



MULYA VARDHAN
SHANTILAL MUTTHA FOUNDATION



Student Activity Book

Std - I

Name:

School:

Class: Division:



Maharashtra State Council of Educational Research and Training
(Academic Authority), Pune

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Production and Publication:

Maharashtra State Council of Educational Research and Training (Academic Authority), Pune

Shantilal Muttha Foundation, Pune

Printer: Runa Graphics, Pune

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Edition: June 2017

Note for Teachers: This book is related to the Mulyavardhan teacher activity book for Std I.



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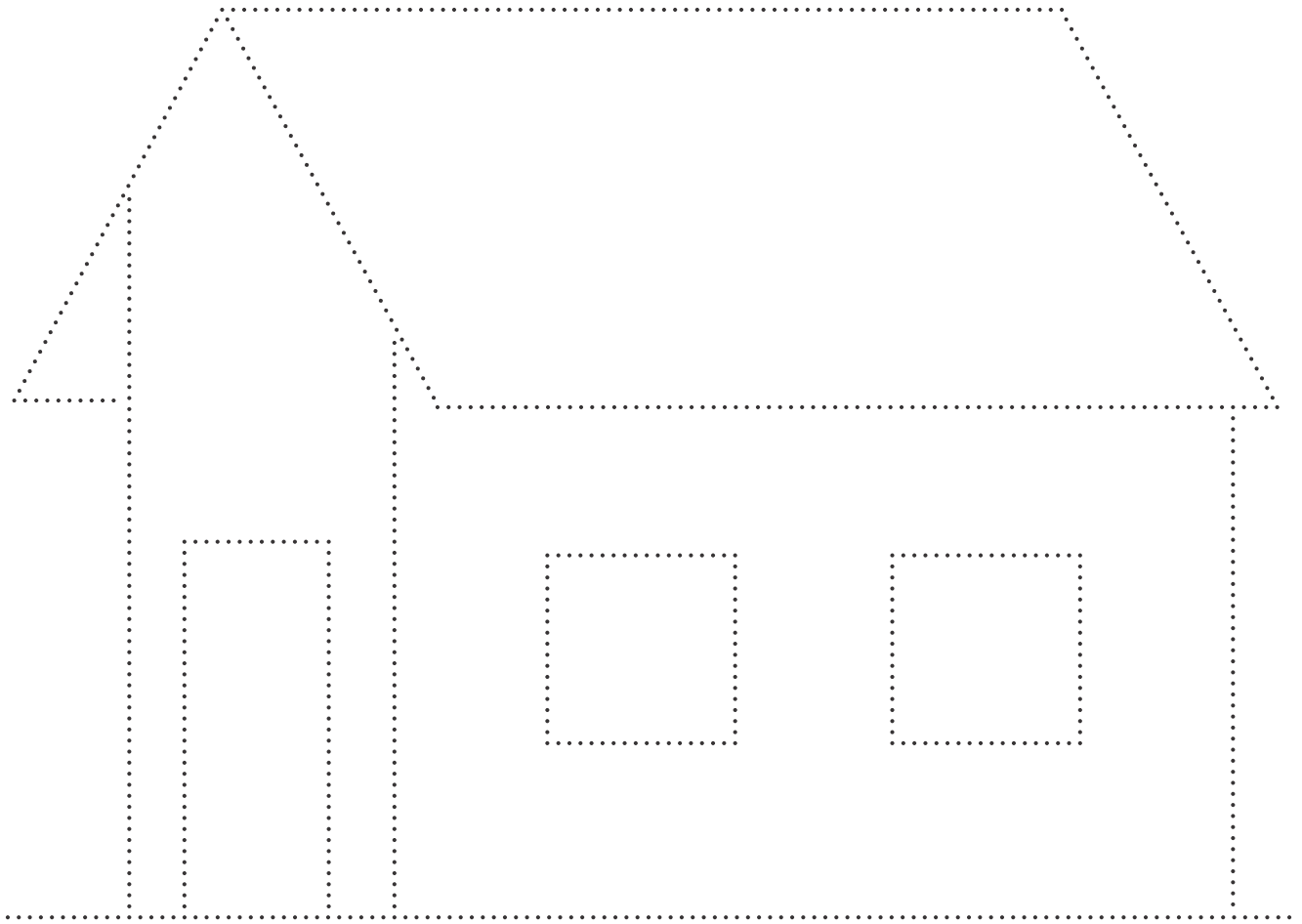
Class: Division:

English Medium



**Maharashtra State Council of Educational Research and Training
(Academic Authority), Pune**

Join the dots and colour



I'm off to school

I'm off, I'm off, I'm off
I'm off to school today.
I am going to listen, learn and play.
Every Monday to Saturday
Is my school day.

