



2

My Body

Starter

Let us play a number game. Tick (✓) the right number.

I have

2 eyes ☒

1 nose ☒

2 legs ☒

2 noses ☐

20 fingers ☐

3 ears ☐

10 fingers ☒

2 ears ☒

2 hands ☒

3 eyes ☐

4 hands ☐

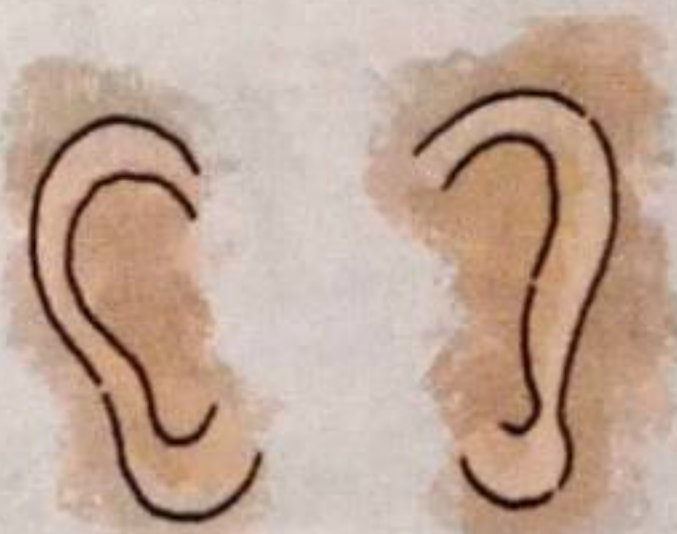
4 legs ☐

This is My Body

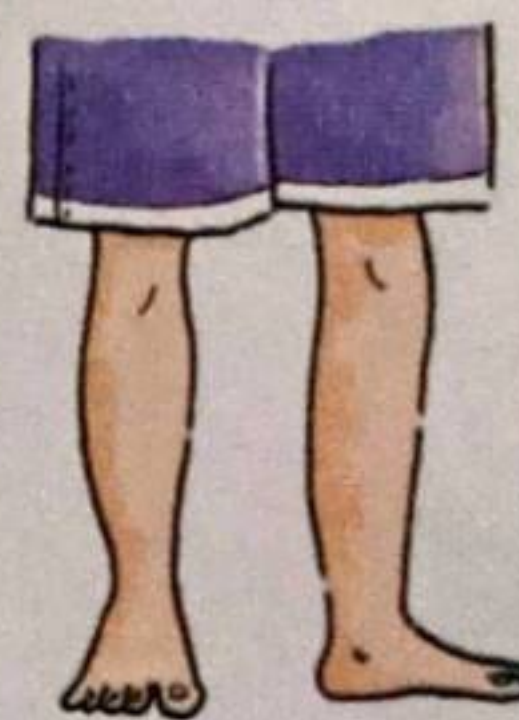
My body has different parts such as head, arms and legs. Ears, eyes, nose and mouth are found on the face.



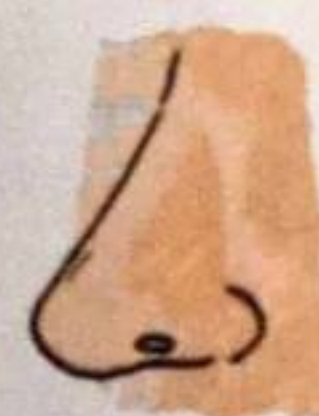
Hands



Ears



Legs



Nose



Teacher's note:

Motivate the students to learn the names of body-parts with the help of various rhymes. Involve lots of actions and expressions to make the teaching session lively.



Functions of Body Parts

Different parts of our body help us to do different things.

Our **legs** and **feet** help us to



jump



walk



run



kick

Our **arms** and **hands** help us to



write



paint



eat



hold things

In-Text Activity



Look at the given pictures. Write down the names of the body parts being used.



Rohan is watching television with his

Eyes



Rohan is kicking the ball with his

legs



Rohan is smelling the flower with his

nose



Rita is carrying the bag on her

shoulder



Rita is holding a pencil in her

hands



Rita is listening to music. She is using her

ears

Physical Development

My Senses

My eyes, ears, nose, skin and tongue tell me about the outside world. They are known as **sense organs**.

We have **five** sense organs: eyes, nose, ears, tongue and skin.



Our **eyes** help us to **see**.



Our **ears** help us to **hear**.



