



**Bal Bharati**  
PUBLIC SCHOOL

**FACILITATION MODULE II**  
**PRE SCHOOL**  
**GUIDELINES TO NURTURE EARLY**  
**LEARNING**

**1<sup>ST</sup> MAY 2021 - 13<sup>TH</sup> MAY 2021**

**THEME OF THE MONTH: SUMMER SEASON**

Dear Facilitators,

Greetings for the day!

**"Summer is the time for fun,  
To jump and play in the sun".**

Summer is the favourite season of the year, especially for kids. They get to enjoy their summer vacations. Learning, exploring and experimenting becomes a part of their Summer time. We get plenty of ripe mangoes, jackfruit, pineapple, bananas in this season. This season brings bright and longer days, which exposes everyone to the beauty of nature, green grass, blooming flowers and myriad birds and blossoming fields.

Let us all welcome summer and get ready for the mesmerizing summer experience.

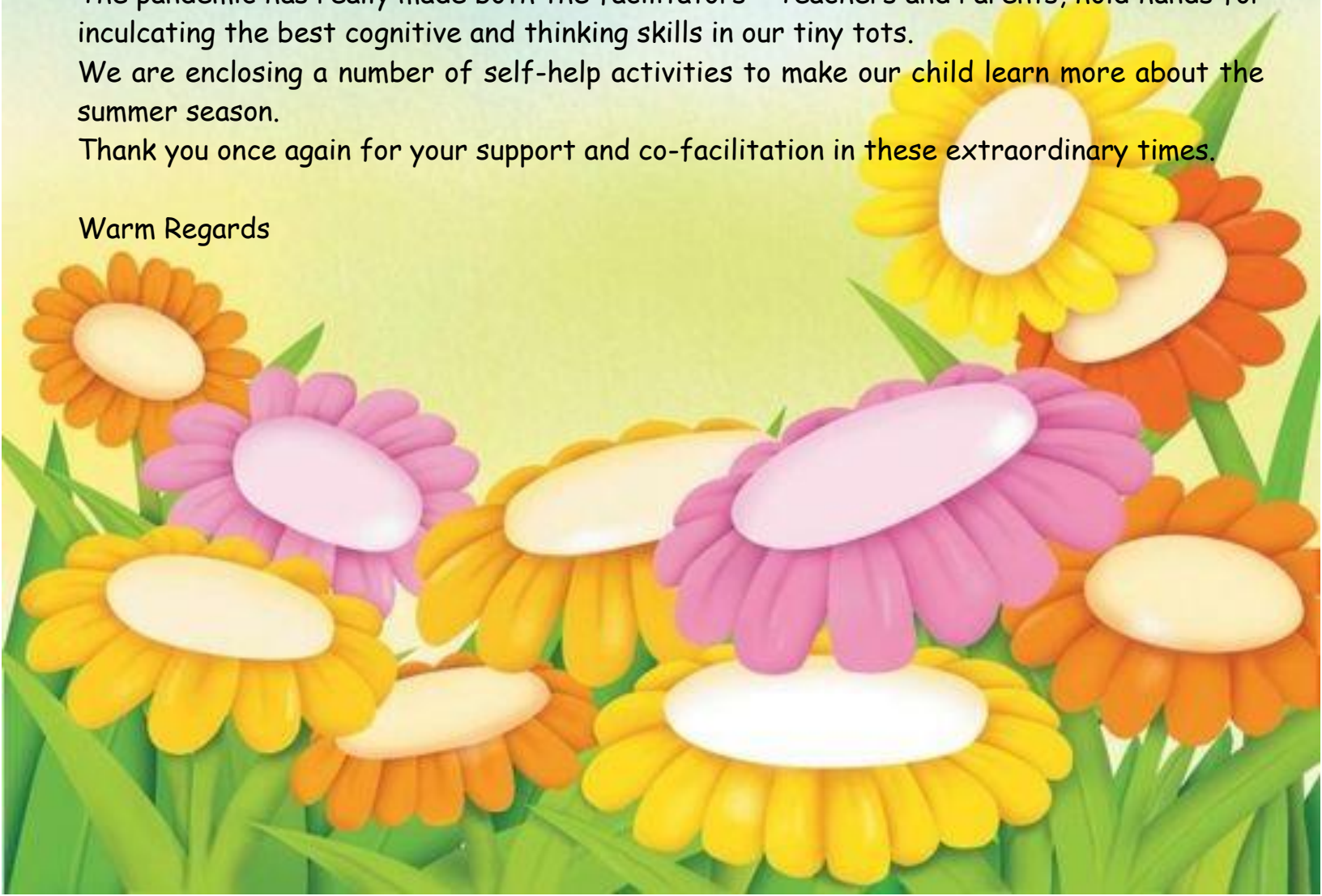
As facilitators of the Young Minds, we must encourage our young learners to explore and observe everything around them that the season brings - **Sunshine, Ice-Creams, Chill Time, Time off School and Much More!**