I will learn to read, write and count too
Drawing, painting and singing, there's so much to do!
And when it's time to go home, when the day is done,
I will tell the teacher "thank you" for all the fun!



Birds and animals

I love all animals and all birds too.
I love to watch them. How about you?
It's simply fun to see
Monkeys swinging on a tree.

An elephant is so huge and strong
Its ears are big and trunk is long.

The spotted deer run so fast
They seem to fly o'er plains so vast.

The squirrels race up the tree
I wonder why they're in a hurry.

Parrots green, they squawk and chatter,
Mynas seem to question and answer.

Sparrows chirp, so very sweet
Pecking at grains they want to eat.



The lovely peacock spreads its feathers
It loves to dance in rainy weather.

I love all animals and all birds too!
Let's be their friends, me and you!

Singing in the rain

Singing in the rain
We're singing in the rain
Oh what a...wonderful...feeling
To sing in the rain
Dance in the rain
Prance in the rain
All together!
Let's prance in the rain
Let's dance in the rain
Let's sing in the rain
Oh what a...wonderful...feeling
To be happy again!
Tee-ta-ta, la-la-la
Tee-ta-ta, la-la-la...



Follow the rules

I will follow the rules
I will follow the rules
And we will have a good day
When we follow the rules.

I will listen to my teacher
Listen to my teacher
Listen to my teacher
And I will follow the rules.

I will follow the directions
Follow the directions
Follow the directions
And I will follow the rules.

I'll be nice to everybody
Nice to everybody
Nice to everybody
And I will follow the rules.

It will give us more time to learn
More time to play
And more time for fun stuff every day.

It will give us more time to learn
More time to play
And more time for fun stuff every day
When we follow the rules
We follow the rules
Ye, ye, ye!



The school rules

Follow the rules
Follow the rules
The rules of the school
For the good of everyone.

Come on time
Wearing uniform
With our books
Monday to Saturday
Every day.



Taking care of our things
Care of our things
Using everything carefully
That's how we are, truly
That's how we are, truly.

Be nice to all
Be friendly with all
Because our school
Is for the good of all.



Be nice to all
Be friendly with all
Because our school
Is for the good of all.

So we follow the rules
Follow the rules
The rules of the school
For the good of everyone.

So we follow the rules
Follow the rules
The rules of the school
For the good of everyone.



Right or wrong?

Put a ✓ mark for right behaviour or a ✗ mark for wrong behaviour in the box above each picture.





This is the way we take a bath

This is the way I wash my hair

Wash my hair.

This is the way I wash my feet

Wash my feet.

This is the way I wash my face

Wash my face.

This is the way I wash my knees

Wash my knees.

This is the way we take a bath

Take a bath

Every day.



This is the way we wash our backs

Wash our backs.

This is the way we wash our toes

Wash our toes.

This is the way we wash our hands

Wash our hands.

This is the way we wash our nose

Wash our nose.

This is the way we take a bath

Take a bath

Every day.

We wash our hair

We wash our feet

We wash our face

And our knees.

We wash our backs

We wash our toes

And our nose.

This is the way we take a bath
Take a bath
To be healthy and clean
Every day!

This is the way we brush our teeth

This is the way we brush our teeth
Brush our teeth
Brush our teeth every day.

Left and right
Up and down
We brush our teeth
Every day.

Rinse the mouth
To keep germs away
That's what we do every day.



This is the way we wash our hands

This is the way we wash our hands
Wash our hands.

We turn on the water
Turn on the water
And wet, wet, wet our hands.

Soap, soap, soap
Take some soap
And rub, rub, rub
Both our hands.



Rub, rub, rub
Both our hands.

Now rinse
Rinse off the soap
And turn off the water
Turn off the water.

Take a towel
Take a towel
And dry, dry, dry our hands
Dry our hands.

This is the way we wash our hands
Wash our hands.

Shake it, move it

Shake it, move it
Don't be lazy
My dear one.

