



This Is Me

Tell about yourself by filling in the blanks below:

My name is _____.

I am a _____ (girl/boy).

I am _____ years old.

I study in class _____.

My birthday is on _____.

The name of my school is _____.

I love to play _____.

Draw a picture of
yourself

An identity card is
also known as ID
card.

You can have an ID
too, just like your
father and mother.

IDENTITY CARD

Name _____

Date of birth _____

Father's name _____

Mother's name _____

Home Address _____

Telephone No. _____

Paste
Your
Photo here



My Body

Let's Begin

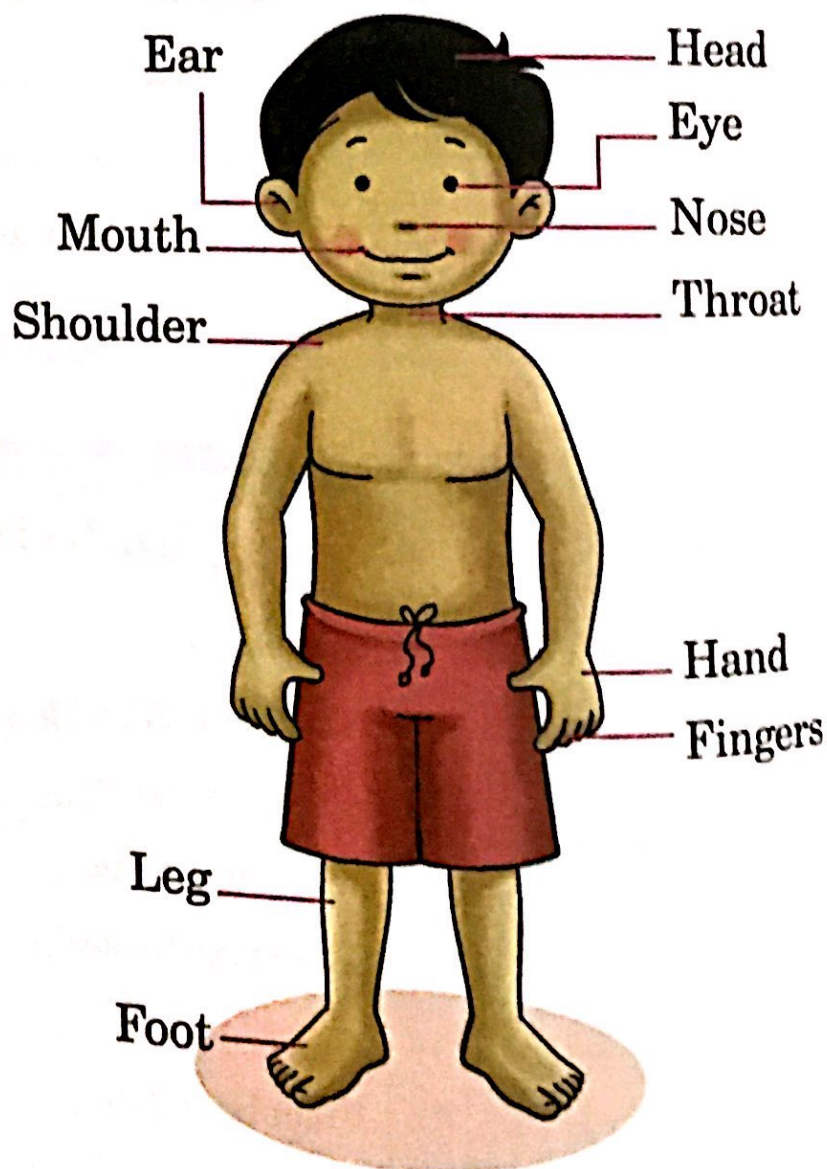
My body parts

Head and shoulders, Legs and toes,

Hands and fingers, Eyes, ears and nose.

I have them all.

Our body has many parts. Each part of our body has a name. Look at Rohan's picture. It tells the names of the different parts of his body. Your body has the same parts too.



Quick Quiz

Count each of the body parts and write in the small box below, how many of each you have.

Hands	<input type="text"/>
Legs	<input type="text"/>
Nose	<input type="text"/>
Toes	<input type="text"/>
Eyes	<input type="text"/>
Fingers	<input type="text"/>
Mouth	<input type="text"/>

What Our Body Can Do

Each body part helps you to do something, for example:

- Your hands help you to pick up things, to write and to play.
- Your legs help you to walk and run.
- Your mouth helps you to eat and speak.

Our Sense Organs

The body parts with which we see, smell, taste, hear and feel are known as sense organs. Eyes, nose, ears, tongue and skin are our five sense organs.



We see with our eyes.



We hear with our ears.



We taste with our tongue.



We breathe and smell with our nose.



Skin helps us touch and feel hot and cold things and insects bite too!

Fact!

We have many more body parts, like the heart, that cannot be seen because these parts are inside our body.

Now We Know

- Our body has many parts.
- Each part of our body has a name.
- Each part of the body helps us to do something.

EXERCISES

I. See the pictures below and write the name of the body part being used for doing each of the following activities.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

II. Match the following.

1. Fingers

2. Legs

3. Mouth

4. Hands

5. Tongue

(a) to speak.

(b) to pick up things.

(c) to hold my pencil.

(d) to taste my food.

(e) to kick a ball.

III. Complete the words using the clues.

1. H _ _ N _ _ S

We help you to write and draw.

2. _ _ Y _ _ S

We help you to see.

3. L _ _ G _ _

We help you to run and jump.

4. N _ _ _ E

I help you to smell.

5. E _ _ R _ _

We help you to hear.

6. T _ _ N _ _ U _ _ I help you to taste.

7. S _ _ I _ _ I help you to feel.

8. F _ _ N _ _ E _ _ S We help you to count.

IV. Fill in the blanks using the words from the box.

rose feel ears see tongue

1. I _____ colours and shapes with my eyes.
2. I listen to music with my _____.
3. I smell a _____ with my nose.
4. I taste an ice cream with my _____.
5. I can _____ that ice is cold with my skin.

LET'S DO MORE

Activity

Keep sugar, salt, chat masala and lemon juice on the table. Blindfold your friend and ask her/him to touch each item one-by-one with her/his tongue. Ask her/him to name each of these items.





We Are Alike

Let's Begin

What is your age? What is your friend's age? Are you both same age?

Look at Ritu and Rohan.

They are alike in many ways.

Both have two eyes.

Both have one nose.

Both have two ears.

Both have one mouth.

Both have two hands.

Both have two legs.



Now, look in the mirror, you have the same body parts too! Our body parts do the same work.



- We all eat, drink and speak with our mouth.
- We all breathe air and smell things with our nose.
- We all walk and run with our legs.
- We all see things with our eyes.
- We all hold, lift and throw things with our hands.

Can you write two more things that you have in common with your friend?

We both _____

We both _____

NOW WE KNOW

- We all are alike in many ways.
- We have the same body parts.
- Our body parts perform the same functions.

EXERCISES

I. Tick (✓) the correct statement and cross out (X) the wrong one.

1. We all have two noses.
2. We all have two ears.
3. We all have three hands.
4. We all breathe with our nose.

☐
☐
☐
☐

II. Unscramble the jumbled words to make correct word.

1. We all breathe IRA.
2. We all TEA food.
3. We all drink ARWET through our mouth.
4. We all LKAW on our legs.
5. We all ITFL things with our hands.
6. We all AREH with our ears.
7. We all EATST with our tongue.

LET'S DO MORE

Project

There are many things (like eating breakfast) we do every day.

Write five things you do every day.