

Explore your Surroundings

Balvatika Sopaan-A

A Book on General Awareness

GYANDA PUBLICATIONS

Based on NEP 2020 & NCFFS 2022



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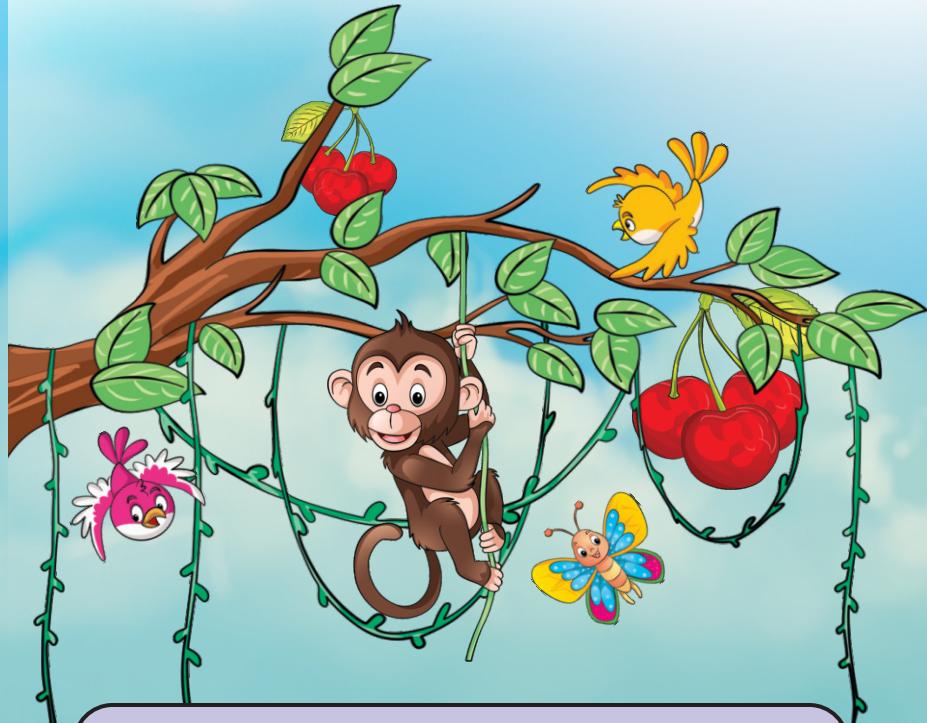
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Information Literacy



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Information Communication & Technology Literacy



PREFACE

The **Explore Your Surroundings** series for Levels A, B, and C has been meticulously crafted in alignment with the **National Education Policy (NEP) 2020** and the **National Curriculum Framework for Foundational Stage (NCFFS) 2022**. Designed to nurture young minds, these books introduce early learners to the wonders of their surroundings through engaging content, age-appropriate activities, and vibrant visuals.

Key Features of the Series

Interactive Activities – Hands-on tasks like drawing, matching, and nature-based projects enhance engagement.

