



"Creating Global heads with hearts"

PLANNER OF THE JULY MONTH

SESSION- 2017-18

CLASS- NURSERY

GENERAL AWARENESS ON HEALTH IS WEALTH

A person with bad **health** cannot enjoy the pleasure of being **wealthy**. **Health** is more valuable than money. Money cannot buy **health** and happiness. But a **healthy** person remains in a state of bliss and happiness. A **healthy** person is completely free from any illness or injury.

- Health is the most important part of our life.
- Health starts from our eating habits and food quality.
- For keeping us healthy we follow standard healthy eating.
- Daily 3 to 4 km brisk walking can keep us fit and healthy.
- We should play any game daily with friends to get physical exercise.
- To be healthy we must follow intake of natural substances.
- We must do free hand exercise after every two hours reading.
- Unnecessary eating is injurious to our fitness.
- Let's 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*".
- We should brush our teeth daily two times a day to keep our mouth clean and free of diseases.
- We should maintain our good personal hygiene in order to get healthy.
- We should daily take bath with fresh water and go for morning walk to have some fresh air.

PEER INTERACTION :-

Let's keep our self Healthy

- Start the day with a healthy breakfast. ...
- We should eat food slowly and with mouth closed.
- We should eat more vegetables, pulses and fresh fruits. ... (e.g., oats, brown rice)
- We should not eat unhealthy/roadside open food items.
- We should drink plenty of fluid.
- We should avoid junk foods like pizza, burger, fries, chips, etc.

Rhyme - "**Early to bed Early to rise**"

YouTube link -<https://www.youtube.com/watch?v=yZENH1LeaAQ>

Project of the month – CLOUDS :- Clouds form in three basic patterns:

- Cirrus, the winged
- Stratus, meaning sheets or layers

Cumulus indicating heaped or piled



Cumulus



cirrus



stratus

Cirrus :- Cirrus clouds are high level clouds.
Cirrus 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.

VOCABULARIES OF THE MONTH :- WORDS

E:- Elephant, Egg, Eagle, Ear, Empty, England, Eat, Elbow, East, Earth, Eager, Easy, Entry, Exit, Energy, Eight, Emotion.

F :- Fish, Fan, Finger, Fat, Frog, Food, Feel, Flower, Funny, Fit, Fun, Female, Flavour, Face, Fight, Fire, Free, Final, Famous, First, Fruit, February, Fox.

G :- Gun, Goa, Goat, Girl, Grapes, Genius, Go, Gift, Game, Greedy, Garlic, Germany, Good, Guava, Gentleman, Garbage, Gate, Gas, Gender, Gap, Gain, Google, Gold, Glow, Give, Golden, Ginger, Glass, Glad, Groom, Grade, Grass, Green, Gram.

H:- Hen, Hair, Hat, Home, Hobby, Horse, Hut, House, Holiday, Health, Holy, Helicopter, Habit, Half, Hand, Hammer, Handle, Happy, Harvest, Humour, Hate, Hear, Heat, Heavy, Help, Height, Heaven.

VOCABULARY BUILDING ACTIVITIES ARE:

- Sight reading.
- By using the above words in day to day conversation.
- Picture reading.

Academics and Activities

Subject		July (Written/Oral)
English		Revision of letters Aa, Bb, Cc, Dd.
		Sounds of the letters Ee, Ff, Gg, Hh.
		Recapitulation of capital letters E,F,G,H.
		Introduction and recognition of letters e, f, g, h.

Math	Revision of numbers- 1, 2, 3, 4, 5. Introduction of numbers: 6 to 10. Counting 6 to 10 and recognition of numbers. What's comes before, after and between 1 to 10.
Hindi	Introduction of अ, आ. Swar sounds. Recognition of swars.
Colour & shapes	Revision of colours red and blue . Introduction of green and yellow colours. Revision of shapes circle and triangle. Introduction of shape square.
Pre Math	Introduction of Heavy and light.
Activities	Yoga week : 3 to 7 July 2017 Cloud week : 10 to 14 July 2017 Hotch potch colour week : 17 to 21 July 2017 Educational Excursion : 26 july 2017 Chef day (buttermilk) : 27 july 2017 Birthday celebration : 31 july 2017
Project	Clouds
Competition	Colour and Tell competition

Rhymes:

Aloo bola (Pg no -97) and brush your teeth (Pg no -89) Rhymes from book "My book of story and rhymes".

Story: "Goldilocks and the three Bears (Pg no-14 to 21) and The Talkative Tortoise (Pg no-22 to 26)
Stories from the book "My book of story and rhymes"

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