Our **nose** helps us to **smell**.



Our **tongue** helps us to **taste**.



Our **skin** helps us to **feel**.



Granny Says

Inference

Watching too much TV makes your eyes tired. So, do not watch TV for more than an hour daily.



Testimony

Fact File

Skin is the largest sense organ.

Now I Know



- Our body is made up of different parts.
- Different parts of our body help us to do different things.
- We have five sense organs – eyes, ears, nose, skin and tongue. They help us to know about the outside world.

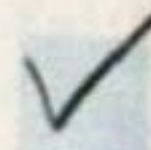
Let Us Revise



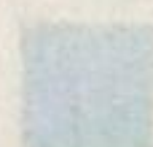
A. Put a tick (✓) on the correct option.

1. We write with our

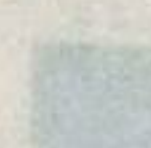
(a) hands



(b) feet

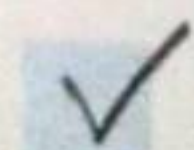


(c) legs

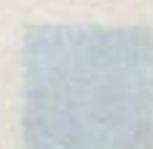


2. We see with our

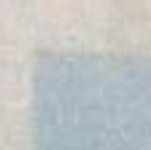
(a) eyes



(b) nose



(c) tongue

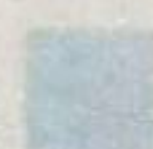


3. We hear with our

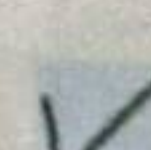
(a) eyes



(b) mouth







(c) ears



B. Given below are pictures of some parts of the body. Circle the word that matches with the picture.

Picture Based Analysis

1. 	tear	fear	<u>ear</u>	dear
2. 	tie	bye	<u>eye</u>	lie
3. 	<u>nose</u>	dose	rose	horse
4. 	band	land	sand	<u>hand</u>

C. Answer in one word/few words.

Physical Development

- Which parts of the body are used for jumping? legs, feet
- Which parts of the body are used for writing? hands
- Which sense organ helps us to taste? tongue
- Which is the largest sense organ? skin

