

REVISED

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For Teachers Only

**FREE SMART CLASS
SOFTWARE
WITH WEB SUPPORT**
FOR TEACHERS ONLY

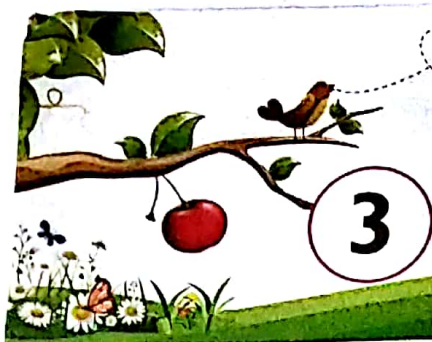
ENJOYING ENVIRONMENTAL STUDIES

Integrated with Environmental Education

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CORDOVA®



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Fun With The Family



Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.



Nitika

Hello, my name is **Nitika**. Ravi is my brother. We study in the same school. After doing our homework, we feel tired. So, we need some fun.

We have fun when we do things we enjoy. This is called **recreation**. It helps us to relax our mind. We feel happy while doing things we like. We have recreation in many ways.

In the evening, we go to the children's park and play **cricket**.

Sometimes, I ride my bicycle or learn to **dance**. Sometimes, I go for **skipping** too. Ravi likes to **swim**.

When it is very hot, we stay inside our home.



watching television

Ravi plays the *tabla* while I practise new dance steps.

We like to watch **cartoon movies** on the television.



playing cricket



cycling



skipping



swimming



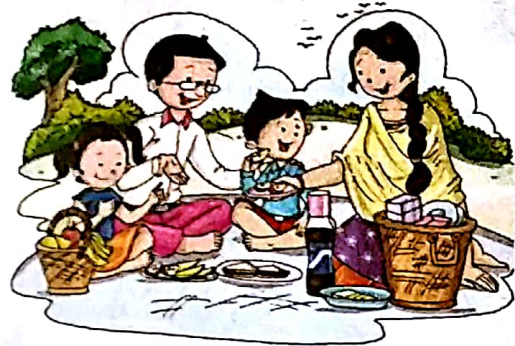
music and dance



Sometimes, we play indoor games like snakes and ladders, ludo and carrom.



playing carrom



enjoying a picnic

On holidays, we go for a picnic. We play in the open and have a lot of fun.



visit to a zoo

We also go to the zoo. We enjoy watching the animals there. We should not tease the animals in the zoo.

Sometimes, our parents take us to the circus. We really enjoy watching animals and circus acrobats doing exciting stunts. The clowns make us laugh.



visit to a circus

We enjoy going to a *mela*. We have a lot of fun on the swings.

Sometimes, we go to the museum. We see a number of old and wonderful things in the museum.



visit to a mela



a puppet show



a birthday party



a wedding celebration

We also enjoy watching puppet shows. We like meeting our relatives at birthday parties and weddings. We wear new dresses. We eat lots of tasty food. Everyone feels very happy. We enjoy with our family members at such functions.



listening to stories

Our elders tell us interesting bedtime stories. We enjoy listening to them. We also like reading story books. Recreation keeps us fresh and active.

Exercises

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

- Recreation makes us feel

(a) fresh	<input type="checkbox"/>	(b) sad	<input type="checkbox"/>	(c) tired	<input type="checkbox"/>
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- A place where we can see a number of animals is a

(a) garden	<input type="checkbox"/>	(b) park	<input type="checkbox"/>	(c) zoo	<input type="checkbox"/>
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- We see clowns in a

(a) garden	<input type="checkbox"/>	(b) circus	<input type="checkbox"/>	(c) zoo	<input type="checkbox"/>
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4. What do you think are good ways to relax?
- (a) reading a book
 - (b) reading a book loudly and disturbing others
 - (c) watching TV with high volume

B. Match correctly.

- | | |
|-----------|-----------------|
| 1. circus | (a) fun |
| 2. picnic | (b) indoor game |
| 3. ludo | (c) acrobats |

C. Fill in the blanks correctly with the words given below.

museum mela zoo clowns

1. We enjoy going to a
2. We see a number of old and wonderful things in the
3. The make us laugh in a circus.
4. We should not tease the animals in the

D. Answer the following question.

Where does Nitika's family go on a holiday?