The pandemic has really made both the facilitators - Teachers and Parents, hold hands for inculcating the best cognitive and thinking skills in our tiny tots.

We are enclosing a number of self-help activities to make our child learn more about the summer season.

Thank you once again for your support and co-facilitation in these extraordinary times.

Warm Regards





Namaskar! Lovely kids. I am Sunny the Sun, your friend and escort

I have come all the way to be with you all the time.

Come let's learn, recite, dance, read and explore together and have some fun on this Summer Ride.



First let us explore the "Theme of the Month - "SUMMER SEASON"

## PRAYERS HAVE POWERS

When we teach our children to pray, we introduce them to God and we let them grow their personal relationship with Him. Prayer is a way to communicate with God directly. Teaching children to pray helps them to understand that God is always accessible and always there for them.



For the video link, kindly refer to the bibliography.



NAMASKAR



Hey Friends! Let us try together. This is amazing!

Children's emotional well-being during their early years has a powerful impact on their social relationships. At Bal Bharati, we give utmost importance to the development of "Social Skills" and values amongst our children and to begin with one of the most important aspect is Greetings! Greetings are very important as it sets the tone for the conversation. "Bharat' and 'Bharati' greet each other, their friends and all elders with "NAMASKAR".

For the video link, kindly refer to the bibliography.





## FIT AND HEALTHY YOU



Hello! This is Sunny again. Do you know that regular exercise keeps us fit and active!

Physical activity in children is important for a wide variety of reasons. It increases muscle and bone strength and also helps in improving their concentration level. Exercise is a vital component of any child's development—laying the foundation for a healthy life. So let's begin our day with exercise.

Let's Jump...



Let's Stretch...



Let's Bend...



Let's Hop...



## VALUE: Use of Magic Words

The building blocks of proper etiquette and good manners begin with the magic words "**Please**", "**Thank you**", "**Sorry**", "**May I**", "**Excuse me**". Developing these good manners and teaching the young minds the power of these golden magical words is not an easy task as they live in their own world of fantasies. They learn values when they see their elders practicing the same. We, as facilitators are responsible to educate the children on how and why they should exhibit good manners and etiquettes.



## Let us learn about the Power of Magic Words through a story

One fine day, Mumma brought a lovely present for Bharat and Bharati. But before Mumma could gift them the beautiful present, they both started fighting and snatching. The wrapper was torn apart and the gift fell down.

Mumma was upset, she called both of them and sat with them.

**Mumma** - Beta, words have a lot of power. Have you ever heard the Magic words, **Thank You, Sorry, Please** and **May I**. It can put a pretty smile on anyone's face.

**Bharat** - Mumma, I did not do anything. It was Bharati, who started fighting.

**Mumma** - Bharat, my dear son, I am not asking who started the fight?

I am trying to tell you both that these Magic or Golden words are the foundation of our personality and character.

**Bharati** - Bharat, we must listen to Mumma and if we have done something wrong, we must say '**SORRY**'. **Sorry** Mumma.

**Bharat**- I am also **sorry** Mumma!

**Mumma**- Dear Bharat and Bharati, I forgive you both.

**Bharati** - Yes Mumma, and a big '**thank you**' for the wonderful present. I simply loved it.

**Bharat**- True, **Thank you** is the word we need to say to express our gratitude. Thanks Mumma. Love you.

**Bharati**-'**THANK YOU**' is used to appreciate someone for something good the person has done. I know an African proverb which says "Ekele ome ya emegwi ya ozo", this means that when you appreciate someone for something done, the person will do more.

**Mumma**- Well said, dear Bharati. Besides this, there is one more magical word that you must learn to use, that is '**PLEASE**'.

**Bharat**- Yes Mumma, I shouldn't have snatched the present. I should have said, '**Please**' or '**May I**' before taking it.

