

विद्यालय तत्परता गतिविधि
पुस्तिका
SCHOOL READINESS ACTIVITY BOOKLET



Ready
for
School



FOREWORD

KCs are known for innovative practices in all its programmes being periodically reviewed to keep the pace with the demands of the changing times. One of the most popular programmes is School Readiness for the newcomers in class I. When they come to the school for the first time, they come with lots of fear, nervousness or inquiettude to tackle the problem, what the psychologists call the 'separation anxiety' from their near and dear ones in new surroundings. To make them begin to love their school is a formidable challenge to the school.

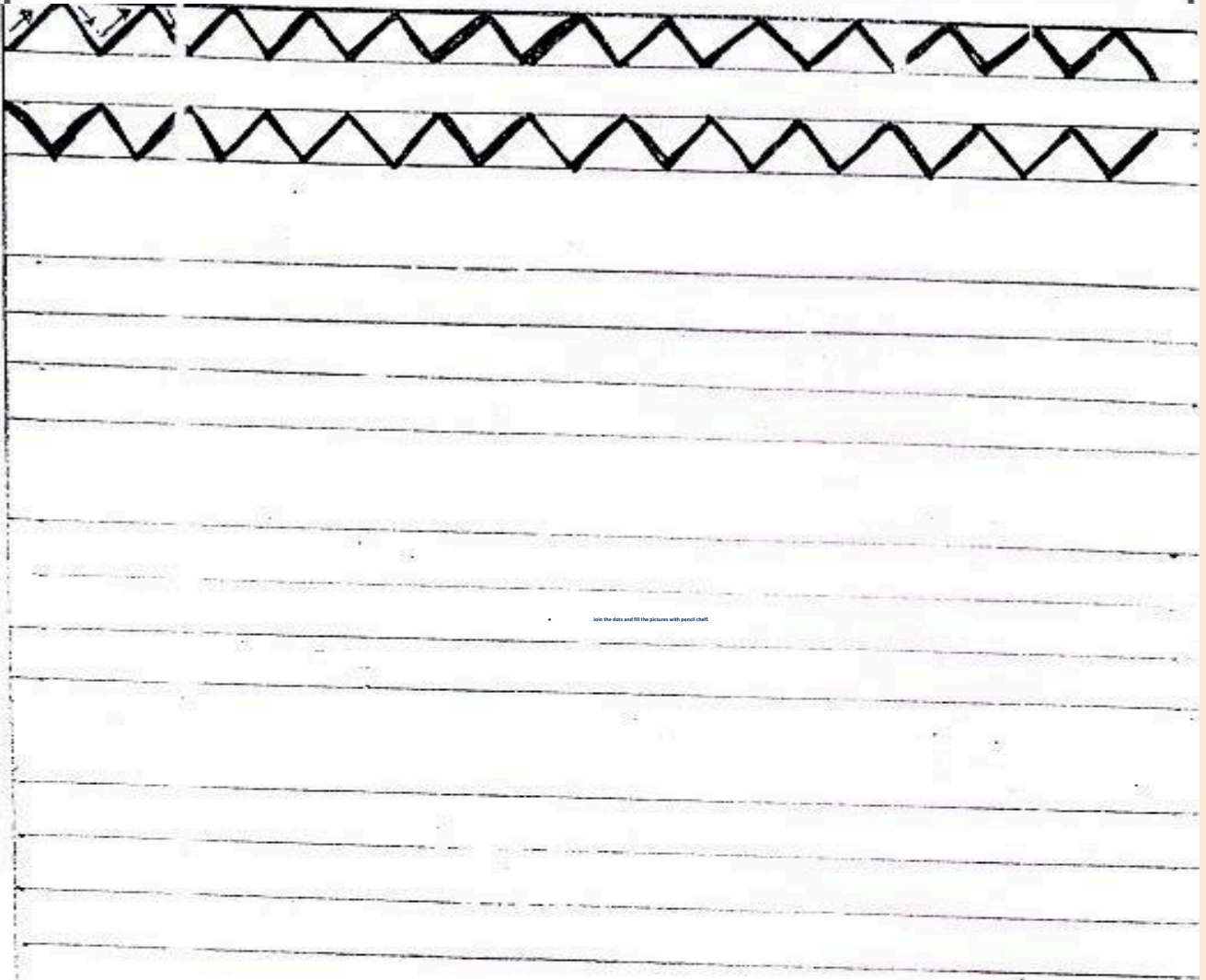
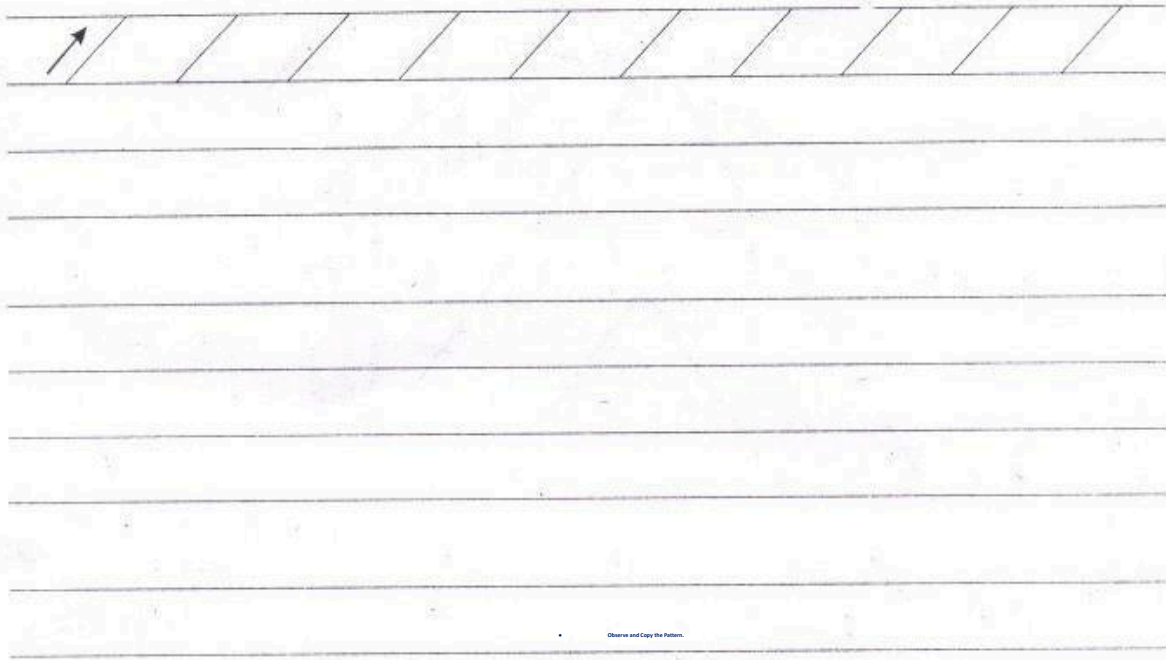
Though we already have detailed programme, the need to review the same is imperative in view of the fact that the activities we follow so far are already finished by the children in their regular pre-primary classes or at homes. So in this changed scenario a modest change is being made to suggest somewhat different and interesting activities for the children. In the footnote we have put some quotes or thought with a view to cultivating certain values among the students. It is hoped that the effort would be appreciated. The committee will welcome all constructive suggestions.

Main objectives of school readiness programme

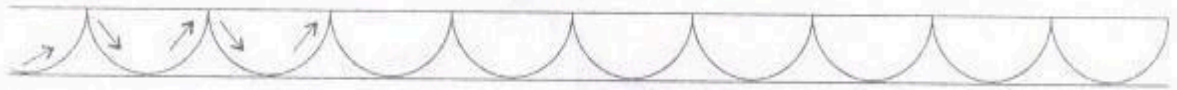
- To ensure a smooth transition from the home environment to a learning atmosphere.
- To make the students familiar with the surroundings.
- To inculcate in them the habit of school routine and get to know the school environment.
- To initiate the child into formal school system.
- To develop a sense of fondness and belongingness.
- To develop acceptable interpersonal social behavior towards their peers, teachers and elders.
- To develop a sense of personal cleanliness and public conveniences.
- To build 'self-esteem'.
- To be able to develop awareness of themselves and feel good about who they are.
- To develop interest in group activities

- Trace your hand and paste the photographs of your family members at fingertips.

School is my extended family.



~~Tread on others with respect~~
Always speak the truth



Complete the pattern.

एक अच्छा इनसान बनो



Copy the pattern here.

Now trace and complete this pattern.



Copy the pattern.

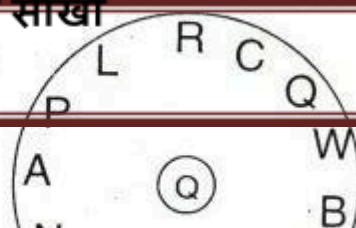
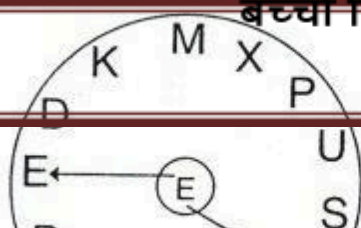
Trace and complete the pattern.



Copy the pattern.

Identify and Match the alphabets.

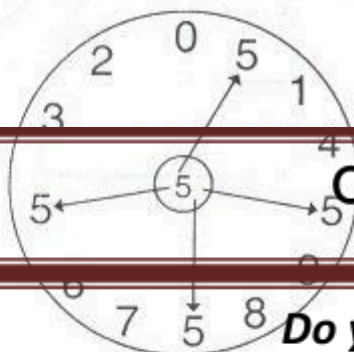
बच्चों मिलकर रहना सीखो





Join the dots and make patterns.

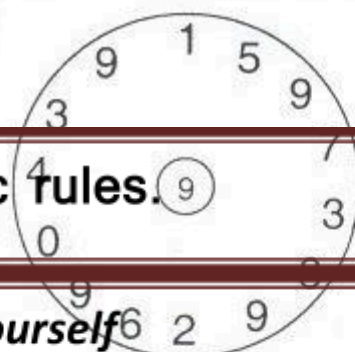
Identify and Match the numbers.



Obey traffic rules.

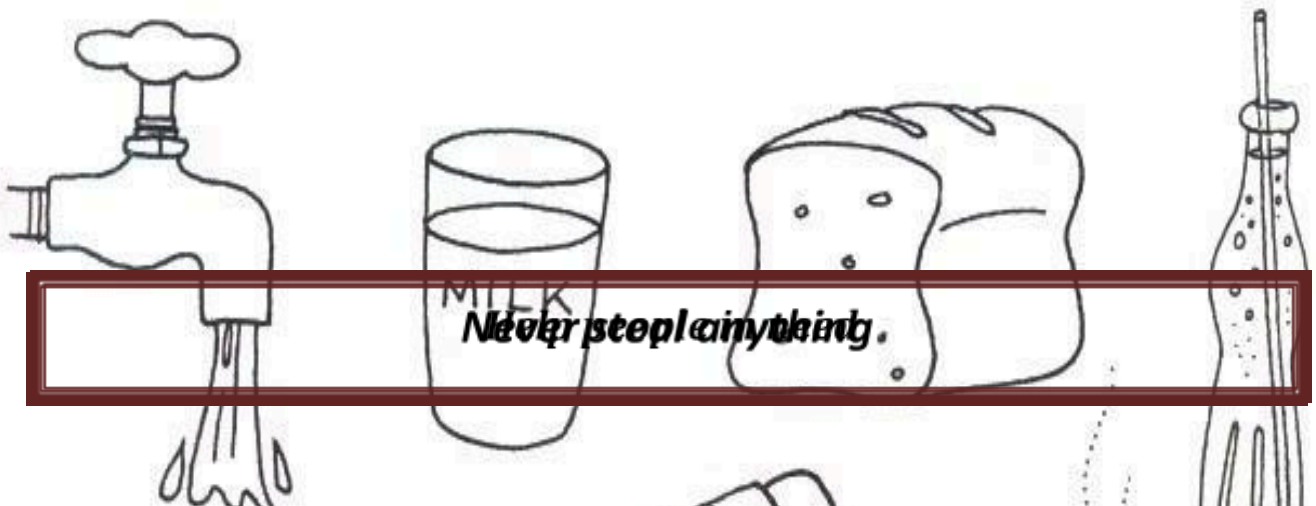
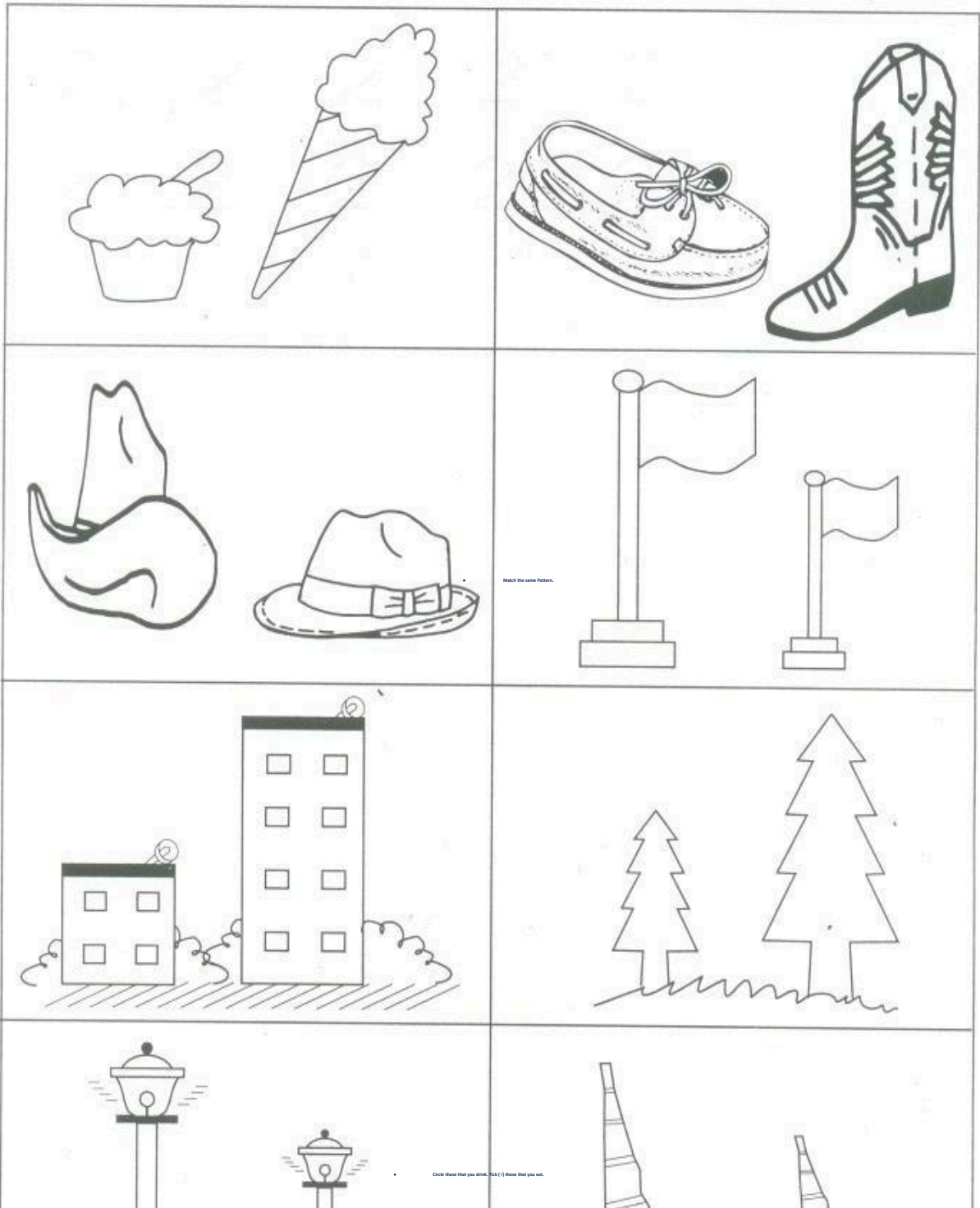
Do your work yourself

