

Vision Empower & XRCVC
Teacher Instruction KIT
I and my family

Syllabus: Karnataka State Board

Subject: EVS

Grade: 1

Textbook Name: ENVIRONMENTAL STUDIES - Text cum Workbook (Revised) - First Standard

Chapter Number & Name: 10. I and my family

1. OVERVIEW

1.1 OBJECTIVE AND PREREQUISITES

Objective

- To know the relationship with the members of the family
- To realise the cooperation of the members of the family in doing the household work
- To identify the family and friends around

Prerequisite Concept:

NA

Content Index

OVERVIEW

1.1 OBJECTIVE AND PREREQUISITES

LEARN

2.1 KEY POINTS

2.2 LEARN MORE

ENGAGE

3.1 INTEREST GENERATION ACTIVITY

INTRODUCTION TO THE TOPIC

Activity 1: Family riddles *

Activity 2: Recite a poem - Fishing with grandpa

MEMBERS OF A FAMILY

Activity 3: Identify the members of a family *

HELPING EACH OTHER

Activity 4: Who helps you? *

Activity 5: Work people do at home *

Activity 6: Talk about friends *

[Activity 7: Paint your friends](#)

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE

[EXERCISES & REINFORCEMENT](#)

[4.1 REINFORCEMENT](#)

[Activity 8: Recite a poem](#)

[4.2 IMPORTANT GUIDELINES](#)

*Note: The fields marked with * are mandatory*

2. LEARN

2.1 KEY POINTS

Father, mother and children make a family. Each one of a family is a member of that family. They live together and care for each other. Depending on the number of members in a family, families are of two types. Some families are small and some are big. Nuclear family is a small family that has parents and children only. Joint family has parents, grandparents, children, uncles, aunts, cousins and other relatives living together in a house. A family teaches us good values and helps us in our difficulties. In a happy family, all the members help each other and share the household work. In a small family, there are more resources for everybody. In a big family, there are more people to care for. A family has other relations also. [\(1\)](#)

2.2 LEARN MORE

NA

3. ENGAGE

3.1 INTEREST GENERATION ACTIVITY

INTRODUCTION TO THE TOPIC

Activity 1: Family riddles *

Materials required: NA

Prerequisites: NA

Activity flow:

Ask the following questions and initiate a discussion on the topic of family.

1. What do you call your mother's father?
2. Who is your father's mother?

3. What do you call your mother's mother?
4. Who is your father's father?

Ask children by what name they call their grandparents. Is it the same for mother's parents and father's parents? Ask them if they know their real names. If not, tell them to find out from their parents.

Activity 2: Recite a poem - Fishing with grandpa

Reference link [\(2\)](#)

Materials required: NA

Prerequisites: NA

Activity flow:

Recite the poem - Fishing with my grandpa - By Dawneisha Washington

My Grandpa and I do a lot of things together,
But fishing with my Grandpa is the best ever.
I love going to the lake when the sky is all blue.
I love riding in my Grandpa's boat, too.
The next trip to the lake I don't want to miss.
Just being with my Grandpa is better than catching fish.

Encourage children to share about any kind of activity they might have enjoyed doing together with any member of their family.

CONCEPT GENERATION ACTIVITY

MEMBERS OF A FAMILY

Activity 3: Identify the members of a family *

Materials required: NA

Prerequisites: NA

Activity flow:

Give a general description for each key member of a family and let children guess who the member could be.

1. This is Rohan's family. Rohan is a 6 year old boy. He goes to school every day. In his family, there is a grandfather who is an old man and shares a lot of knowledge, wisdom and advice from his experiences. His grandmother is an old woman who has lots of grey hair on her head and wears glasses. She is very affectionate and makes delicious sweets for everyone in the

family. Rohan's father is a young man, who goes out for work. Sometimes, he would play with Rohan and his sister. Rohan's mother takes care of all the people in the house by taking care of their needs. She is a teacher in the same school where Rohan studies. Rohan's little sister is just 3 years old. She loves to play with her grandparents.

Discuss how many people are there in Rohan's family and who are they? Summarise by saying that Rohan's family has 6 members and they are:

Grandfather, grandmother, father, mother, Rohan and his sister

2. This is Nabita's family. Nabita is an eight year old girl. She lives with her father and her mother. Both of her parents go out for work and all of them share the household work among each other. She has a pet dog Bujo which is a very friendly dog.

Have a similar discussion like the previous one and list out the members in Nabita's family. There are 3 key members and they are: Mother, father and Nabita. They also have another member in their family and it is their pet dog Bujo.

Have a discussion about large and small families and in some families there are many other people who live with them and are also a part of the family.