Move your arms
Move your legs
Don't be lazy
My dear one.

Run, run, run
Every day run
Don't be lazy
My dear one.

Shake it, move it
Don't be lazy
My dear one.



Home duties

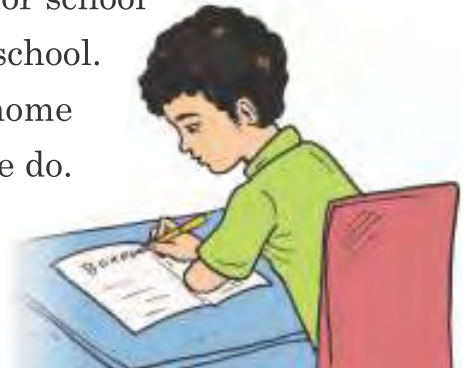
Tell us, tell us
What do you do?
Every day at home
What do you do?

We wake up early
And brush our teeth
That's what we do.
Every day at home
That's what we do.



Tell us, tell us
What do you do?
Every day at home
What do you do?

We get ready for school
Get ready for school.
Every day at home
That's what we do.



Tell us, tell us
What do you do?
Every day at home
What do you do?

We help everyone
Help everyone.
Every day at home
That's what we do.



Tell us, tell us
What do you do?
Every day at home
What do you do?

We do all our duties
Do all our duties.
Every day at home
That's what we do.

School is fun

School is very exciting
And so much fun.
We play with our friends
And smile and run.



School is a place
Where we learn so many things.
Our teacher will tell us
Why birds have wings.

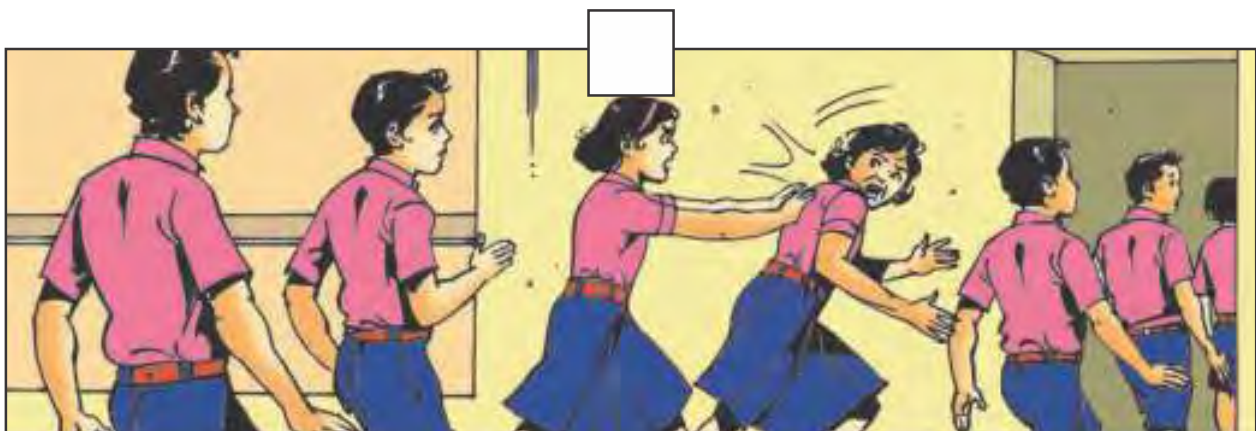
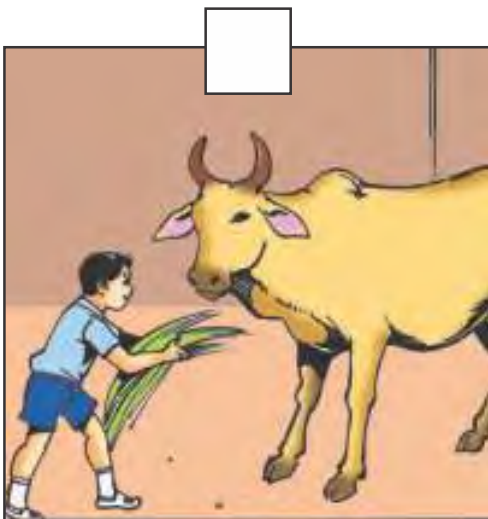
We do so many things
In art and craft.
Listen to stories
And share some laughs.



At school we get to play
So many nice games.
It's really fun learning
Everyone's names.