Wear clean and ironed uniform

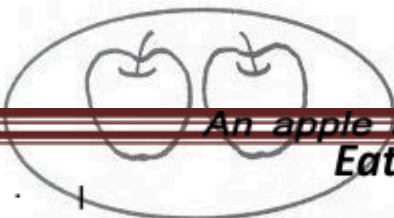
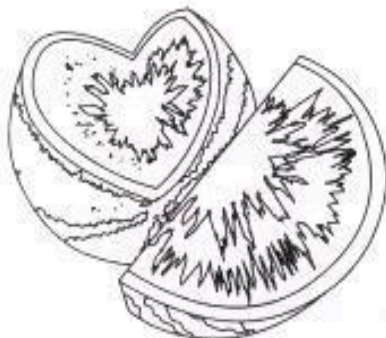
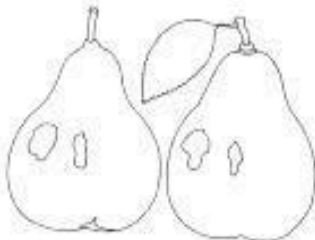
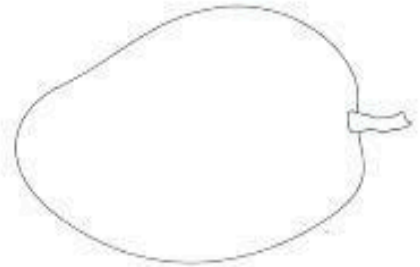
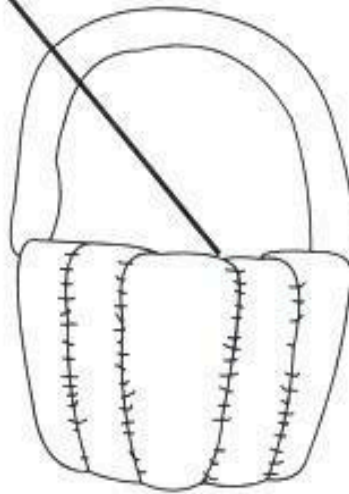
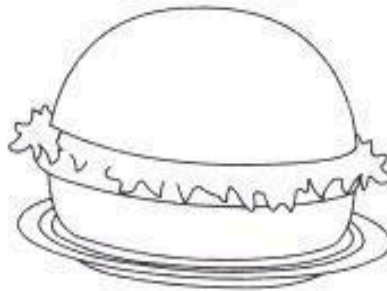
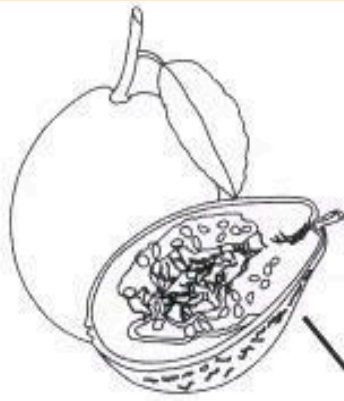


Peace begins with a smile

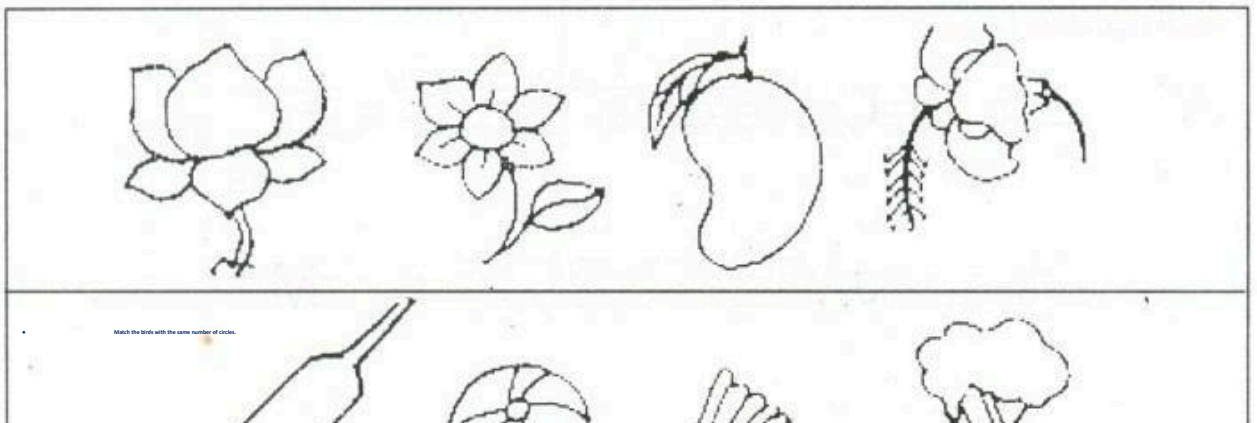
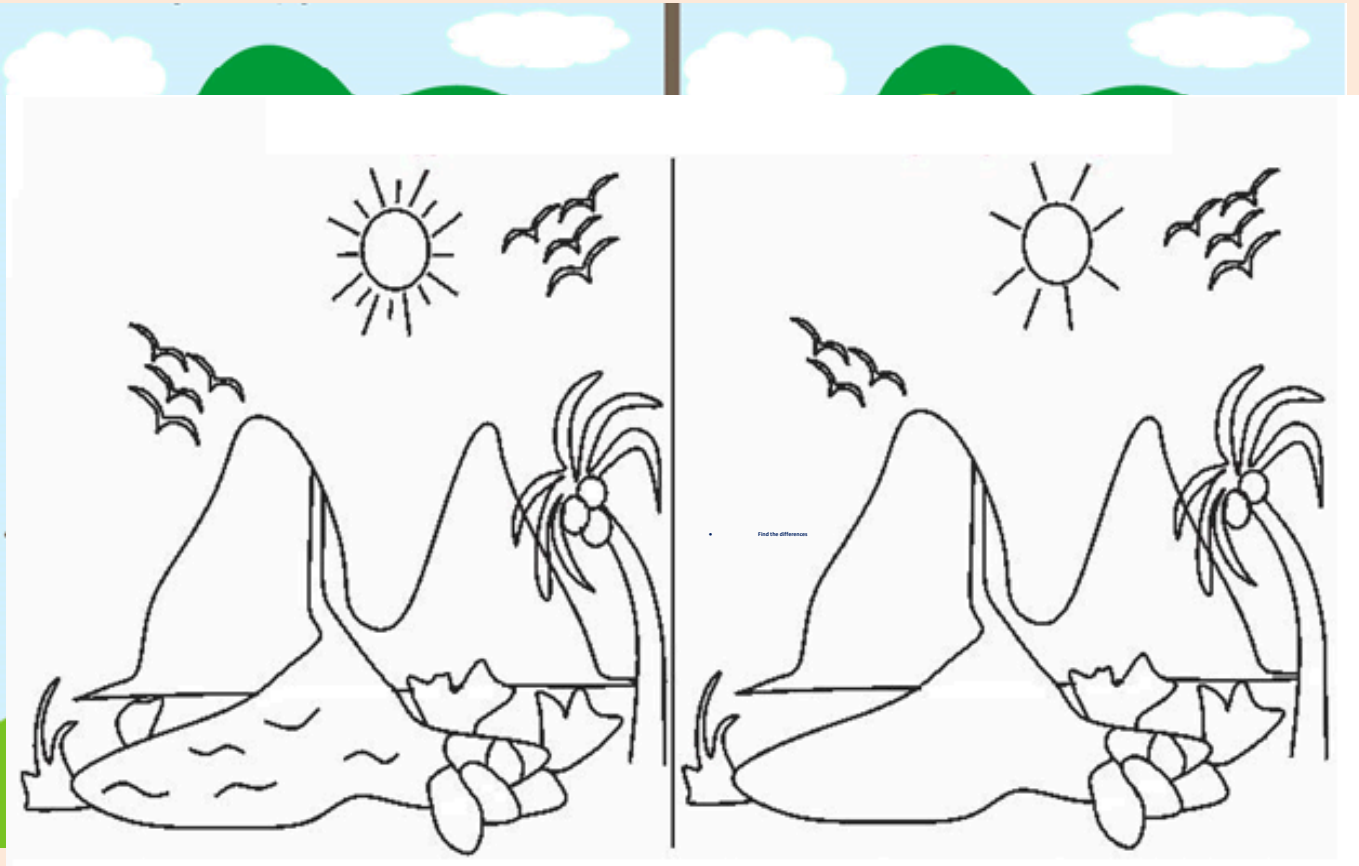
Colour the larger one

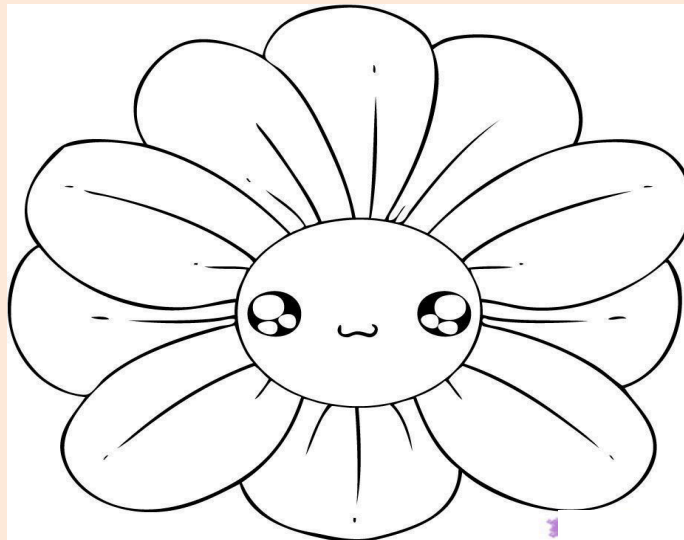


Never waste food



**An apple a day, keeps the doctor away
Eat vegetables and fruits**





Do not go anywhere without teacher's permission

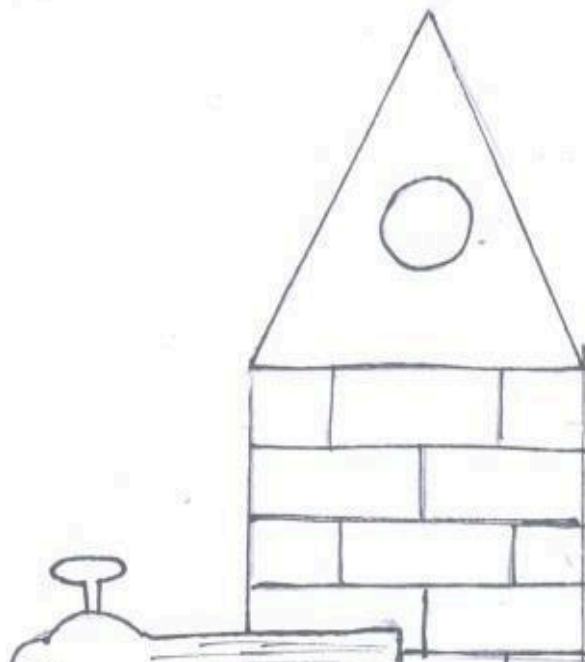
Join the dots beginning with number 1 and complete the picture.

Match with the same shape.

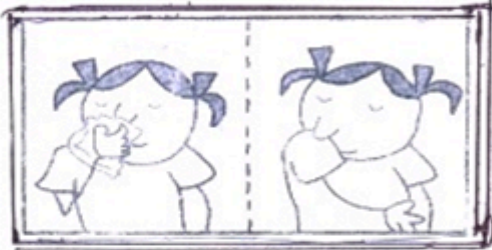
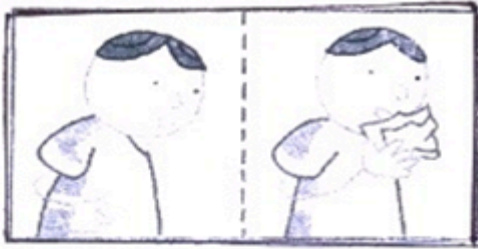
Match the larger animal with the smaller one.

Never tear pages from the notebook
Keep your room clean.

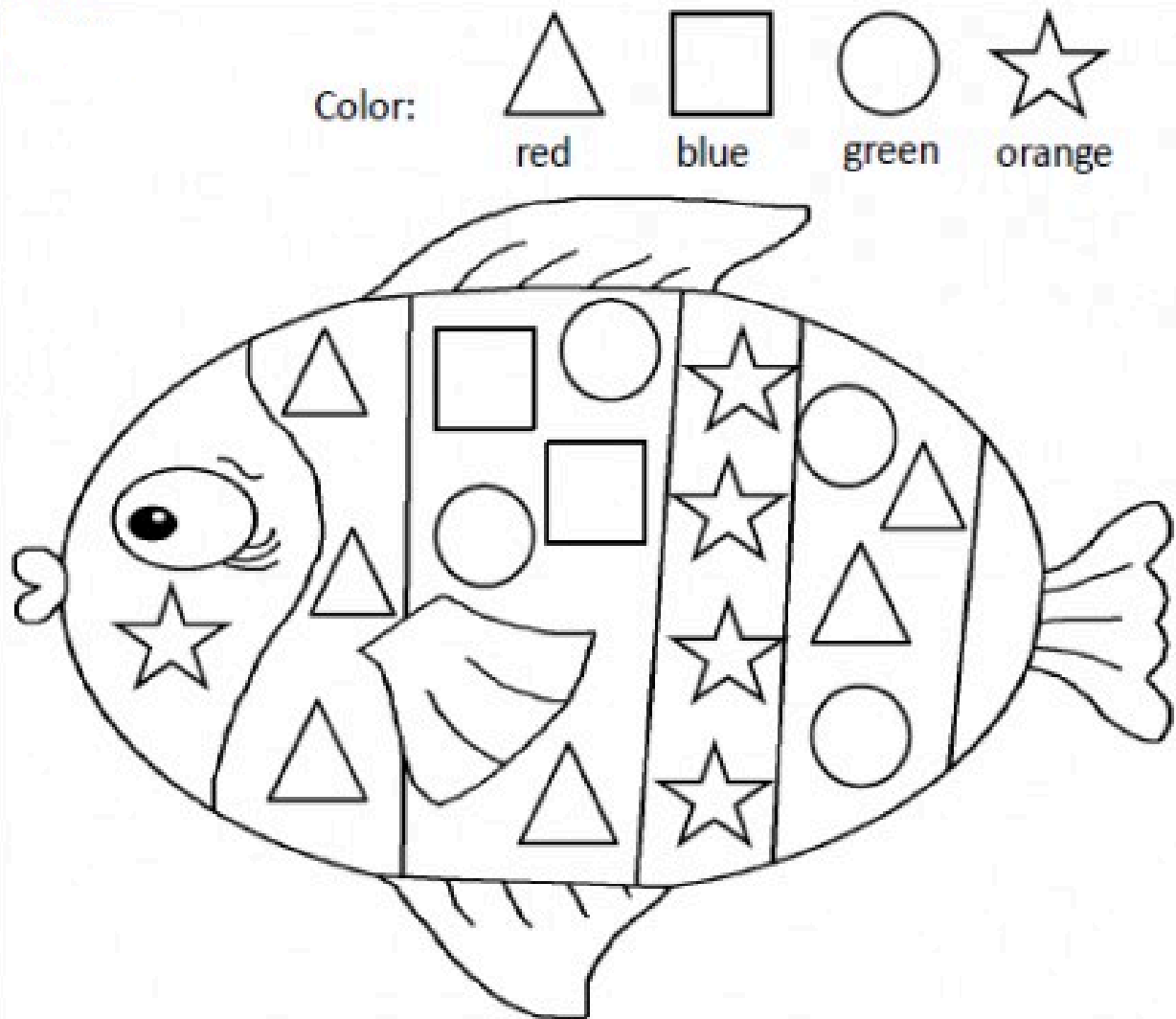




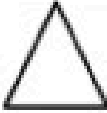
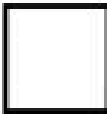
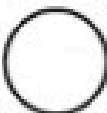
Avoid the use of polythene.
Water is precious, do not waste it