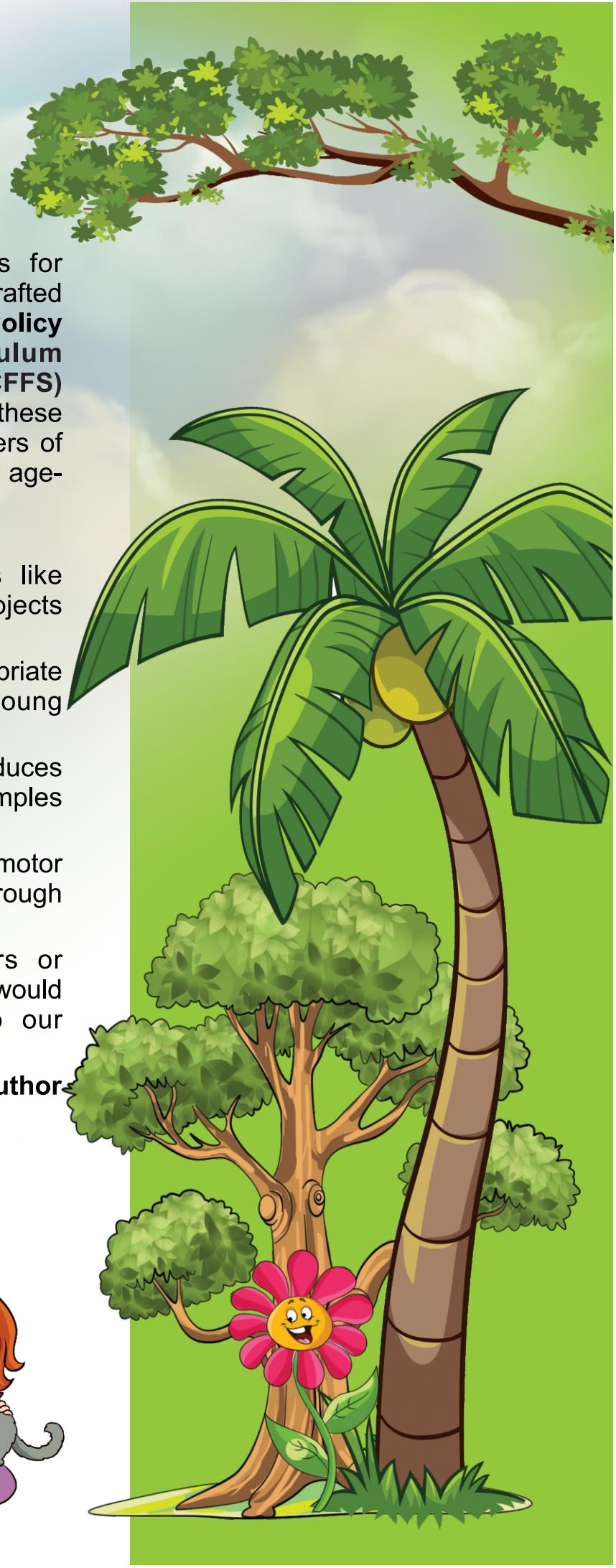
Simple and Clear Language – Age-appropriate text ensures easy comprehension for young learners.

Nature and Sustainability Focus – Introduces eco-friendly habits through relatable examples (e.g., saving water, planting trees).

Skill-Building Exercises – Develop fine motor skills, observation, and critical thinking through puzzles and crafts.

Inspite of our best efforts, some errors or omissions may have gone unnoticed. We would be grateful if you could bring them to our attention.

—Author



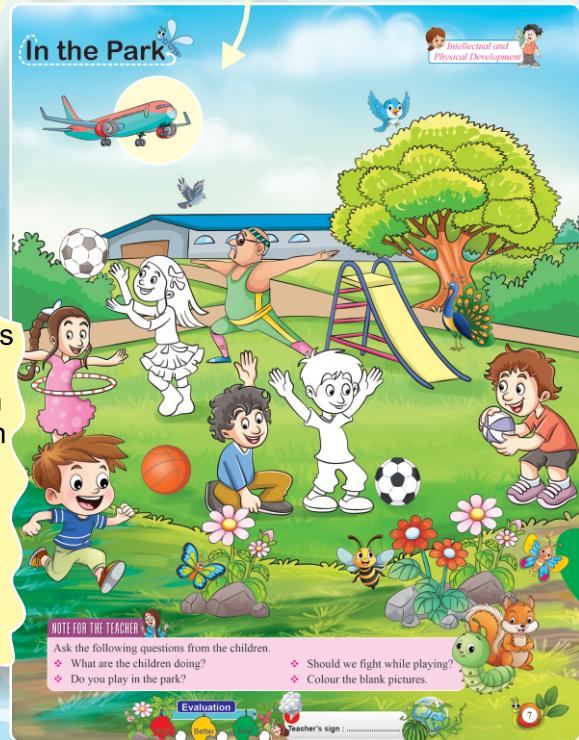
EVS: At a Glance

Chapter starters help children focus on and understand the key concepts of the chapter.