**Bharati** - Yes dear Bharat, I would have given you the present right away.

**Mumma** - Dear Bharat and Bharati, I am sure you have understood the importance of the three golden words '**Please**', '**Sorry**' and '**Thank You**'. Now both of you share the colours which I brought for you and complete your work. After mumma went to the kitchen, both of them prepared a beautiful card and gifted it to their mother to celebrate '**Mother's Day**'

For the PPT, kindly refer to the bibliography.



9 MAY 2021

*Mummy, mummy, I love you!  
Thank you for everything you do.  
When you hug, when you kiss,  
Your warm touch, is truly a bliss.  
When you care, when you share,  
In happiness and sorrow, you are always there.  
Mummy, mummy, I love you!  
Thank you for everything you do.*



### ACTIVITY 1 - CARD MAKING

Technique - Paper tearing & pasting

Material required- A4 Sheet, red origami sheet, Fevicol/ glue, marker.

Steps to follow:

1. Fold the A4 sheet horizontally.
2. Draw a heart shape with a marker.
3. Tear and paste small bits of red origami sheet using glue.
4. Write a message "I LOVE YOU MOM" with a marker.





## VIRTUAL CIRCLE TIME

We know that learning is not meant to be one-dimensional, particularly for our young learners. So to connect, engage and keep the connection alive we have brought a set of activities to create fun, dynamic and engaging experiences for our young learners.

### SUMMER VEGGIES AND FRUITS IN MY KITCHEN

Last Sunday, Bharat and Bharati were very excited. They planned to go to the kitchen and help their mother. Their mother decided to make their favourite dishes: vegetable pulav, zeera aaloo, baingan bharta and masala bhindi along with a refreshing cucumber and tomato salad. So, their mother took out the vegetables from the basket and laid them on the table. But there was a phone call from Nani and mumma went to attend the call. Seeing no one around, the vegetables began chatting amongst themselves.

"I am the best among all of you," said the potato proudly. "Everyone likes me. I can be boiled, fried, roasted or mashed to make several tasty dishes like vada pav, samosa, sandwich and pakoras!"

**Potato:** I am a round potato, my colour is brown

**Brinjal:** My colour is purple and I wear a green crown.

Everyone loves baingan ka bharta.

"Ohhoo...I am the most important ingredient in most dishes", said the onion. Moreover, people relish onion pakoras during rains; actually, they love to eat me any time, even raw in salads!" See my beautiful pink colour.

Just then the green cucumber danced with delight.

I am juicy, I am green,

In hot summers, I am seen

Raw or cooked, anyways you eat

I am a summer treat! I am a summer treat!





Even my seeds will make you healthy and sound.  
Then the **red round tomato** spoke up:  
Several tasty gravies and sauces are made out of me.  
I am used in many preparations, can't you see.  
Hey! Everyone, look at me  
I am long, slim and like a cylinder,  
I am a lush **green ladyfinger!**

While the vegetables were quarrelling amongst themselves to prove that each was better than the rest, the **green leafy coriander** listened to them quietly. Finally, it spoke up, "I have heard all your arguments and you all are right. Each one of you has some benefits, but that does not mean one is greater or better than the other. We are all an essential part of a balanced diet.

All vegetables realised that each of them is unique and equally important. They became friends and apologised to each other.

Just then, Bharat, Bharati and their mother came back to the kitchen. As soon as Bharat saw the vegetables on the table, he became happy. His mother was going to make his favourite dishes using all of these vegetables.

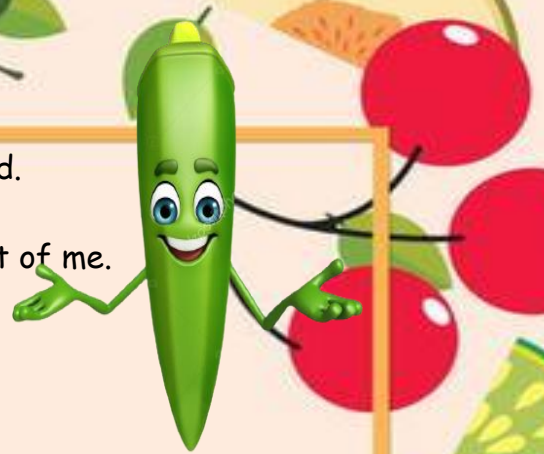
**Mumma-** One of the best things about summer is that you get to enjoy several seasonal fruits and vegetables, which are nutritious and also help to keep you hydrated. **Mango** is a good-to-go summer fruit that is loaded with nutrients. The yellow fruit is rich in Vitamin A and C

**Bharati-** Sweet, tasty and cooling, there is nothing better than having **green and red watermelon** and an **Orange** and **green musk melon** on hot summer days. So refreshing and cool! Enjoy summertime!

