

Skillment



Environmental Studies

A Multi-skill Activity Book on Environmental Studies



PMP Planet[®]
Multimedia Publishers
The Ultimate Resource

PM PUBLISHERS PVT. LTD.

Skillment Environmental Studies – FS 1 (Nursery)

PMP Editorial Team

© 2022 by PM Publishers Pvt. Ltd.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, transmitted or utilised in any form or by any means, electronic or mechanical, including photocopying, recording or otherwise, without the prior written permission of the publisher, or as expressed by law, or under terms agreed with the appropriate Reprographics Rights Organization(s).

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated in any form of binding or cover other than that in which it is published, without the prior written permission of its copyright holder.

ISBN : 978-93-94820-36-4

First Edition : 2023

Price : ₹ 210/-

Printed at :

Published in India by :


The Ultimate Resource

PM PUBLISHERS PVT. LTD.

C-55, Sector-65, NOIDA, Gautam Budh Nagar-201301 (U.P.), India

Ph.: 0120-4300130-33, Mob.: 9540990177

E-mail: info@pmpublishers.in

URL: www.pmpublishers.in

Preface

With a vision of making quality education accessible to all from the Foundational Stage to Secondary Stage of schooling, the **National Education Policy (NEP) 2020** has issued a new pedagogical and academic structure. The new pedagogical and academic structure has been divided into four stages as mentioned below:

Foundational Stage (5 years): Nursery, LKG, UKG, Std. 1 and Std. 2	(3-8 years)
Preparatory Stage (3 years): Std. 3, Std. 4 and Std. 5	(8-11 years)
Middle Stage (3 years): Std. 6, Std. 7 and Std. 8	(11-14 years)
Secondary Stage (4 years): Std. 9, Std. 10, Std. 11 and Std. 12	(14-18 years)

In the new 5+3+3+4 structure, a strong base of **Early Childhood Care and Education (ECCE)** from age 3 is also included.

The overall aim of Early Childhood Care and Education (ECCE) is to attain optimal outcomes in the following domains:

- ✓ Physical and motor development
- ✓ Cognitive development
- ✓ Social-emotional-ethical development
- ✓ Cultural/Artistic development
- ✓ Development of communication and early language, literacy, and numeracy

Our new series, **Skillment**, is properly graded and contains age-appropriate course material for the learners of Foundational Stage to achieve the aims and objectives outlined in the **National Curriculum Framework (NCF) for Foundational Stage 2022**. The series covers different subjects which are classified under the following categories:

FS 1 (3+ years): Maths, English, EVS, Hindi, Art and Craft, Kavitayen aur Kahaniyan, Rhymes and Stories

FS 2 (4+ years): Maths, English, EVS, Hindi, Art and Craft, Kavitayen aur Kahaniyan, Rhymes and Stories

FS 3 (5+ years): Maths, English, EVS, Hindi, Art and Craft, Kavitayen aur Kahaniyan, Rhymes and Stories

FS 4 (6+ years): Maths, English, EVS, Hindi, English Grammar, Art and Craft, Computer and GK

FS 5 (7+ years): Maths, English, EVS, Hindi, English Grammar, Art and Craft, Computer and GK

Apart from the main books, we are also providing **Workbooks** with Maths, English, EVS and Hindi to learners for extra practice.

The whole set of books for each class also carries a **Teacher's Resource Kit** which contains various kinds of relevant and interesting teaching aid that teachers may use in the classroom.

A **booklet on Social and Emotional Learning (SEL)** including lesson plans is provided for the teachers to inculcate SEL skills in the learners.

Skillment App is for skill building and joyful teaching and learning for teachers and learners.

Web Support

Our web portal pmponline.co.in provides a vital web support to teachers and learners. It includes the following:

- ◆ **Multimedia ebooks:** consist of animation, audio, video, and interactive exercises
- ◆ **Additional worksheets:** printable worksheets for extra practice
- ◆ **Teacher's resource:** comprises lesson plans
- ◆ **Virtual lessons:** consist of pre-recorded video lessons
- ◆ **AR (Augmented Reality) App both for android and iOS:** turns books into smart books with better visualisation and concept clarity

It is a concerted attempt to make the series more useful for the teachers, parents and kids. We hope this series will be quite helpful in achieving the goals set by the NEP 2020. However, we shall appreciate valuable and constructive feedback from teachers and parents to improve the books with every new edition.

—Publishers



Features of Skillment Environmental Studies



Skillment Environmental Studies series adheres to the guidelines issued under Early Childhood Care and Education mentioned in the National Education Policy 2020 and subsequently in the National Curriculum Framework (NCF) for Foundational Stage 2022.

Aims of Early Childhood Care and Education (ECCE)

- ✓ Physical and motor development
- ✓ Cognitive development
- ✓ Social-emotional and ethical development
- ✓ Cultural/artistic development
- ✓ Development of communication and early language, literacy, and numeracy





Important Features to meet the aims and objectives of ECCE



Child-friendly and interactive approach to keep the learners engaged





Count how many you have the following.

A. Tick (✓) the correct number.

	1 2 3		2 3 4
Nose		Eyes	
	2 4 5		2 4 5
Hands		Fingers in one hand	

Number based activities to enhance numeracy skill of the learners

B. Find and draw the missing part in each face. Also, colour the pictures.

PM Publishers Pvt. Ltd.

Art integration to develop creativity skill and fine motor skill

Repeat the poem aloud.

I have two little hands,

To clap clap clap.

I have ten little fingers,

To snap snap snap.

I have two strong legs,

To hop hop hop.

I have one round mouth,

To glop glop glop.



PM Publishers Pvt. Ltd.

13



A. Trace and colour the fruits. Do you know their names?



B. Ria loves mangoes but she is not able to reach it. Can you please help her?



PM Publishers Pvt. Ltd.

21



Concept-based rhymes to create interest of kids in the topic as well as to enhance their literacy skill

Problem-based activities to develop critical thinking skill of the learners



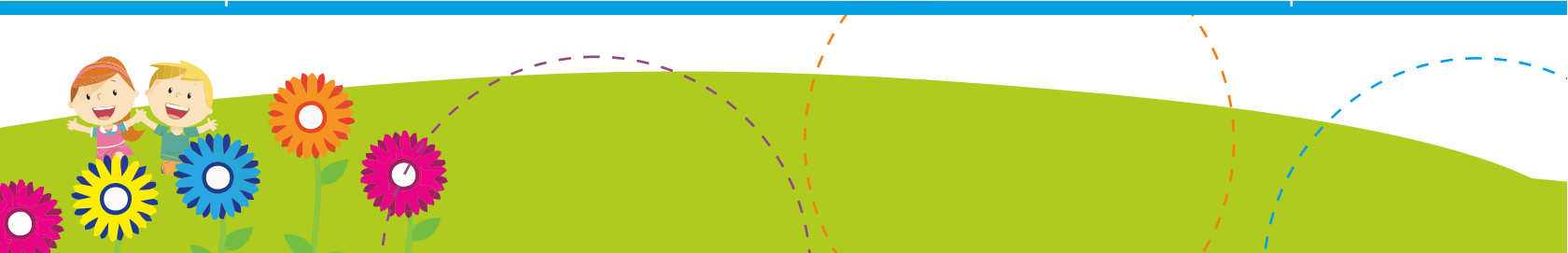
Double spread pictures to familiarise the learners with their immediate environment while encouraging expression and thought



Contents



Sr. No.	Chapters	Page Nos.
1.	Myself	7
2.	My Body	9
3.	Chi-Chi Bird	14
4.	My Family	16
5.	My Safety	18
6.	Fruits	20
7.	Vegetables	22
8.	On the Beach	24
9.	Animals	26
10.	Travel	29
11.	Colours	32
12.	Water and Air	34
13.	Clothes	38
14.	In the Park	40
15.	House	42
16.	Our Helpers	45
17.	Places Around Us	48
18.	Day and Night	52





1

Myself



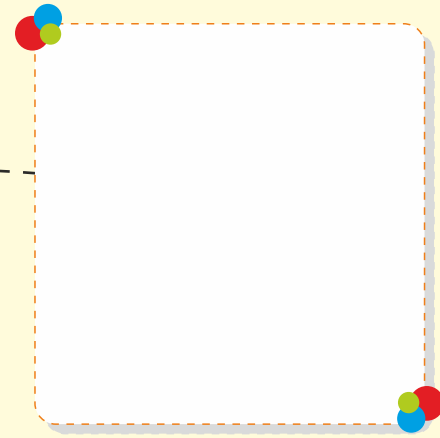
Ria and Raj are telling about themselves.

Hi!
I am Ria.
I am a girl.

Hi!
I am Raj.
I am a boy.



Paste your picture
in the box.



A. Tick (✓) the correct option.

I am a



boy



girl



B. Tick (✓) the things you like to do.

1.



2.



3.



4.



5.



6.





2

My Body



Raj and Ria are showing their body parts.



