

LESSON No. 1



MOTHER AND CHILD

What is the name of your mother?

The name of my mother is _____

When she was young like you, where was she living?

What is the name of your mother's father? And what do you call your mother's father?

The name of my mother's father is _____

I call him _____

He is your maternal grandfather.

Who are there in the family of your maternal grandfather's family?

Mother of your mother is your maternal **grandmother**.

Brothers of your mother are your **maternal uncles**.

Sisters of your mother are your **maternal aunties**.

Your mother lived with them in a family before she married your father.

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Find out from your mother

- † Where did she live before her marriage?
- † Did she change her name after marriage?
- † Who are the family members she live with when she was of your age?

After marriage your mother shifted to your family. The members of her former family are her relatives. They are your relatives also.

Your mother got new relatives after marriage. She becomes the member of your father's family. She got father-in-law, mother-in-law and some more relatives.



Have you seen a newborn baby and where did she come from? Where does the puppy, kitten, calf and chick come from?

young ones come from a mother's baby. The young ones, including you, were the parts of the mother's body. That is why your mother loves you the most.



To learn more, let us hear the story of family of Alena. Alena is 10 years old. She studies in class-IV. She lives with her parents and grandparents.

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They live in a beautiful house.

Alena's parents got married before 16 years. How young they were at that time!

Three years after their marriage Alena's mother was like this as shown in the picture.

At that time Alena was growing inside her mother's body. That is why her mother's body was changed.

Do you know that a child grows for nine months inside the mother's body before being born? Like Alena you too were a tiny speck inside your mother's body at first. Then you grew up and developed all your body parts inside her body. And finally, you were born.

- Write the name of the person who joined your family last.

- How did he/she join your family?



ACTIVITY

Mother is the most beautiful woman on earth. She loves you the most. She expresses her love and affection for you by cooing and cuddling, by taking care of you, and by keeping you safe and healthy.

Now tell us how much do you love your mother? Write a poem to express how much you love her.

LESSON No. 2



MY EXTENDED FAMILY

Are there things you learn from your family members?

Home is the first school of life. You can learn many things from the other members of your family.

Love, cooperation, discipline, commitment and sacrifice are important values for a society. Children are exposed to these values for the first time in their families. They learn these from family members.

Name five things you learn from your family members. Who are the family members?

1.

2.

3.

4.

5.

Do all your family members live with you all the time?

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All family members do not stay together. Your father's brothers and sisters move away from your house after their marriage. Some have to stay in other places on account of the work they do. Then, there are also relatives who are not family members. You have learnt about your mothers relatives who continue to live in her maternal house. These are your extended family members.

Let us hear Alena's story.

"Five years ago my father was transferred to Kamjong. That is a beautiful hilly place. My family had to shift to the new place. I did not want to leave the original place where we lived because I'll be missing my school, my friends and other family members. However, after shifting to the new place, within a few months of staying there, I began to like the new school and made new friends. I was happy once again.

Many times during the holidays my uncles, aunts and cousins came to visit our new home. We also visited them during our vacations. All of us together performed family celebrations like birthdays and other festivals. I enjoyed going for *NingolChakouba* the most with my mother to her maternal family."

After hearing Alena's story we understand that most families keep in touch with each other although they live far away from one another. This is in order to maintain a strong bond of relationship, love and cooperation.



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* Do you have any family member who do not stay with you?
Name them. Where do they live?

* Tell us when do you meet members of your family who do not live with you?

* Name any four festivals you celebrate together with them? Complete the table.

Name of the festival	Month	Anything you remember
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LESSON No. 3



FUNS AT PLAY

Play is a way of socialisation and fostering team spirit

Play is fun. Initially when we play with strangers, we tend to compete and fight. But gradually we start respecting them for their skills and courage. Over time, we become friends. By playing together we start looking after each other. A spirit of comradeship binds us. This is called the team spirit.