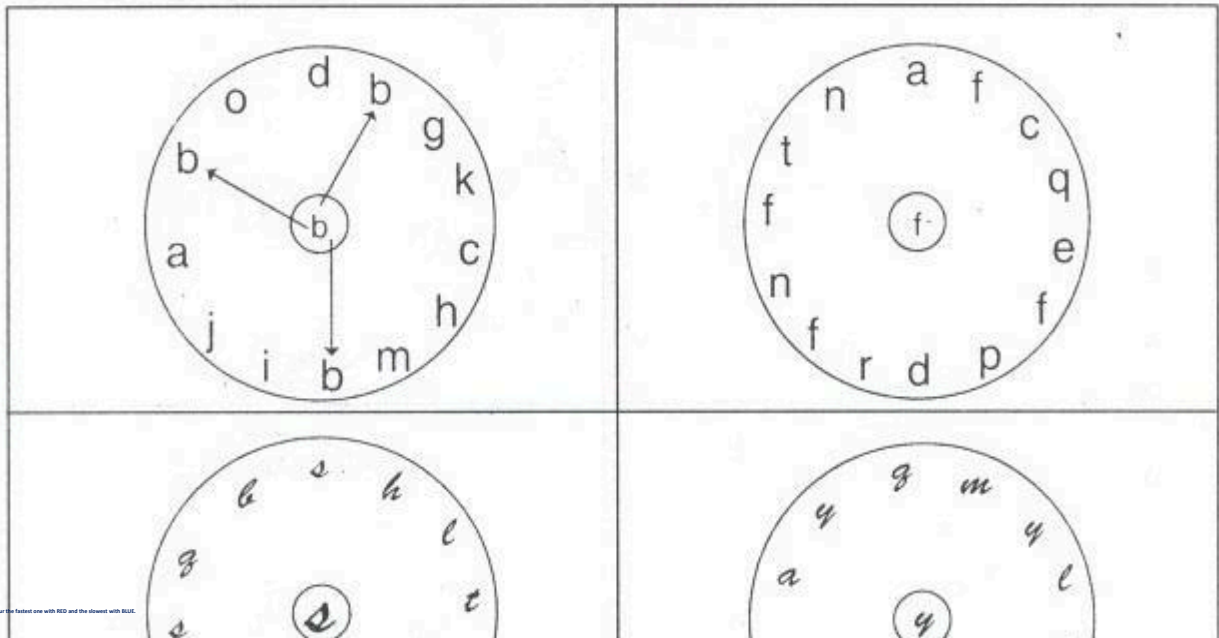
**Keep your surroundings clean and green.
Always be a good mannered child**



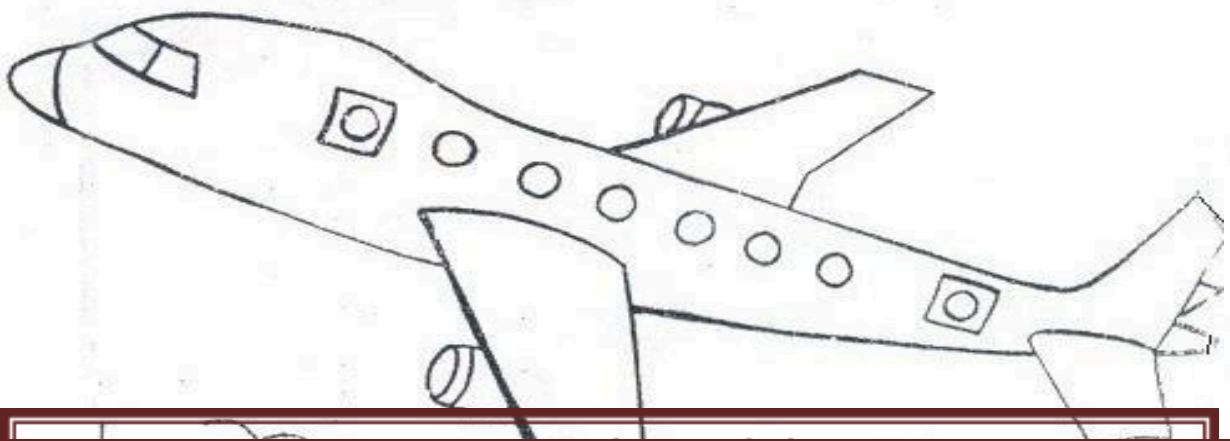
Count the shapes in the fish. Then make the same number of shapes in the space given below

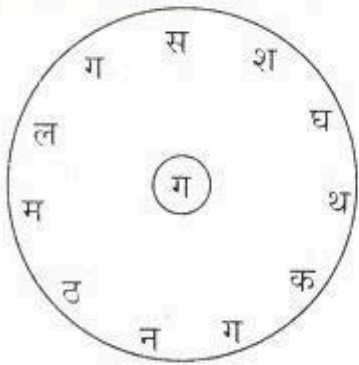
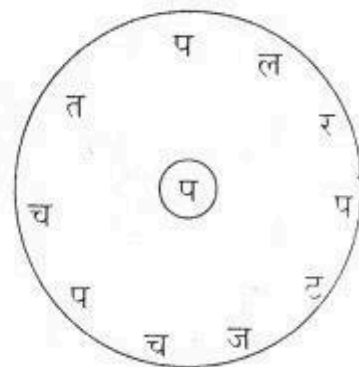
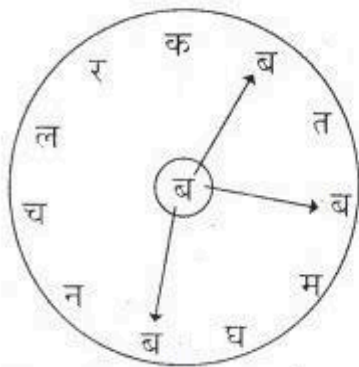
Do not run on the road.



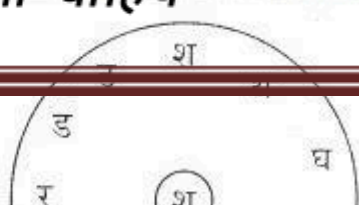
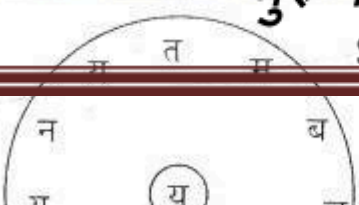
Colour the fastest one with BOLD and the slowest with BOLD.

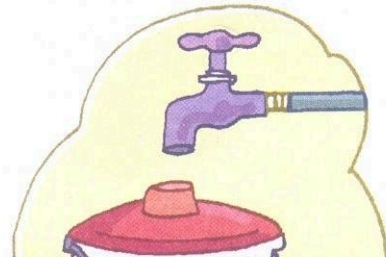
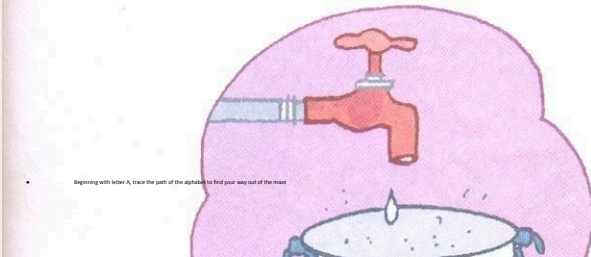
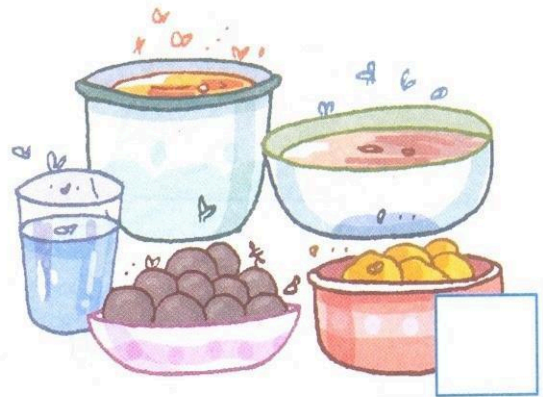


Always follow the road safety rules.
Do not use bad language

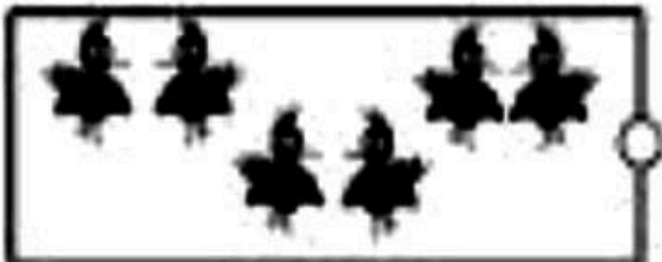
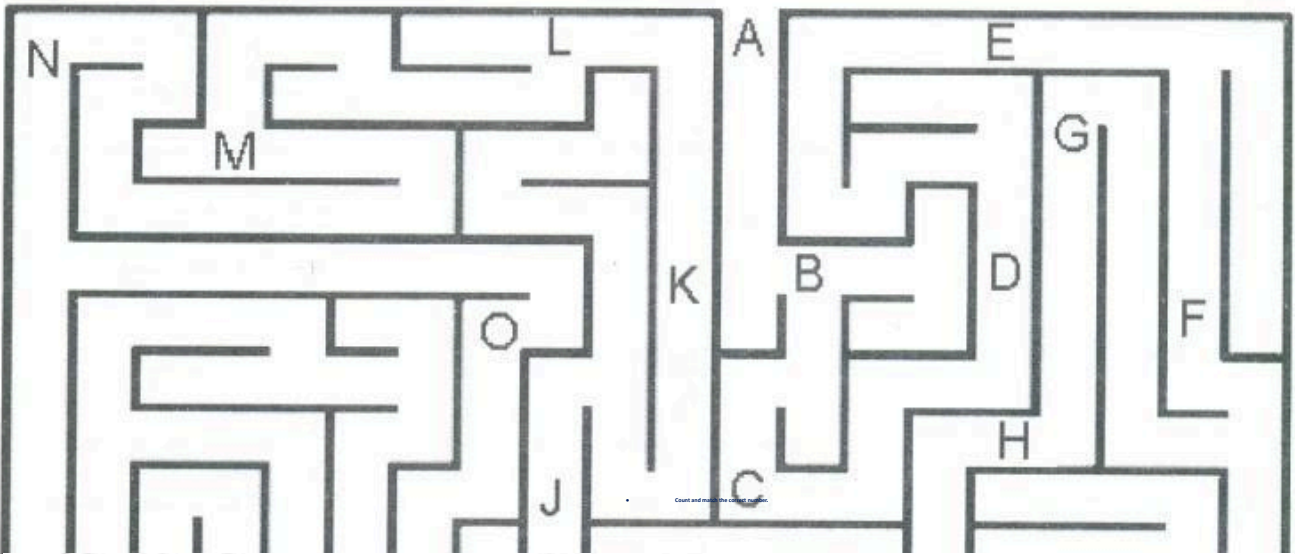


Do not move out when it is hot during summers
गुरु की आदर करना चाहिए
season





Start

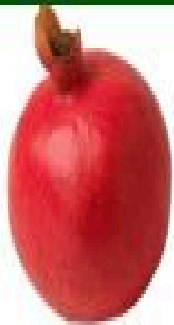


5

6

Do not write on the walls
Do not turn the water open

सही अक्षर पर गोला लगाओ



इ (अ) ए



औ इ ओ



ए उ अ



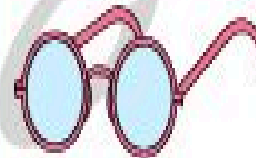
अं ओ ए



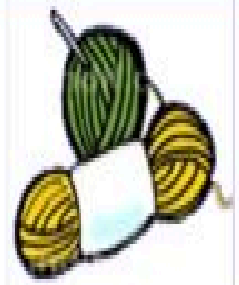
अं ओ इ



पु अ इ

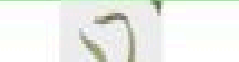


अं ओ ए

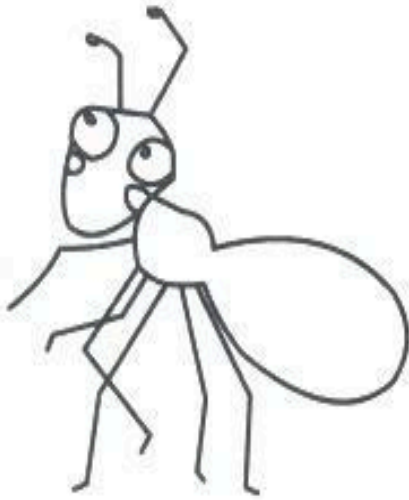


उ ओ इ

पर्यावरण के दुश्मन प्लास्टिक, पौऊच और मोलीथीन्



Match the letters to the pictures starting with the same letter.