Good and bad behaviour

Put a ✓ mark above the pictures that show good behaviour. Put a ✗ mark above the pictures that show bad behavior.



What could happen?



Play safely



Play, play, play
In the park we play.

Up on the swing
Down the slide
Round and round
On the merry-go-round.

But always safely
Always safely
In the park we play.

Always safely
Always safely
In the park we play
With everyone!

See the pictures and tell the story



The three monkeys

There were three little monkeys in a jungle. Their names were Zippy, Tippy and Pippy.

They were very naughty. They were always making fun of all the other animals in the jungle.



One day a man was walking through the jungle. He was carrying a heavy bag.

Feeling tired, he sat under a tree. Soon, he fell asleep.



Zippy, Tippy and Pippy were sitting on the same tree. They thought to themselves: Let's have some fun with this man.

Zippy said, "Let's throw a mango on his head!"



Tippy said, "No, let's snatch his bag. That will be more fun!"

Pippy said, "No, that won't be right."



But Tippy did not listen to Pippy. He climbed down the tree to snatch the man's bag.

The man woke up and shouted, “Thief! Thief!”

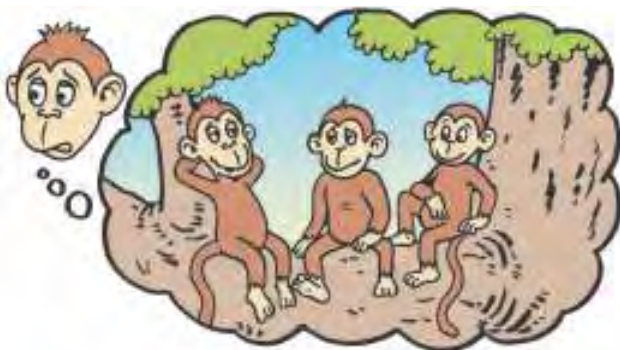


All the other animals came running. They caught the three naughty monkeys and took them to the monkey king. The man went with them.

The man told the monkey king, “These three monkeys were trying to steal my bag! They are thieves! You must punish them!”



Zippy said, “No! The man is lying! We were just sitting on the tree.”



Tippy said, "I was fast asleep. I don't know what happened."



Pippy said, "Tippy did try to take the man's bag. But he did not mean to steal it. He just wanted to have some fun."

The monkey king said, "All this is so confusing! Who should be punished? What punishment should I give? I cannot decide!"



Help the monkey king decide by answering the following questions:

1. Were all three monkeys telling the truth?
2. Who was lying? Who was telling the truth?
3. Should all three monkeys be punished?
4. What wrong did they do?
5. What should the punishment be?

What are the children doing?



Make a poster

Fill the white spaces in the letters with colour. Add colours or designs to decorate the background.

Let us

respect

everybody

Polite or impolite?

Circle the sentences that show polite ways of speaking.

Please help me.

May I come
with you?

Get lost!

You are a fool.

I am sorry, but
I cannot help
you.

Can you please
give me your
pencil?

Would you like to
play with me?

Is it all right if
I do this later?

Do you mind if my
brother plays
with us?

I will never talk
to you again.

I hate you.

What do you think happened next?

Two small monkeys and a big monkey were good friends. They played together and had a lot of fun.

One day, after playing, they felt very hungry.

“I will get something to eat,” said the big monkey.

He climbed up a tree and looked for berries.

But he did not find any.

Then he went jumping from tree to tree, till he came to a mango tree. But it had only one mango.



The big monkey was feeling very hungry and wanted to eat the mango. Then he thought of his friends...

What do you think happened next?

Who is a good friend?

Rajesh, Nitin and Altaf were friends. They were in the same class at school. Rajesh and Nitin were also neighbours.

One day, Rajesh fell ill. He could not go to school for many days.



He went to Nitin's house and asked him, “Can you tell me what all I missed in school? What was taught by the teacher?”

Nitin said, “I am busy now. I will tell you tomorrow.”

But Nitin forgot about his promise.

Meanwhile, Altaf was worried about Rajesh. He told his mother, "I must go and see Rajesh. He has not come to school for many days."

Altaf's mother told him, "Go carefully, and come back soon."

Altaf went to Rajesh's house. He asked Rajesh, "How are you?"

Rajesh said, "I will be well soon. But I am worried about all the lessons I have missed in school."