For the video link and worksheet, kindly refer to the bibliography.

Did you know?

Pumpkin first appeared in the 17<sup>th</sup> century when the fairy tale 'Cinderella' was written.





## ACTIVITY 2

Dear Budding Artists,

Vegetables are not just for eating. They can be used for making beautiful paintings. You can use any vegetable for printing, like potatoes, lady fingers and onions to create pretty patterns. Go crazy with your colours and creativity and make some gorgeous artwork of your own! Try out some new veggies too - you never know what new pattern you'll discover!

Steps for vegetable printing:-

1. Cut vegetables in half so that you can see seeds and shapes inside.
2. Prepare the paint and paper.
3. Dip the veggies in paint.
4. Shake off any excess paint.
5. Press the veggies onto the paper.
6. Lift the veggies from the paper.
7. And the unique vegetable print is ready.

Potato Stamped  
Pandas



Flowers with  
lady finger



Onion Print  
Snails



Potato Print  
Monster



Let us sing!



Summer, summer, it is so hot,  
Mumma gave me an ice cream pot.  
Water melon and Mango I love to eat  
So that I can beat the heat.  
Corona is here, so no water pool,  
I drink lemonade to keep myself cool!



## CONCEPT OF CIRCLE



Hello Friends! I am a  
circle,  
I am a circle, I am  
round.  
You can find me all  
around,

Where I start, there I  
end.

I am a circle, going round  
and round.



For the video link, kindly  
refer to the bibliography.

Let's play a game...

Facilitators will ask the children to  
find objects that are round in their  
immediate environment...

Take a round and find out. Let's go to  
the kitchen. Here I am.

Mom's bindi round and round,  
Mom's bangles round and round,  
Hot hot roti round and round,  
See that plate round and round,  
Your favourite biscuits too are round,  
I am a circle round and round  
You can find me all around.

## ACTIVITY 3

### CRAFT MAGIC

Children will imagine, think and  
create a garden full of flowers  
using colourful circles on an A4  
sheet.

**Material required:**

- A-4 sheet
- 10-12 colourful  
buttons
- Bindis
- Glue
- Crayons



## ACTIVITY 4

### CONCEPT OF BIG AND SMALL

- **Sorting Big and Small buttons**

#### Material Required:

- Two Bowls
- Buttons of two different sizes



This activity teaches the pre-number concept to students, helping them to appreciate the concept of Big and Small, in an easy and fun way. In this activity, students will be asked to bring two different sizes of buttons in a bowl. Then students have to sort out the big buttons from the Small buttons, in a different bowl.

**Objective** - The objective of this activity is to help the students understand the concept of Big and Small things as well as the concept of sorting. It also helps in developing the fine motor skills of the students.

- **Sorting Big and Small Fruits/ Vegetables/ Pulses**

#### Material Required:

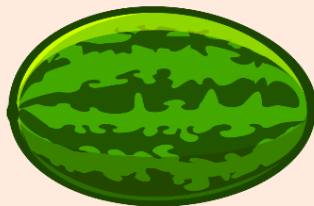
- Summer Fruits (Mango, Water-melon)

This activity encourages students to understand the concept of big and small through household things like fruits which can be easily found at home.

The students will bring a Mango and a Watermelon.

They will be asked to identify the Bigger and Smaller fruit of the two fruits respectively.

BIG



SMALL





The students will also be told about the colours of the two fruits - Yellow/ Red/ Green for Mango and Green & Red for Watermelon. Similar activity can be performed with other household items such as Pumpkin and Lemon or Rajma and Dal beans.

For the video link, kindly refer to the bibliography.

## ACTIVITY 5

### TIME FOR A SHAPE WALK

Shape walk is a fun way to understand Shapes. Children will be guided to carefully Walk on the outline of the pre drawn Circle on the floor.

A small circle can be drawn inside the Big circle to play with the shape. It will be great fun to jump from small to big circle and big to small circle. Enjoy the activity and have fun with circles!



Watermelon is the only food to be classified as both a fruit and a vegetable.