A



B

C



G



H



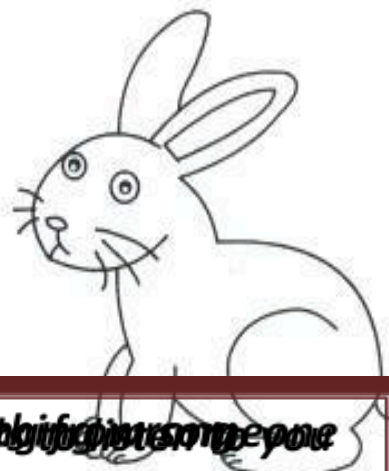
I



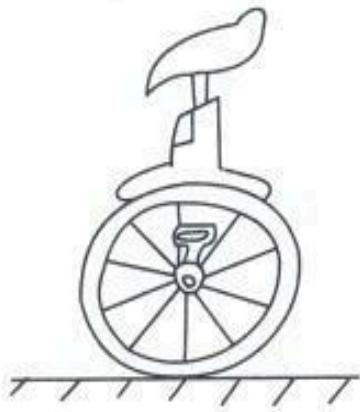
M



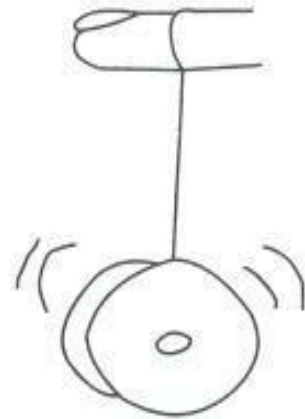
N



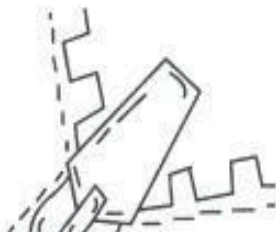
Say EXERCISES ON how you can do something for you



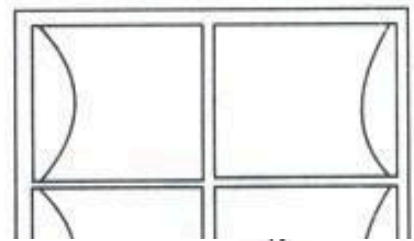
S



T

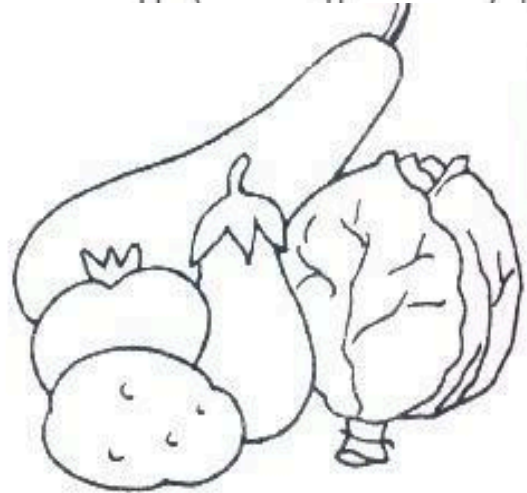
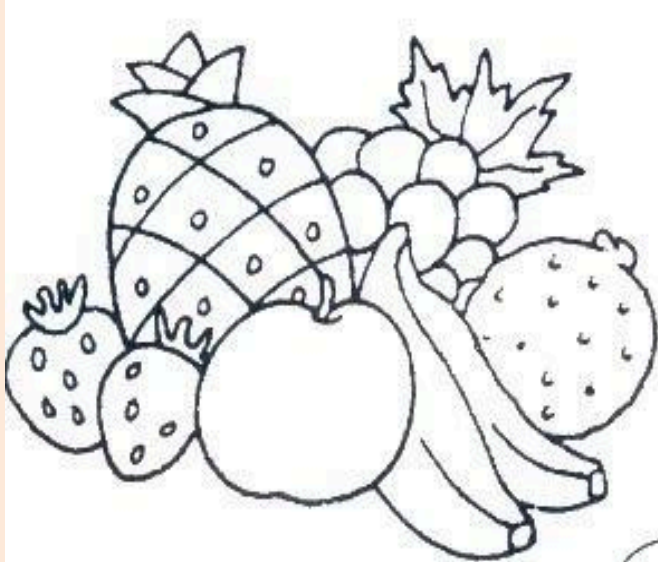


U



Tick (✓) those that are good for your health and cross out (✗) the ones that are bad for you.

V



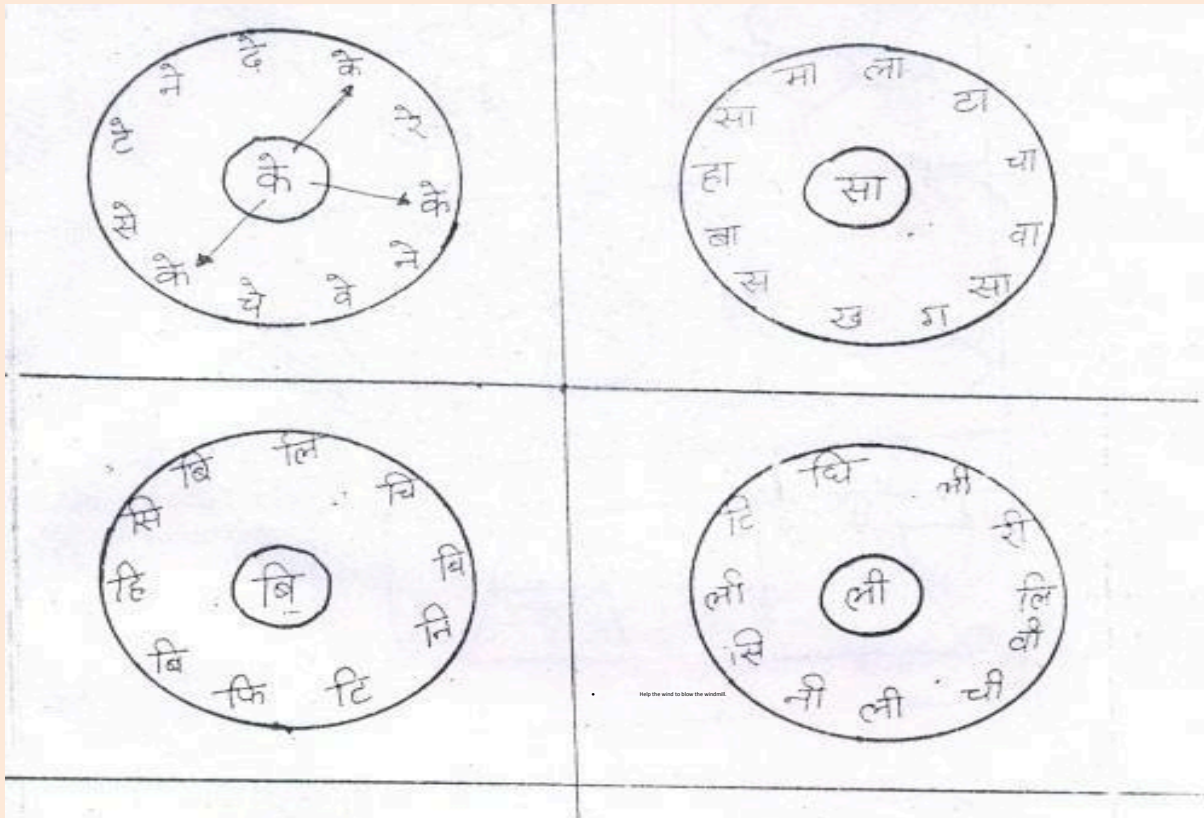
Tick the pictures related to Post Office.



Eat healthy food. Never eat junk food.
Say "No" to junk food.



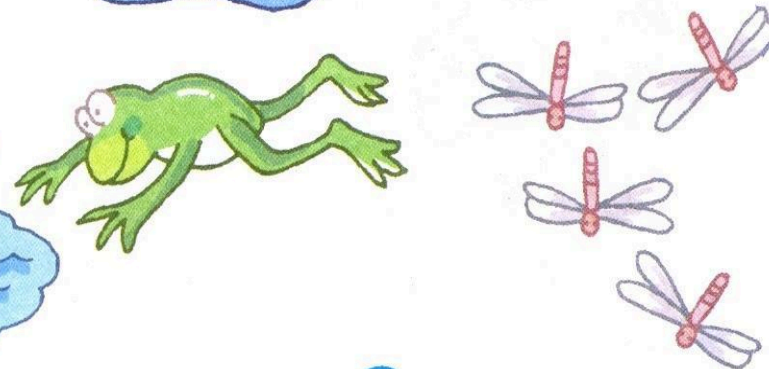
Maintain silence in the class



Good habits for each season

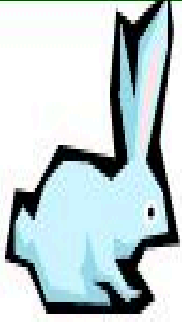
Cover your mouth while yawning or coughing

COLOUR MY
RAINCOAT!



Enjoy the rains and save the water.

