



**Bal Bharati**  
**PUBLIC SCHOOL**  
(An Institution of the Child Education Society (Regd.) Delhi)  
**BRIJ VIHAR, GHAZIABAD**

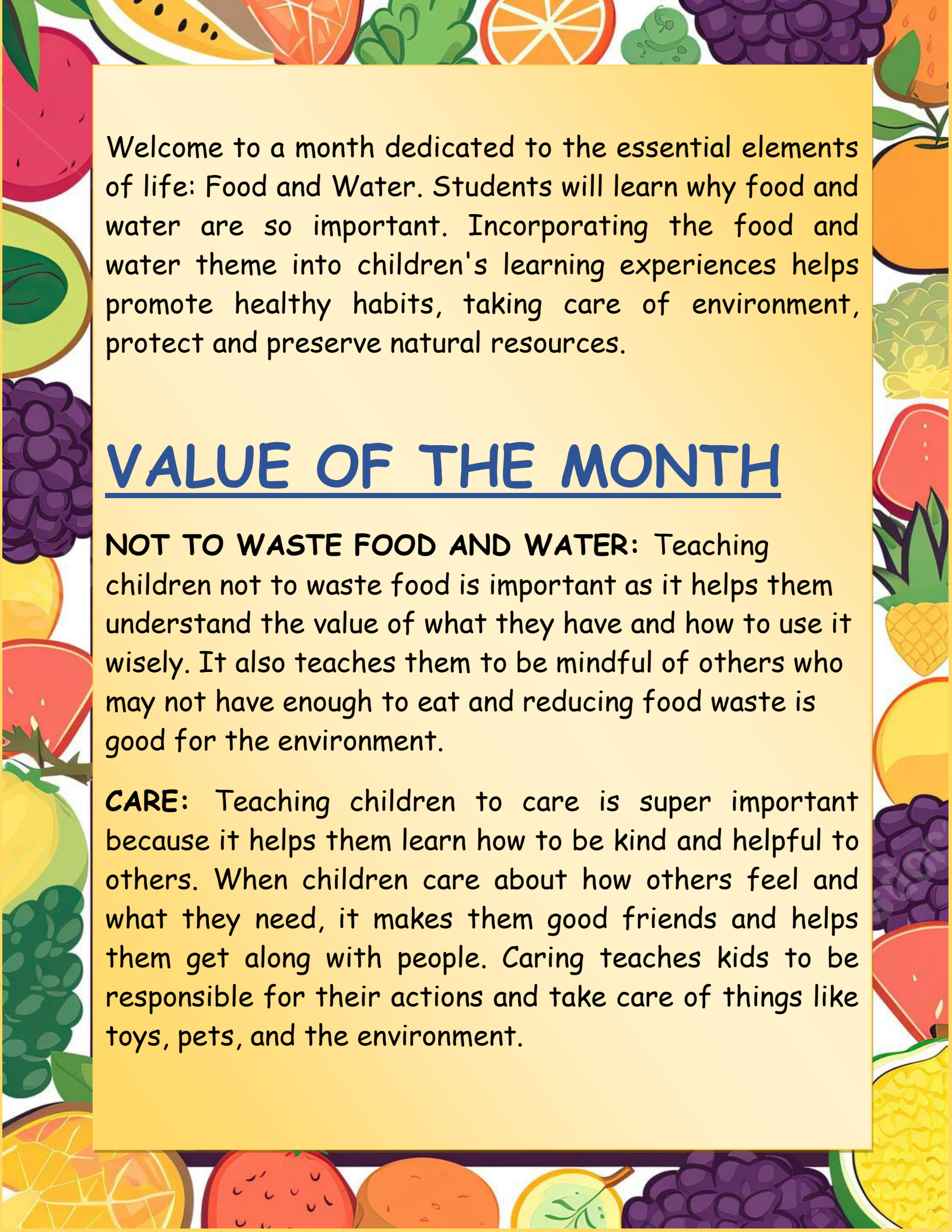
# MONTHLY PLANNER

## PRESCHOOL

### JULY

# FOOD AND WATER

Food Food good to eat,  
Fruits and veggies, such a treat.  
Water-water clear and cool,  
Drink it up, it's the rule.  
Food and water everyday ,  
Helps us grow, learn and play.



Welcome to a month dedicated to the essential elements of life: Food and Water. Students will learn why food and water are so important. Incorporating the food and water theme into children's learning experiences helps promote healthy habits, taking care of environment, protect and preserve natural resources.

## VALUE OF THE MONTH

**NOT TO WASTE FOOD AND WATER:** Teaching children not to waste food is important as it helps them understand the value of what they have and how to use it wisely. It also teaches them to be mindful of others who may not have enough to eat and reducing food waste is good for the environment.

