



Bal Bharati
PUBLIC SCHOOL

PRE-SCHOOL

Theme of the month – ALL ABOUT ME

(15th April 2021 – 30th April 2021)

Dear Parents,

Namaskar,

WELCOME TO BAL BHARATI PARIVAAR

Childhood is the golden period of life. It is during this age children learn the best. Our endeavor has always been to forge lifelong bonds with children and their parents. Therefore, this relationship assumes a great value for all of us. In the same direction, we have prepared an exciting plethora of activities so that learning for our young learners doesn't come to a halt. The activities developed, explained and recorded will help our young learners to perform basic tasks in a fun-filled manner.

Teachers as facilitators look forward to work with parents as co-facilitators in an environment where exploring is encouraged and learning is promoted.



BHARATI

**We are proud
to be Bal
Bharatians !**



BHARAT

PRAYER

Prayer habits that last a lifetime are often formed in childhood. Children should know how they can talk to their creator as they would talk to a friend.

'For video link (English Prayer) kindly refer to the bibliography'

NAMASKAR

This gesture expresses honour, courtesy, hospitality and gratitude to the another person. It is quite helpful in establishing a connect with people and forming a great bond.

'For video link (Namaskar) kindly refer to the bibliography'

SOCIAL VALUE SKILLS - JOY AND HAPPINESS

“When you help your mother, does it make you happy?

When you help your father, does it make you happy?

When you share your toys, does it make you happy?”

True happiness is experienced when we make others happy. The joy of giving, the joy of sharing or the joy of helping is the biggest treasure.

Simple activities can be practiced at home to enjoy simple pleasures of life: -

- Children should keep a bowl of water and a bowl of grains for birds.
- Children should be encouraged to offer a glass of water to helpers.
- Children should be motivated to share their toys with their siblings and friends.

VIRTUAL CIRCLE TIME

“ALL ABOUT ME”

Like caterpillars turning into butterflies, our young toddlers are coming out of their cocoons to find more about themselves and understanding the concept of “ALL ABOUT ME”. So, to help them in spreading their wings and exploring their identities we have planned some activities. This will be a joyful experience for them.

ACTIVITY 1: NAME GAME

The child to be encouraged to answer the question.

My name is _____. What is your name?

ACTIVITY 2: SELFIE CORNER

Create a small Selfie corner for your child; encourage the child to stand at the Selfie corner and speak about herself/himself.

ACTIVITY 3: KNOW ME AND MY SCHOOL

My name is _____. I am a boy/girl.

I am ___ years old.

I study in Preschool_____.

My class teacher’s name is _____.

My school’s name is Bal Bharati Public School.

ACTIVITY 4: ME AND MY BODY

Encourage children to name and identify body parts.

FESTIVAL OF THE MONTH –

BAISAKHI

Festivals are a symbol of joy, fun and happiness. The festival of BAISAKHI is a spring harvest festival which is usually celebrated on

April 13th or 14th every year. To spread awareness about this festival a creative activity has been planned.

ACTIVITY 5: LET'S MAKE OUR OWN KITE.

(Kite making using origami sheet and ice-cream sticks.)



SPECIAL DAY

EARTH DAY

Earth day is our annual reminder to slow down and appreciate the bounties of mother nature. Children will be encouraged to create objects from natural and recycled material. An engrossing activity of planting a sapling in a coconut shell will be conducted.

ECO FRIENDLY COCO PLANTERS




ADOPTED AND ADAPTED

Our friends **Bharat** and **Bharati** have met their teacher and classmates virtually and are very excited. After attending the virtual session, they discuss and share thoughts with each other.

Bharat: Bharati, I am very happy! My Ma'am introduced me to my new classmates today.

Bharati: Yes Bharat, it was a wonderful day! I also made many friends in my new class. I told them about myself today.

Bharat: I wonder how exciting it would be to meet them all in our school one day.



Bharati: Don't worry, I hope we all will be able to go to school soon because the COVID-19 vaccine has come.

Bharat: My friend also told me that his grandparents got immunized a few days back. Bharati, does it mean that everything is going to be normal soon?