Altaf told him, "Don't worry. I will help you. I will explain to you all that we learnt in the days you did not come to school."

Rajesh felt very happy. He told Altaf, "You are a good friend."

Why did Rajesh think Altaf was a good friend?

Was Nitin a good friend? Why not?

Let's make new friends

Let's make new friends

But keep the old.

One is silver

And the other, gold.

The fire of friendship warms the heart.

Let us be friends from the very start.

We will help each other

And learn together.

The more we get together

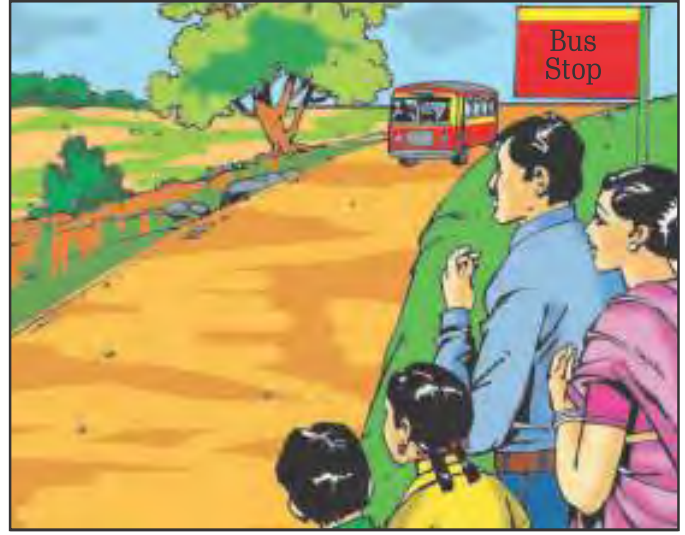
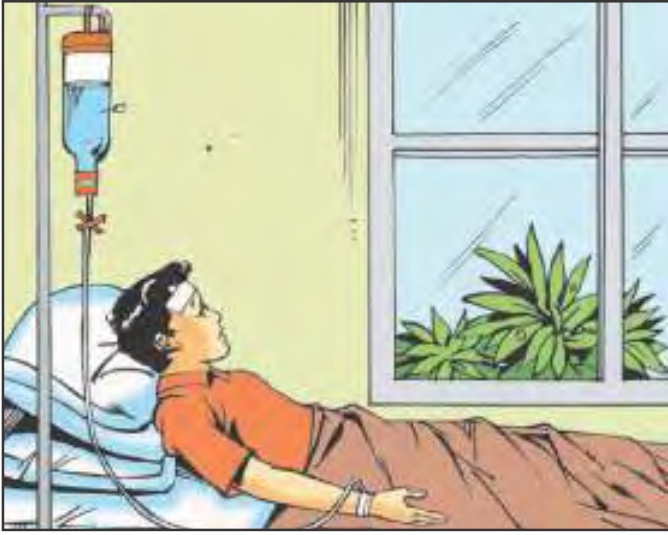
The happier we will be.



What are the children doing?



What are they feeling?



Why is Sagar unhappy?

Sagar returns home late.

Mother : Sagar, where were you all this time?

Sagar does not answer.

Mother : Sagar! I am talking to you! Where were you?!

Sagar sits in a corner without answering.

Mother : Sagar, have you become deaf? Why don't you answer?

Mother sees that Sagar is crying. Mother walks to him and hugs him.

Mother : Sagar, what's wrong?
What happened?

Sagar : I was in the park alone.

Mother : Alone? Why? What's wrong?

Sagar : Mama, all the children keep teasing me because I wear spectacles. They call me 'uncle'.

Mother : Why didn't you tell me this earlier?

She goes outside and calls the children.

Mother : Jitu! Rashid! Amey! Manjit! Dipu! Come here!

The children come running.

Mother : Aren't all of you friends? Why do you keep teasing Sagar because he wears spectacles?

Children : Aunty, we are just having some fun.



Mother : Fun? Dipu, how would you feel if I called you 'dwarf'? And Rashid, how would you feel if I called you 'skinny'? And Amey how would you feel if I call you 'fatty'?

The children start thinking.

Children of India

My name is Sachin.
I come from Cochin.
I speak Malayalam
And love to drink payasam!

I am Binita.
I live in Kolkata.
I speak Bengali
And live with all happily!