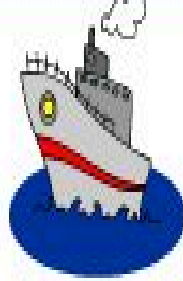
सही अक्षर पर गोला लगाओ



क ख घ



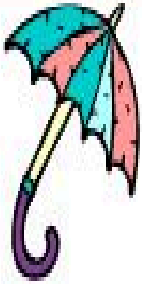
घ च ज



क छ ज



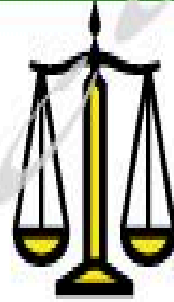
ख क ग



झ घ छ



ट ठ ढ



च त क



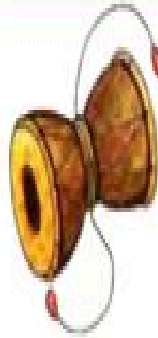
ट ढ च



ग त थ



थ त क



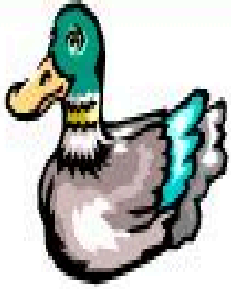
ढ ठ ड



ख झ च

Keep your back straight when you sit or stand

सही अक्षर पर गोला लगाओ



भ ब र



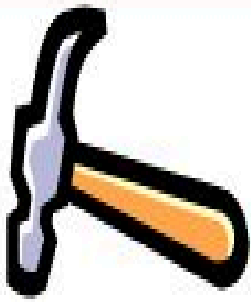
प म फ



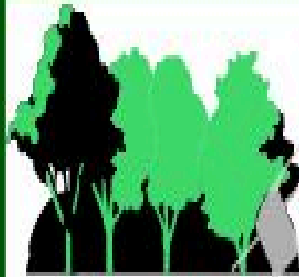
य व ल



प फ ल



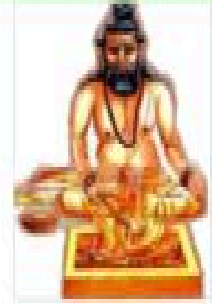
ह श ब



श व प



म ल श



ल य फ



म र स



व भ क्ष

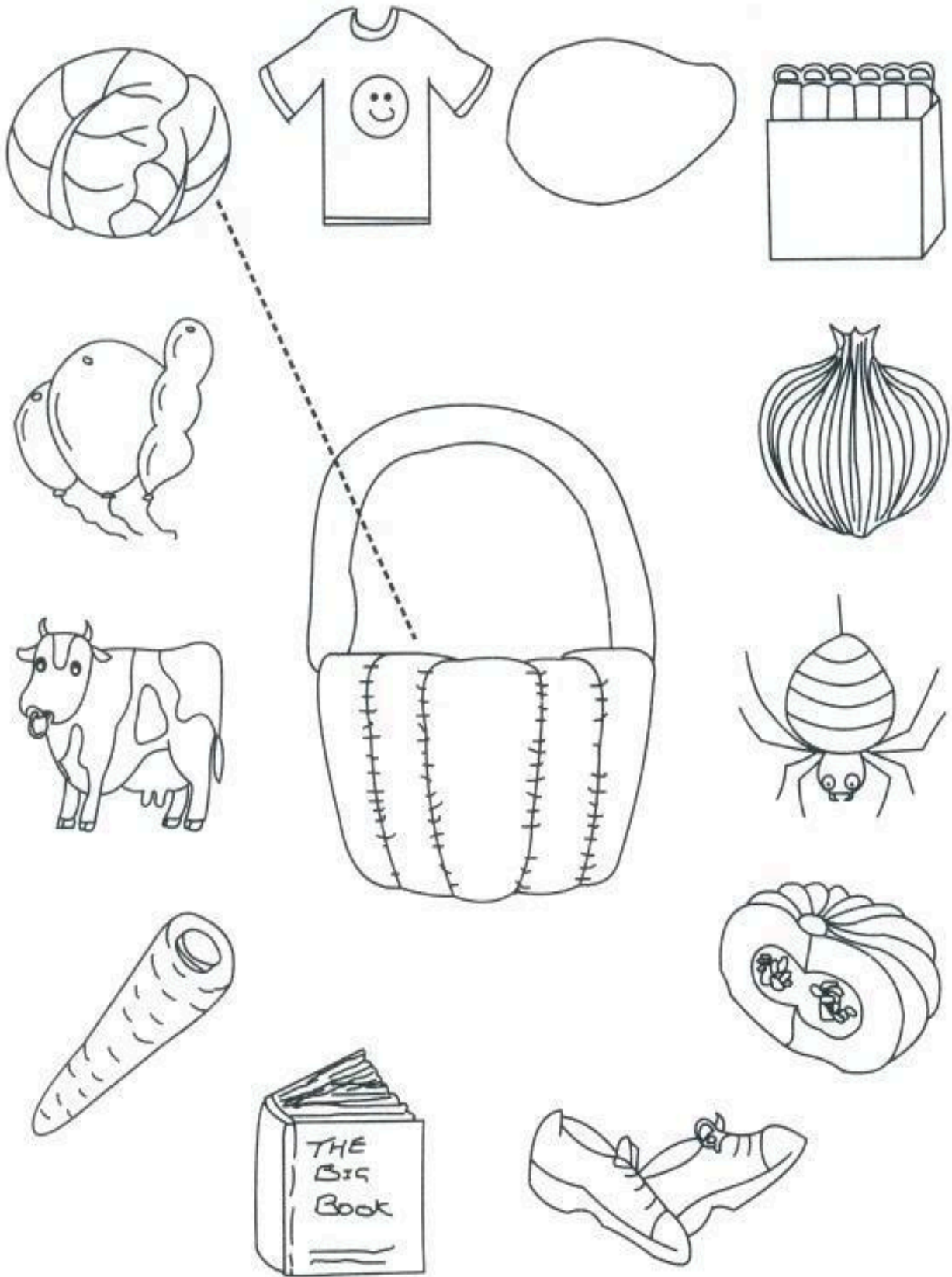


प भ म

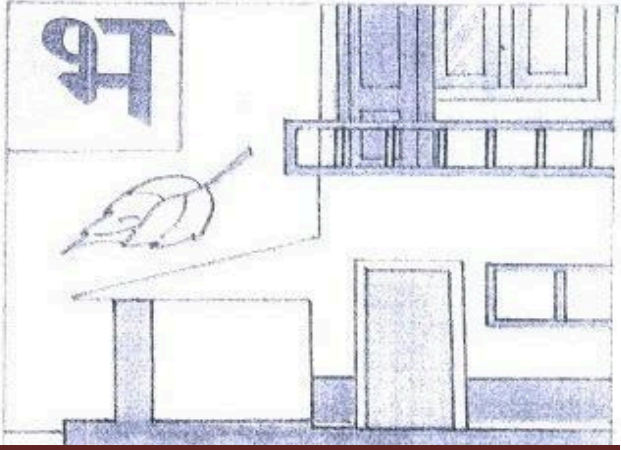
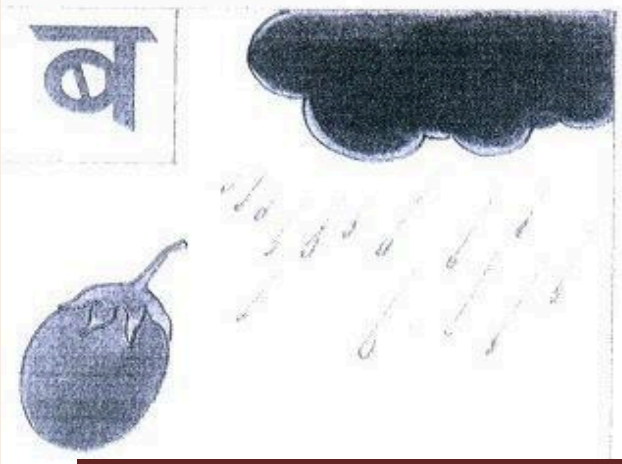
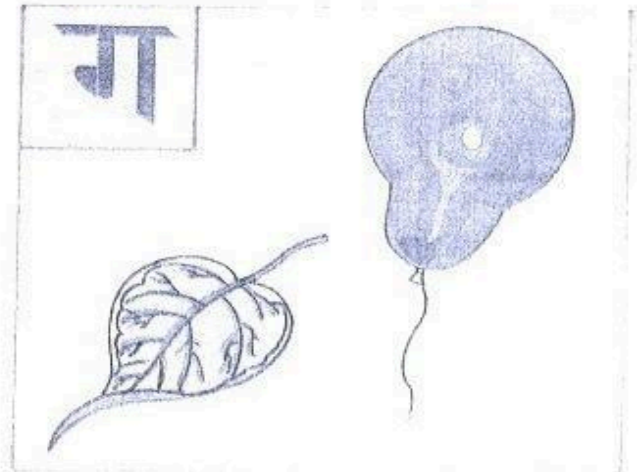
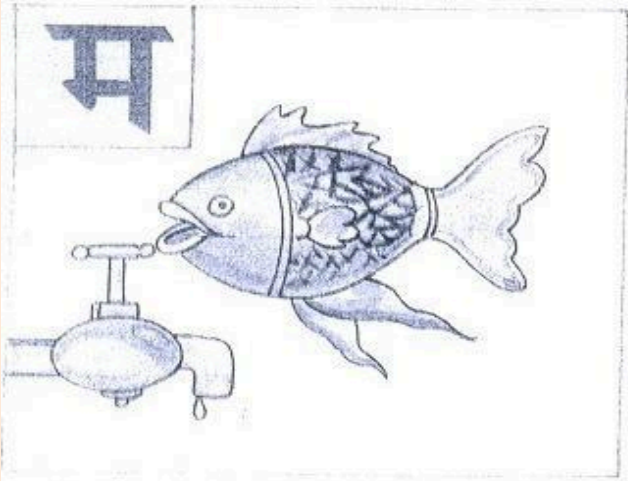
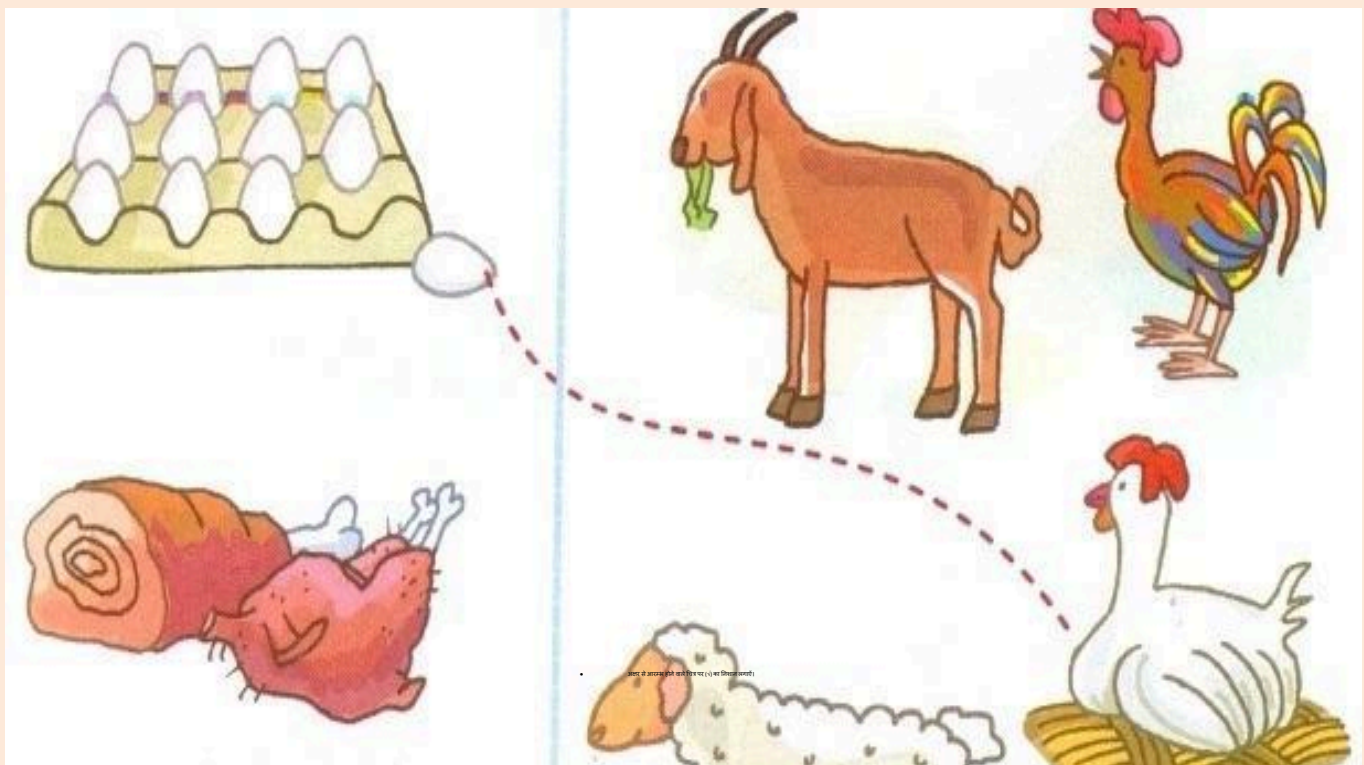


त्र ल र

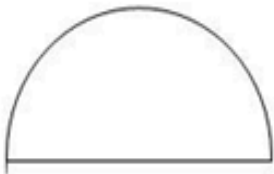
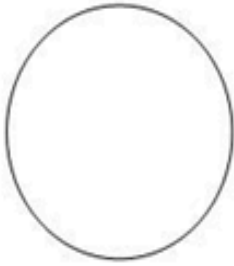
बड़ों की आज्ञा मानो



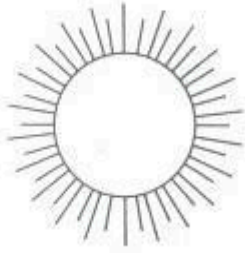
Make vegetables a necessary part of your food.



Animals are our best friends
माता - पिता और बड़ी का आदर करो



Practice makes the man perfect.

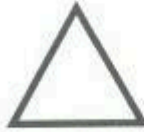


Yellow



Red

Brown



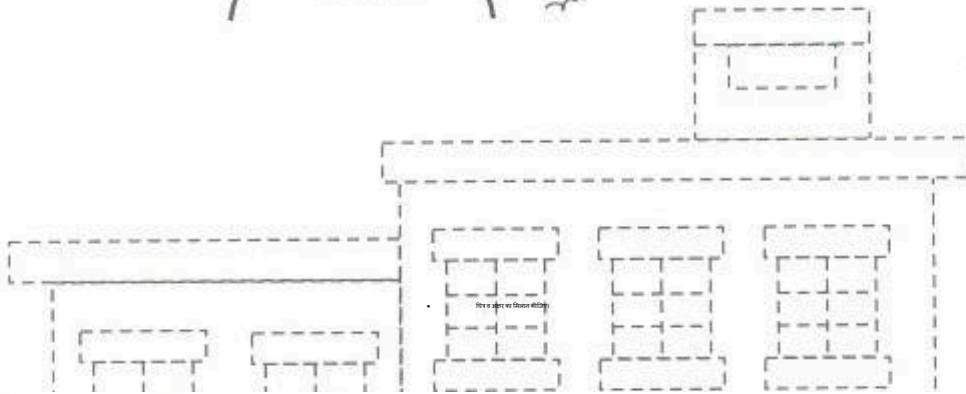
Green



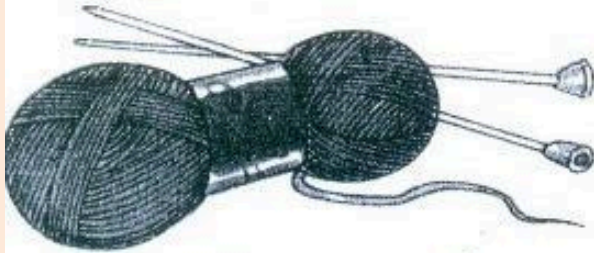
Blue



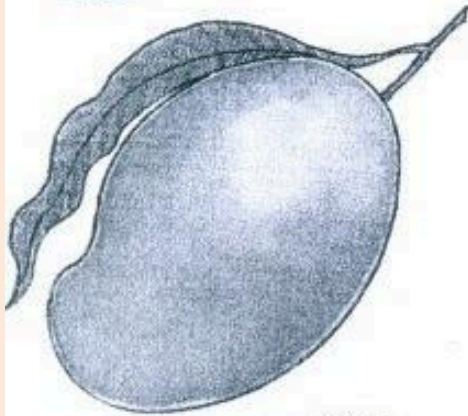
Green



Use a ruler or straight edge.



अ



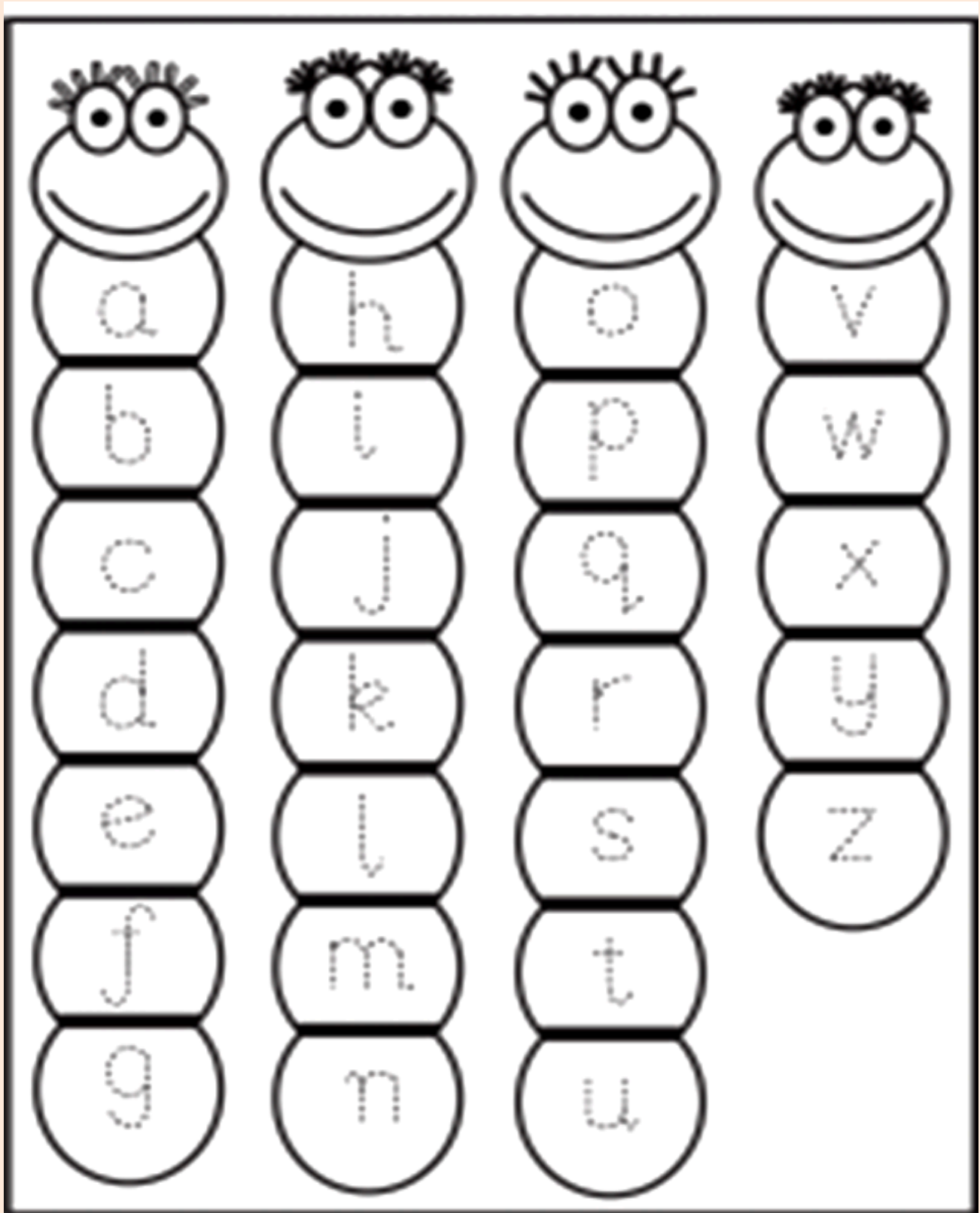
इ

Tick (✓) the right action and cross out (X) the wrong ones.



भयानक मत करो
Never harm anyone





Keep your room clean.

A a

B b

C c

D d

E e

F f

G g

H h

I i

J j

K k

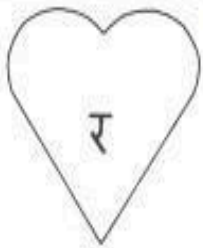
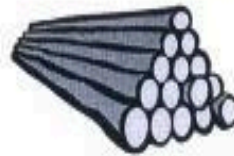
L l

M m

Do not bite nails

N n
O o
P p
Q q
R r

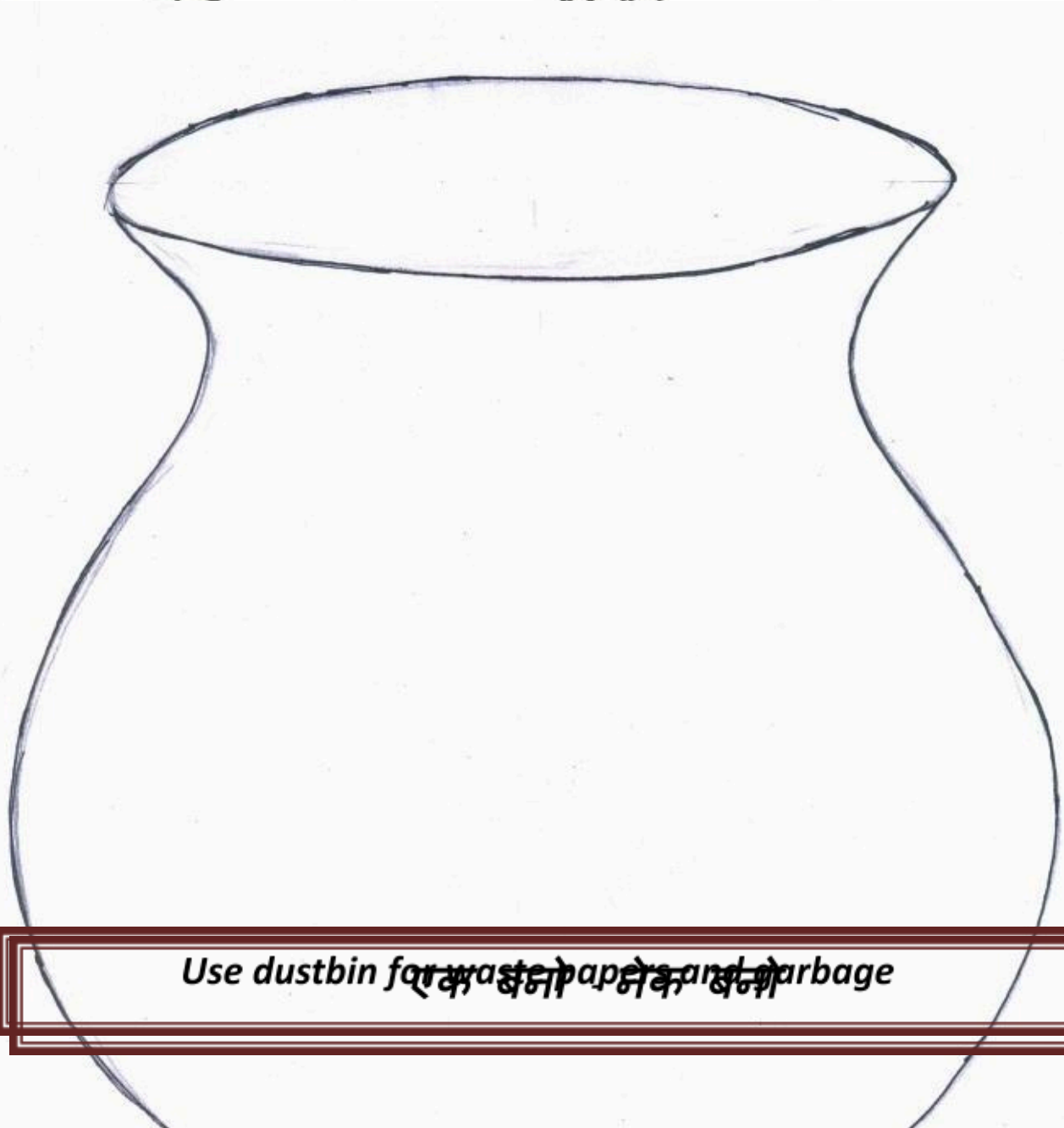
www.dynamilis.com



Look at the pictures and talk about them.