Bharati: Absolutely Bharat! But till that time, we need to be careful from Coronavirus because prevention is better than cure.

Bharat: I always wash hands regularly for 20 seconds. I also never forget to wear a mask and carry a sanitizer whenever I go out to be safe and healthy. We must include fruits and vegetables in our diet.

Bharat: Bharati, Mumma has made our favourite fruit chaat. Come, let's eat it.

VOCABULAY BAG

Vaccine, Immunized, Coronavirus, Prevention, Careful,
Mask, Sanitizer, Social distancing, Healthy.

Shape it up! Health is a boon!!

H...H.. H...

Health on my mind,

Let's not rush,

Pick up the brush ,


Up, down and on the sides ,

Let's do self care...

For our eyes, ears, nails and hair!!

"Health is a relationship between us and our body".

We as facilitators understand that children develop habits early in life. These early years are an opportunity for us to teach them healthy habits that will stay with



them as they get older. To make their bodies healthy, active and strong, we need to provide a balanced diet rich in all the nutritional goodies.

A healthy balanced diet for preschoolers ensures that they are getting all the essential nutrients required for their healthy growth and development. A rainbow of colours should be created with food to encourage children to eat well.

One of the best gifts we can give to our children is to train them with healthy eating habits such as chewing food properly, not making noise while eating food, sitting at one place and eating food independently, discouraging screen time while eating, drinking water regularly and much more. We as adults can serve as a good role model by following these practices and having a positive attitude towards food and meal time experiences.

We can teach children to listen to their tummies and ask both quantity and quality questions such as-

“Is my tummy full?”

“Will I feel sick if I eat those extra biscuits?”

“Is that what my body really needs right now?”

**Be healthy and wise,
Be active and rise.
Fruits and veggies are great,
Just load them on your plate.**

Table etiquettes:

Come to the table with hands and face clean.

Let's all eat like a king and queen...

The fondest memories are made when gathered around the table. It's a good idea to start with the basics like:

- Praying before every meal
- Folding and usage of napkin

- Importance of chewing food properly and with a closed mouth
- Eating independently
- No screen time while eating
- Avoid food wastage



ACTIVITY 6: ROLE PLAY - HOSTING A LUNCH PARTY.

Engaging children in planning a home lunch party can be super exciting. They will not only be thrilled about the party but also feel proud that they were a part of it as well.

Children can lay the table, assist in salad decoration, arranging the dishes and helping out after the party.

ACTIVITY 7: COOKING WITHOUT FIRE (SUMMERTIME LEMONADE)

Our Preschoolers can prepare a refreshing drink with just a little help from an adult. They can prepare the healthy drink for themselves and their family members as well.

Material required-

- Half lemon
- 1 spoon sugar
- Pinch of salt
- A lemon slice to garnish
- One glass, spoon, paper napkin and a tray.
- Apron (if available)



Squeeze the lemon in a glass, add sugar and salt. Mix it well. Pour water and mix again. Garnish with a lemon slice.

Enjoy the yummy drink!!

CHILDHOOD IMMUNIZATION

Childhood vaccinations are so important because young immune systems are more vulnerable to diseases and illnesses. We hope that as a responsible parent, you must be aware of your child's immunization schedule and keep a check of the same.

Age	Vaccine
At Birth	BCG, HB1
2 Month	OPV1, DTP-HB1
4 Month	OPV2, DTP-HB2
6 Month	OPV3, DTP-HB3
9 Month	Measles ---- > MMR1*
18 Month	OPV4, DTP4, JE1, JE2#
2 ¹ / ₂ Year	JE3
4 Year	OPV5, DTP5
7 Year (School gr.1)	MMR2
12 Year (School gr.6)	dT