I am Benjamin.
I come from Panjim.
I speak Konkani
And like all things funny!

I'm Madhuri.
I live in Ratnagiri.
I speak Marathi
And my best friend is a Bengali!

I am Shamsheer.
I live in Ajmer.
I speak Urdu
And will learn
Other languages too!

I am Parineeti.
I'm from Guwahati.
I speak Assamese
And like eating cheese!



My name is Mahendra.
I come from Vadodara.
I speak Gujarati
And people say I am naughty!

I am Jasvindar.
I'm from Chandigarh.
I speak Punjabi
And am learning Hindi.

I am Rohit Pillai.
I live in Chennai.
I speak Tamil and Telugu
And Hindi too!

Though we all differ
We will work together
For India is our country
And we will love it forever.

Work people do

Write the names of the occupations.



The mouse cap

A mouse finds a piece of white cloth lying on the road.

Mouse: This is a nice piece of cloth! I will use it to make a cap. But it is so dirty! I should get it washed first.

Mouse goes to a washerman.

Mouse: Will you please wash this cloth for me?

Washerman washes the cloth and gives it back to the mouse. Mouse thanks him.

Mouse: I want a red cap! What should I do?

Washerman: Go to the dyer. He will dye the cloth red.

Mouse goes to the dyer.

Mouse: Can you turn this into a piece of red cloth?

Dyer takes the cloth, dips it in a vat and gives it back to the mouse.

Mouse: Thank you. Now I need a tailor to stitch the cap.

Dyer: Walk right ahead. You will find a tailor.

Mouse walks up to the tailor.

Mouse: Can you stitch a cap for me with this cloth?

Tailor looks at the piece of cloth.

Tailor: Come tomorrow. I am busy now.

Mouse: Please, please I want it today!

Tailor: Okay, sit quietly for some time.

Mouse sits in a corner of the tailor's shop as the tailor stitches the cap using a sewing machine. After some time, the cap is ready.



Tailor: Here, here is your cap.

Mouse takes the cap.

Mouse: Thank you! But I want some designs on the cap!

Tailor: Go to the lady down the road. She stitches designs on cloth. She will decorate your cap.

Mouse goes to the lady who does embroidery work.

Mouse: Can you please decorate my cap?

The lady takes the cap.

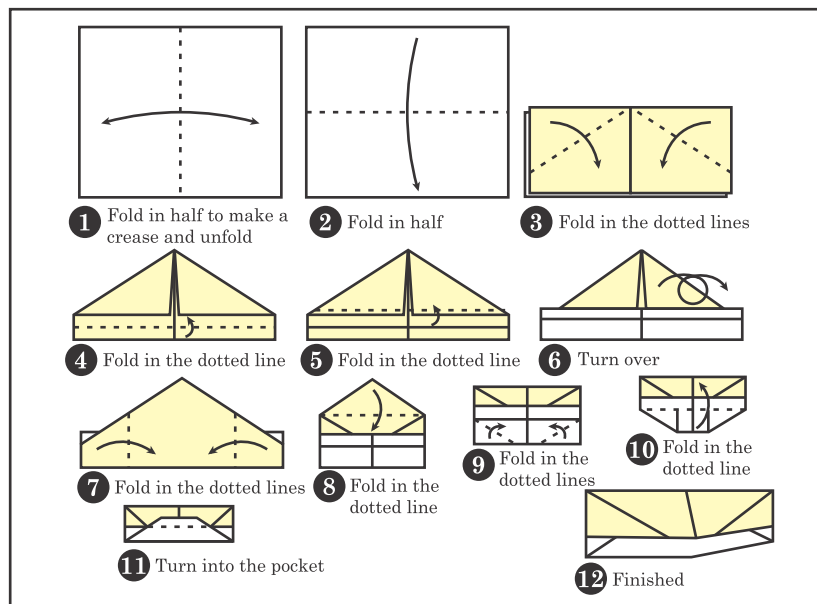
Lady: I am very busy now, but this won't take much time. Come after half-an-hour. I will give you a decorated cap.

Mouse: Thank you!

Mouse walks away, feeling very excited about the cap he will get to wear.