**CARE:** Teaching children to care is super important because it helps them learn how to be kind and helpful to others. When children care about how others feel and what they need, it makes them good friends and helps them get along with people. Caring teaches kids to be responsible for their actions and take care of things like toys, pets, and the environment.

# BEHAVIORAL SKILLS

- Eating Right : Eye-Hand and Mouth-Hand Coordination.
- Enacting correct movements and gestures related to eating food, drinking water and enjoying rain.
- Poise
- Being thankful for food and water.

## SEVA

- Eating /finishing tiffin.
- Defining/understanding portions of food and water as per one's hunger and thirst.

## PRASAR

- Learning and collective singing of prayer before eating tiffin in school.



# ENGLISH RHYMES

- I Hear Thunder
- I Love Umbrella
- A Rainy Day

## हिंदी कविता

- गरमी में ।
- गाजर का किला ।
- चुनू मुनू ।
- छाता ।

# मीठे -मीठे गुलगुले



गरमी का मौसम था। माँ रसोई में आटा गूंध रही थी। राहुल माँ के पास बैठा हुआ था। तभी भाई मदन माँ से एक सवाल पूछने आया। माँ उसको सवाल समझाने लगी और राहुल आटा गूँथने लगा। आटा उसके हाथों में चिपक गया। उसने आटे में पानी मिलाया तो आटा और पतला हो गया। माँ ने देखा और मुस्कुरा कर बोली इस गीले आटे का क्या करें ? माँ ने आटे में सौंफ और शक्कर मिलाकर मीठे मीठे गुल गुले तले और सब ने मजे से गुल गुले खाये।

# THIRSTY CROW



On a very hot summer day, a crow was very thirsty. It was searching for water here and there. At last, it saw a pot of water. But there was very little water in the pot. It collected some stones and dropped the stones in the pot one by one. Soon water came up. The crow drank the water and flew away happily.

# LANGUAGE AND LITERACY

## Food:

- What do I eat : Names of food items.
- Am I eating 'Good Food'?
- What happens when I eat food.
- Why should I eat food ?
- Difference between chewing & gulping food.
- Sweet, sour, bitter, salty food.
- Who grows crops & prepares food for me?

## Water:

- I need water.
- Where do I get water from?
- Does water have taste?
- Where do I see and experience water in different activities.
- Effect of rain on plants, animals, insects, grass, houses & buildings, roads, vehicles.
- Rain-Drops, shower, downpour.





# READING READINESS ACTIVITIES

To enhance the child's active vocabulary with the following:

- Conversing with the class group using these words on a daily basis consciously & as frequently as possible.
- Theme related vocabulary: hot, sun, dry, cut, water, food, junk, raw, cook, tiffin, chew, bite, eat, cut, waste, peel, packed.
- Letter & sound recognition and related vocabulary.
- Concretize letter recognition with the help of a variety of experiences like air tracing, tray tracing, and interactive panel activities.
- **Letter Ll-** leg, lips, left, lock, lion, leaf, letter, ladder, lemon, lotus etc.
- **Letter I i-** is, it, if, in, ill, India, insect, injection, intake, etc.
- **Letter Tt-** tap, ten, toy, tin, top, tall, tiger, torch, towel, tomato, teeth, table, tongue etc.



# WRITING READINESS ACTIVITIES

## Activities to enhance fine motor coordination

- Clay modelling with rolling board, building blocks etc.
- Development of postural control.
- spooning, threading, paper tearing and pasting, lacing and pegging.
- Picking up small objects especially with Pincer grip and Tripod grip.
- Tong activities, lemon squeezing, medicine dropper squeezing activities.
- Stirring and mixing.
- Tracing straight lines from top to bottom and left to right
- Tracing in sand and paper
- Related worksheets (dot to dot tracing using thick crayon)

## HINDI LITERACY

शब्दावली - भोजन, फल, सब्जी, दूध, साफ़, गंदा, मच्छर,  
पानी, बारिश, छाता, पकोड़े, इंद्रधनुष इत्यादि।

इन शब्दों को नियमित रूप से क्रियाओं द्वारा बच्चों के सक्रिय शब्द कोष में प्रयोग करवायें।



# NUMERACY

- Sorting and pairing activities.
- Pre number concept- More/less.
- Shape-Square and Triangle.
- Knowledge of patterns- straight lines (sleeping lines)
- Oral counting- 1 to 5.
- Recognition of numbers 2 and 3.
- Correlation of numbers 1 to 3 with quantity.
- Matching activities.

## MONTESSORI APPARATUS

- Pink Tower
- Cylinder Blocks
- Sandpaper Numbers

# EVENTS AND CELEBRATIONS

PEEL AND SCOOP  
POTATOES

19<sup>th</sup> July 2024

ALL ABOUT ME

26<sup>th</sup> July 2024