Head



Hands



Ear

Nose



Eye

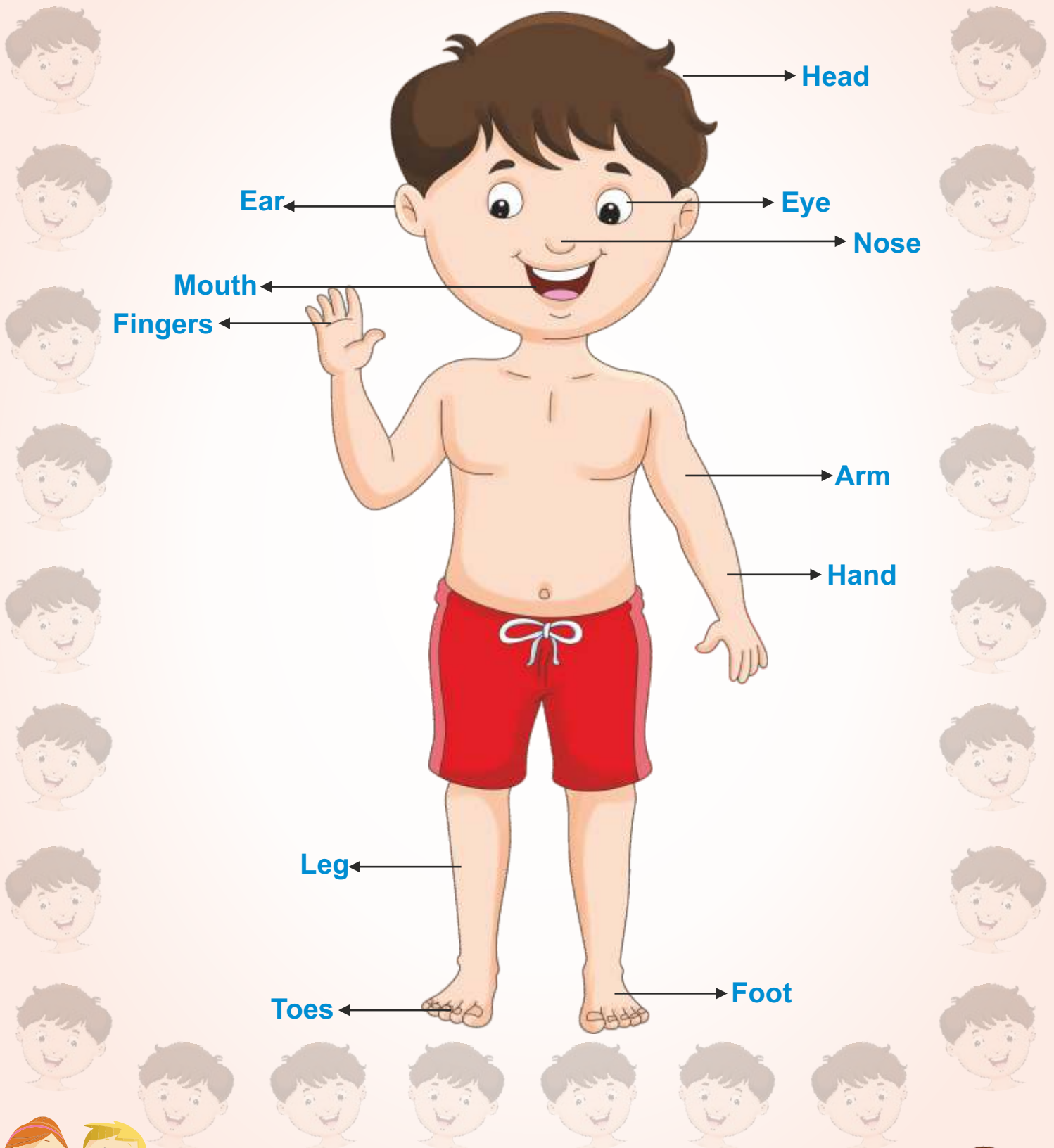
Fingers



Legs



Look and touch the body parts that teacher names.

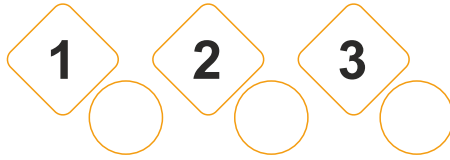


Count how many you have the following.

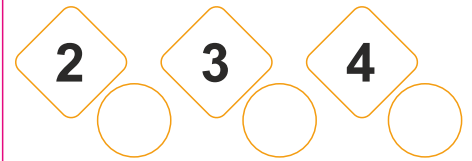
A. Tick (✓) the correct number.



Nose



Eyes



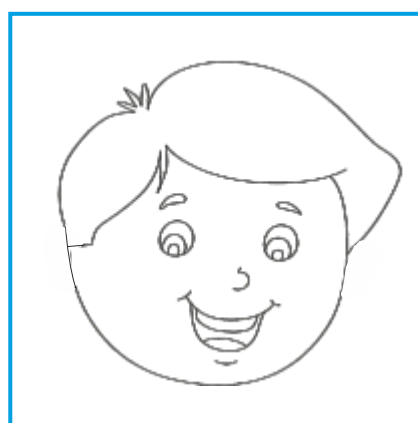
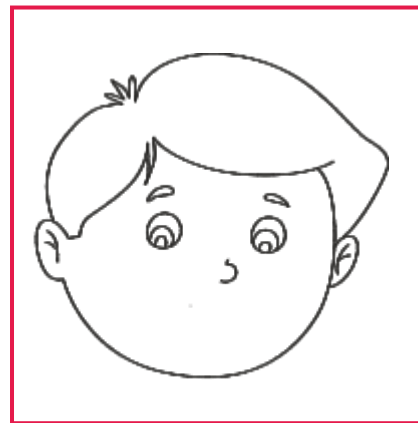
Hands



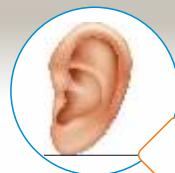
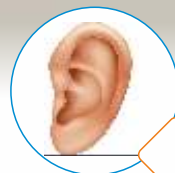
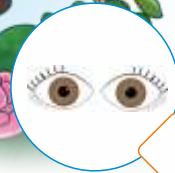
Fingers in one hand



B. Find and draw the missing part in each face. Also, colour the pictures.



C. Tick (✓) the body parts these children are using.



Repeat the poem aloud.

I have two little hands,

To clap clap clap.



I have ten little fingers,

To snap snap snap.



I have two strong legs,

To hop hop hop.



I have one round mouth,

To glop glop glop.



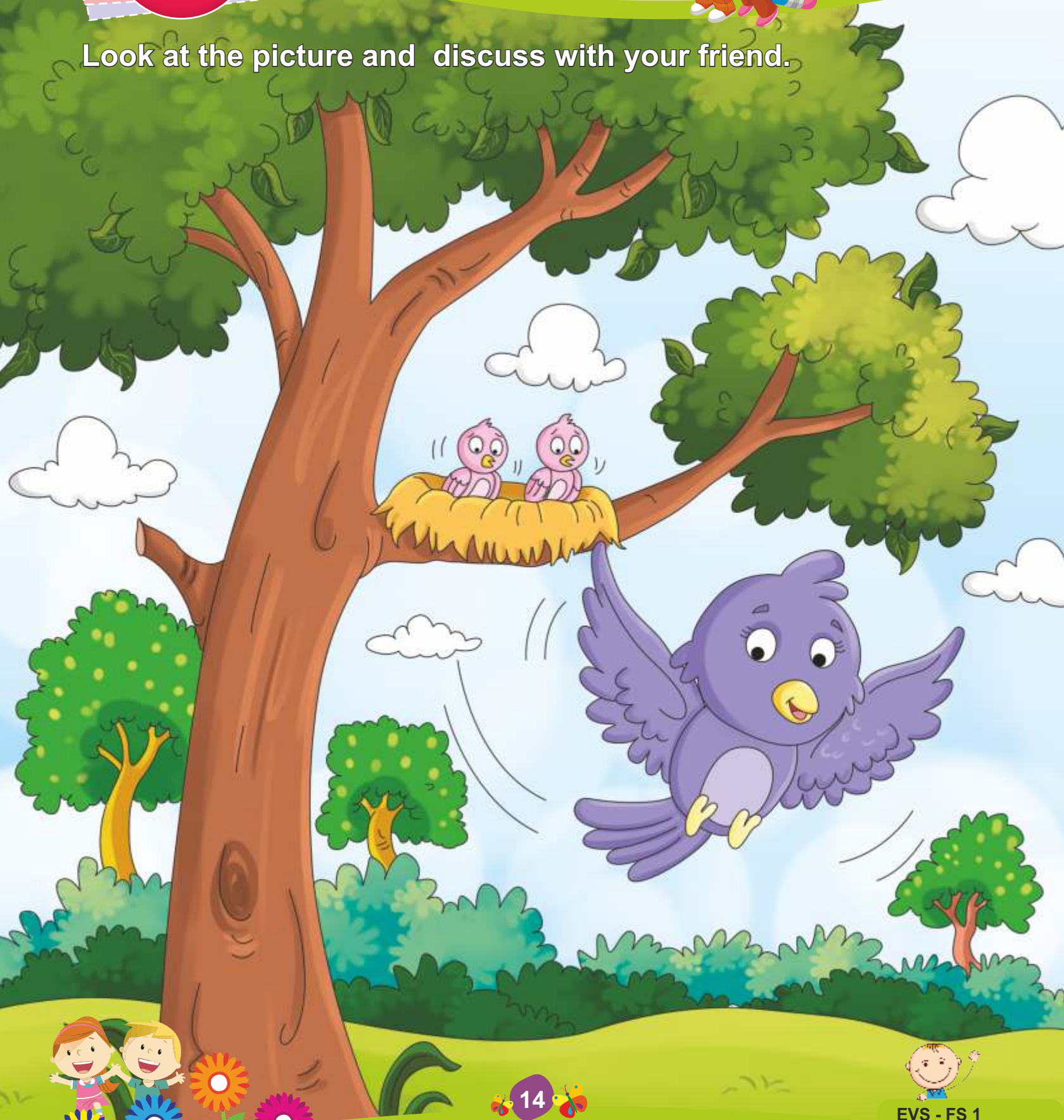


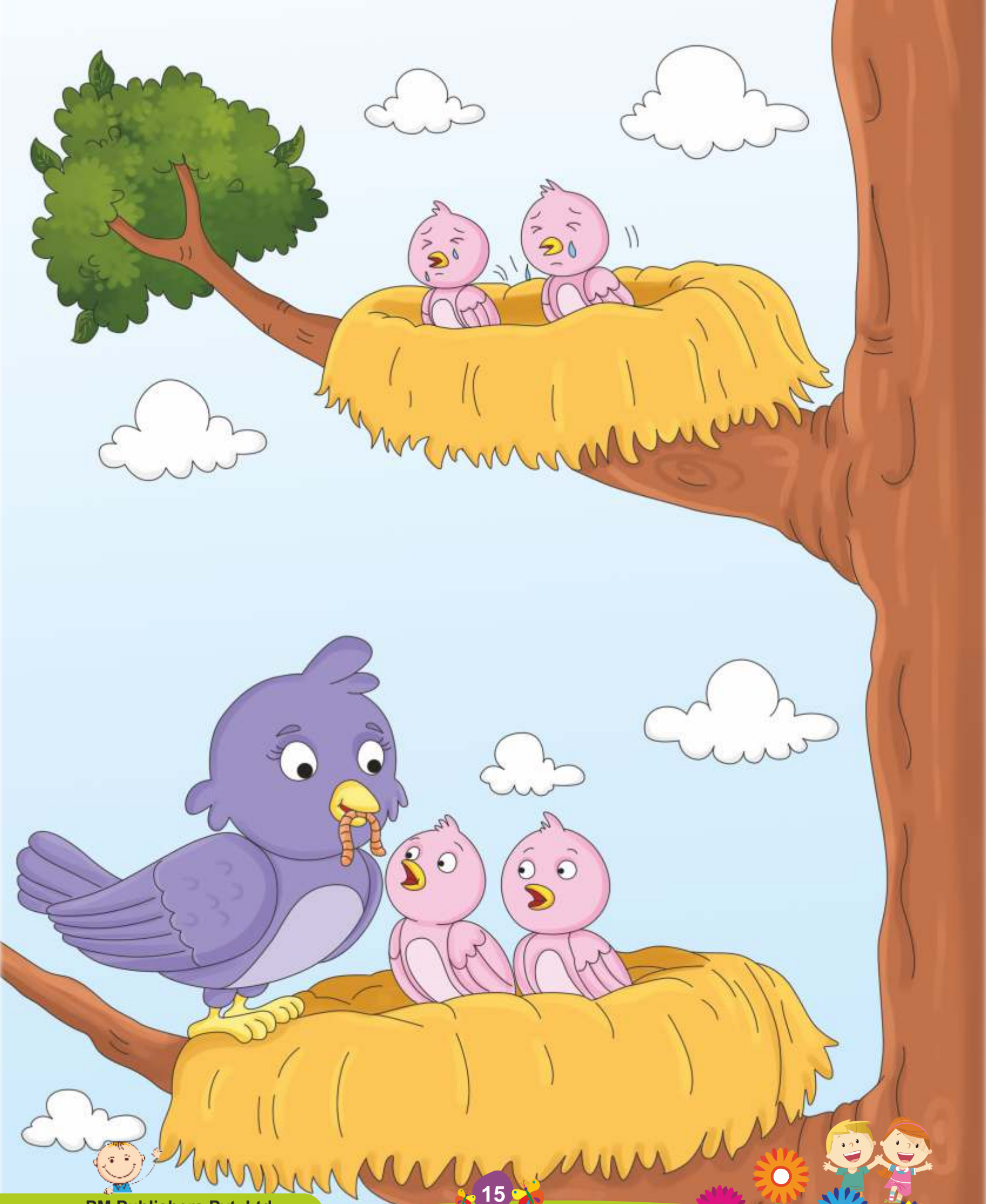
3

Chi-Chi Bird



Look at the picture and discuss with your friend.







