



My Body



I Can Do

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

Exploration

I have

2 eyes	<input checked="" type="checkbox"/>	2 noses	<input type="checkbox"/>	10 fingers	<input checked="" type="checkbox"/>	3 eyes	<input type="checkbox"/>
1 nose	<input checked="" type="checkbox"/>	20 fingers	<input type="checkbox"/>	2 ears	<input checked="" type="checkbox"/>	4 hands	<input type="checkbox"/>
2 legs	<input checked="" type="checkbox"/>	3 ears	<input type="checkbox"/>	2 hands	<input checked="" type="checkbox"/>	4 legs	<input type="checkbox"/>

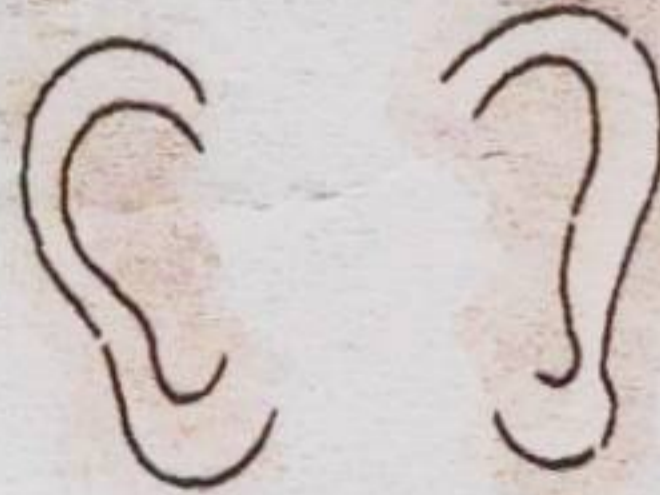
This is My Body



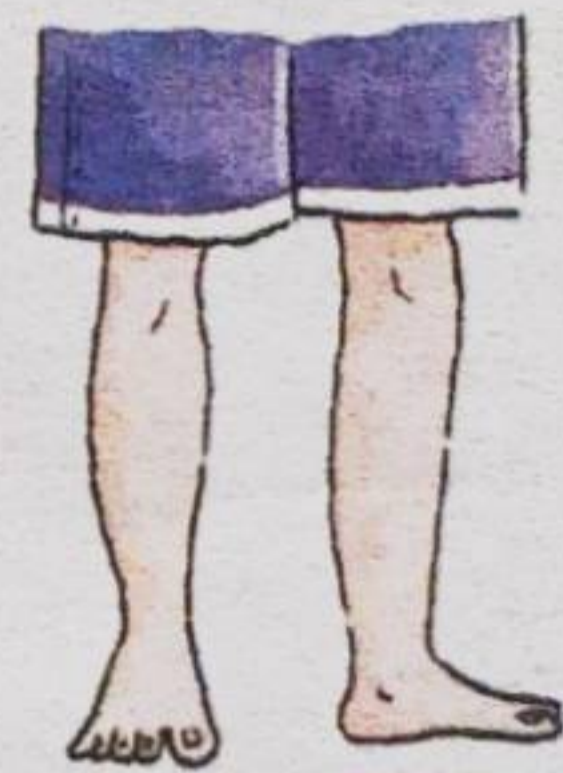
My body has different parts such as head, arms and legs. Ears, eyes, nose and mouth are found on the face.



Hands



Ears



Legs



Nose



Teacher's note:

Motivate the students to learn the names of body parts with the help of various rhymes. Involve a lot 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



Think and Do

Physical Development

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

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.



CODE-ajEP

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



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



Infobits

Skin is the largest sense organ.

Testimony



Work Together

Pair up and find out which senses are used in the following activities.

Collaboration



A Look Back

- 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.

Practice Path



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

1. We write with our _____.

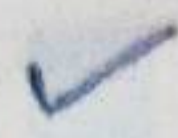
(a) hands

(b) feet

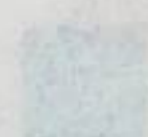
(c) legs

2. We see with our _____.

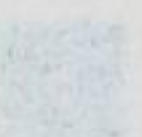
(a) eyes



(b) nose



(c) tongue

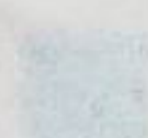


3. We hear with our _____.

(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	ear	dear
2. 	tie	bye	eye	lie
3. 	nose	dose	rose	horse
4. 	band	land	sand	hand

C. Answer in one word/a few words.

Physical Development

1. Which parts of the body are used for jumping? legs

2. Which parts of the body are used for writing? hands

3. Which sense organ helps us to taste? tongue

4. Which is the largest sense organ? skin

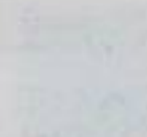
D. Tick (✓) the sense organs you use when you do the following.