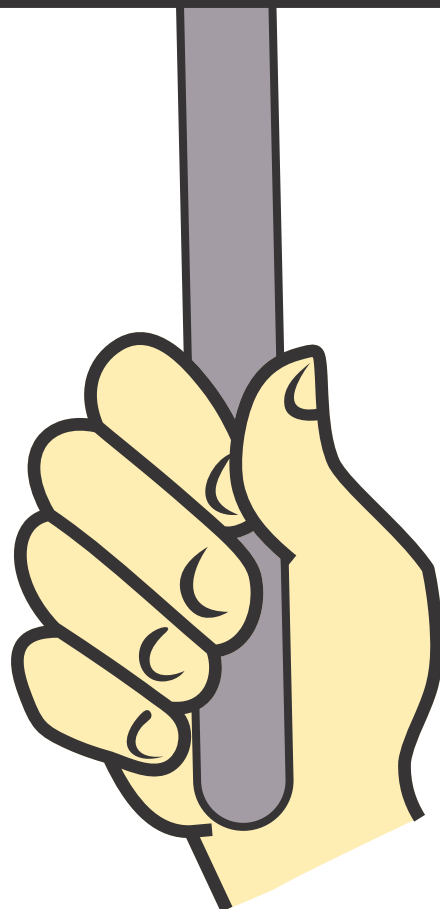
Make a cap

Use a sheet of paper to make a cap following the steps shown below. You don't need to use scissors or gum.



My slogan

Blank area for writing a slogan, featuring two horizontal lines and a red checkmark at the bottom.



About myself

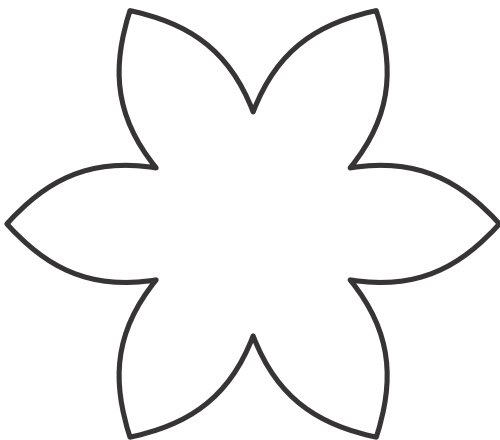
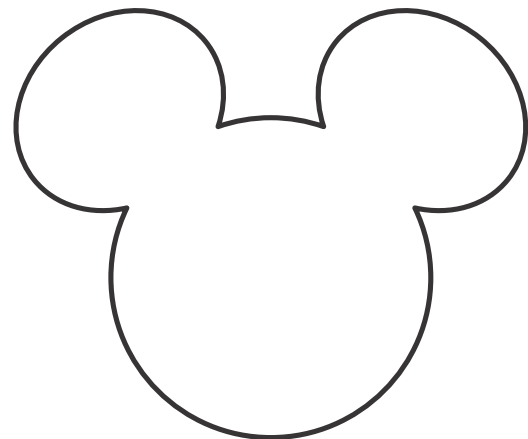
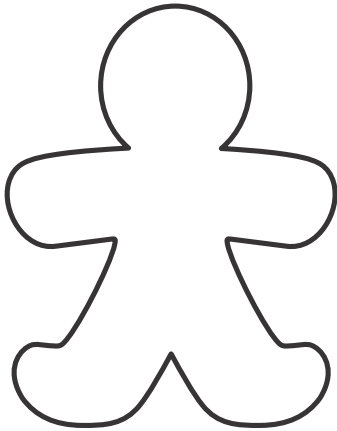
Read the sentences given below. Put a tick mark against each sentence in the 'Almost never', 'Sometimes' or 'Almost always' columns. (Don't put more than one tick mark in one row!)

	Almost never	Sometimes	Almost always
I like coming to school.			
I like my classmates.			
I like to tell others about my ideas.			
I think before I do anything.			
I take care of my things.			
I brush my teeth and have a bath every day.			
I follow rules.			
I speak the truth.			
I speak to others politely			
I work well with others in a group			