E. Tick (✓) the pictures that show recreation and cross (X) the ones that don't.



ACTIVITY/PROJECT

Collect photographs of a birthday party and a wedding and paste them in your scrapbook.

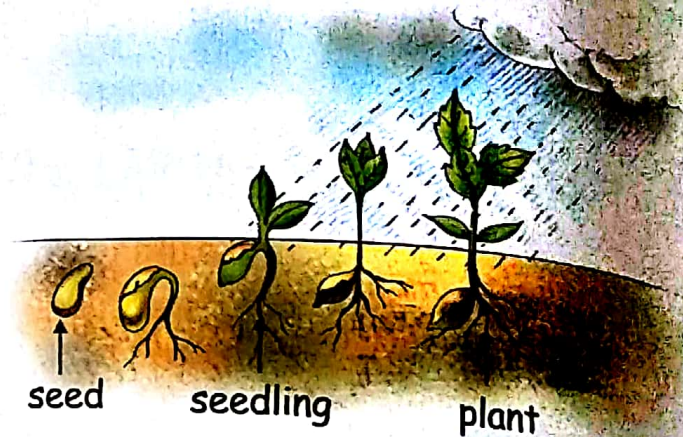
Growing Up

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All Living Things Grow

A big plant grows from a small seed. The seed first grows into a small plant called **seedling**. This seedling soon becomes a fully grown plant.



A seed grows into a plant.

A bird grows from an **egg**. A tiny egg hatches, and a **nestling** comes out. It grows and its body changes with age. Soon, it becomes a beautiful bird.



A bird grows from an egg.



Jatin

Hello, I am **Jatin**. I am seven years old. I am a boy. I was born as a small baby. As a baby, I could only sleep, drink milk and water and sometimes cry. My parents took care of me. Now, I have grown up and become a child.



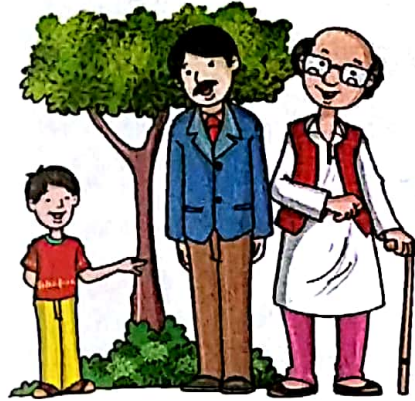
mother's care



In a few years, I would be as old as my elder brother, Utsav. He is fifteen years old. He is a **teenager**.

After a few more years, I will grow into a man like my father. I would look like him. I would be an **adult**.

Many years later, when I become very old, I would look like my grandfather.