Fun Activities

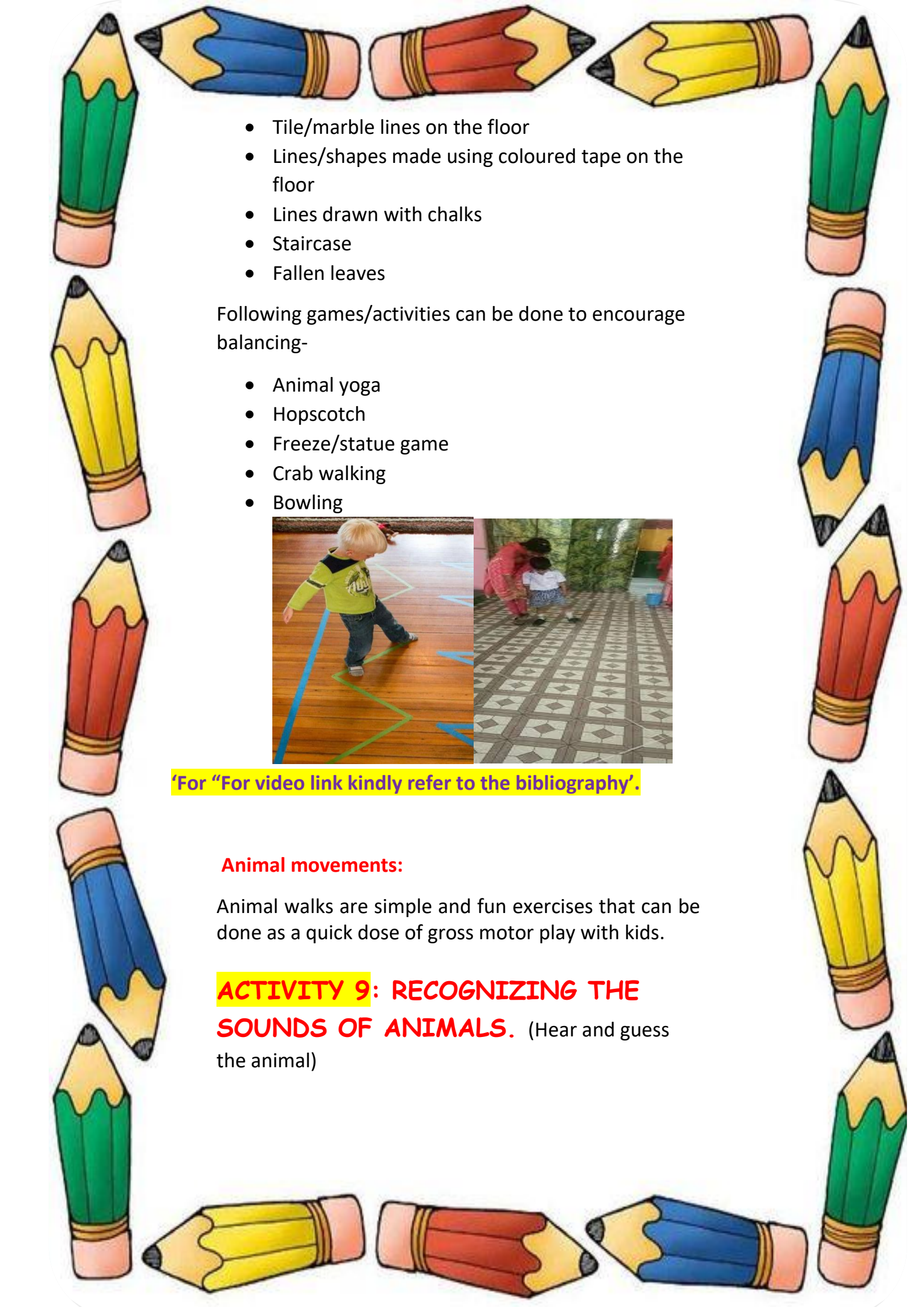
Good things start with great beginnings! To welcome our new members, an exciting package of fun- filled activities has been designed. The beginning of their journey will create the happiest and most cherished memories in their growing years.

Sweat and Sparkle

To help children develop habits that will last a lifetime, an active and healthy lifestyle must start early in life. Children will enjoy activities like catching, throwing, balancing and hopping.

ACTIVITY 8: BALANCING ART

Balance is a significant component of child development. Children must learn to balance before they can progress to higher level gross motor skills like hopping, galloping or skipping. Balancing activities can be done with the help of simple resources which are available in the environment.