Children are the future pillars of the nation . Every child should have the right to learn, play and enjoy. This will lead to a successful development of mental and physical health in their future life. Child life is a beautiful and delicate period during which lots of changes are happened. If proper guidance is not given to the children it may affect the future of the child. To remain healthy, children are required to give proper and sufficient nutrition, good moral education, proper guidance, and many more advices. The future of a nation remains in the hands of today's children. When they become adults they would shape the fate of the nation. One of the most important activities that the children would require during their childhood is playing games and sports.

Keeping our body in sound health is a very important duty to be done by everybody in life. Without good health the charm of life is generally taken to be meaningless. A nation can be called developed only when sport is taken as one of its prior subjects of importance. Therefore, developed countries give more priority to the development of health and education . There

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are meanings for playing sports. There are funs, good discipline, entertainments, good health mentally and physically. Therefore, playing games and sports has been a prime importance for a country for its good governance. However, in a country like India where the number of population is more than a billion, to keep each and every citizen healthy is not an easy task. The government has given continuous effort for the development of games and sports.

There are many games which can be played at our home. Board games, like carrom, Chinese checkers, snakes and ladders, chess, ludo, scrabble, etc. are indoor games whereas lawn tennis, hide and seek, football, volleyball, cricket, kabadi, hockey, basketball, etc. are outdoor games. Boxing, judo, karate, kung-fu, etc. are some form of fighting games.

The important components of games are goals, rules, challenge and interaction. Generally, goals involve mental or physical stimulation and often both. Many games help in developing practical skills, serve as a form of exercise or otherwise perform an educational, stimulative or psychological roles.

Write the names of the game that you play both at home and school.

The requirements that we need to play a game depends on game we play. Some of the games do not require much materials, for example, race, kabadi, hide and seek, etc. will require only the field or place where we should play. Some board or card games require cheap materials to play. The school provides most of the materials to play different indoor

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and some outdoor games. However, some of the games require big fields, courses, good and costly infrastructure, etc. For school going children , most of the materials are supplied by the schools.

Whereas games are often characterized and defined by their rules. While rules are subject to variations and changes, enough changes in the rules usually results in a “new” game. For instance, baseball can be played with “real” baseballs or with waffleballs. However, if the players decide to play with only three bases, they are arguably playing a different game. There are exceptions to this that some games deliberately involve the changing of their own rules, but even then there are often unchangeable meta-rules.

Rules generally determine turn order, the rights and responsibilities of the players, and each player’s goals.



ACTIVITY

Discuss any game. Make your own rules. Write them down and play the game.

LESSON No. 4



HOW THEY LEARN THEIR SKILLS

There are different types of people in our society. They work at various working places. They work at different capacities. We are also related to their works directly or indirectly. They are doing their activities for earning their livelihood. Such a regular activity that one does spending most of the time to get livelihood is called occupation.

Write the occupation of your parent in the space provided:

We go to school in uniform dress. Different people have different dresses of various colours and sizes. We require to wear clothes of suitable sizes. The person who sews, makes and repair our clothes is known as a **tailor**. His or her occupation is tailoring. A tailor cuts a larger cloth into suitable smaller pieces to make our dresses. Both man and woman do this occupation. Nowadays, varieties of sewing machines are available in the market.



Fill in the following blanks with suitable words:

A person who sells flower _____

A person who sells meat _____

A person who sells fruits and vegetables _____

A person who sells medicines _____

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A person who makes cloth _____

A person who makes sculpture _____

A person who clean the dirty things _____

A person who builds our house _____

A person who makes aircraft _____

A person who runs a hotel _____

A person who flies aeroplane is called a pilot. A man or a woman can be a pilot provided they are qualified, mentally and physically fit. There are many woman pilots also in our country. You too may become a pilot when you are grown up.