D. Tick (✓) the sense organs you use when you do the following.

1. Eat sweets



(a) eyes ☐

(b) nose ☐

(c) tongue ☒

(d) skin ☐

2. Smell a perfume



(a) eyes ☐

(b) tongue ☐

(c) ears ☐

(d) nose ☒

3. Feel the softness of a dog



(a) skin ☒

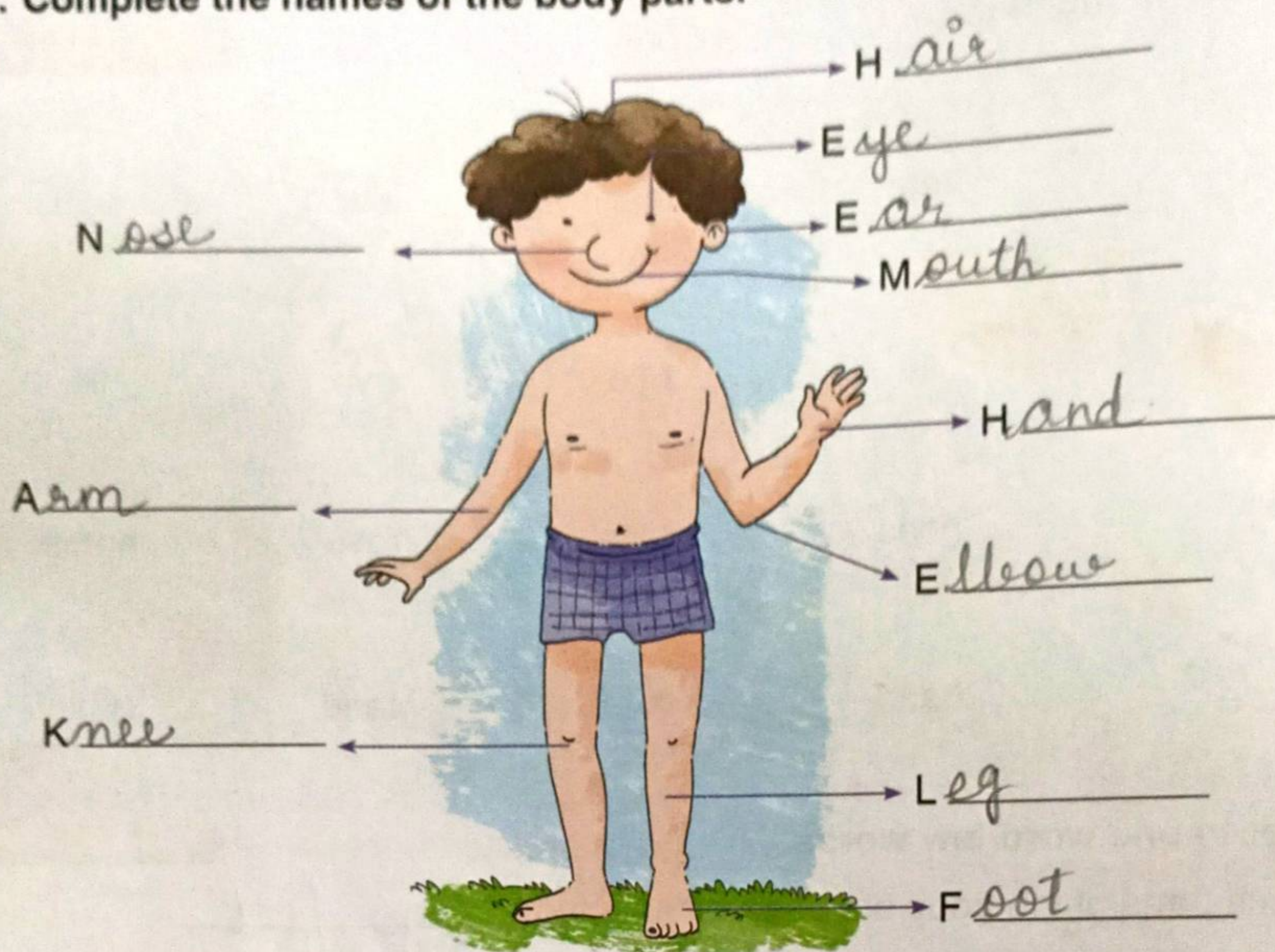
(b) ears ☐

(c) tongue ☐

(d) eyes ☐

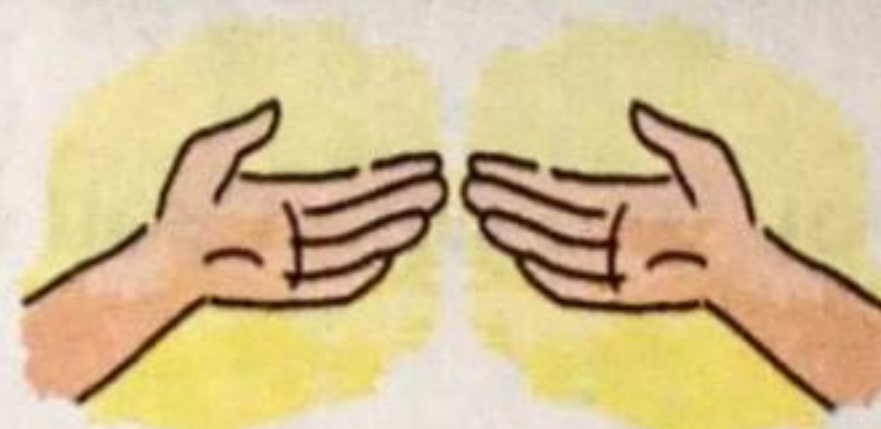


E. Complete the names of the body parts.

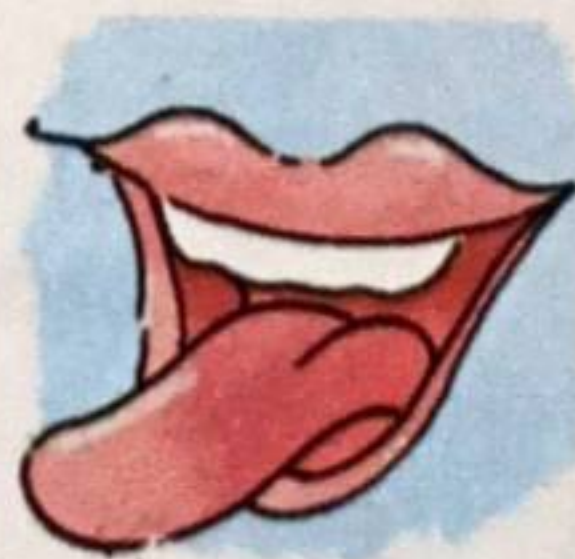


F. Count and write the number.

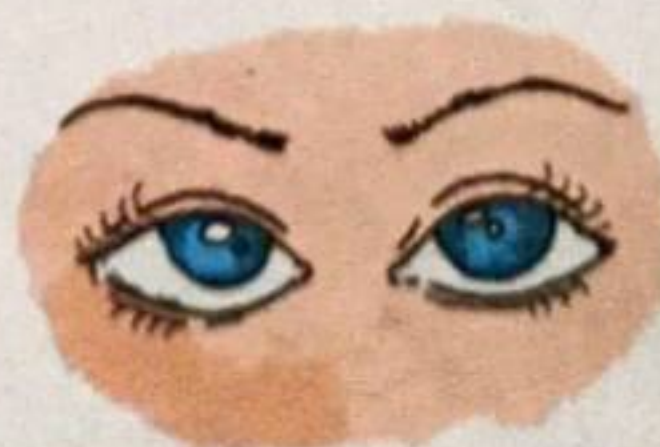
1. I have 10 fingers.



2. I have 1 tongue.



