

Bal Bharati Public School, Pitampura
Pre Primary
Academic Session: 2020-2021
Parent Letter- April

Dear Parents,

Our endeavour is to continue to provide our Pre-Primary parents with all the well informed curriculum with the aim to make teaching at home effective during the "COVID 19" lockdown. Please do not hesitate to contact us with any questions or concerns. We will be in touch with you through voice messages, videos related to the topics on the whatsapp group.

THEME- ALL ABOUT ME

OBJECTIVES

- To provide experiences and opportunities to children to learn.
- I'm a person and have a name.
- I'm special.
- I'm growing. I'm still discovering how to do new things.
- I use my senses to accomplish many things.
- I love to play.
- I have feelings.
- I share and cooperate.
- I'm courteous and well mannered.

❖ **ENGLISH LANGUAGE COMMUNICATION AND LITERACY ACTIVITIES AND EXPERIENCES**

➤ **Listening and Speaking skills**

- **News of the day** to be discussed daily.
- **Talk about one's own self**-name, class, age, school, favourite fruit, dish, ice cream, colour, game, toy, friend, dress, TV channel, animal...

Example- I'm Vasudha Kapoor.

I'm five years old.

Mango, Grapes and Cherries are my favourite fruits.

Take two or three at a time. Once the child is through then move forward.

- **Talk about external body parts and their functions-**

EYES

I have two sparkling eyes to look and see.

NOSE

I have one small nose to breathe and smell.

EARS

I have two little ears to listen/ hear.

ARMS, HANDS and FINGERS

I have two little arms and hands with little fingers to clap, hold, pray, write, touch and wave.

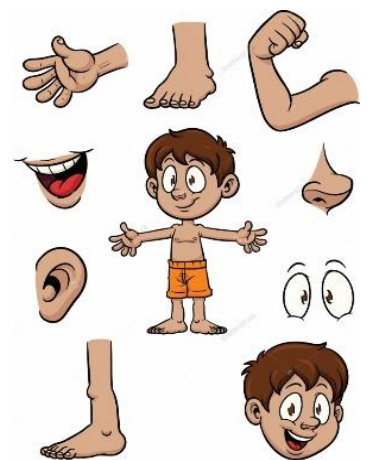
LEGS, FEET and TOES

I have two strong legs and feet with toes to stand, jump, walk, run, play.

MOUTH, TONGUE and TEETH

I have one big mouth, a pink little tongue and clean white teeth that help me speak, eat, drink, bite, chew and taste.

Take two body parts at a time.



We need to do lots of conversations and action songs where they sing and touch or move the body parts.

✓ **Play 'SIMON SAYS' game**

Play Simon says game to teach your child about his / her body parts. Gather your child and family members and get the ball rolling.

"Simon says",

- put your hand on your shoulders
- clap your hands
- touch your feet
- bend your knees
- role your arms
- pull your ears
- hands up high in the air
- pull them down touch your hair
- put your hands on your head
- Lift your right leg
- Wave your hands
- Open your mouth
- Put your left hand out
- Jump with your legs. etc

❖ These simple phrases will enhance language skills while keeping things fun.

✓ **FACIAL EXERCISES**

Lift your eyebrow

Blink your eyes

Wink your eyes

Sniff your nose

Move your lower jaw left and right

Stretch your neck

❖ Practice these with your children.

✓ **SONGS/ RHYMES**

1. I LOVE MY BODY

It does many things

It jumps and it runs

My hands clap

And my fingers snap

I feed it with greens

And I keep it so clean

From my fingers to my toes

I try to stay healthy.

2. LET'S GO

LET'S GO

by Merry Bradshaw

Stretch High
Stretch Wide
Jump Forward
Jump Back

Lean Left
Lean Right
Hop Once
Hop Twice

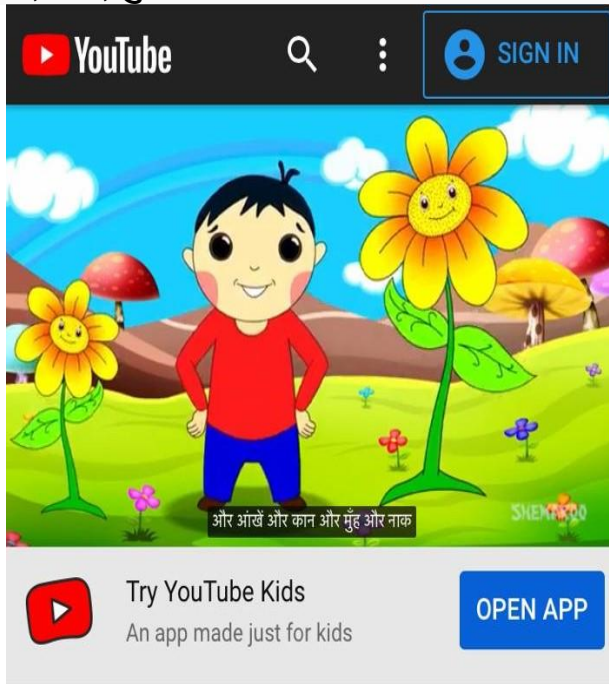


Reach Up
Reach Down
Twist Small
Twist Tall

Shake Fast
Shake Slow
Touch Nose
Touch Toes

Stand Up
Let's Go!