How many members are there in your family?
Tick (✓) the correct answer.

4 5 6 3

Starting pages of the book help children get familiar in a fun and playful way, and slowly introduce them to the main topics.



STEAM Activity : Steam Activities (Science , Technology, Engineering, Arts and Mathematics) activities foster critical thinking.

Rainbow on a white surface

MATERIALS REQUIRED
A clear glass or jar, Water, Food colouring (various colours), A flashlight, and A white surface (like a wall or paper).

STEPS TO DO:

1. Fill the glass with water: Pour water into the glass, leaving some space at the top.
2. Add food colouring: Add a few drops of food colouring to the water and stir gently.
3. Darken the room: Turn off the lights or dim them to make the effect more visible.
4. Shine the flashlight: Shine the flashlight through the coloured water, aiming the light at a white surface.
5. Observe the rainbow: You should see a rainbow of colours appear on the white surface.
6. Experiment with different colours: You can repeat this with different colours of food colouring to see how they affect the rainbow.

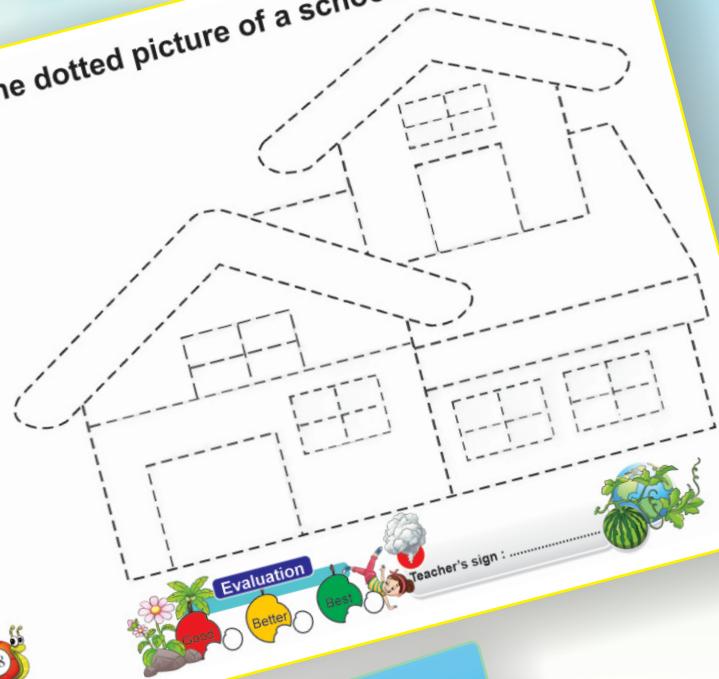
NOTE FOR THE TEACHER
Ask the following questions from the children.
❖ What are the children doing?
❖ Do you play in the park?
❖ Should we fight while playing?
❖ Colour the blank pictures.



Pictorial Representation : Colourful and big illustrations with labelling makes the learning interesting.

2. Trace the dotted picture of a school. Also, colour it.

Colouring Activity : These activities enhance engagement while reinforcing learning concepts.



It includes competencies and curricular goals of NCFFS 2022, emphasizing interactive and play-based activities.

NOTE FOR THE TEACHER

Draw an umbrella on the floor and ask children to walk on it by balancing. (CG-3, C 3.2)

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Activities are provided at regular intervals to develop essential skills and reinforce learning in a fun and meaningful way.

Evaluation

Teacher's sign :



PRACTICE TIME



Time: 60 minutes
Marks:



What do you wear and eat in the summer season tick them.



Evaluation

Teacher's sign :

Teacher's sign :





Contents



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In the Park



NOTE FOR THE TEACHER

Ask the following questions from the children.