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- Tile/marble lines on the floor
 - Lines/shapes made using coloured tape on the floor
 - Lines drawn with chalks
 - Staircase
 - Fallen leaves

Following games/activities can be done to encourage balancing-

- Animal yoga
- Hopscotch
- Freeze/statue game
- Crab walking
- Bowling



'For "For video link kindly refer to the bibliography'.

Animal movements:

Animal walks are simple and fun exercises that can be done as a quick dose of gross motor play with kids.

ACTIVITY 9: RECOGNIZING THE SOUNDS OF ANIMALS. (Hear and guess the animal)

ACTIVITY 10: RACES AND MOVEMENTS

Gorilla walk- Bend forward and hang your arms down. Swing arms side to side while moving forward with slight bent.

Frog jump- Squat down like a frog with your hands in between your knees, push off with your feet to spring forward.

Good Posture

“Good posture can be successfully acquired only when the entire mechanism of the body is under perfect control.” Children are most likely not aware that they have poor posture.

Frequent reminders will help them learn and practice the same in their routine.

Scribbling

“As an adult, I may only see a scribble but as a child, I see a masterpiece.... ”



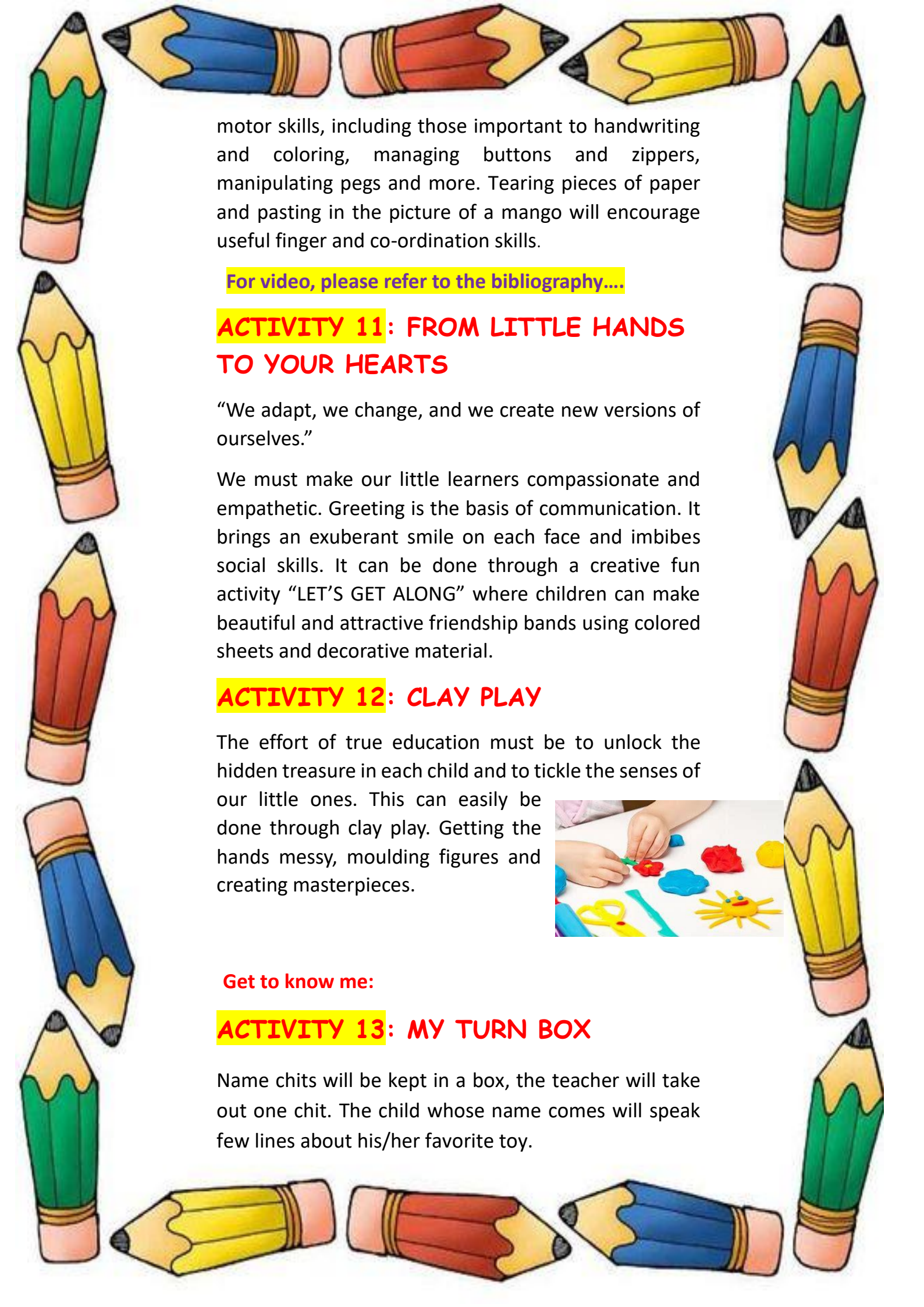
The study of art of scribbling is of high value not only for the growth of senses but also the intellect. It also helps in fine motor development of the students.