Never fight with classmates



Use dustbin for waste papers and garbage

1

2

3

4

5

6

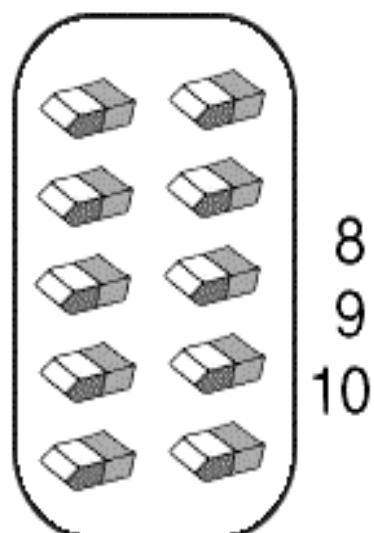
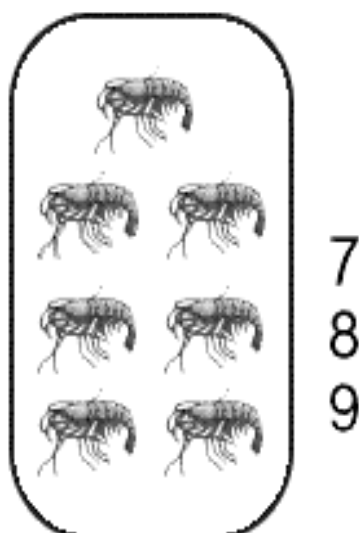
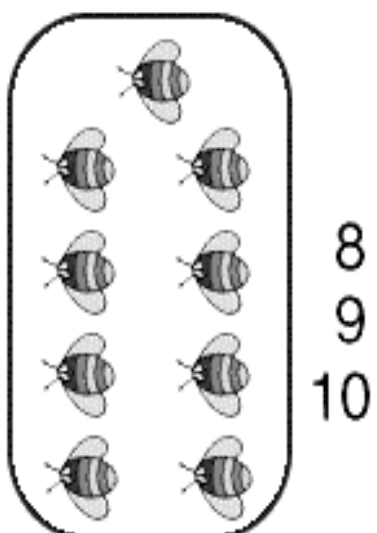
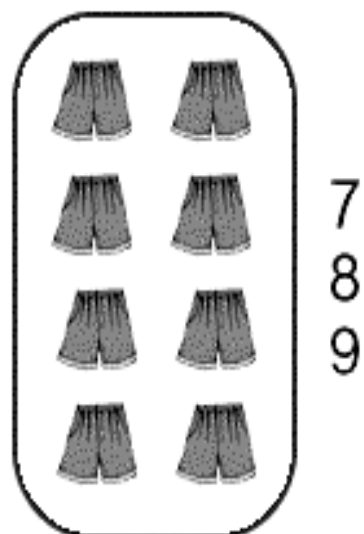
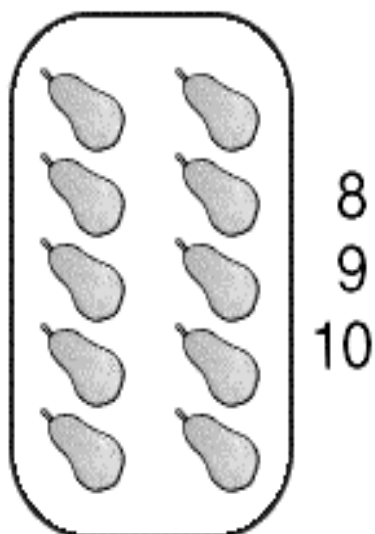
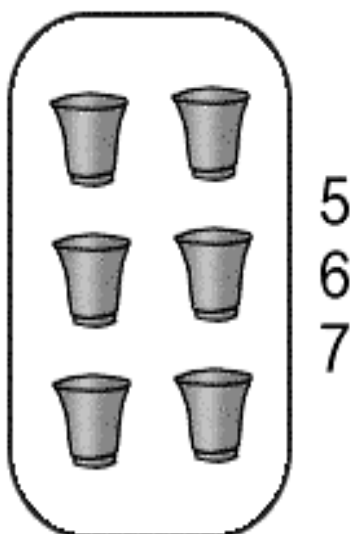
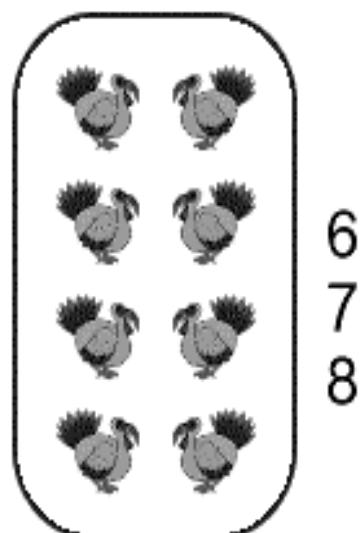
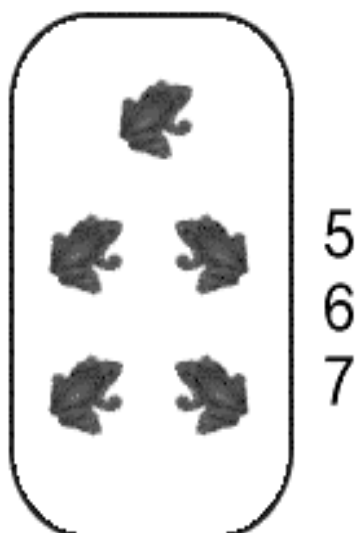
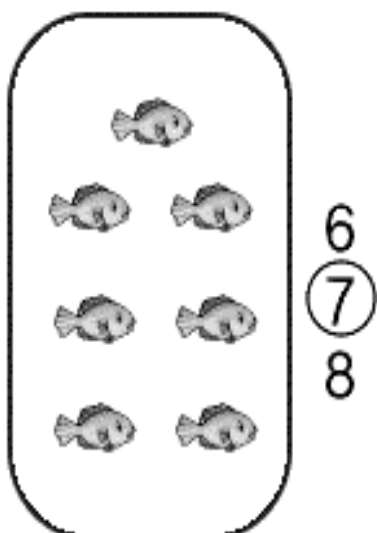
7

8

9

10

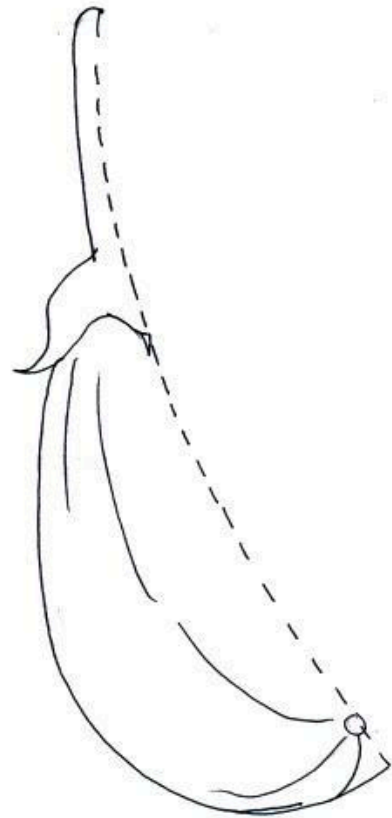
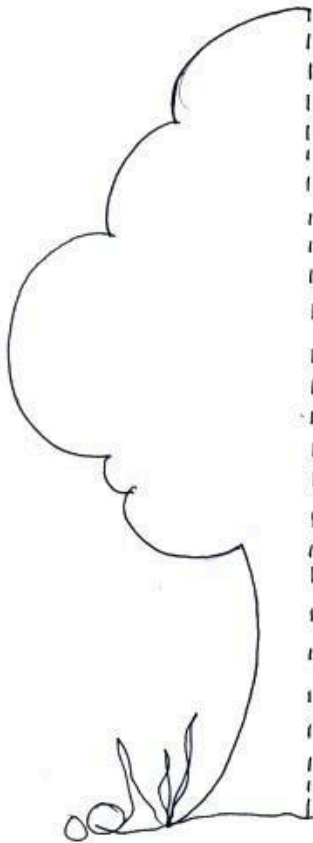
Do exercise daily for good health



Do not use bad language



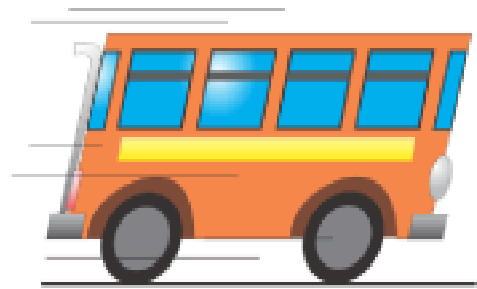
Draw the other half of the picture



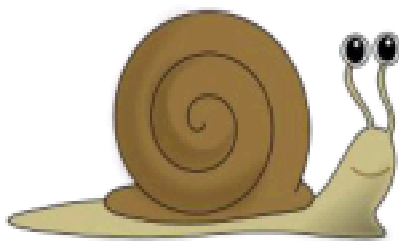
Vegetables always help to prevent diseases



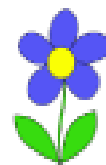
cold



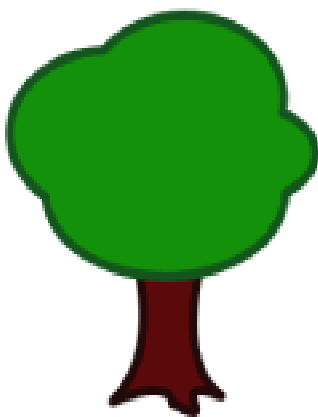
fast



slow



small

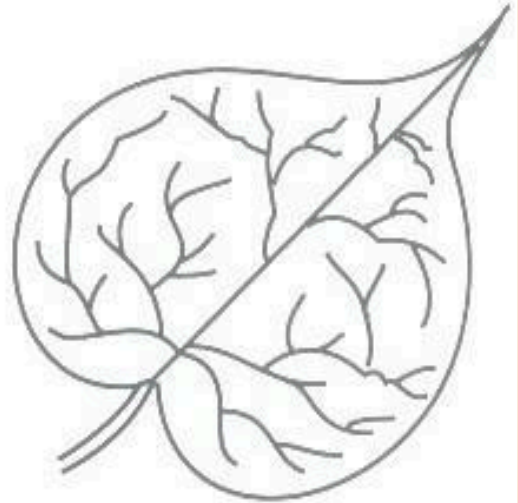


big



hot

It is a bad habit to drag your feet while walking



Cow



Cub



Duck



Foal

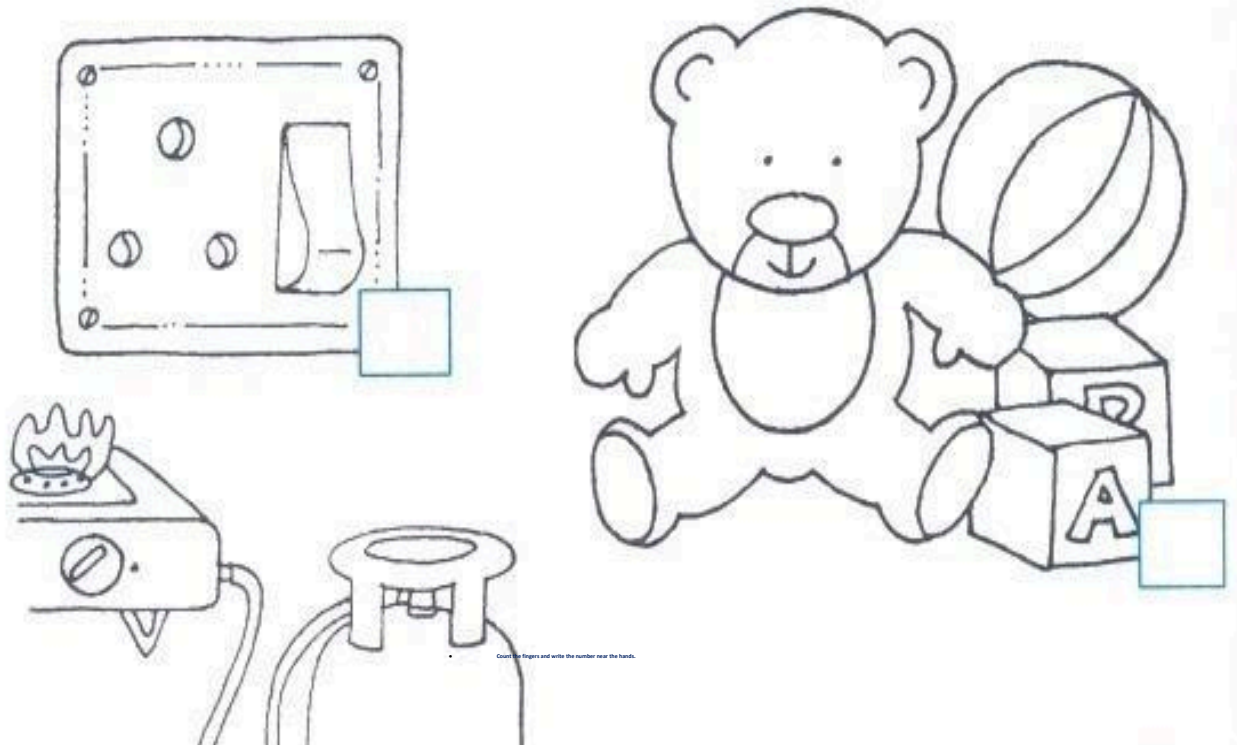


Horse



Calf

Respect your elders and take care of young ones.



Safety saves. Never touch unsafe things

Say "Thank you" when you receive a gift

चित्र के नाम के पहले अक्षर को लिखो

Blank box for writing the first letter of the word 'Grapes'.



Blank box for writing the first letter of the word 'Mango'.



Blank box for writing the first letter of the word 'Knitting'.



Blank box for writing the first letter of the word 'Foot'.



Blank box for writing the first letter of the word 'Pomegranate'.



Blank box for writing the first letter of the word 'Mortar and Pestle'.



Blank box for writing the first letter of the word 'Bamboo'.



Blank box for writing the first letter of the word 'Glasses'.



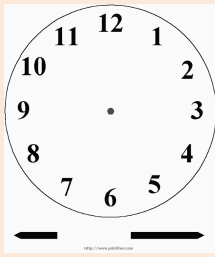
Blank box for writing the first letter of the word 'Yogi'.



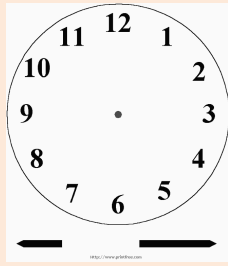
Blank box for writing the first letter of the word 'Mango'.