4

My Family



Say hello to Ria's family.



My grandfather



My grandmother





Paste the picture of your family in the box.





5

My Safety



Ria and Raj are playing in the room. Talk about the things you can see in the picture. Should they play with all these things?



A. Cross out (✗) the things you should not play with.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 

B. The teacher should narrate the story to the children as per the picture.





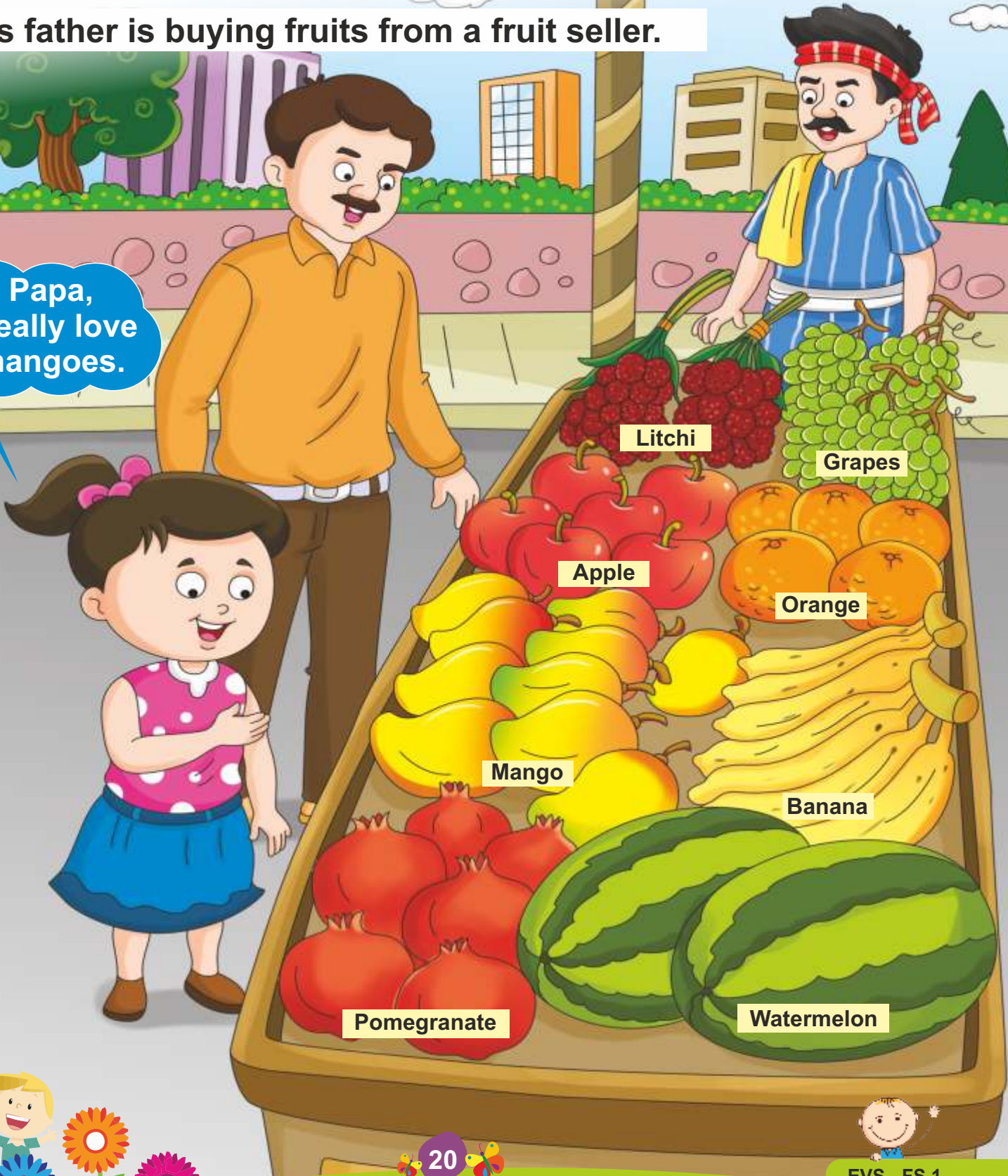
6

Fruits

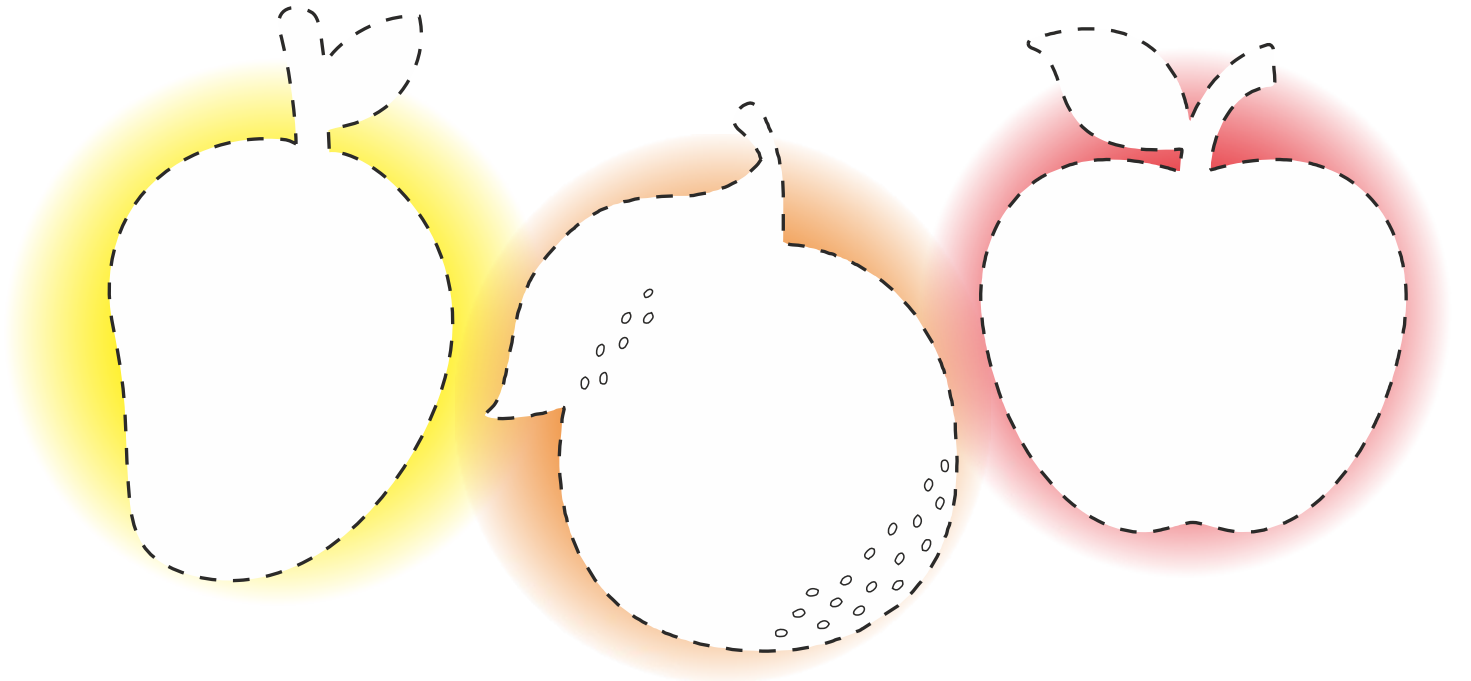


Ria's father is buying fruits from a fruit seller.

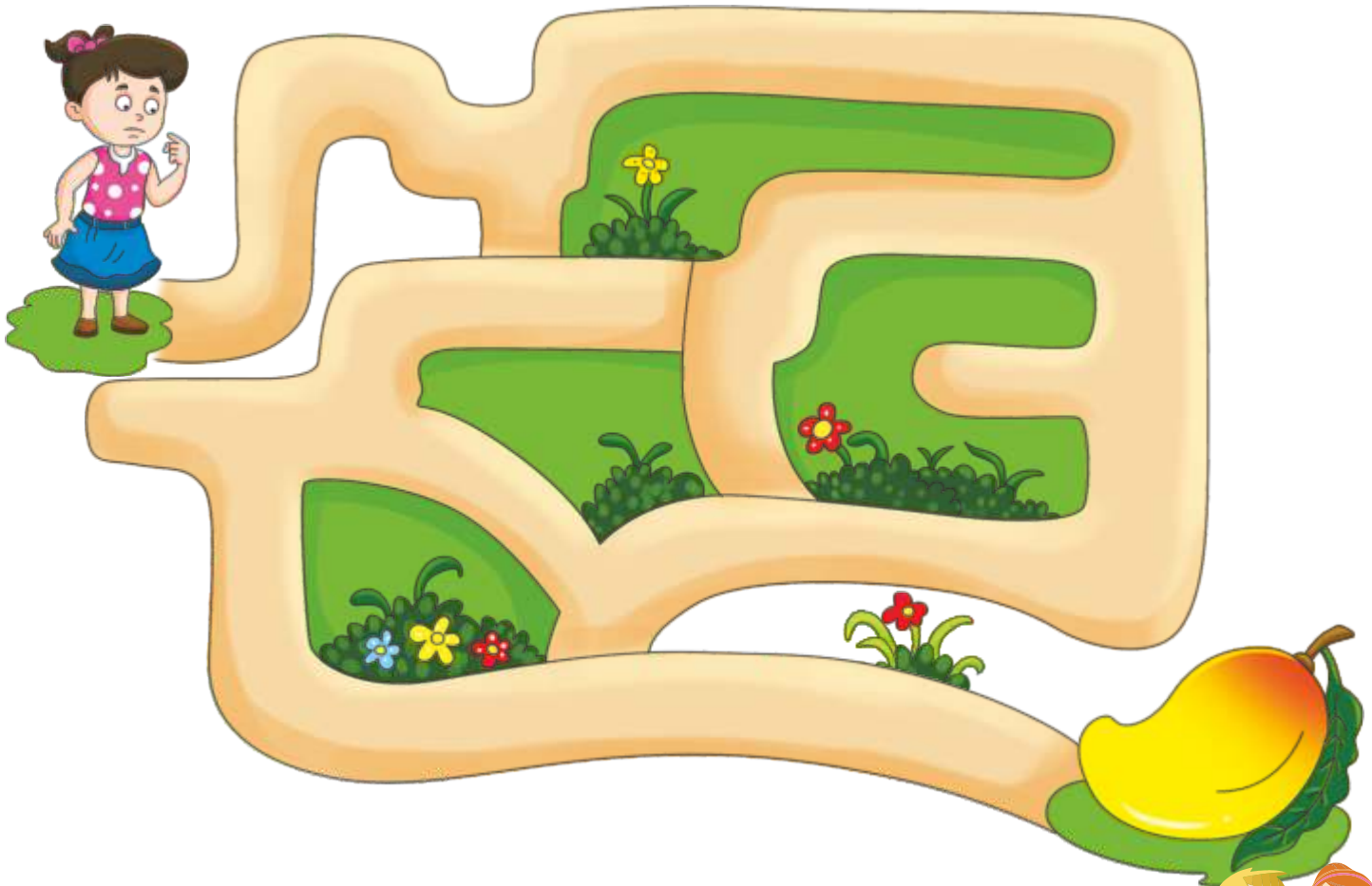
Papa,
I really love
mangoes.