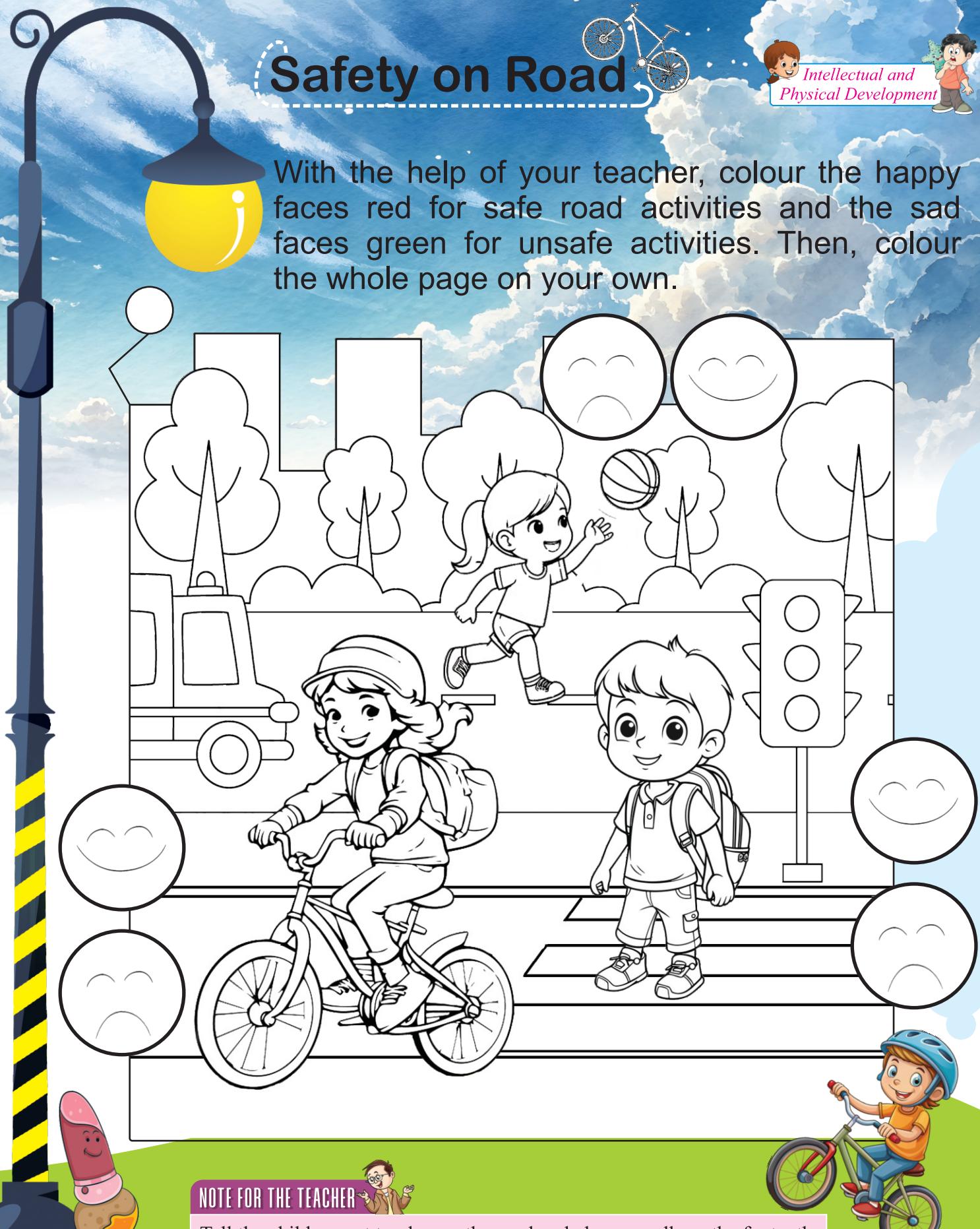
- ❖ What are the children doing?
- ❖ Do you play in the park?
- ❖ Should we fight while playing?
- ❖ Colour the blank pictures.