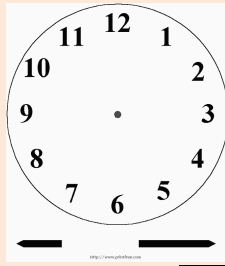
विनम्र बनो, साहसी बनो, शक्तिशाली बनो



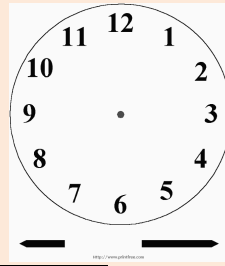
1 O' Clock



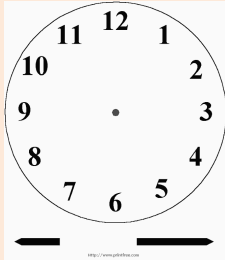
2 O' Clock



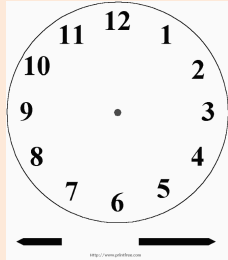
3 O' Clock



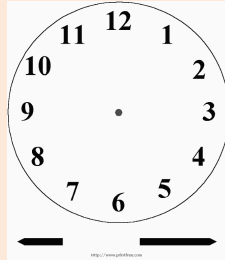
4 O' Clock



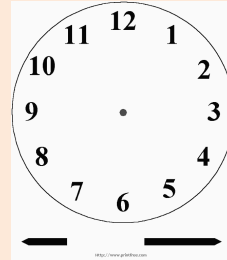
5 O' Clock



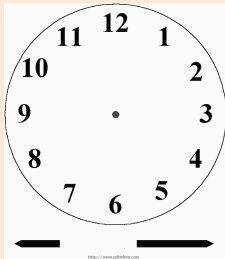
6 O' Clock



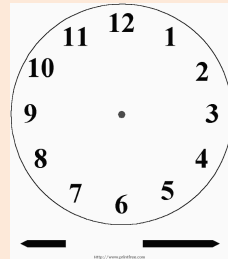
7 O' Clock



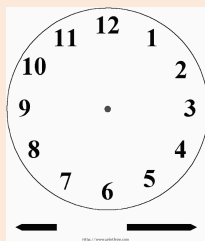
8 O' Clock



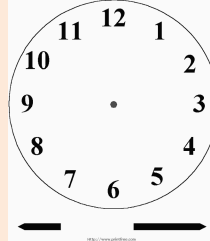
9 O' Clock



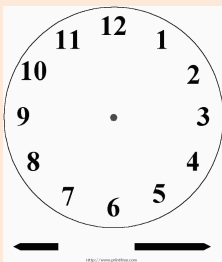
10 O' Clock



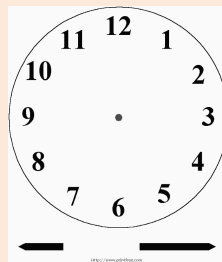
11 O' Clock



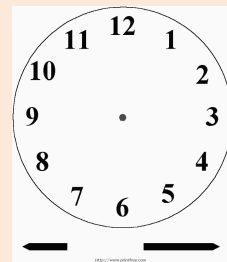
12 O' Clock



Go To Bed

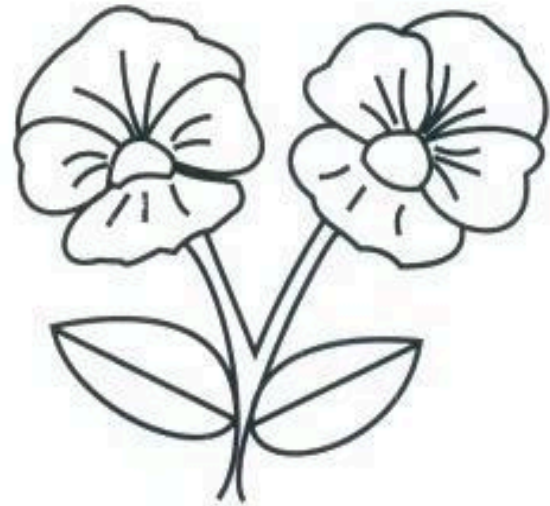
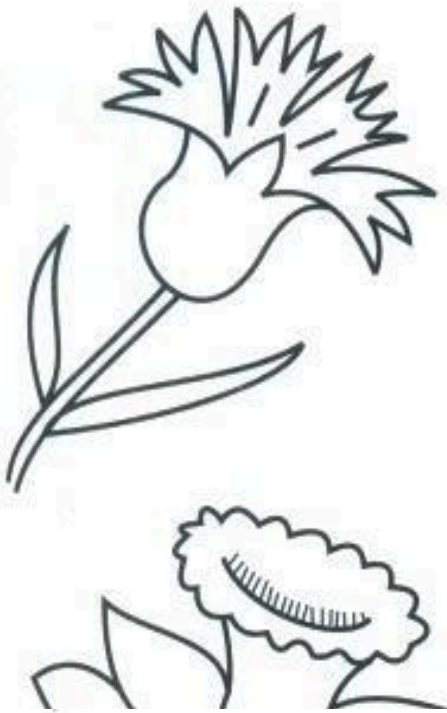


Go To School

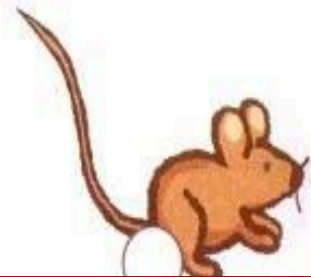
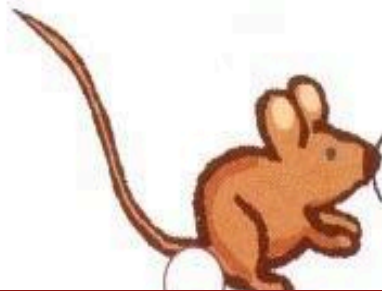
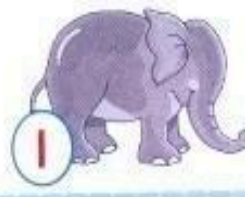
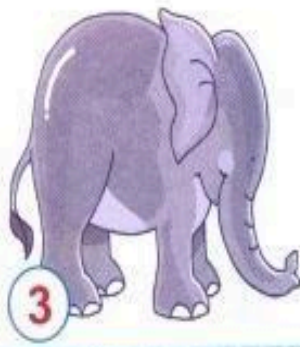
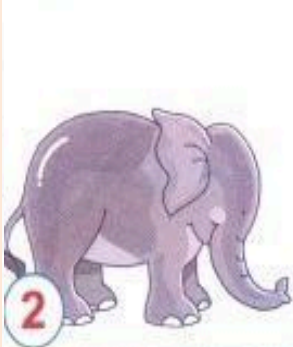


Go To Play

Never waste your time



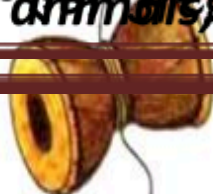
Number the picture in the increasing size.



चित्र के नाम के पहले अक्षर को लिखो

Be good to animals, they will be good to you

Wash your hands before and after every meal



Listen to the teacher and repeat.

A vowel chart for the vowel 'a' is shown, with arrows indicating the tongue's position. Below the chart is a table with words containing 'a'.

at	bat	cat	fat	hat	mat	pat	rat	sat	vat
----	-----	-----	-----	-----	-----	-----	-----	-----	-----

A vowel chart for the vowel 'e' is shown, with arrows indicating the tongue's position. Below the chart is a table with words containing 'e'.

be	de	fe	ge	he	me	pe	re	se	ve
----	----	----	----	----	----	----	----	----	----

Listen to the teacher and repeat.

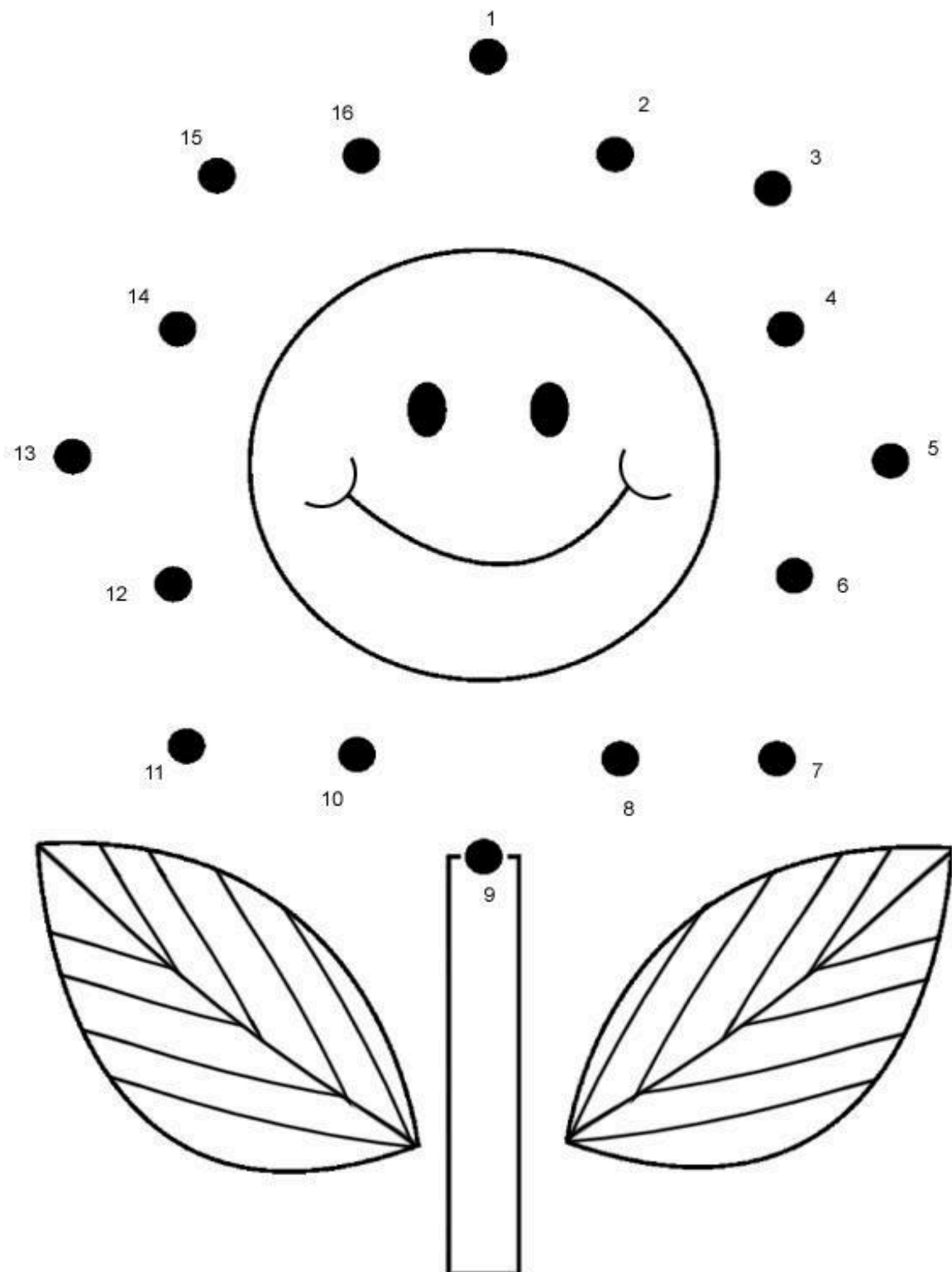
Vowel charts for the vowels 'i', 'o', and 'u' are shown, with arrows indicating the tongue's positions. Below each chart is a table with words containing the respective vowel.

bi	di	fi	gi	hi	mi	pi	ri	si	vi
----	----	----	----	----	----	----	----	----	----

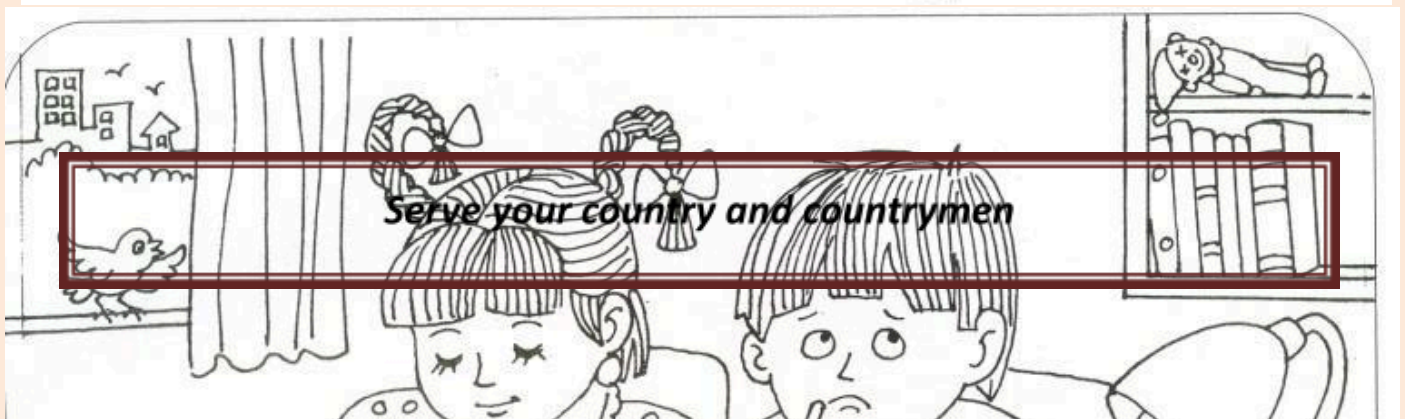
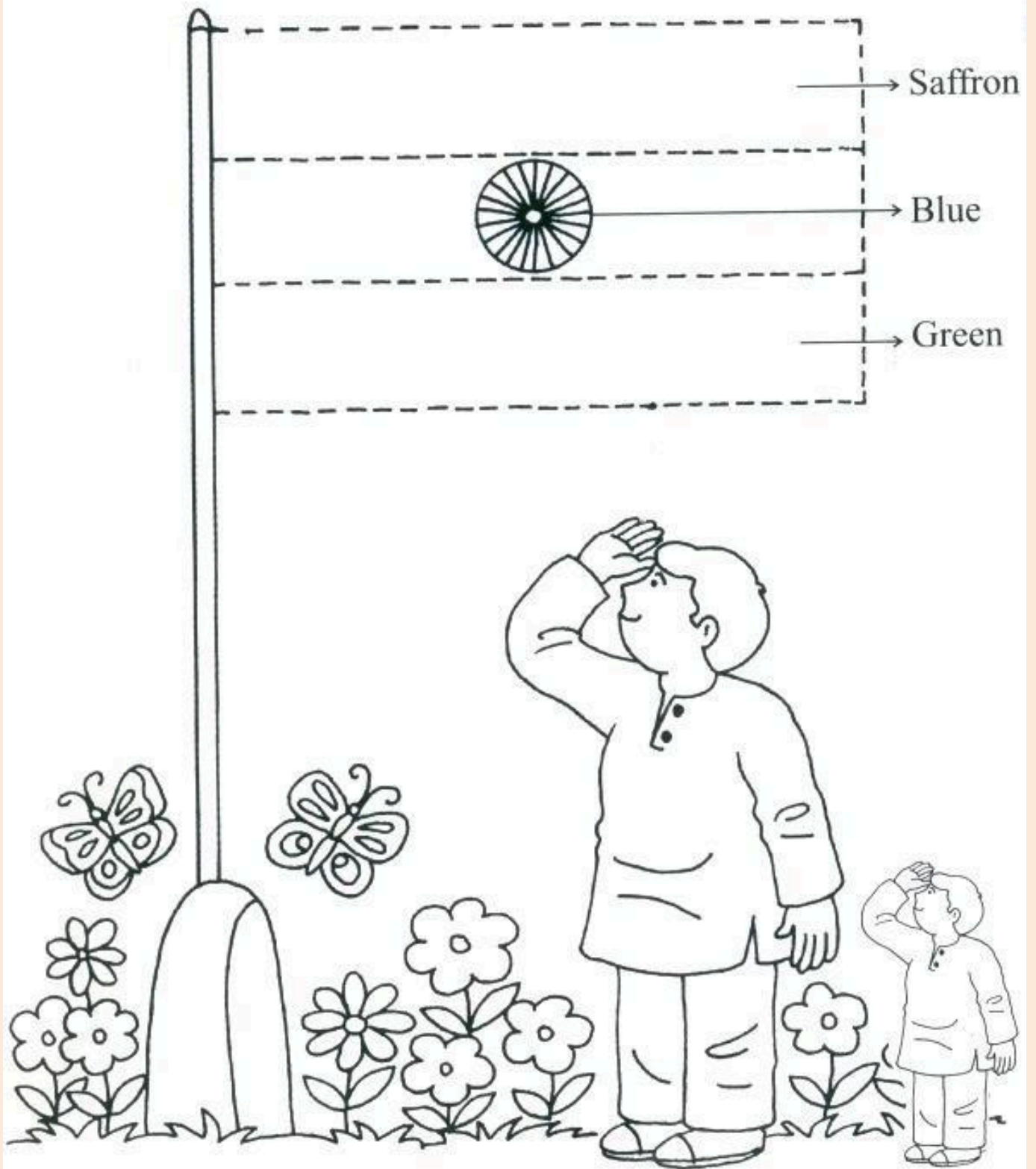
bo	do	fo	go	ho	mo	po	ro	so	vo
----	----	----	----	----	----	----	----	----	----

bu	du	fu	gu	hu	mu	pu	ru	su	vu
----	----	----	----	----	----	----	----	----	----

Think before you speak.