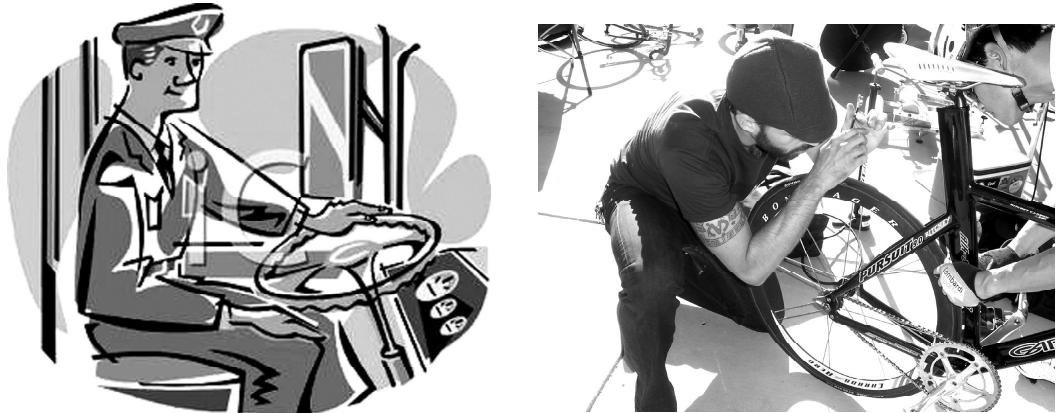
*Wilbur wright (April 16,
1867-May 30, 1912)*



*Orville wright (August 19,
1871-January 30, 1948)*

The inventors of aeroplane were Orville and Wilbur Wright. On December 17, 1903, the Wright brothers made the first successful experiment in which a machine (aka airplane) carrying a man rose by its own power, flew naturally and at even speed, and descended without damage.

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What are these people doing? Write their occupation. What tools do they use for their works?

Write the occupations of five person of your neighbours or relatives.

A person who repairs and makes shoes is called a **cobbler**. We use shoes of different designs and sizes, suitable for our footwear. Generally, man does the work of shoe making and repairing. However, there are many big industries and shops where women are working.



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Have you seen the men who build the bridges? What do you call them?

A doctor sees the body of a patient and cures him or her from a certain disease. The work of the doctors for the human being is noble and many people like it. There are men and women doctors.



Embroidery is the art or handicraft of decorating fabric or other materials with needle and thread or yarn. Embroidery may also incorporate other materials such as metal strips, pearls, beads, quills and sequins. Mostly women are working in such type of occupation.

ACTIVITY

Share information of a visit to a tailoring house or shoe factory or any other trade through drawing or narration.

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LESSON No. 5



FRIENDS OF ANIMALS AND UNUSUAL FEATURES OF SOME ANIMALS

We all live with our family. We spend time in the company of friends and neighbours.

Do you think animals also live in families or groups ?

Animals are also social beings like us. They also live together in groups. Animals, mostly plant eaters like to move in groups. Cows, buffaloes, sheep, pigs, elephants etc. are some animals that move in groups. They move in groups in order to search for food and water and to stay safe from enemies.



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Female elephants move with their calves in herd of twenty to thirty. Other animals like Horses, Zebras and Giraffes also move in herds. While animals move in groups the young ones are kept in the middle. It is dangerous to go near any animal that is with its young one.

Lions live in groups called ‘Prides’. Each pride may have four to twelve lionesses and their cubs. Lions and Hyenas hunt in group.

Give the group name of the following:

1. Fishes – _____
2. Cows – _____
3. Hyenas – _____
4. Monkeys – _____
5. Penguins – _____

While animals move in groups the young ones are kept in the middle. It is dangerous to go near any animal that is with its young one.

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Migration

Some birds and animals move from one part of the world to another, according to the season. This is called migration. Usually birds from very cold countries migrate to warmer countries during winter. Animals also migrate from one place to another during certain time of the year, for greener pastures. Birds from Russia and other European countries flock in during the winter season at Loktak Lake of Manipur.



†With the help of your teachers, find out the names of some birds that come to Loktak Lake.