Safety on Road



With the help of your teacher, colour the happy faces red for safe road activities and the sad faces green for unsafe activities. Then, colour the whole page on your own.



NOTE FOR THE TEACHER

Tell the children not to play on the road and always walk on the footpath.

Evaluation



Good



Better



Best

Teacher's sign :



Good Manners



Explain good manners to children before starting the academic session.



Be a good friend



Help others



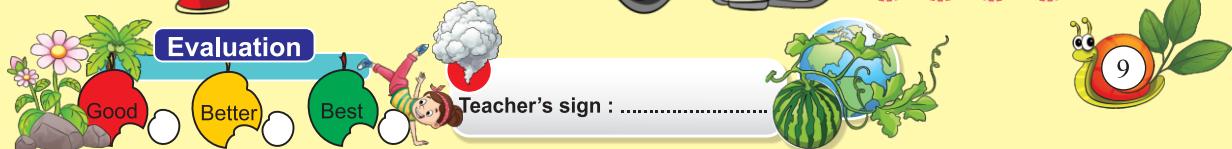
Greet others



Clean up

Share

Be kind



Teacher's sign :



Bound Angle pose



Sukhasana pose



Tree pose



Triangle pose



Mountain pose



Encourage children to do the above yoga poses under your supervision. (CG-3, C 3.2)



All About Me



Tick (✓) the correct activities that you like to do?



I am a (boy/girl).

I am years old.

My father's mobile no.

.....

My mother's mobile no.

.....



Hello friends!
This is me.

Paste
your
photograph
here



Encourage children to talk about their favourite toys, food items, games etc. Also, encourage them to wash their hands before and after eating. (CG-1, C 1.2)

Evaluation



My Family

How many members are there in your family?

Tick (✓) the correct answer.

4 5 6 3

Let's meet Riya's family.

Grandfather

Grandmother

Brother

Father

Mother

Me

Brother

NOTE FOR THE TEACHER

Tell a rhyme about family to the children and ask them to repeat after you. (CG-9, C 9.1)

Evaluation

12

Good

Better

Best

Teacher's sign :



Time: 60 minutes

Marks:

PRACTICE TIME

Paste the pictures of your family members on the family tree.

Grandfather

Grandmother

Father

Mother

Brother

Sister

Me

NOTE FOR THE TEACHER

Ask children whom they love the most in their family.



Rainbow on a white surface



MATERIALS REQUIRED

A clear glass or jar, Water, Food colouring (various colours), A flashlight, and A white surface (like a wall or paper).



STEPS TO DO:

- Fill the glass with water:** Pour water into the glass, leaving some space at the top.
- Add food colouring:** Add a few drops of food colouring to the water and stir gently.
- Darken the room:** Turn off the lights or dim them to make the rainbow effect more visible.
- Shine the flashlight:** Shine the flashlight through the glass of coloured water, aiming the light at a white surface.
- Observe the rainbow:** You should see a rainbow of colours appear on the white surface.
- Experiment with different colours:** You can repeat this with different colours of food colouring to see how they affect the rainbow.