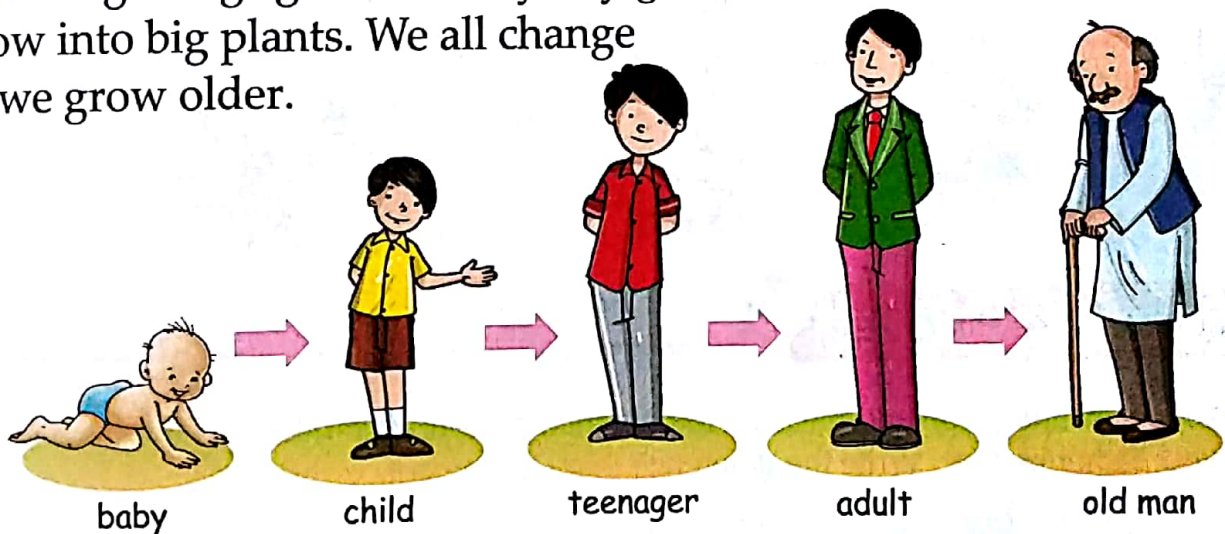


This is my sister Priya. She is a girl. She was also a baby when she was born. She is now ten years old. When she grows up, she



will be a woman. She will look like my mother.

All living things grow. A baby boy grows into a man. Young plants grow into big plants. We all change as we grow older.



Exercises

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

1. All living things

(a) grow

(b) do not grow

(c) remain the same

2. The eldest member of a family is
 (a) child (b) grandfather (c) father
3. The thing I wanted as a baby is
 (a) a book (b) a bat (c) a milk bottle

B. Circle the odd one in each group.

1. seed seedling nestling plant
2. baby child adult uncle

C. Fill in the blanks correctly with the words given below.

nestling adults plants babies

1. Seedlings grow into fully grown
2. A bird's egg hatches into a small
3. When we are born, we are
4. Children grow up and become

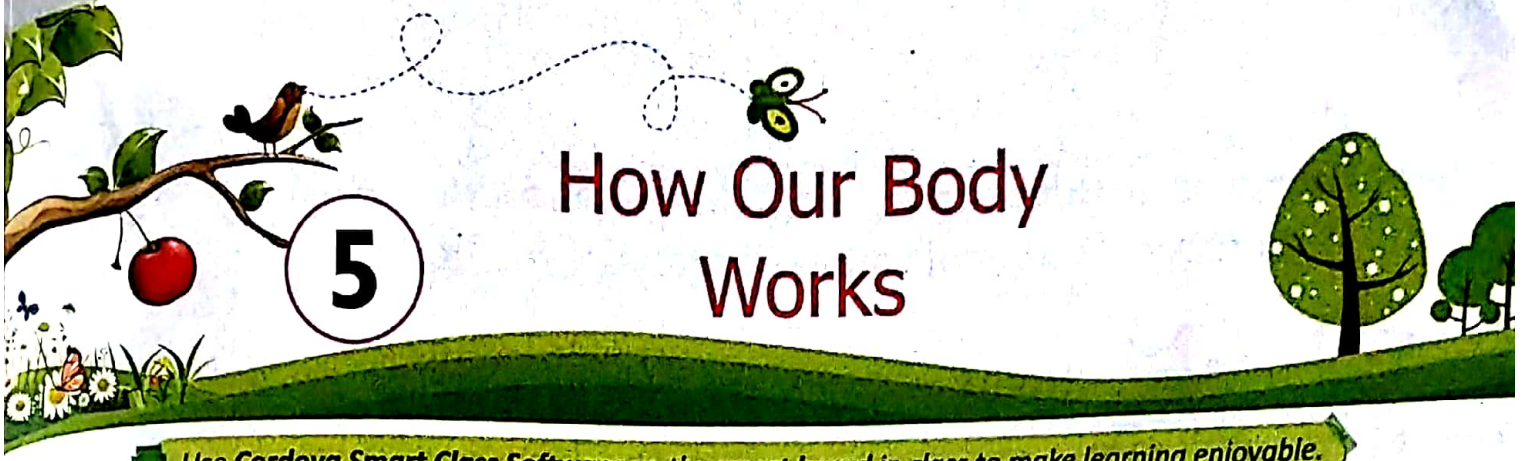
D. Tick (✓) the pictures that show 'caring for others'.