Intellectual Development

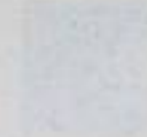
1. Taste sweets



(a) eyes



(b) nose



(c) tongue



(d) skin

2. Smell a perfume



- (a) eyes
- (b) tongue
- (c) ears
- (d) nose

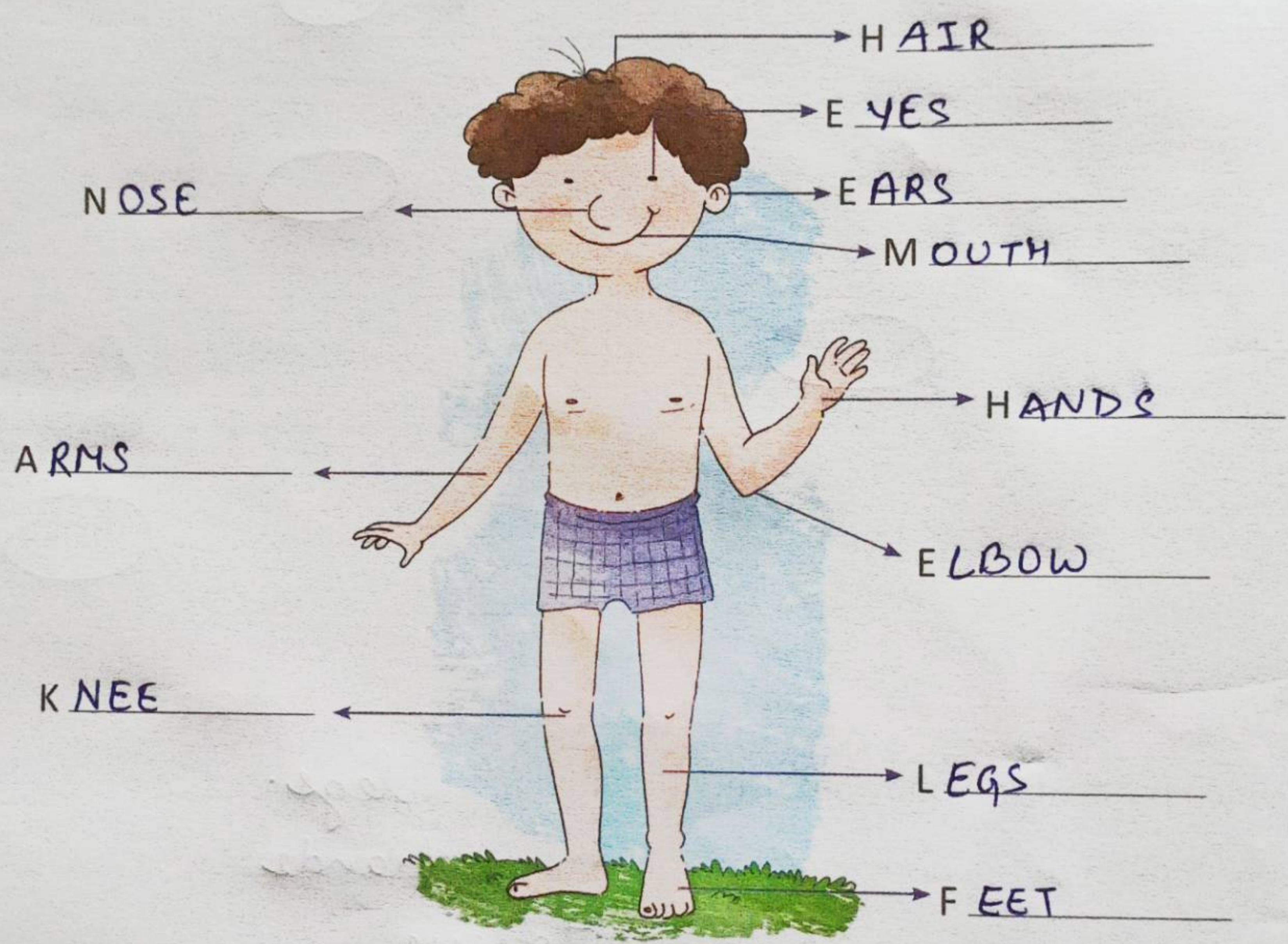
3. Feel the softness of a dog



- (a) skin
- (b) ears
- (c) tongue
- (d) eyes

E. Complete the names of the body parts.

Mental Development



F. Count and write the number.

Self Awareness

1. I have 10 fingers.



2. I have tongue.



3. I have eyes.



G. Tick (✓) the correct option.

Direct Perception



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

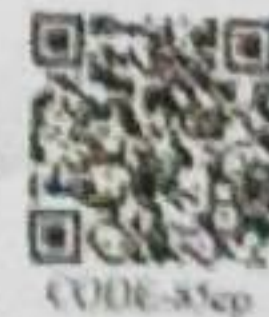


Life Skills

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 **'THINGS THAT KEEP US CLEAN'**. Display the chart in the class.



To get the Worksheet of this chapter, scan this QR Code.



CODE-Step