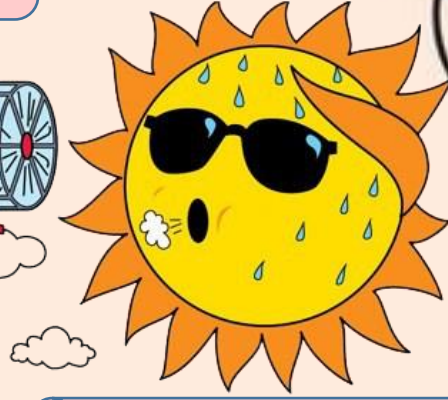
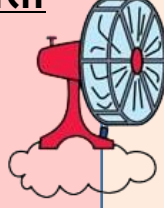


Did you know?



## गर्मी के मौसम पर कविता

गर्मी का मौसम है भैया!  
गर्मी का मौसम है,  
गर्म हवा का झोंका लगता  
बरगद अपनी छाया देता  
खूब पसीना फिर भी बहता  
बिन पंखे के रहा न जाता  
शरबत, आम, रस और ठंडाई  
जमकर सबने प्यास बुझाई  
गर्मी की है शामत आई।



It's not just a fruit,  
But the king of fruits.  
It's a summer delight,  
Yes, you guessed it right!  
Juicy, sweet n tasty Mango,  
Green, Red n Yellow Mango.

फल यह आम, बड़ा है खास  
सबके मन की है यह आस  
बाबा अम्मा, दिन भर खाते  
मीठे रस में गुम हो जाते  
पापा मम्मी भी खूब है खाते  
आम सभी को हरदम भाते  
भारत भारती तुम भी आओ  
आम खाकर खुश हो जाओ  
आम से बनाइए.....

कई तरह के जूस और शेक  
Home में कर सकते हो make  
Mango Ice cream, cake और cookies  
मिलकर बच्चों करो boogie woogie.  
चटनी अचार या हो आम पापड़  
खट्टा मीठा आम पन्ना दिनभर  
Hurray -Hurray!  
It's Mango-Mango day...



## "Little Explorers"(My world of Mangoes)

### **ACTIVITY 6**

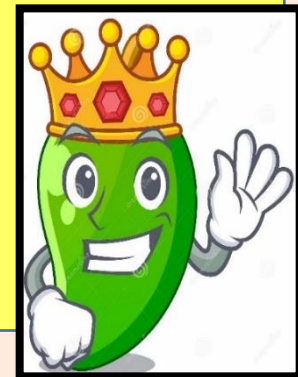
**Sensory Science Activity** - Children will be told to keep one ripe mango in one small cloth bag. They will feel the shape and size of the mango by closing their eyes. Then they will take out the mango and feel the smell and taste it. Children will be told to speak about the smell, taste, colour and size of the different varieties of mangoes found during the summer season. Children will wear yellow and green colour clothes.

Come along with me  
Let's have fun in Mango Mandi...

Hey kids! Let's know about the varieties of mangoes.  
Conversation between Langra and Alphonso mango....

**LANGRA MANGO** - Namaskar! Alphonso  
Nice to see you in this "Mango Festival"  
Oh! You are looking so fresh.  
I like your bright yellow skin.

**ALPHONSO MANGO:** Thanks Langra bhail!  
You also have a green skin, let's go for a spin.  
Your taste is sweet, to beat the heat.



For the PPT, kindly refer to the bibliography.

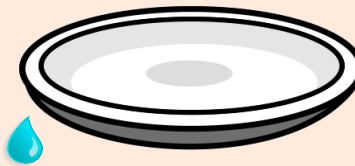


## ACTIVITY 7

### CONCEPT OF LIQUID

With the summer season approaching, we feel thirsty very often. And to quench our thirst, we drink water many times in a day. Along with water, we enjoy many cool summer drinks such as Chhach, Lassi, Roohafza, Shakes etc. The primary ingredient of all these drinks is Water. Water is essential for our survival. Water has certain properties which makes it unique in nature. Water is colourless, odourless, and a tasteless liquid. Below are few activities which can be performed by students to understand the properties of Water:

#### • Water Flows



#### **Material Required: A steel plate**

In this activity, students will pour a few drops of water on a steel plate. They will observe that the water droplets flow on the surface of the plate, making them understand the concept of "flow of a liquid".