Do you enjoy this activity? Yes No

Number of colours in a rainbow : 7 5



Evaluation

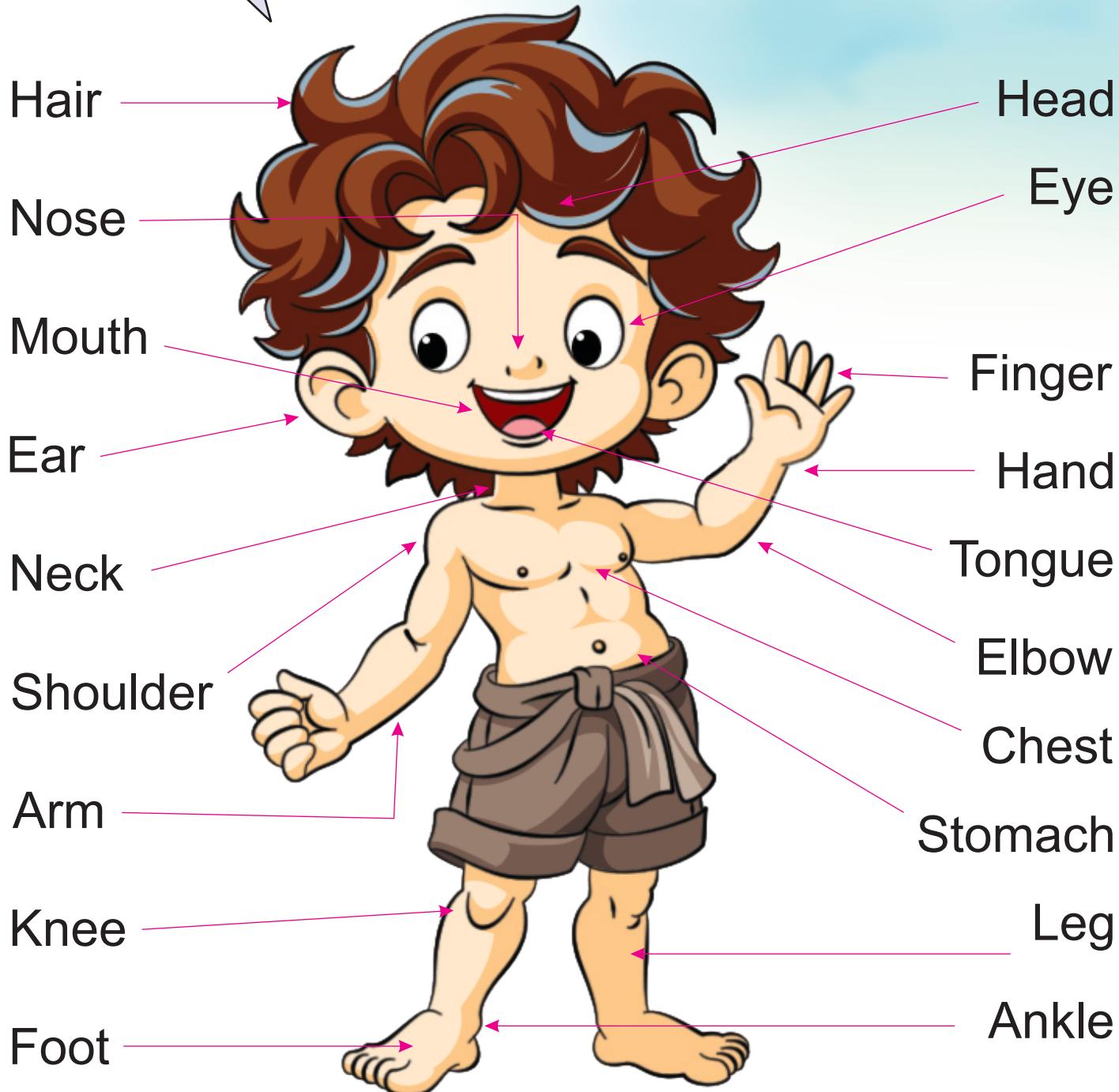
Teacher's sign :

My Body

Tick (✓) the correct answer.
How many ears do you have?

1 2 3 4

Listen and Repeat



NOTE FOR THE TEACHER

Help children learn body parts by naming and pointing them. Also, encourage them to take a bath daily to keep their body clean. (CG-1, C 1.2)

