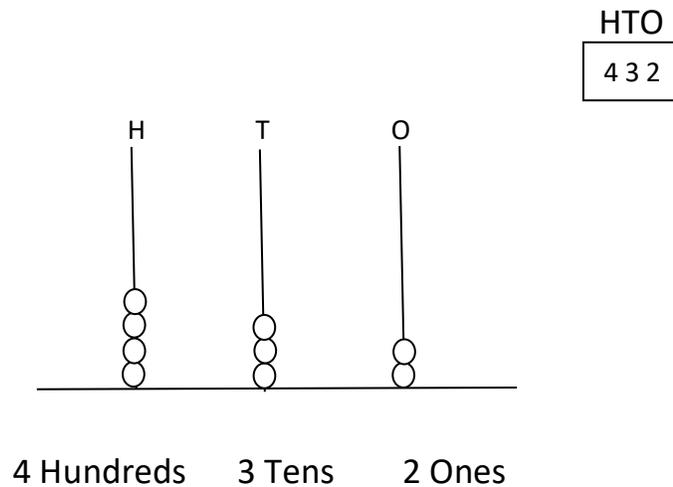
- Worksheet of ordinal numbers.
Colour the hat of fourth boy green.
Colour the shoes of third boy black.
Colour the jacket of seventh boy red.

Place Value :

Practice by doing :

- Students will be made to prepare abacus with the help of clay, straw or sticks and beads.
- Students will be told about ones, tens and hundreds with the help of examples.

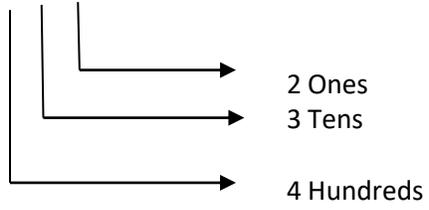
Then they will be asked to put different colour beads on different value sticks.



Place Value

H T O

4 3 2



Class II

EVS – L – 2 More on Personal Cleanliness and Good Habits

Eng – L - 1 Sheetal

Hindi – L – 1 Seekho

Interdisciplinary

Activities

Reading : Groups & Individual reading

Lecture: Lessons will be explained.

Discussion : Good habits will be discussed.

- Brush your teeth twice a day.
- Take a bath everyday.
- Wear clean and ironed clothes.
- Comb your hair.
- Trim your nails regularly.
- Drink milk everyday.
- Help your classmates.
- Be friends with everyone.
- Help everyone.
- Help poor.
- Throw waste in the dustbin.
- Respect your elders.

Demonstration :

- A child with neat dress and a child with untidy dress will be shown to tell that we should dress neatly and comb our hair properly to look smart.
- A child with dirty nails will be shown to tell how germs will enter our body if we have food with dirty nails.

Audio-Visual : Good habits on smart board

Practice by doing :

Some mixed items will be shown. Students will be asked to pick up those things only which help us to keep clean. E.g. soap, pencil, eraser, mug, comb, toothbrush, cup, toothpaste, shampoo, watch, nailcutter, scale, pencil, eraser.....

Things to do : Collect/draw things which help us to keep clean.

Thinking Skills :

- One child goes for morning walk with her grandfather. How does it help?

- Have a chat with your parents and teacher and discuss the benefits of morning walk.
- Another child doesn't take bath and wear clean clothes, will this harm his health in any way?

Value and life skills :

Exercise makes our body strong. But some kids are with special needs, but they are like us. They feel happy, hungry or sad like we do. They also enjoy playing as much as we do.

- Would you like to be friends with them?
- What games would you like to play with them?(ludo, snakes & ladders, scrabble etc.

Teach others :

Whenever the students see any of their classmates with improper uniform/dirty nails/untidy shoes etc. they tell them to wear proper uniform/trim nails/polish shoes etc.

Class II

EVS

L-1 More About Me

HANDS ON ACTIVITIES/EXPERIENTIAL LEARNING

- **Sensory Game**

Children were told to close the eyes and then they were asked to see the things around them. Likewise for ears, skin, taste, smell..... activities were done.

- **Action Game**

Things we can do with our hands & fingers and legs & feet . Students were made to play different games using parts of the body :-

e.g.

- throw-catch
- Color-draw
- Stamp your feet
- Jump _____

- **Tickle your Tongue**

Different mixtures (salty, sweet, sour, bitter) were given to taste and they were supposed to tell the taste.

Class II

EVS

L-1 More About Me

Activities

Reading Group & Individual Reading

Lectures The lesson was explained.

Discussion Discussion on parts of body & their functions

e.g.

we see with our eyes.

we hear with our ears. etc.

Demonstration Things we can do with our hands & fingers, legs & feet...

With hands & fingers

- eat
- hold
- catch
- write
- draw
- paint

With legs & feet

- walk
- stand
- run
- jump
- hop
- kick
- cycle

Audio – Visual Functions of body parts & sense organs.

Practice by doing Every child spoke 5 lines on “Myself”

- **Sensory Game**

Children were told to close the eyes and then they were asked to see the things around them. Likewise for ears, skin, taste, smell..... activities were done.

- **I am still me**

Students were told to observe each other and see that everyone has the same body parts e.g. two eyes, one nose, two ears etc. still we all look different. e.g. colour of skin, shapes of nose, eyes, ears etc.

- **Thinking skills**

How can we differentiate between a rose and an orange, if we can not see or feel it ?

- **Value & life skills**

We should help and be kind to people who cannot see, hear or speak. They need our care.