#### • Water is Tasteless

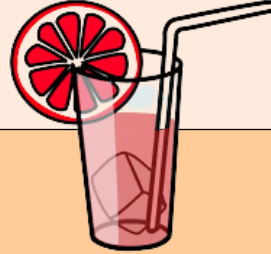
#### **Material Required:**

- ✓ 2 glasses of water
- ✓ 2-3 spoons of Sugar

The student will take two glasses of water. In one of the glasses, students will add sugar and stir it well. Then, students will take a sip of water from each glass. They will realize that water with sugar is sweet in taste while the water in the other glass is tasteless. The students will understand that water has no taste of its own.



- Water is Colourless



#### Material Required:

- ✓ 2 glasses of water
- ✓ RoohAfza/ Orange squash

The student will add a few drops of RoohAfza/ Squash in one of the glasses of water. They will observe that the water in one glass has become colourful while the water in the other glass is colourless. Thus, they will understand that the water has no colour of its own.

### FESTIVAL CELEBRATION: EID-UL-FITR

Dear children,

It is the 9<sup>th</sup> month of the Islamic calendar. This is the month of fasting and prayers; people observe fast during Ramadan, do not eat or drink anything from sunrise to sunset. Eating dates is a popular way to break the fast. They read their Holy Book, The Quran. Eid-Ul-Fitr commonly known as Eid marks the end of the holy month of Ramadan. Eid begins when the beautiful crescent moon appears in the sky. Families get together for the grand feast, children get their Eidi reward from the elders. Remember the good deeds of Ramadan.





## LET US LEARN ABOUT THIS HOLY FESTIVAL THROUGH A CONVERSATION BETWEEN SAHIL AND SARA

**Sara-** Hello Sahil. The month of Ramadan is here.

And this is my favourite time of the year. It's so bright and beautiful everywhere.

**Sahil-** Yes Sara! There is so much happiness all around during Ramadan. I know, this is the month of fasting and prayers, we do not eat and drink between sunrise and sunset. We read 'Quran', but please tell me more about this holy festival of Ramadan.



**Sara-** Sahil, Ramadan is a holy month celebrated by Muslims around the world. It is the ninth month of the Islamic calendar. It is believed that the holy book 'Quran' was revealed to Prophet Muhammad, in the holy month of Ramadan.

**Sahil-** I have seen Mom and Dad donating food and clothes during this time.

**Sara -** Yes Sahil! The month of Ramadan spreads goodness all around. People donate food and clothes to the needy.

**Sahil-** Truly, Ramadan is a month of great deeds and learning.

**Sara-** Eid ul-fitr commonly known as Eid marks the end of the holy month of Ramadan. Eid begins when the beautiful crescent moon appears in the sky.

**Sahil-** Sara it's so much fun to get together for the grand feast. I am eagerly waiting for my Eidi reward from Mom and Dad.

**Sara-** Remember the good deeds of Ramadan, Sahil.

**Sahil-** Thank you Sara.

**EID MUBARAK!**



## Activity Time- Mom and Me

Be a companion to your mom today, help her in handing over the things to her and observe the steps in making of 'seviyan'.

Help your mom in serving it to all the family members and relish it together.

### **Preparation of SEVIYAN:**

**Ingredients-** 1 cup Vermicelli roasted, 1/2 cup sugar, 1 tablespoon ghee, 4-5 cups milk, green cardamom powder, saffron a pinch, some cashews and raisins

### **METHOD:**

- Heat ghee in a pan. Add 1 tablespoon milk to the saffron and mix well. Set aside.
- Sauté vermicelli for a minute. Add cashew nuts and raisins. Mix well and sauté for 2 minutes.
- Add remaining milk, little by little and keep stirring.
- Add sugar, stir to mix and cook on medium heat till the milk is reduced and the vermicelli is soft.
- Keep stirring.
- Add saffron milk and cardamom powder and mix well.
- Garnish with some raisins and serve hot or chilled.



Dress up yourself in your traditional attire and enjoy the grand feast with your family.  
Don't forget to share Eid celebration pictures.

Did you know?



Eid-Ul-Fitr is commonly known as "Meethi Eid" as seviyan form an indispensable part of Eid festivities.



## Introduction of Numbers One to Three (1-3) Oral Counting

Little learners are always surrounded by numbers as the number of cookies they want to eat or the number of gems they want to pop. As a facilitator, it's always better to introduce the number in a fun way by reciting a rhyme.

1



One

Sun is one, nose is one,  
Blinking two eyes, so much fun.  
Golden words are Sorry,  
Thank you and Please,  
Children be happy and say  
Cheese.