A. Trace and colour the fruits. Do you know their names?



B. Ria loves mangoes but she is not able to reach it. Can you please help her?



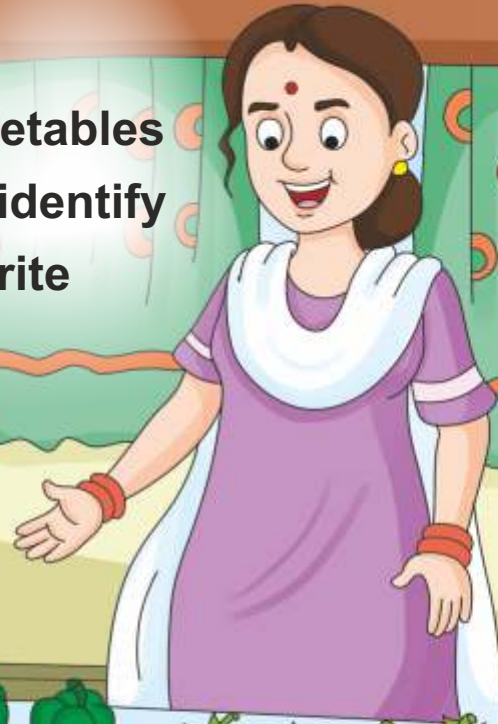


7

Vegetables



Ria's mother has bought these vegetables from the market. Can you help Ria identify the vegetables? What is your favourite vegetable?



Capsicum

Tomato

Bottle Gourd

Pumpkin
















Ladyfinger

Cabbage

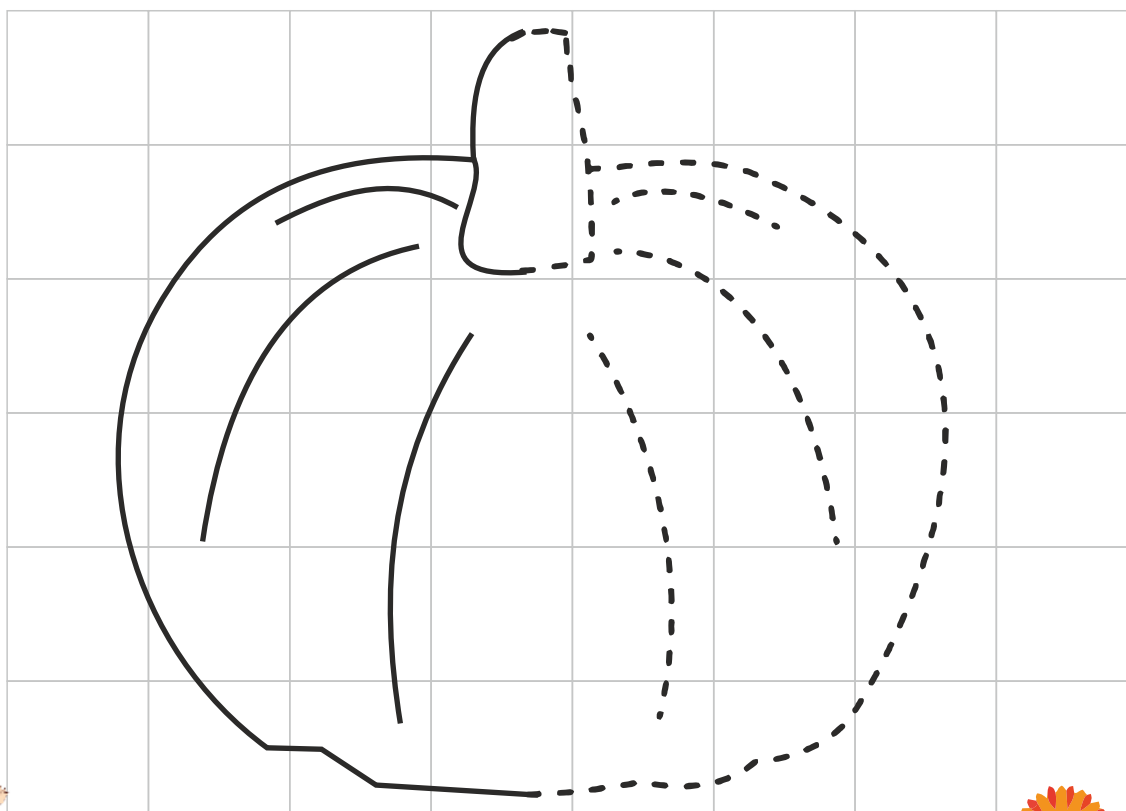
Potato

Onion

A. Circle all the tomatoes, count them and write in the box.

B. Trace the missing half of the picture and colour it.





8

On the Beach



Look at the picture and discuss it with your friend.







9

Animals



Ria has come to see animals on the farm of her uncle.
Can you help her identify these animals?



Goat

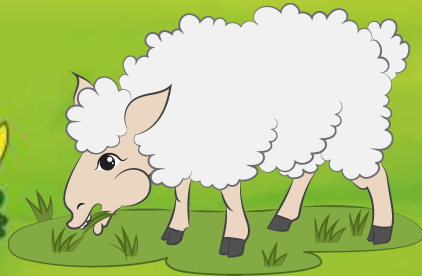
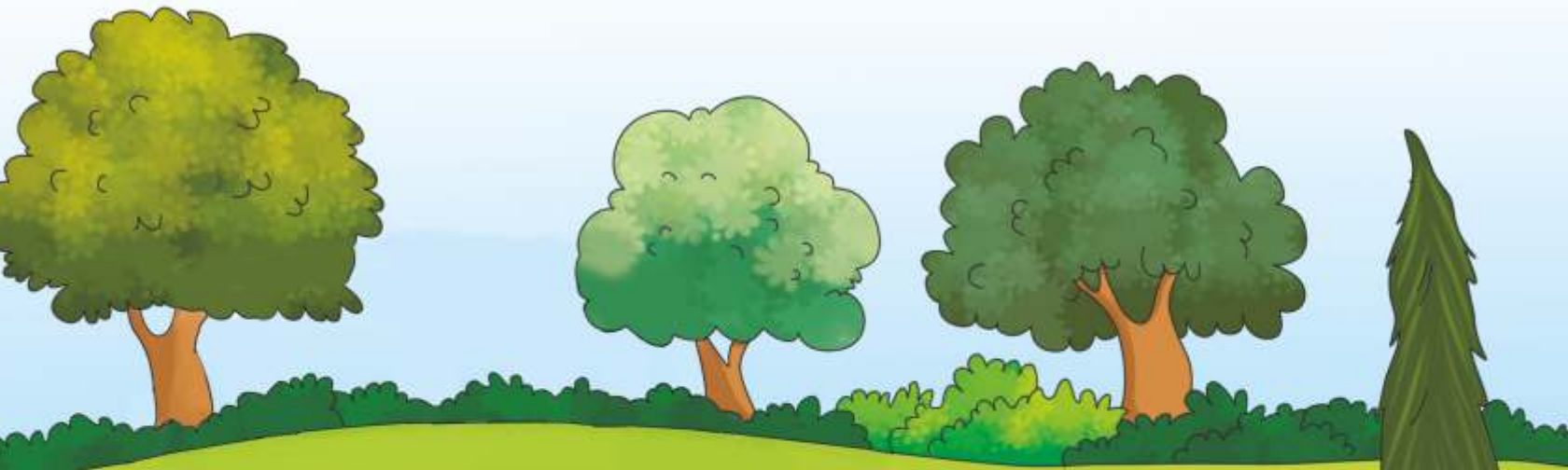