3. Hindi Song- सिर, कंधे, घुटने और पैर



सिर, कंधे, घुटने और पैर | Head Shoulders
Knees And Toes | Hindi Rhymes for
Children (HD) ▼

❖ [Click on this link for the song.](#)

➤ TALK ABOUT HEALTH AND HYGIENE

- ✓ **Follow healthy eating habits** by drinking and eating milk, cereal, juice, fruit, egg, nuts, salad, cheese, curd, sabzi with roti, dals, dalia, poha, rice.
- ✓ **Avoid junk food** like pepsi, oily and fried food, chips, burgers, pizza, candies and chocolate (have them occasionally)
- ✓ **Perform light exercises** by meditating, deep breathing, stretching, dancing, yoga.
- ✓ **Keep themselves clean** by good hand washing done frequently, bathing, combing and oiling the hair, brushing teeth twice a day, keeping finger and toe nails trimmed, ears kept clean using buds, use tissue/napkin while sneezing or coughing.
- ✓ **Wear neat and clean clothes**, polished shoes.
- ✓ **Keep their bag, room clean**, use waste bin to throw wrappers and peels, flush the toilet after use.



➤ TALK ABOUT COURTESIES AND MANNERS

- ✓ Greetings- Use namaskar, good morning, good afternoon, good evening, good night.
- ✓ Use of three magic words- thank you, please, sorry



MANNERS

We say "Thank You."

We say "Please."

We don't interrupt or tease

We don't argue

We don't fuss

We listen when folks talk to us.

We share our toys

And take our turn

Good manners aren't too hard to learn

It's really easy

When you find

Good manners means

JUST BEING KIND

❖ READING READINESS ACTIVITIES

- Vocabulary- body parts, small, big, name, clean, strong
- Two letter words –at, an, am, in, it, is, on, of, up
- Revision of all the covered letters B, C, D, F, H and related vocabulary- bat, bin, bit, cat, can, cup, dam, don, fat, fit, fin, hat, hit, his
- Letter sound recognition and vocabulary- Ss
Here is how you teach them.
 1. Arrange the following in the form of real objects or pictures in a basket like socks, six, seven(write on paper), some salt, some sugar, sauce, sandwich, straw, sticker, strawberry, soap, soup, snake, sun, spider, etc(whatever is available). Any five
 2. Let them see and feel them.
 3. Talk about them.
 4. Read them one by one stressing on the starting sound i.e. ssssss.
 5. Ask them to make the ssssss sound
 6. Introduce Ss by showing a picture or writing it on paper.
 7. Ask them to trace it with their finger.
 8. Keep drilling the words again and again.
 9. Later you may ask them riddles
 - ✓ An animal which begins with Ss- swan.
 - ✓ Something they wear in a pair on their feet- shoes.
 - ✓ A shape that starts with S- star
 - ✓ A food that starts with letter S, it's in a bowl and served warm-soup
 - ✓ A furry animal that gives us wool- sheep
- Picture reading month[circular sent earlier]

❖ WRITING READINESS ACTIVITIES

- Practice writing alphabets Aa, Bb, Cc, Dd, E e, F f [one letter at a time]
- Focus on tracing Ss in flour or salt put in a flat tray
- Use play dough to create S
- Write S using pencil

❖ HINDI LITERACY ACTIVITIES AND EXPERIENCES

- मौखिक ध्वनि विश्लेषण- व, ब, क
- शब्दावली- वन, वकील, वक, बर्तन, बकरी, बस, कमल, कमर, कलम
- लिखित अभ्यास- व, ब, क
 - ✓ फ्लैट ट्रे में डाले गए आटे या नमक में अक्षरों की ट्रेसिंग कराएं
 - ✓ स्लेट पर चाक तथा कार्य पुस्तिका में पेंसिल से अक्षरों को लिखने एवं पढ़ने का अभ्यास कराएं।

❖ EARLY MATHEMATICS

- Child related information like- age, house number, number of family members, telephone number, birthday date, etc
- Oral counting-1to 20
- Recognition and co-relation of numbers with quantity 11to 15 using concrete objects
- Written counting 1-10 using pencil
- Pre number concept Heavy/ Light

❖ CREATIVE EXPRESSION

- Draw and colour a cat, bat, sun, hand
- Cut 'S' out of any thick paper. Have the child decorate it with stickers or finger painting.



❖ KIDS IN THE KITCHEN ACTIVITY

- Prepare a sandwich using soft slices of bread, some salad, and sauce.

❖ GROSS MOTOR ACTIVITY

- Skipping-Teach them how to skip.

❖ RHYMES

• Mr snake and his sneeze

Mr snake said, "I am going to sneeze!"
So he put his head down between his knees!
He opened his mouth and out it flow
A giant super loud ACHOOOO!!!

• Super squirrel super squirrel

Swish your fluffy tail
Wrinkle up your little nose
Hold a nut between your toes
Super squirrel super squirrel
Swish your fluffy tail

STAY HOME STAY SAFE!!!