ACTIVITY/PROJECT

Take a measuring tape and measure the different parts of your body and the same parts of your father/mother. Write the difference in measurement.

S. No.	Parts of the Body	Father's/Mother's Size	Difference
1.	Hand		
2.	Leg		
3.	Finger		
4.	Face		



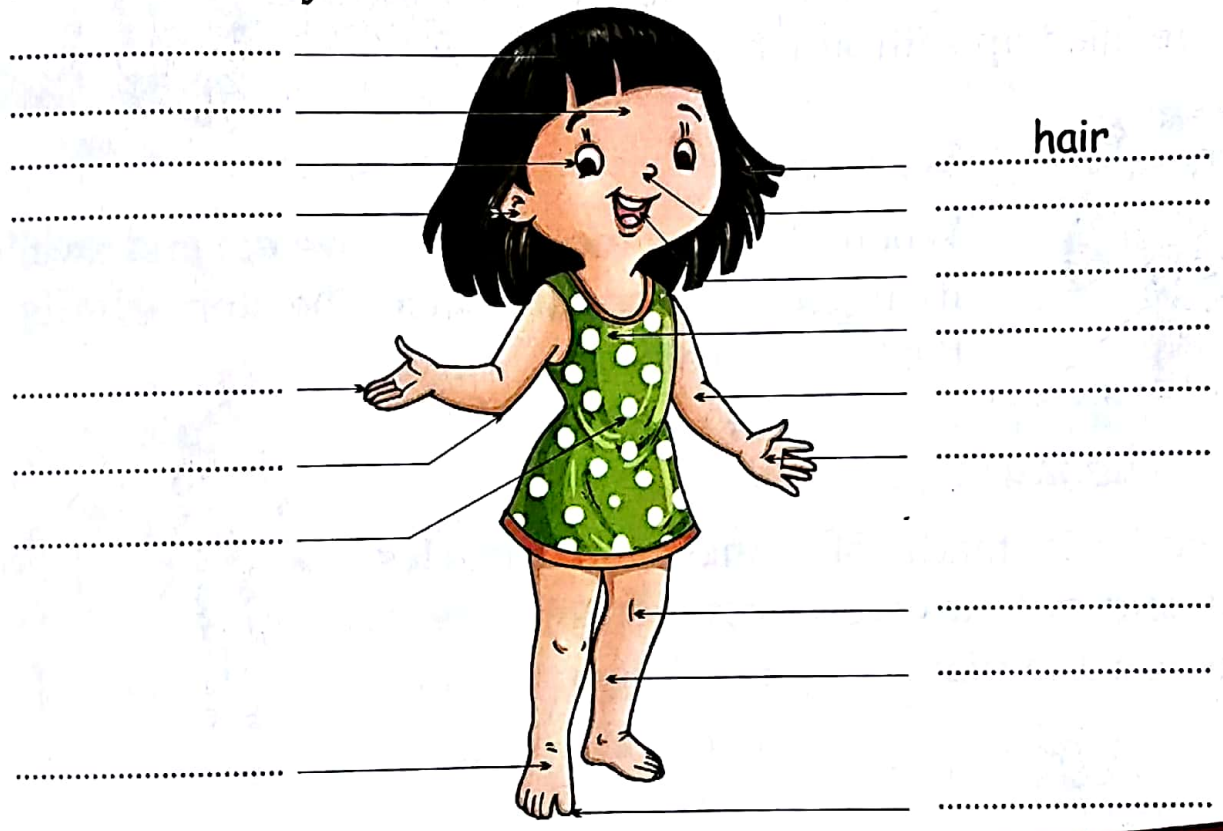
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How Our Body Works

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Our body is a living machine. It has two types of organs— external and internal. Organs are parts of our body. External organs are those that can be seen.