Dog



Hen





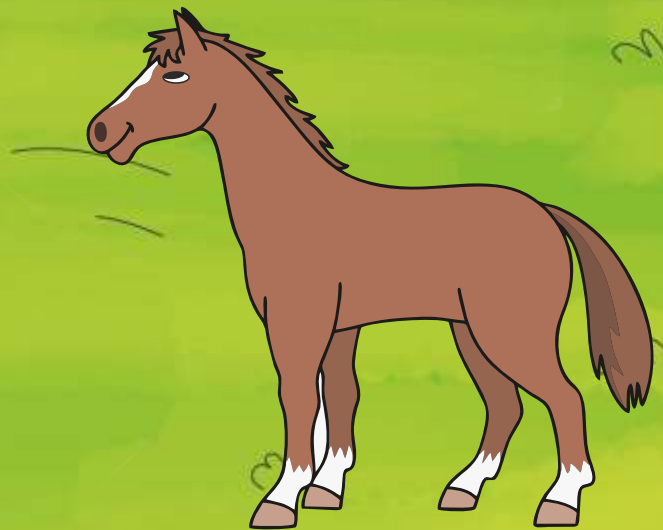
Sheep



Buffalo



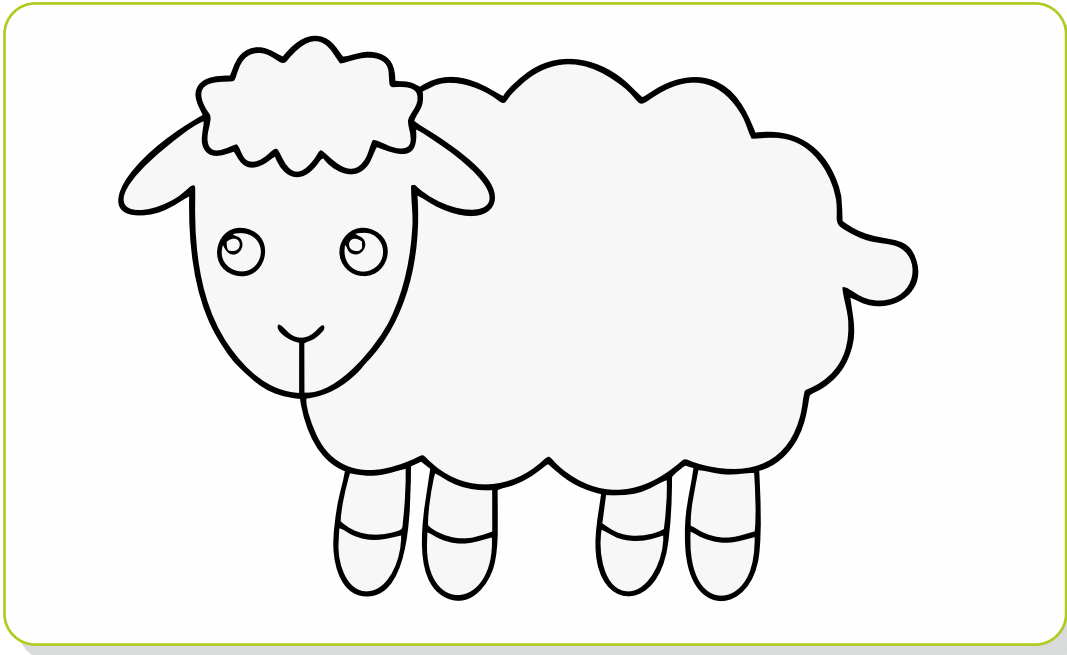
Cow



Horse



Paste cotton on the body of the sheep to make its fur. Colour the rest of the body.



Repeat the rhyme.

The cow says moo-moo,

The cow says moo-moo.

The sheep says baa-baa,

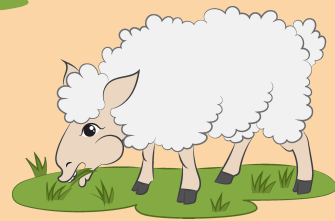
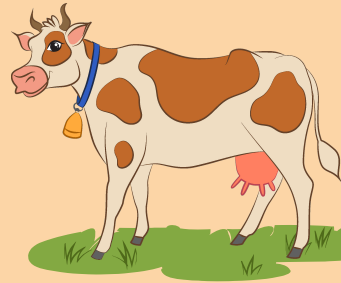
The sheep says baa-baa.

The dog says bow-bow,

The dog says bow-bow.

The hen says cluck-cluck,

The hen says cluck-cluck.





10

Travel



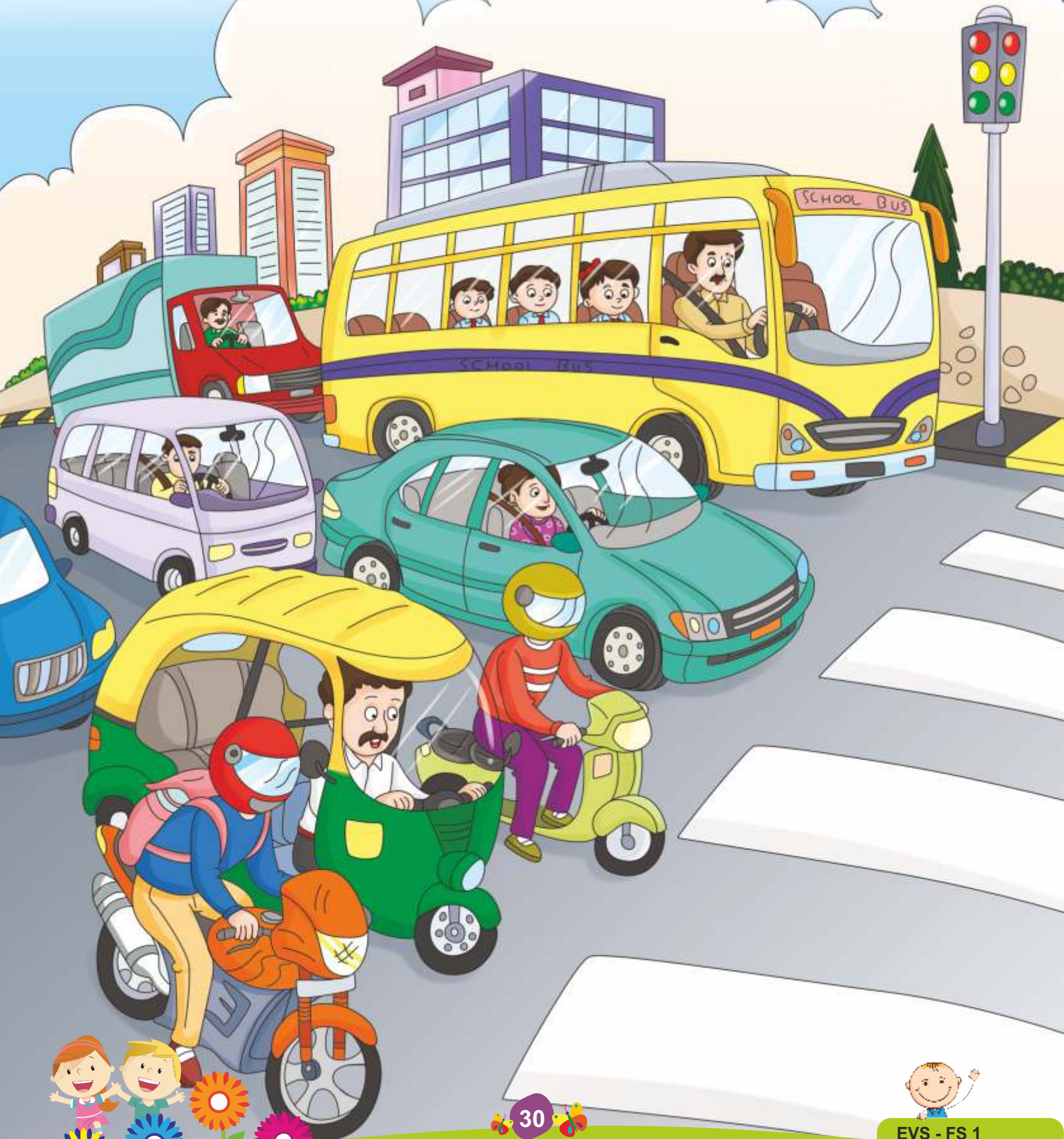
Ria goes to the school in a school bus.
How do you go to school?



Ria's parents go to office in a car.



There are so many vehicles on the road. Ria is looking at them. The teacher should ask learners to identify them.



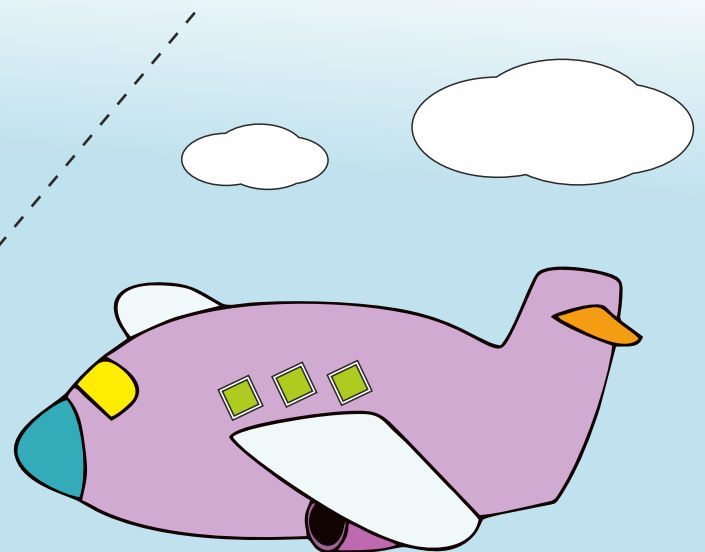
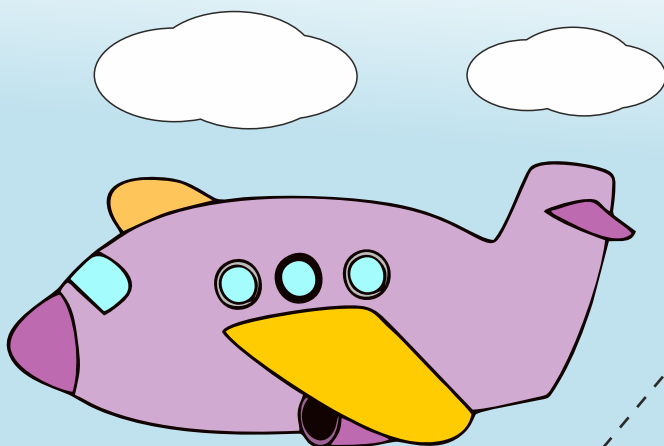
A. Circle the vehicle which has only two tyres.