Group Living

Insects also live in groups. Bees, ants and termites live in groups. Termites live in their house called **termitary**. Life in an ant colony is very organized. Thousands of ant live together. Bees are also social and live in colonies. The queen bee, worker bees and drones live together in a hive. Worker bees collect food, guard and look after the young ones.



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UNUSUAL FEATURES OF SOME ANIMALS

Hearing is one of the senses of animals. All animals depend upon the sound for information about the world around. Animals listen to hunt for food and also listen to hide from enemies. They make sounds to call each other or warn of danger.

How does hearing take place in animals? Most of the animals have ears. Ears are of different sizes and shapes in animals. Birds have a small hole like ear and an elephant have a big ear.



Observe the other uses of Ears:

An elephant uses his ears as a fan to keep the body cool. Sometimes big ears are used for other things than hearing.

Bats and foxes use their big ears to find prey and escape from enemies.

The ears of birds are small with two holes in their heads.

Bird's ear may be tiny but they are very powerful.

A bird flying high in the air can hear a fish jump in the water.

Have you seen a dog prick up its ears and move them from front to back? These movable ears help them detect from where the sound is coming.



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Bats use their ears to ‘see’. Flying bats produce sound and this sound bounce off every object and echo back. The bat’s ear catches the echo and helps the bat know the location of the object.



The ears of men, bears, foxes, dogs, cats, cows and elephants can be seen from outside. They are called external ears. Birds, frogs, lizards, snakes, cockroaches, etc. do not have external ears.

The sound of hearing is caught only by the external ears. The actual hearing occurs inside the ears.

Body Coverings

What is your body covered with?

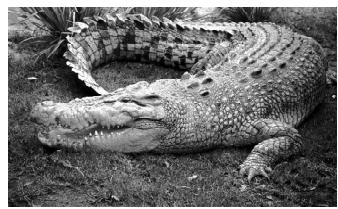
Animals have different types of body coverings.

Some animals have skin with hairs, feathers and scales. Scales are flat plates on the body of an animal.



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Scales help the animal from harm and prevents loss of water. Animals, like-snakes, tortoises, lizards, crocodiles, etc. do not have hair on their bodies, instead they have scales.



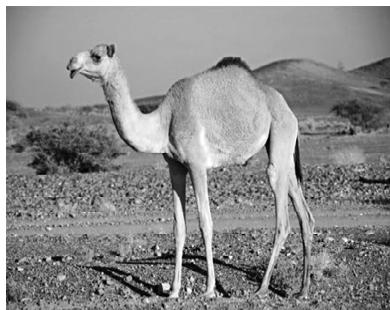
Hairy Animals

Make a list of animals that have hair on their body, Compare with the list of animals with external ears. What do you find?

Sl.No.	Name of the animal having hair	External ear (Yes/No)

Animals with external ears have body covered with hairs. Such animals do not lay eggs but give birth to young ones and mother feeds the baby with her own milk. Such animals are known as **Mammals**. We humans also belong to mammals.

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Some animals have thick hairs while others have less hairs on their body.

Camels have little hairs. They live in hot deserts.



Bears have thick hairs on their body surfaces. They live in cold regions.

Do you know why animals like cats, dogs, and lions lick the coat of their young ones?

Yes, they do it to show their affection and love for them. They also do it to keep their skin clean and cool.



ACTIVITY

1. *Observe the birds flying together. In which month or season do they fly in groups? Imagine why they are flying. Comment upon the statement. Paste a picture of birds flying together.*
2. *Find out which of the these –Mouse, Dog, Hen, Cow, Cat, Sparrow, Parrot, Pigeon, Elephant, Pig have the characters given in the column.*

Animal	External ear	Internal ear	Hair on skin	Feather on skin
Mouse				
Dog				
Hen				
Cow				
Cat				
Sparrow				
Parrot				
Pigeon				
Elephant				
Pig				