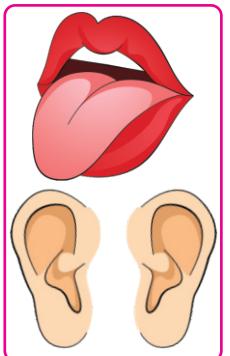
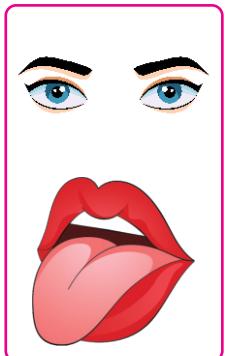
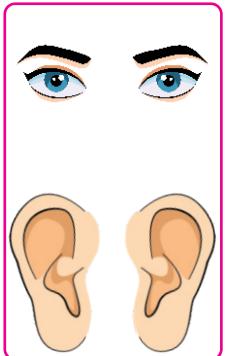
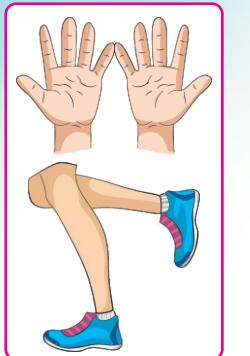


Time: 60 minutes

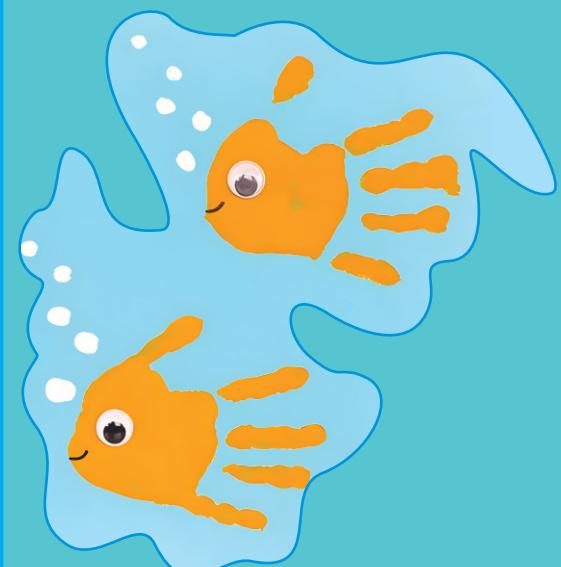
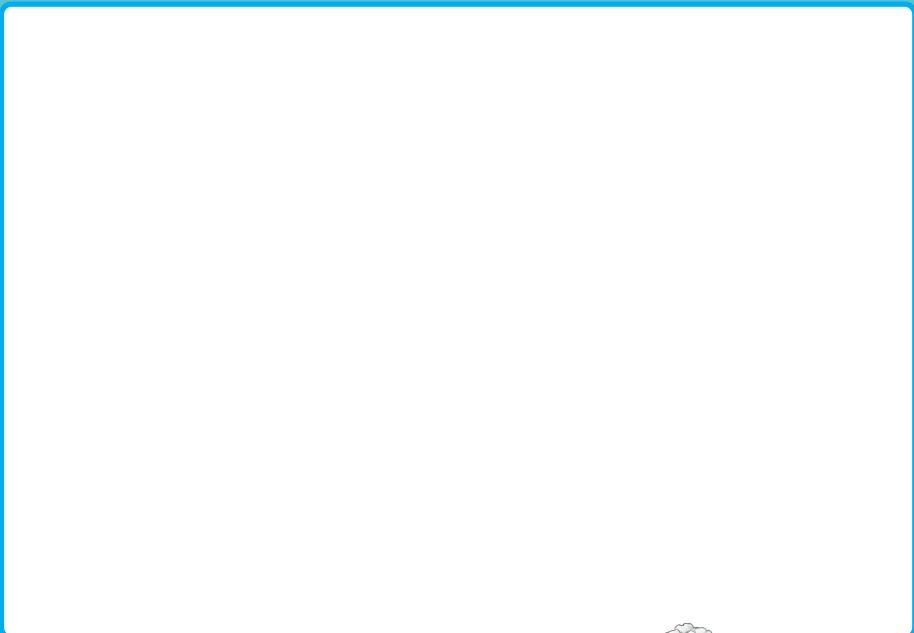
Marks:

PRACTICE TIME

1. Circle the body parts these children are using.



2. Dip your hands in water colour and make a fish impression as shown.



Teacher's sign :