B. Circle the vehicle which has no tyres (0 tyres).



C. Circle the differences between these two aeroplanes.





11

Colours



A. Circle the colour matching with the colours of Ria's t-shirt and shorts.



B. Say the names of colours aloud.



Yellow



Blue



Red



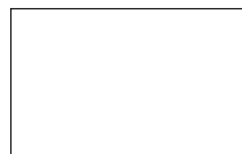
Green



Black



Pink



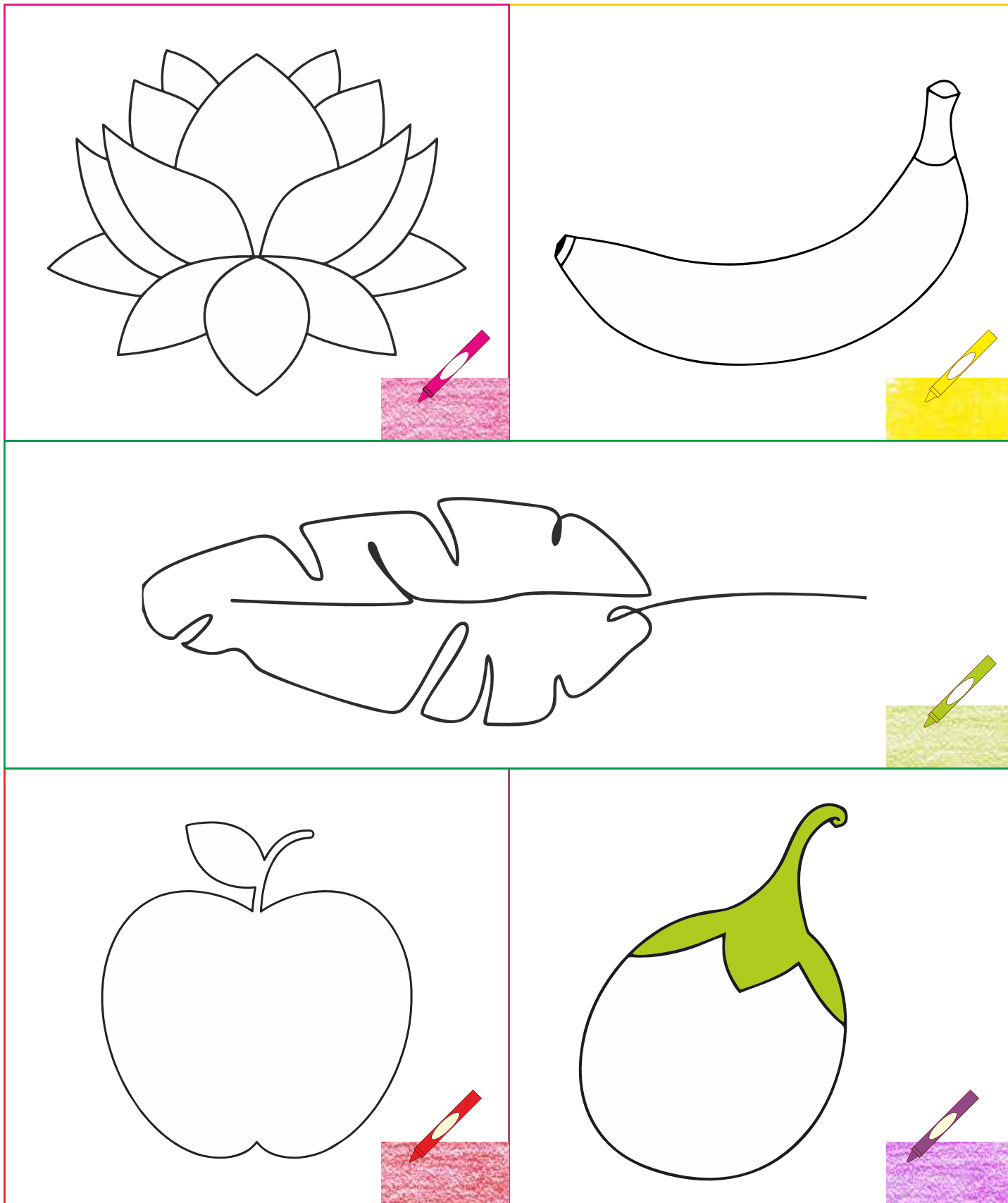
White



Brown



C. Colour the pictures in the same colour by crayons as shown.





12

Water and Air



Raj is getting ready for school.

How do you get ready for your school?



In the evening, Ria and Raj play in the park. Today, they are flying kites.



Can you tell what Ria is doing?



A. Circle the jug with more water.



B. Circle the balloon with less air.



C. Count the balloons according to their colours and write their number in the correct box.



--	--

--	--

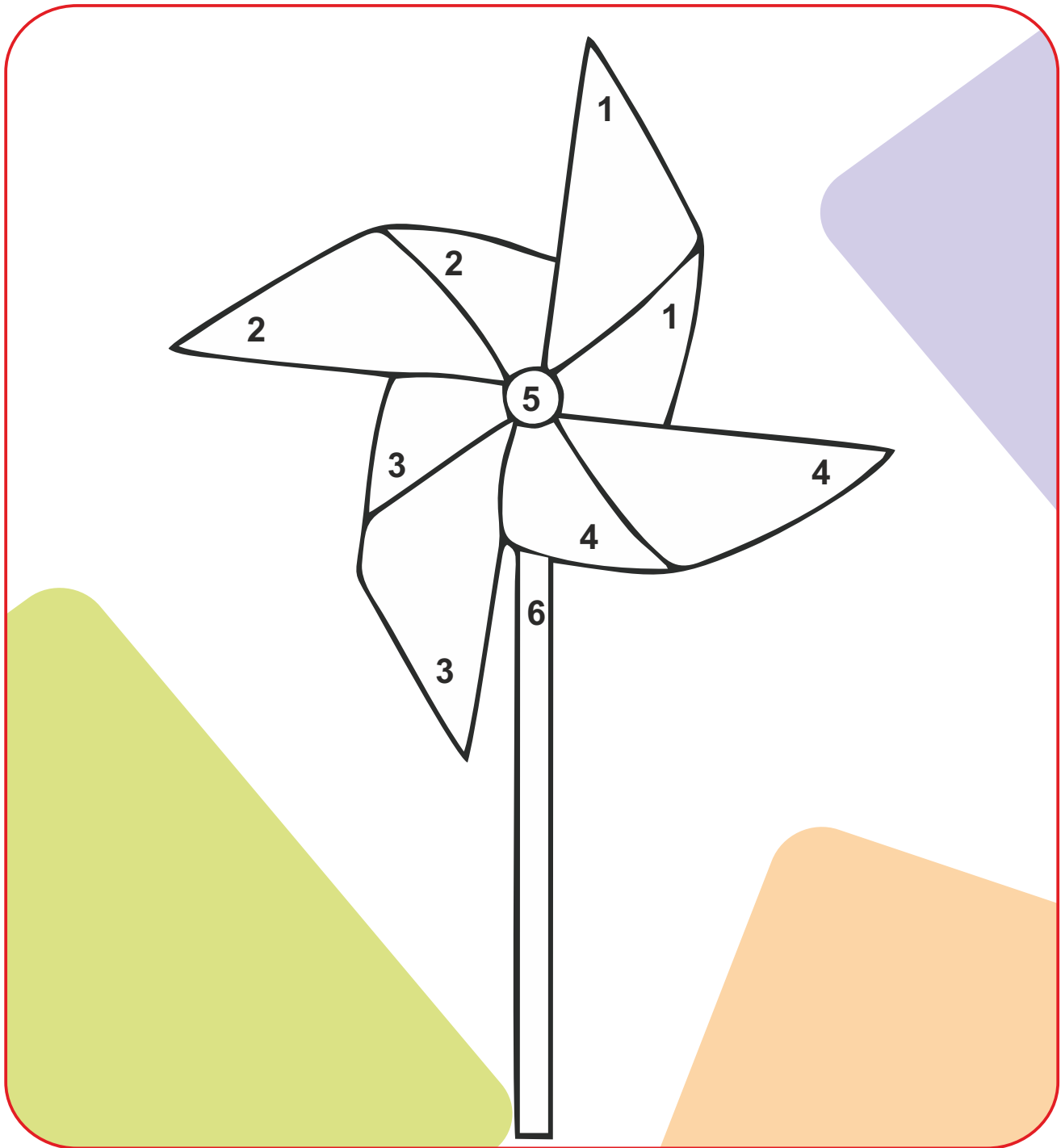
--	--

--	--

--	--



D. Colour the pinwheel according to colour code given below.



Ask your parents to help you make a pinwheel.





13

Clothes



What types of clothes are Ria's friends wearing today?



A. Point at the pictures below and say their names aloud.



B. Which dress will you get after joining these parts? Circle it.



C. Trace and colour the picture of a frock.





14

In the Park



Talk about the picture.







15

House



Ria and Raj are neighbours.

Their houses are close to each other.



I live in a bungalow.

I live in a flat in this apartment.



Look and discuss the different rooms of a house.



Living room



Bedroom



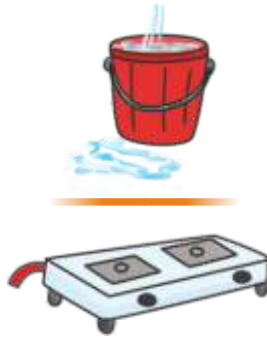
Kitchen



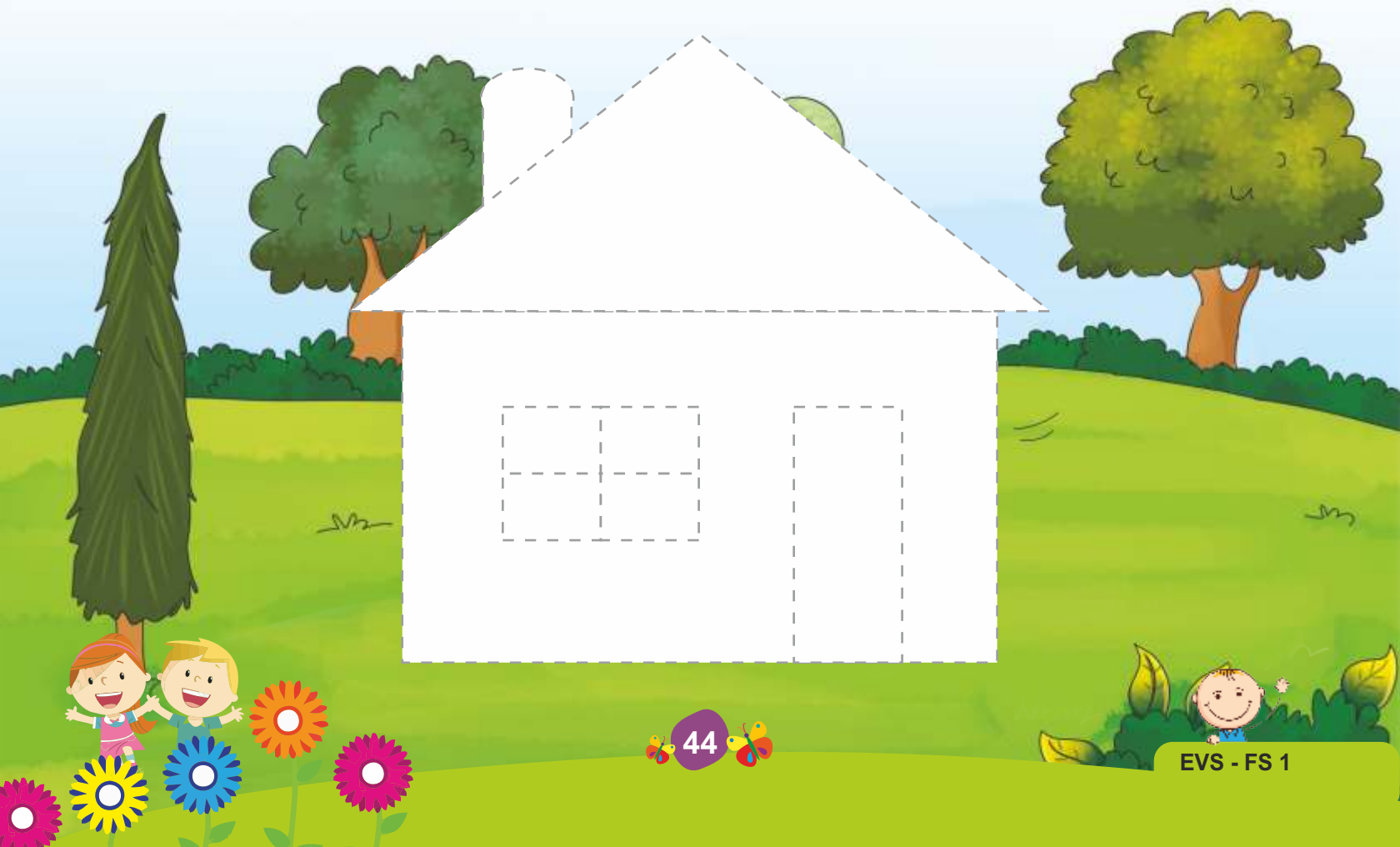
Bathroom



A. Match the following things with rooms where you see them.



B. Trace and colour this picture of a house.





16

Our Helpers



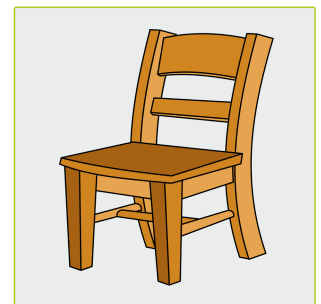
A plumber has come to repair the tap in Ria's bathroom.