For video, please refer to the bibliography...

Paper Tearing

Tearing paper helps the child to enhance his/her grip and eye-hand coordination. When a child tears a paper, hand strength and endurance in the small muscles of hand is improved. These small muscles are important in so many fine





motor skills, including those important to handwriting and coloring, managing buttons and zippers, manipulating pegs and more. Tearing pieces of paper and pasting in the picture of a mango will encourage useful finger and co-ordination skills.

For video, please refer to the bibliography....

ACTIVITY 11: FROM LITTLE HANDS TO YOUR HEARTS

“We adapt, we change, and we create new versions of ourselves.”

We must make our little learners compassionate and empathetic. Greeting is the basis of communication. It brings an exuberant smile on each face and imbibes social skills. It can be done through a creative fun activity “LET’S GET ALONG” where children can make beautiful and attractive friendship bands using colored sheets and decorative material.

ACTIVITY 12: CLAY PLAY

The effort of true education must be to unlock the hidden treasure in each child and to tickle the senses of our little ones. This can easily be done through clay play. Getting the hands messy, moulding figures and creating masterpieces.



Get to know me:

ACTIVITY 13: MY TURN BOX

Name chits will be kept in a box, the teacher will take out one chit. The child whose name comes will speak few lines about his/her favorite toy.



ACTIVITY 14: DRESSING UP IS FUN

The child can dress up like any family member and enact the same.

ACTIVITY 15: ALL ABOUT ME

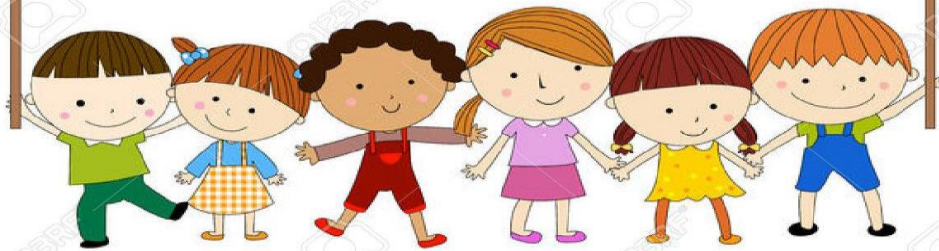
Self-activity pictures of the child will be pasted under the following headings:

- Food I like to eat.
- My favourite indoor game
- My favourite outdoor game

NOTE:

- Activities 1-8 will be done in the first week
- Activities 9-15 will be done in the second week.

I AM SPECIAL !!





MILESTONES ACHIEVED

- The activity that I enjoyed (doing) the most.....
- I am a Corona Warrior. I wash my hands with soap / hand wash every(half/one/two) hour.
- I greet my elders with Namaskar whenever I meet them. Yes/No
- I share my things with my siblings/parents/grandparents. Yes/No
- I follow good eating habits.
(Chewing food properly/sitting at one place/eating independently/drinking water regularly) Yes/No
- I am an earth saviour by.....
(planting a sapling/closing tap when not in use/using mug and bucket for bathing instead of shower)

Note: Parents are requested to complete the above blanks after asking relevant questions from their ward. Also, share the feedback with respective class teachers