



## **"Creating Global heads with hearts"**

**PLANNER OF THE MONTH- JULY**

**SESSION- 2017-2018**

**CLASS- KINDERGARTEN**

### **THEME: HEALTH IS WEALTH**

*Health is a "State of complete physical, mental, and social well being, and not merely the absence of disease or injury."*

- Drink filtered water.
- Eat healthy foods. Avoid junk foods and prefer eating fruits and green leafy vegetables every day.
- People should avoid unhealthy foods having high calories.
- Everyone should eat their breakfast at right time.
- We should play any game daily with friends to get physical exercise.
- Daily physical exercises, yoga and meditation are important part of healthy life.
- We should brush our teeth daily two times a day to keep our mouth clean and free of diseases.
- We should daily take bath with fresh water and go for morning walk to have some fresh air.
- We should understand :



***"Early To Bed; Early To Rise; Makes a Man Healthy, Wealthy and Wise",  
"An Apple a Day keeps the Doctor Away",  
"A Sound Mind makes a Sound Body" .***

### **PEER INTERACTION**

#### **EATING MANNERS/ETIQUETTES**

There are three meals in a day – Breakfast, Lunch, Dinner.

We need food because food gives us energy.

Healthy food makes us healthy and strong.

We should eat healthy food like pulses, fruit, vegetables, cheese, butter, curd, sprouts, milk, cereals etc.

We should avoid junk foods like pizza, burger, fries, chips, etc.

We should not eat unhealthy/roadside open food items.

We should chew food with mouth closed.

Chew and swallow all your food before you talk.

We must wash hands before and after meals.

Rhyme: Washy Washy Clean Clean.

<https://www.youtube.com/watch?v=zxIQn7KaCNU>

## **Project of the month – CLOUDS :**

Clouds form in three basic patterns:

- Cirrus, meaning curly
- Stratus, meaning sheets or layers
- Cumulus, indicating heaped or piled
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**Cirrus**



**Cumulus**



**Stratus**

**Cirrus:** Cirrus clouds are high level clouds.  
Clouds are thin and wispy  
Cirrus clouds appear during good weather.

**Cumulus:** Cumulus clouds are low to mid level clouds .  
Cumulus clouds are big, white, puffy, and beautiful clouds.  
Cumulus clouds mean good weather unless they grow really tall.

**Stratus:** Stratus clouds are low level clouds.  
Stratus clouds are flat and tend to cover much of the sky.  
Stratus clouds are gray in color and may produce light rain or drizzle

### **Activities:**

<b>Yoga Week</b>	<b>03 July to 07 July</b>
<b>Cloud Week</b>	<b>10 July to 14 July</b>
<b>Hotchpotch Colour Week</b>	<b>17 July to 21 July</b>
<b>Educational Excursion</b>	<b>26 July</b>
<b>Chef Day (Buttermilk)</b>	<b>27 July</b>
<b>Birthday Celebration</b>	<b>31 July</b>
<b>Color and Tell Competition</b>	<b>19 July</b>

Vocabulary Building Words :

English: parrot, arrow, kettle, nuts, fork, feather, sack, ankle, envelope, elbow, swing, inhaler, otter, orchid, insect, injection, unload, umpire, cab, dab, dam, wag, pat, medal, under, hunter, antelope, happy, lad, map.

vocabulary building activities are:

Sight reading.

By using the above words in day to day conversation.

Picture reading.

Through Educomp slides

ACADEMICS AND ACTIVITIES

Subject	May(written/oral)
English	Introduction of “e” vowel words.
Math	Introduction of 61 to 70 counting (under ones & tens)Missing Numbers no’s, After & Before no’s, Smaller & Bigger no’s
Hindi	Introduction of vyanjan च से ज्ञ
Colour& shapes	Introduction of Pink and Purple colours Introduction of Shapes Pentagon and Hexagon
Pre Math	Introduction of Up and Down, Thick and Thin
Activities	Yoga Week Cloud Week Hotchpotch color week Educational Excursion Chef Day (Butter Milk) Birthday Celebration
Project	Clouds

Rhymes from the book ” My book of story and rhymes”

- **MOO MOO says the cow (Pg no. )**
- **Row Row Row your Boat (Pg no. )**

Story from the book “My book of story and rhymes”

- **The Honest Woodcutter (pg no. )**

\*\*\*\* The YouTube links are given for the parents to enjoy the rhymes and educational videos with their ward at home with correct melody.