Look at the pictures of some other helpers. They help us in so many ways.



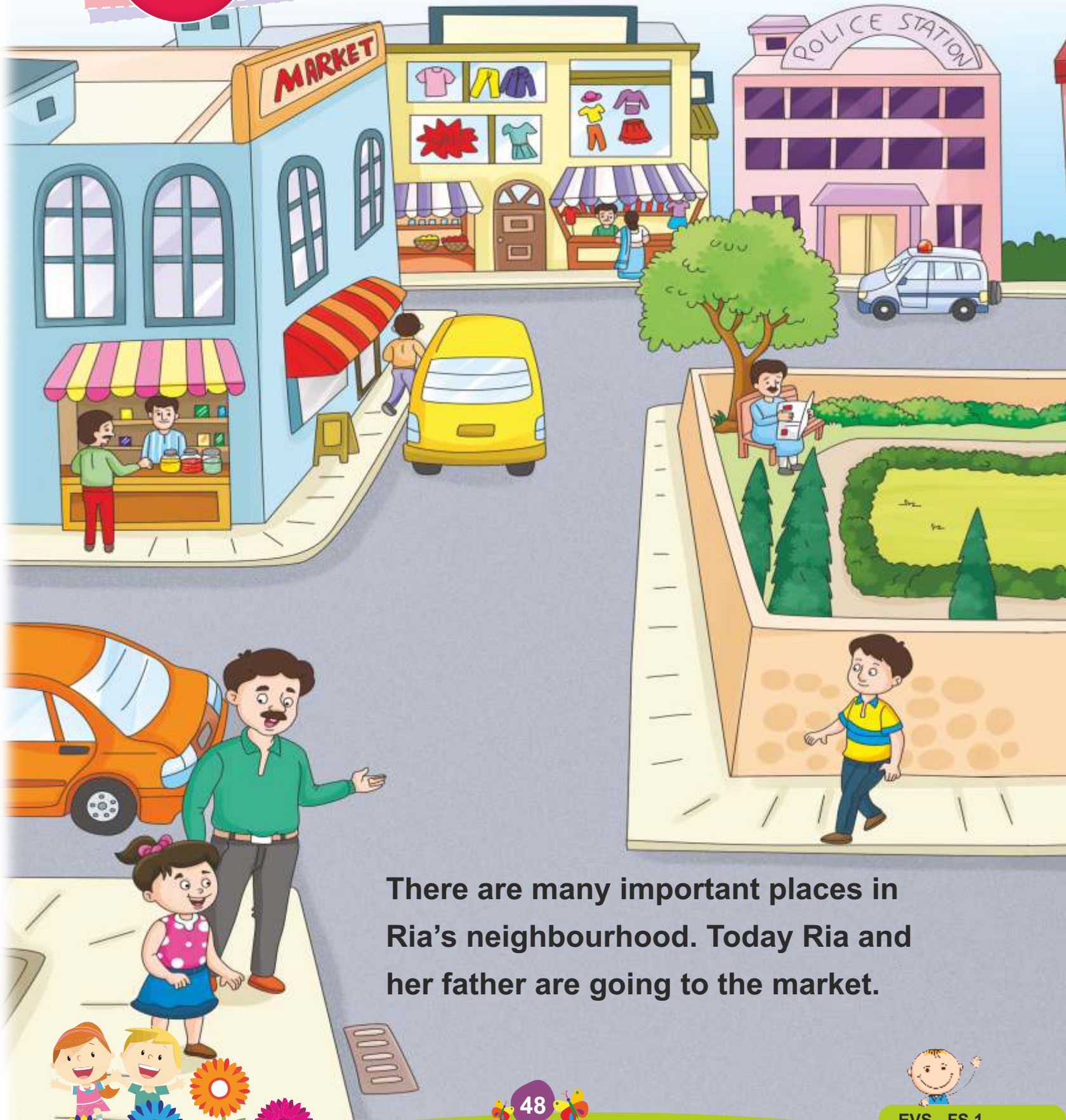
Match the helpers with correct pictures.





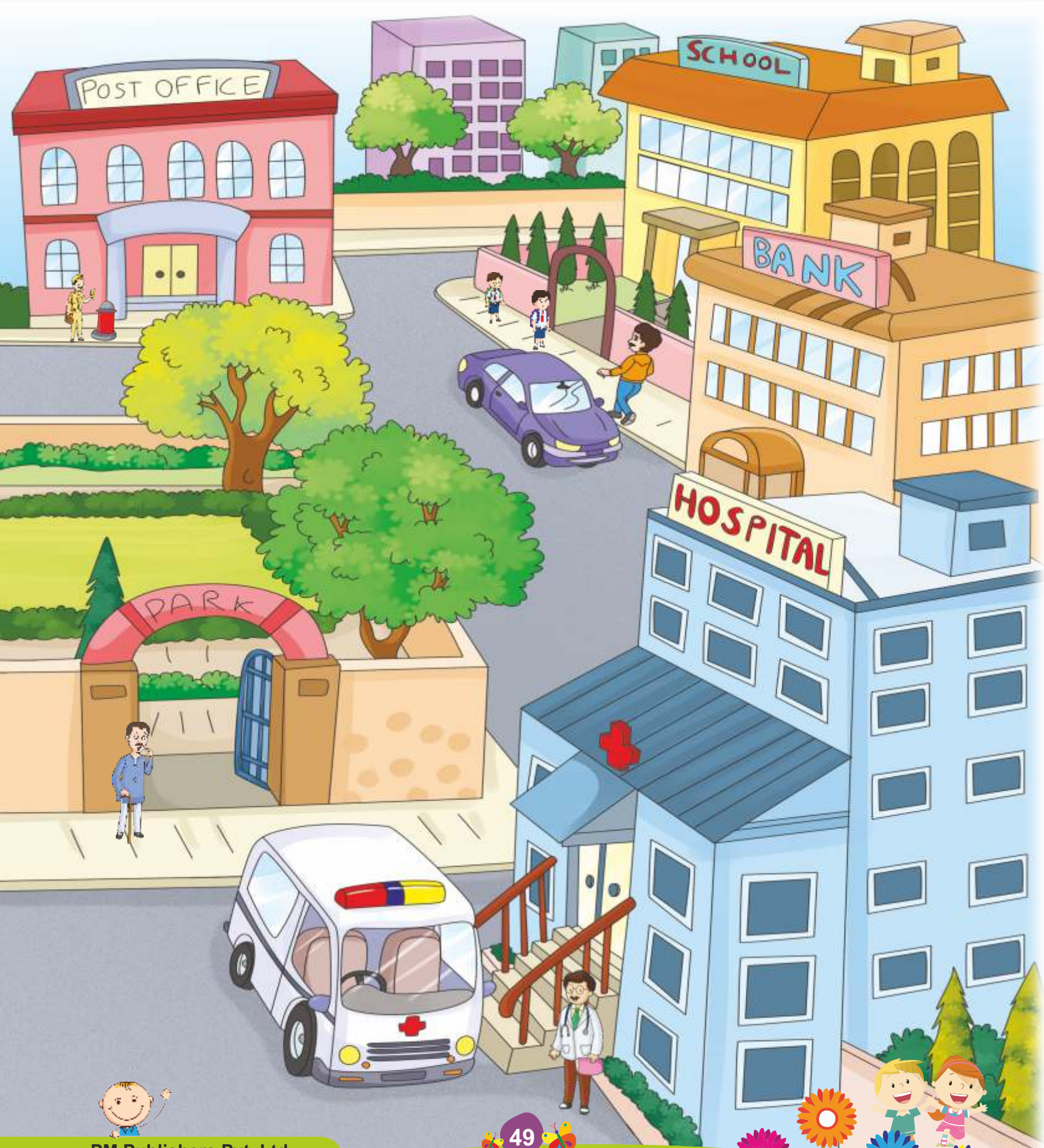
17

Places Around Us



There are many important places in Ria's neighbourhood. Today Ria and her father are going to the market.





A. Match the people with the places where you would find them.



B. Help Ria reach the park to play.



C. Colour the following picture.



Repeat the rhyme.

Let us go

And play in the park.

Have fun on the slide

And run on the grass.

Let us go home

Before it is dark.