HELPING EACH OTHER

Activity 4: Who helps you? *

Materials required: NA

Prerequisites: NA

Activity flow:

Ask children to share who helps them to do the following activities at home?

Combing hair

Bathing

Getting dressed for school

Sleeping

Reading

Eating

Discuss that children are young; they learn to do a lot of work from others. Initially they require an adult's help to do regular tasks like eating and bathing but as they grow older, they learn to do these tasks on their own. These adults are the caregivers who take care of their needs.

Activity 5: Work people do at home *

Materials required: NA

Prerequisites: NA

Activity flow:

The teacher would narrate the following situations. Ask children to identify the activities that are common in their house as well. Ask them by doing these works, who is helping whom? Discuss that each member in a family has a role to play in the house and help each other:

1. The grandmother is combing five year old Radha's hair.
2. Mother is reading a bedtime story to three year old Salma.
3. Father is giving a bath to six year old James.
4. Mother is washing clothes and ten year old Madhav is hanging the clothes on the cloth line.
5. Mother is making a garland of flowers and four year old Julie is handing over the flowers to her.
6. Father is teaching five year old Rashid to ride a bicycle.
7. Mother is cooking food and the father is chopping vegetables.
8. Salma is planting a rose plant and Madhav is watering the plant.
9. Mother and nine year old James are carrying bags of vegetables from the market.
10. Eight year old Rashid is sweeping the floor and ten year old Julie is cleaning the table.
11. Mother is taking grandmother for a walk.
12. Six year old Radha is giving medicines to her grandmother.

Discuss that these are some of the activities which are common in most of the houses. Members living in a house try to help each other in many ways for different kinds of tasks that are required to be done.

Encourage children to share if they help anyone at home for doing any kind of work. Sometimes, doing your own work like getting dressed up on your own, folding clothes or combing hair can be of great help for the caretakers.

Is there any work which children can do in school?

Activity 6: Talk about friends *

Materials required: NA

Prerequisites: NA

Activity flow:

Initiate a discussion by asking children to talk about their friends in school and at home as well. Each child can talk about one friend in school and one at home and talk a few lines about their friend and what it is that they do together.

Sing the following poem:

We are young,
We are friends,
We go to school together.

We learn together,
We play together,
We work together,
And love one another.

Activity 7: Paint your friends

Materials required: Poster colours – 1 to 2 different colours, 1- 2 big bowls to mix the colour with water, cotton swabs to apply the colours on the palms of children, A4 size chart paper for each child, little semolina or fine sand to create texture

Prerequisites: NA

Activity flow:

Pour a small amount of poster colour in a bowl, add a small quantity of water into it and mix well. Add some semolina or fine sand into it to give it a feel of texture.

Call out one by one child. Apply one colour in one of their palms and all the fingers and immediately press their hand on the paper to create an impression of their hand.

Apply another colour in another hand and repeat the same procedure by creating two palm impressions next to each other on the same paper.

Allow the paint to dry and once it dries, let children trace the shape of their hand on the paper. Suggest that one hand is them and the other one is their friend.

3.3 LET'S DISCUSS: RELATE TO DAILY LIFE

Have a discussion by asking children about their meal time. Ask if they eat on their own or do they need help from others to eat. What kind of food can they eat alone? With whom do they eat food?

4. EXERCISES & REINFORCEMENT

4.1 REINFORCEMENT

Activity 8: Recite a poem

Materials Required: NA

Prerequisites: NA

Activity Flow:

Recite the following poem and encourage children to repeat each line.

Father, mother, brother and sister
I love you all and I need you too,
All together we sit to eat,
We sit to talk and play the ball.

Father's father is my grandpa,
Mother's father too my grandpa.
Father's mother is my grandma,
Mother's mother too my grandma

Teaching Tips

If there are any additional teaching tips then utilize this section to mention them.

References

(1) About family -

<http://www.teachlearnweb.com/study-material/cbse/class-1/science/my-family/type-s-of-families/1-108>

(2) Poem - <https://www.familyfriendpoems.com/poem/fishing-with-my-grandpa>

4.2 IMPORTANT GUIDELINES

Exercise Reading

It is very important that the children practice their learning as well as their reading. Hence have the children read out the newly learned concepts from their textbooks or other available resources.

Perform Textbook Activity

It is good practice to have the children perform the textbook activities. Your textbook activities might not be accessible hence go through this resource to learn how to make textbook content accessible.

Provide Homework

To evaluate their understanding and to help the student revise and implement the new learnt concept ensure to provide them with homework. Students should perform one or

two of the questions mentioned above or from the textbook exercises with the teacher in class and the remaining may be given for homework. Also, ensure that the student knows their special skills linked to independently using their accessible books as it will be critical to doing homework independently.

End of Document