2 two



(While reciting, the facilitator can use cut-outs of the Sun, eyes and magic words along with the numbers pointing towards them.)

3



Three

### RECOGNITION OF NUMBERS AND RESPECTIVE SYMBOLS

- ❖ Facilitator will introduce the symbol of number '1' (one) by using the cut-out of the Sun. Placing the number card of number '1' (one) and saying 'one' will help child relate to the symbol and it's quantity.
- ❖ Facilitator will introduce all the symbols one by one using cut outs, number cards and speaking the number aloud.
- ❖ Facilitators are requested not to move on until they are sure that each child understands. It's best to master these numbers one at a time.



## ACTIVITY 8

### NUMBER GAME - Let's count our body parts.

Little learners learn best by the sense of touch.

To play this game facilitator will use a stick puppet with two polka dots on her frock, three standing lines on her dress.

The facilitator will modulate her voice as a puppet and count the parts of body one by one For example:-

- 'I have one nose', while pointing towards the nose, teacher will show symbol card of '1'.
- Facilitator will follow the same with eyes, polka dots, standing lines, ears etc.



Mango first appeared in India over 5000 years ago.

Did you know?



Mango, Tango,  
Dancing Mango,  
Sweet in my Mouth,  
Melting in my Mouth.  
All the way down my throat.

Let us all sing together.



## ACTIVITY 9

### COOKING WITHOUT FIRE (MANGO YOGHURT)

Pre Schoolers can watch their parents cook the food and occasionally help them in basic tasks like washing the vegetables, cracking an egg, spreading butter on a toast.

Let us provide a joyful experience to our tiny tots by making a Mango Yoghurt involving our little chefs.

Yoghurt has a timeless, ageless, boundary-less charm along with the multiple health benefits. So let us bring together the yummy yoghurt and the king of fruits "Mango" to create a healthy delight to the child's palate.

#### Material Required:

- 1  $\frac{1}{2}$  Cups - hung curd (chakka dahi)
- $\frac{3}{4}$  cup fresh mango pulp
- 1 tsp. powdered sugar

#### For the Garnish:

- Few mint sprigs
- Chocolate chips
- Gems



#### Method:

- Combine all the ingredients in a deep bowl and mix well using a whisk.
- Refrigerate for at least one hour and serve chilled.
- Garnish with few mint sprigs, gems and chocolate chips.
- Enjoy the colourful Mango yoghurt.



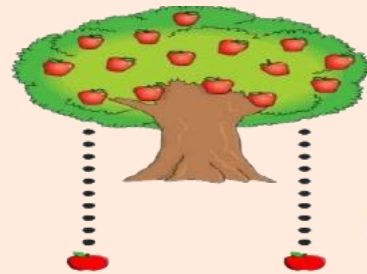


## LET'S HAVE FUN WITH PATTERNS

Dear Children,

If we look around and observe carefully we can find a pattern in everything.

Let's see what patterns do the raindrops make while it's raining?

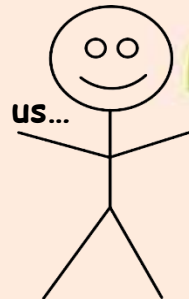


What pattern does an apple make while falling from a tree?

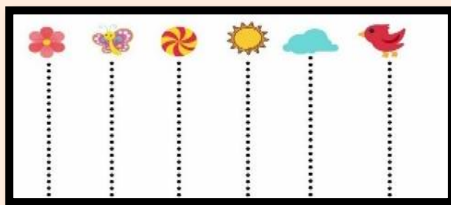
They all form standing lines.

Let us see where else do we find standing lines around us...

- Yes, in our favourite lollipops.
- In cool-cool ice cream candies.
- And see this stick figure.



Now let's trace and learn and have fun with standing lines.



For the worksheet, kindly refer to the bibliography.

**Note:**

Activities 1 - 5 will be done in the first week.

Activities 6 - 9 will be done in the second week.

## MILESTONES ACHIEVED

The activity that I enjoyed (doing) the most \_\_\_\_\_

I am able to use the Magic Words in my day to day life.  
YES/NO

I am able to identify the shape "Circle" in my surroundings.  
YES/NO

I can identify the summer fruits and vegetables and can name them.  
YES/NO

I am able to count from 1 to 3. YES/NO

I am able to identify/differentiate between big and small objects. YES/NO

I am able to identify and name the colours in my immediate environment. YES/NO

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