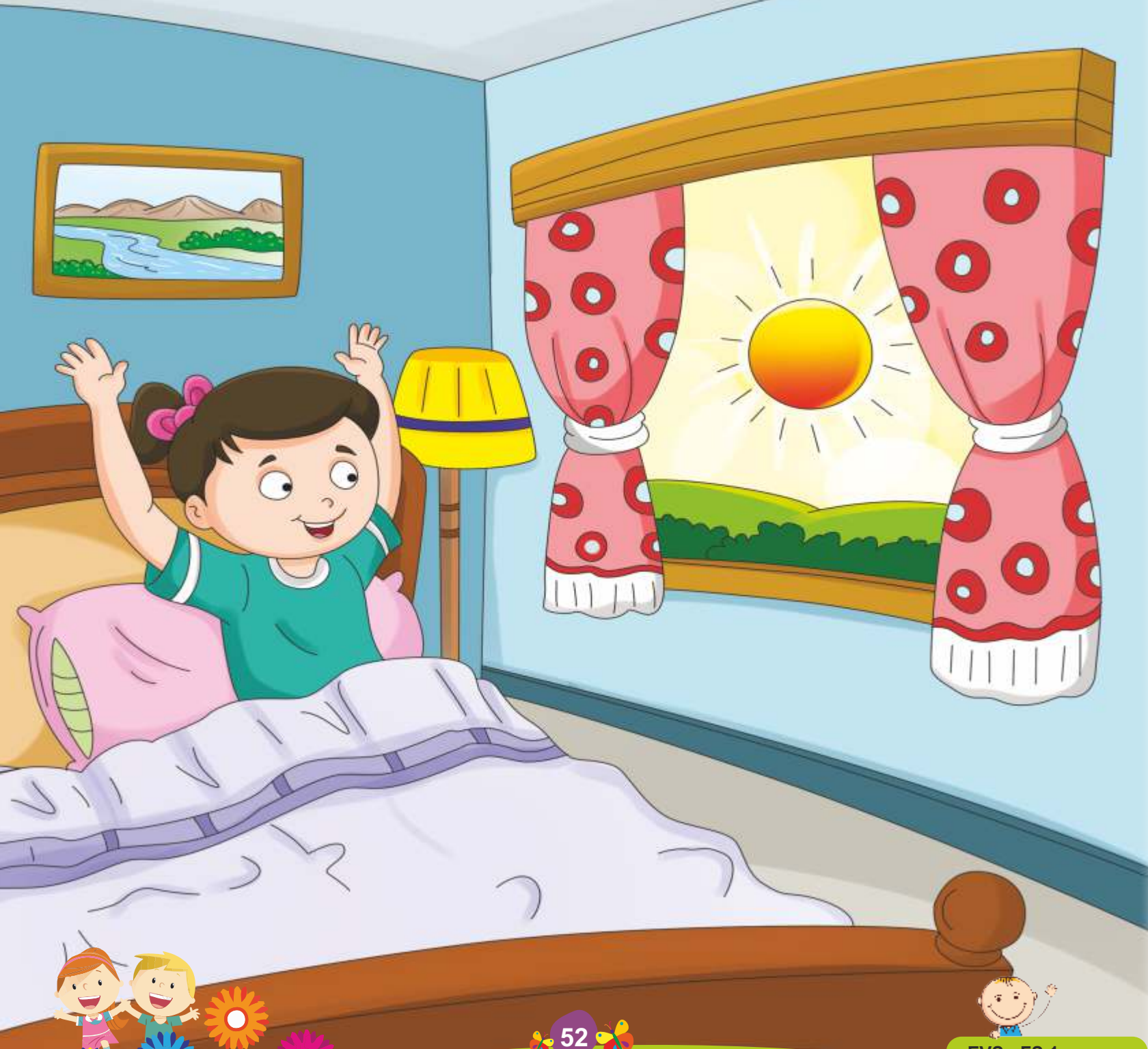


18

Day and Night



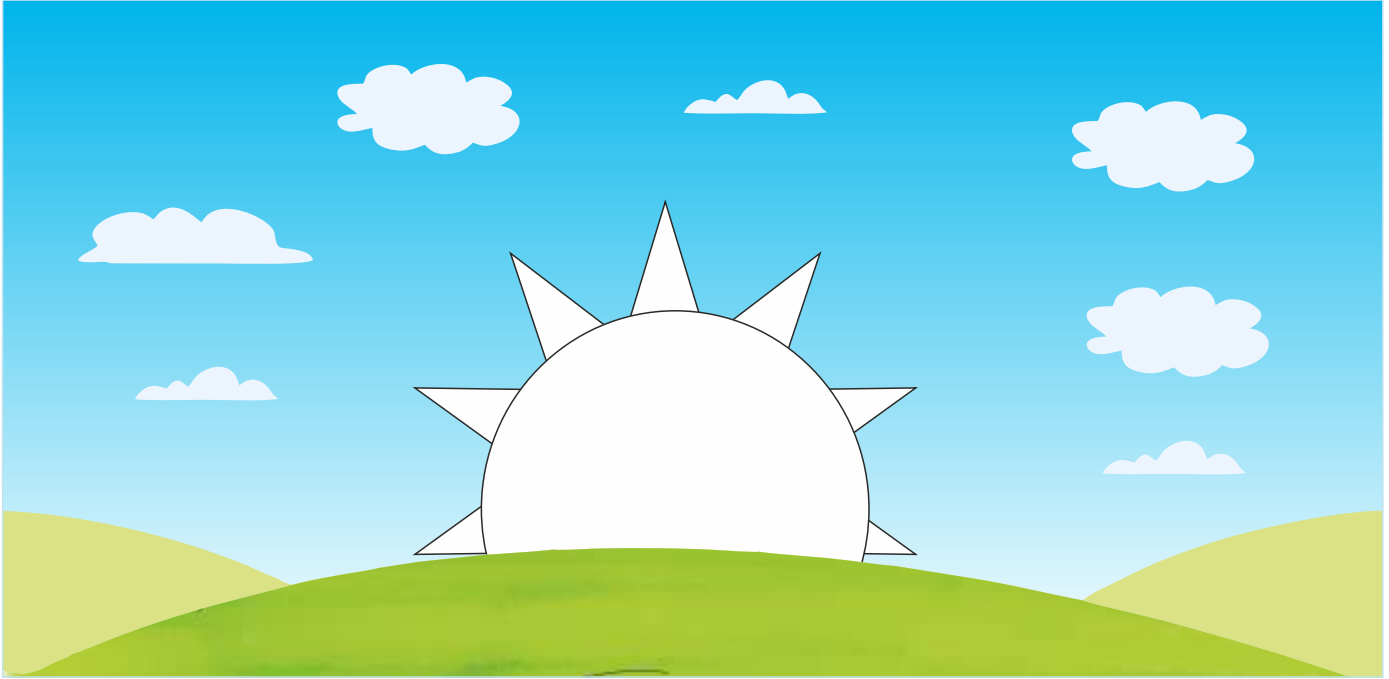
The sun is rising in the sky. Ria has woken up. Now, she will get ready for school.



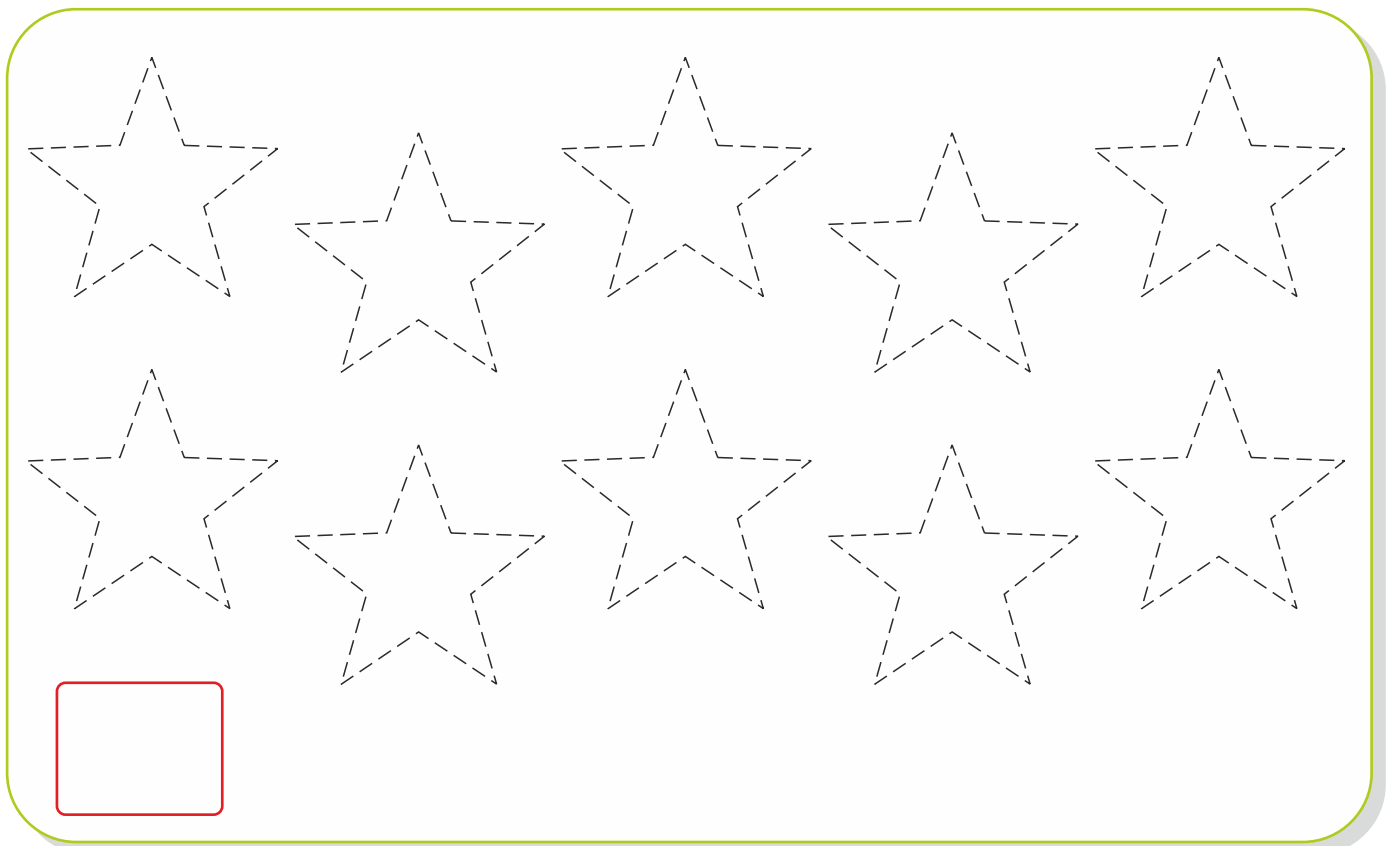
The sun has set. The moon and the stars are shining brightly in the sky. Ria is reading storybook with her grandmother.



A. Colour the sun to complete the scene of the day.



B. Trace and colour the pictures of stars. Also, count them.



C. Paste some stars to complete the scene of night.



Repeat the rhyme.

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are.



TEACHER'S OBSERVATION REPORT

Continuous observation of children's progress by the teacher is an important aspect of **NIPUN BHARAT**. We can assess a child's development in different skills by closely observing them throughout the academic year. Here is a chart to be filled in by the teacher. The chart will be helpful for the parents also to help and guide their children accordingly.

Sl.No.	Area of Observation	Requires attention/assistance from facilitator	Able to complete tasks with little assistance	Able to complete tasks without assistance	Hard spots	Remarks
1.	Physical and Motor Skill					
2.	Cognitive Skill					
3.	Social-emotional Skill					
4.	Cultural/Artistic Skill					
5.	Communication and Early Language Skill					
6.	Literacy Skill					
7.	Numeracy Skill					