Free-time activities

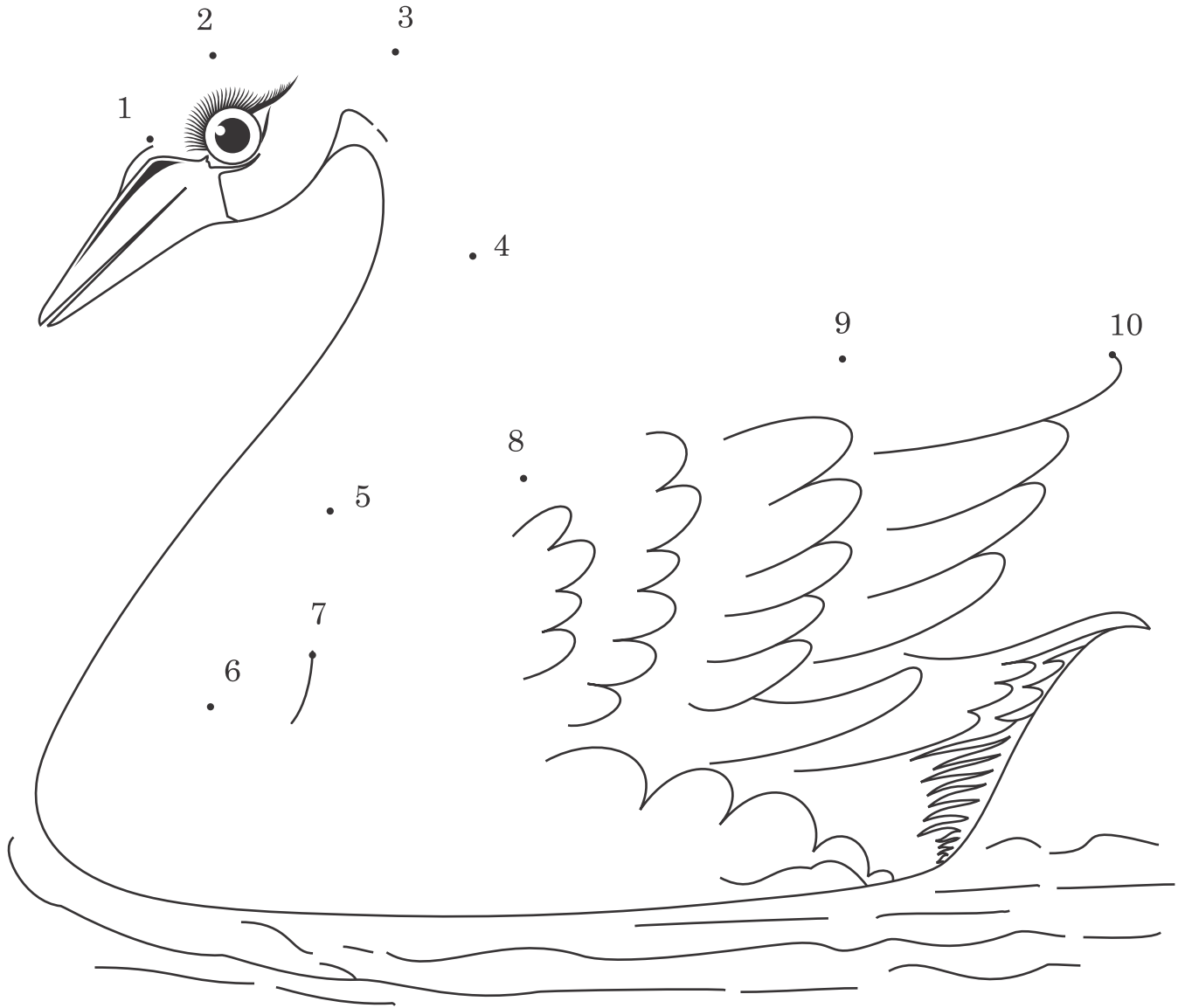
See, draw and colour

Look at each picture and draw it in the empty box. Colour your drawings.



Free-time activities

Connect the dots from 1 to 10



Teacher's note

A series of horizontal dotted lines for writing notes.

Aim:

Providing systematic and regular opportunities to children at school to help them develop Constitutional values and related competencies, so that they can become responsible, caring and productive citizens

Scope and features:

- Effort to develop Constitutional values in children from Std I in age-appropriate ways
- Use of joyful, child-friendly pedagogy based on constructivist principles
- Aligned to National Curriculum Framework 2005, Right to Education Act 2009 and primary school curriculum, 2012
- Values not 'taught' but learnt joyfully through planned activities
- Aligned to school curriculum and goal of overall development of children
- Complementary to ongoing value-education efforts of schools
- Based on 'whole-school approach' to value education
- Provides flexibility for modifications according to schools' needs, priorities, and available resources





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