Look at the picture given below and label the external organs. One is done for you.



Internal Organs

Heart, brain, stomach and lungs are important internal organs. They are inside our body.

Brain

The **brain** is inside our head. It helps us think, learn and remember. It controls all the organs of the body.



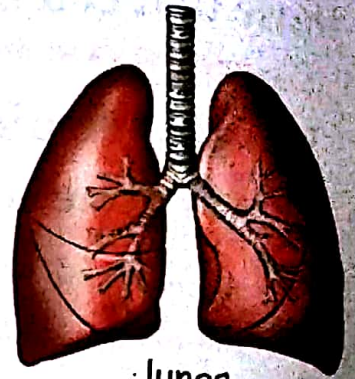
heart

Heart

Keep your hand on the left side of your chest. Do you feel something beating like a drum? Yes, it is your **heart**. Our heart pumps blood to all parts of the body.

Lungs

Keep your hand on your chest and take a deep breath. What do you feel? Your chest swells. There are two **lungs** inside our chest. The lungs help us breathe. They are filled up with air when we breathe in.



stomach

Stomach

Where does the food go after we eat and swallow it? It goes into our **stomach**. The stomach digests the food we eat.

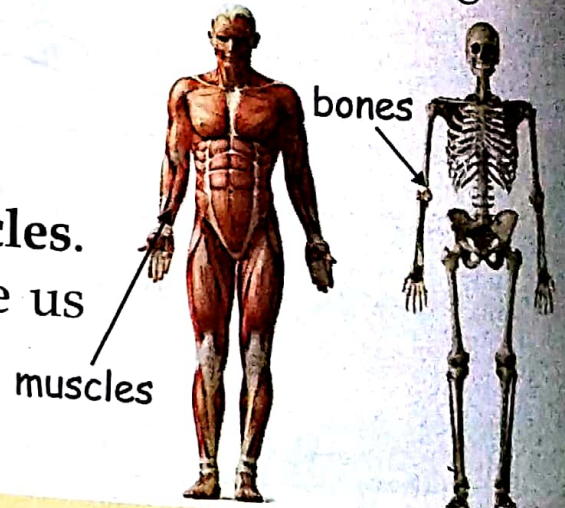
Bones and Muscles

Our body is made of **bones** and **muscles**. Bones and muscles work together to make us move, run and play.



DO YOU KNOW

Some parts of our body do not have any bones. They are tongue, eyelids and lower part of the ear.



All parts of our body work well when we take proper care of them.

Exercises

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

1. Lungs help us

(a) talk

(b) eat

(c) breathe

2. Which is not an internal organ?

(a) nose

(b) brain

(c) stomach

3. After we swallow our food, it goes to our

(a) brain

(b) stomach

(c) lungs

4. Our body is a machine.

(a) living

(b) non-living

(c) working

5. What should you learn from bones and muscles?

(a) We should work together.

(b) We should fight with one another.

B. Circle the odd one in each group.

1. hand heart brain lungs

2. hand stomach elbow head

C. Complete the words with the help of the given picture clues.

1.  **B**

2.  **H**

D. Answer the following questions.

1. Name four internal organs of the body.

2. Name two internal organs found in the chest.

3. How are bones and muscles useful to us?

ACTIVITY/PROJECT

Collect pictures of any four internal organs and paste them in your notebook.