3. I have 2 eyes.



G. Tick (✓) the correct option.



Priya



Pooja

1. Priya is listening music with her.

(a) Eyes ☐

(b) Ears ☒

(c) Skin ☐

2. Pooja is smelling the perfume with her.

(a) Tongue ☐

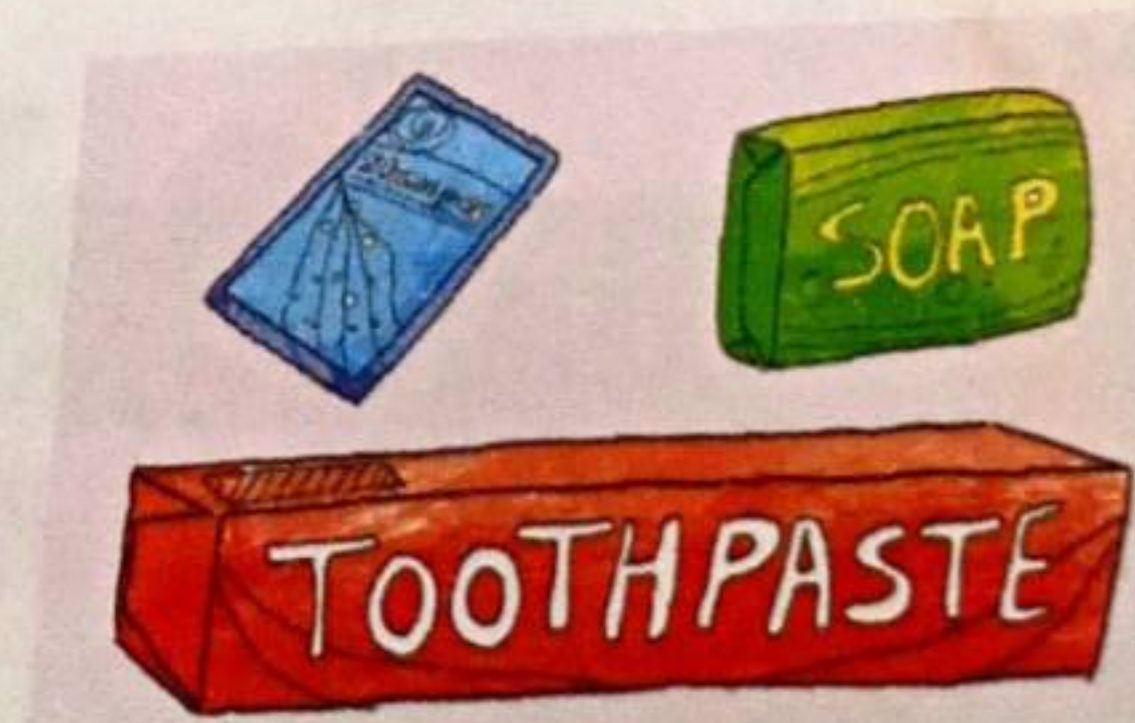
(b) Eyes ☐

(c) Nose ☒

Life Skills



Collect wrappers of soaps, labels of shampoos and cartons of toothpastes. Take a chart paper and paste these on it. Give the collage a meaningful title, such as **'HELP US STAY CLEAN'**. Display the chart in the class.



To get the Worksheet of this chapter scan this QR Code



CODE-85ep