Everyone will love you if you are well-behaved.



चित्र के नाम के पहले अक्षर को लिखो









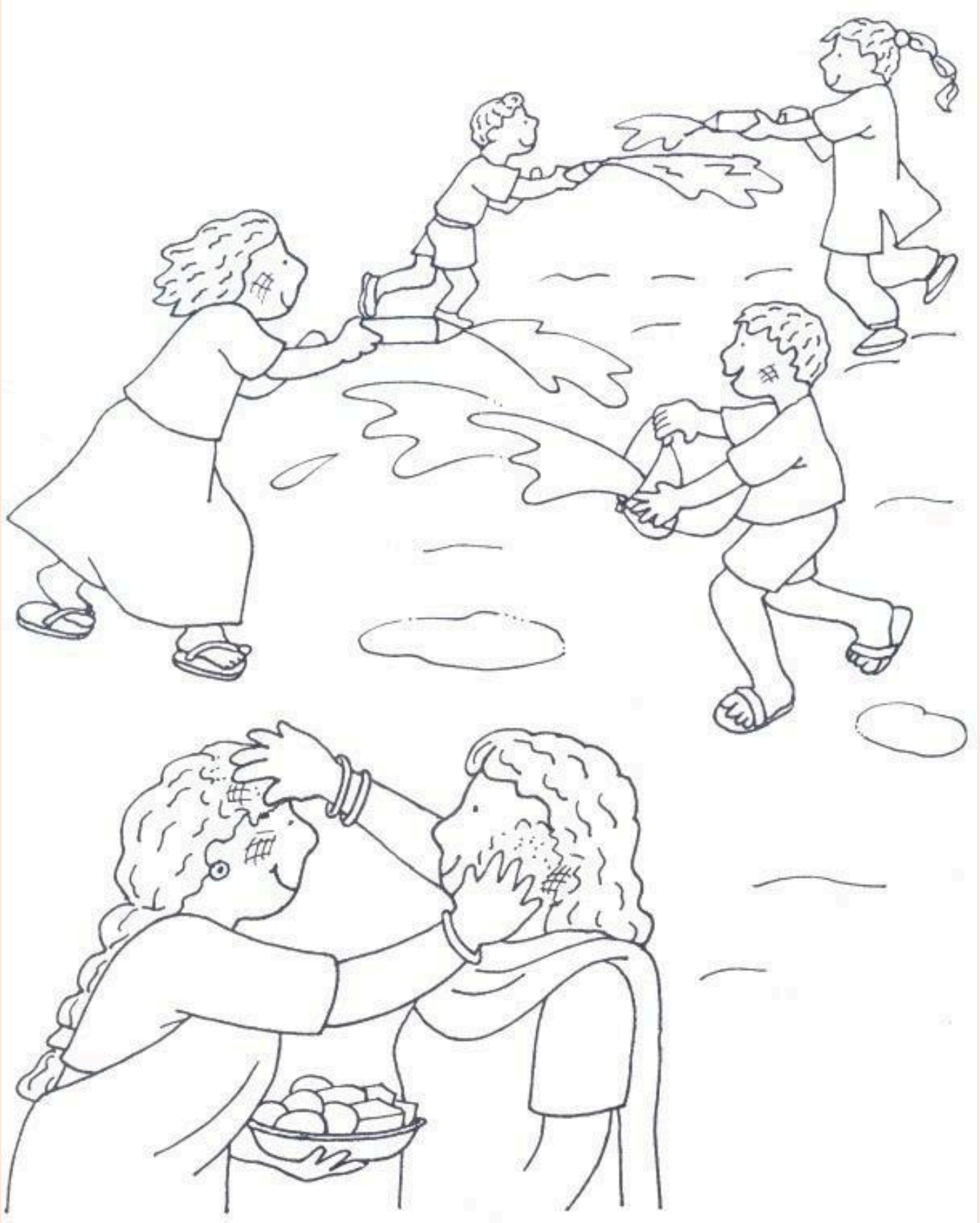








पेड़-पौधों से प्यार करो



Learn to share and care

• Exercise the word of odd sound.

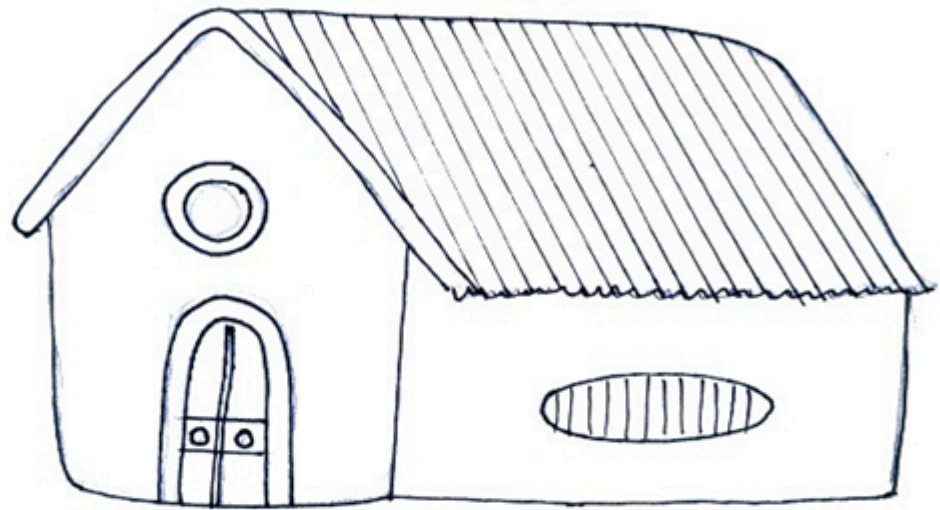
MAT	MAT FAT SET CAT
HUT	CUT HUT BUT BIN
HEN	SUN PEN TEN MEN
BIG	FIG LEG DIG BIG
HOP	TAP HOP TOP POP

• Exercise the word with same sound.

RUN	TEN SUN MAN PIN
BEG	LEG BEG BAG LOG
POT	POT SOT DOT NET
SP	DSP HOP LAP CUP
TUB	CAB RUB SOB RUB

Give respect, get respect.

I Love my house



Draw your own house.

Happy families share love with each other

You are ready to sail to the next level of learning ...

For the teachers

LIST OF SUGGESTED ACTIVITIES

- 1
- Maximum use of I.C.D. projector for playing CDs of rhymes ,moral stories children's films etc.
- 2
- Use of flash cards with different pictures for developing observation and identification skills.
- 3
- City modeling.
- 4
- Picture jigsaw puzzles.
- 5
- Block modeling games.
- 6
- Guide the students to separate the mixed grains /seeds/coloured stones
- 7
- Build and burn finger art.
- 8
- Let the students draw or make lines/figures/letters/numbers on floor/blackboard /sand, etc.
- 9
- Arrange the things according to the size.
- 10
- Make the figures in the cut outs of letters/numbers.
- 11
- Let them count the toys /machines/roads etc.
- 12
- Guide to sort the action words.
- 13
- Give the students some cut-out of beads and thread and ask them to make "make" of the beads. Tell them that beads less than ten are not to be made into "tinkles".
- 14
- Teach them to represent numbers 1 to 10 by opening out the fingers.
- 15
- Teach them to show by action "look, give, take, throw, cough, green, answer, think".
- 16
- After the students learn to sing a rhyme , write it on the black board.
- 17
- Ask them to identify some words from 1, at random, it will help in logical reading.
- 18
- Take them to the play ground in the morning and show them the Sun and associate it to East. Extend this activity to teach noon and West.
- 19
- Play "Go – come" game. make show the students stand in line, about 20 feet away from you. When you say "Go", they must take one step and when you say "Come", they must take one step closer. Those who are on the ground "Go" Game goes on higher level will include "Go, better, stop, nearer".
- 20
- Teach "Alphabet" Antony "Antony" game. Antony prays by joining his hands. Alphabet prays by opening his palms together and Antony prays by making a cross symbol. Make the students stand in a circle , point out to one and say "Antony" the must join his hands and pray. Next, point out to another student and say "Antony" and he must pray by making a cross symbol. The game goes on like this.

Suggestive List of themes for organizing activities

1.
- Myself
2.
- Parts of the body
3.
- Family
4.
- Homes and shelter
5.
- Plants / trees
6.
- Flowers
7.
- Vegetables
8.
- Fruits
9.
- Animals (Domestic / Pets / Wild)
10.
- Water
11.
- Weather / Seasons
12.
- Food
13.
- Clothes
14.
- Community helpers
15.
- Festivals and Celebrations
16.
- Transport (Road / water / air / rail)
17.
- Concept of Clock, measurement and time
18.
- Health and Hygiene
19.
- Electrical Gadgets
20.
- Safety Habits

Suggestive List of PPT's to be shown by the teacher

1.
- My School
2.
- Cleanliness, Health and Hygiene
3.
- Discipline
4.
- Protecting Environment
5.
- Disaster management
6.
- Teamwork
7.
- Good Habits

Suggestive List of CD's to be shown by the teacher

1.
- Fruit rhymes
2.
- Fruits and vegetables
3.
- Sing using for special occasions
4.
- Indian festival and culture
5.
- Golden books of nursery rhymes
6.
- Talking flash cards
7.
- Rhymes in Hindi
8.
- Picture dictionary
9.
- Picture dictionary
10.
- Bibled the wise (Hindi)
11.
- Nursery rhymes vol. 1 and vol. 2 and 3
12.
- Flower rhymes
13.
- Bird rhymes

English Rhymes

1.
- Good morning
Good morning
And how do you do ?
I am very well thank you
And how are you ?
2.
- God's love is so wonderful (2)
Oh, wonderful love !
So high, you can't get over it,
So deep, you can't get under it,
So wide, you can't surround it,
Oh, wonderful love !
3.
- I have a butterfly,
Red, yellow butterfly, pop-pop-pop,
Should you like a butterfly, pop-pop-pop???
Red, yellow butterfly, pop-pop-pop.
4.
- Hello Mr. Bunny Rabbit,
Will you have some tea?
Oh no / thank you
Not for me.
I like to eat carrots
I don't like tea.
Oh no thank you
Not for me.
Hello Mr. Elephant,
Will you have some tea ?
Oh no thank you
Not for me.
I like to eat sugar cane,
I don't like tea,
Oh no / thank you
not for me.
-
5.
- Hello Mr. Parrot,
Will you have some tea ?
Oh no thank you
not for me.
I like to eat children,
I don't like tea,
Oh no / thank you
not for me.
Hello Mr. Monkey,
Will you have some tea ?
Oh no thank you
not for me.
I like to eat bananas,
I don't like tea,
Oh no / thank you
not for me.
6.
- I have a little brother whose name is Tiny Tim
Last time he took tea he drank tea how do you,
He drank up all the water
And ate up all the soup
How many times he speaks
There is a bubble in his mouth.
7.
- Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday, Sunday
There are seven days in a week.
8.
- I am Special (2)
God made me
Someone was special (2)
as you are me.
God is not me (2)
And he loves me (2)
Why very special (2)
Because I am special !

9.
- Standing on the platform
Waiting for the train
That will take us children
To the school again
Here the whistle blowing
See the signal drop
Driver puts the break on

Then the train will stop
Get to get in quickly
There is no time to waste
Sure the train will start off
Not a moment later
Kuku kuku kuku
Choo choo choo choo

8. Additions, subtraction 1,2,3
Will you come and play with me?
Count, count 4,5,6
Why have you a hungry like this?
Monday, Monday 7,8,9
Will you teach me how to climb?
When you have counted 1 to 9
Telephone will say "Hello again!"
1,2,3,4,5,6,7,8,9

20. January, February, March, April, May
June, July, August, September,
October, November, December
There are 12 months in a year!!

Note -

1. Listen to the attached audio file (rhymes.mp3) for tune.

2. The list of poems is suggestive, teacher can add their own rhymes. However,

minimum 50 rhymes should be taught during readiness programme.

Time Table that can be followed

How to make a time-table

While planning a programme one must consider the need for balance. The time table should include:

Activities for the body

Activities for the hands

Activities in small groups

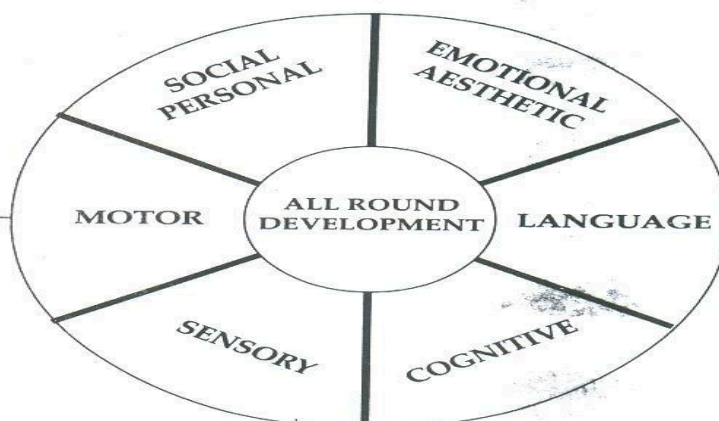
Activities for the mind

Activities for the senses

Activities in large groups

Checklist for a balanced time-table

1. Daily
 - a. Know your school activity
 - b. Three pages of activity book
 - c. One rhyme
2. Weekly
 - a. One movie / video based talk
 - b. Indoor / outdoor games
 - c. One film show
 - d. One PPT
 - e. Two stories



Active and noisy
Outdoor
Individual
Free play
Child-led
Regular routine

Passive and restful
Indoor
Group
Structured play
Teacher-led
New activity or event

Some activities like songs and singing, story-telling, dramatics, art and craft, science and games both indoor and outdoor should be used every day. Others may be occasional, but there must be some activity related to each area of development within the week. Daily schedule must be a smooth and balanced flow of activities.