Aligned with NEP 2020 | NCF 2023 | ECCE | FLN Goals

Foundational Stage

UKG

WONDER POP Shine

WONDER WORLD





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Chapter 1

All About Me

My name is

_____

_____

Paste your photograph here

I am _____ years old.

I study in class

_____

_____



My favourite colour is

_____

I love to eat

_____

My hobby is

_____

My best friend is _____



My favourite game is

_____



I want to become

_____

_____

Chapter 2

Inside Our Body

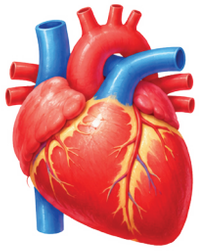
EVS C - 06

Our body has organs inside it. They help our body work.



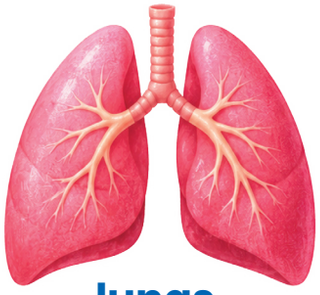
brain

The brain helps us think and learn.



heart

The heart pumps blood around our body.



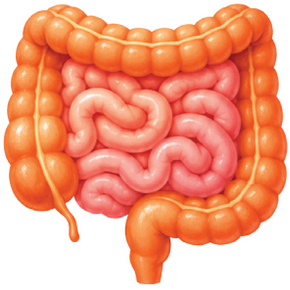
lungs

The lungs help us breathe.



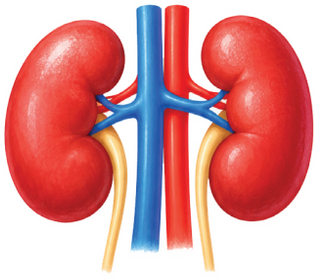
stomach

The stomach helps digest food.



intestines

The intestines take nutrients from food.



kidneys

The kidneys clean our blood and make urine.

Teacher's Note

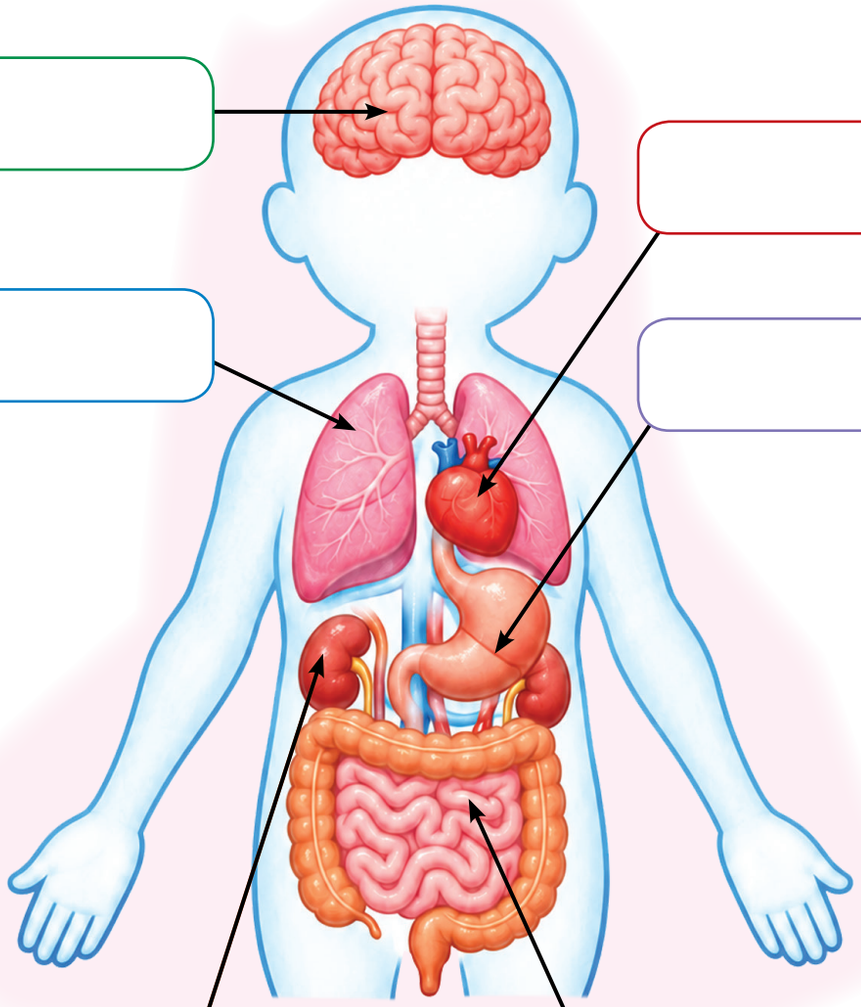
Explain that each organ has a special job and that all organs work together to help our body function.

PRACTICE TIME

EVS C - 07

Write the organ names in the boxes.

brain heart lungs stomach intestines kidney



Teacher's Note

Explain that the heart keeps beating and the lungs keep working even while we sleep.

Chapter 3

Taking Care of My Body

EVS C - 08

When should I wash my hands?



After playing with animals.



After playing games.



After using the washroom.



After sneezing.



Before and after eating.

How should I wash my hands?



palms



backs of hands



between fingers



fingernails



wrists



thumbs

Follow the steps.



1. Wet your hands.



2. Apply soap.



3. Rub for 20 seconds.



4. Rinse with water.



5. Dry with a clean towel.