WEEK 1

Ages 3–4 · Nursery

Art, Music & Life Skills

All About Me

Big question of the week: How do I grow?

मैं कैसे बड़ा होता/होती हूँ?

Create & Grow — draw, sing, make and shine!

THIS PACK BELONGS TO

Name: _____ Age: _____ Class: _____

WHAT YOU WILL LEARN

- ★ Draw and create: draw yourself now and as a little baby
- ★ Sing the rhyme of the week
- ★ Practise a good habit: washing hands

WHAT'S INSIDE

1. Drawing time
2. Craft of the week
3. Rhyme of the week: Pat-a-Cake
4. Good habit: Washing hands
5. Memory game
6. My week — star chart
7. Cutting practice
8. Trace the shapes

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FOR GROWN-UPS

There is no wrong drawing. Praise effort and ideas, not neatness.

1 Drawing time

Draw yourself now and as a little baby.

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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2 Craft of the week

Make a “growing chart” strip and decorate it.

Grown-ups: help with scissors, paint or anything sharp.

Stick a photo or draw your craft here

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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3 Rhyme of the week: Pat-a-Cake

- Pat-a-cake, pat-a-cake, baker's man,
- Bake me a cake as fast as you can;
- Pat it and prick it and mark it with B,
- And put it in the oven for baby and me.

Actions: Clap hands together and with your baby, "pat" and "prick" the pretend cake, then mark it with your child's initial.

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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4 Good habit: Washing hands

- ☐ 1. Wet hands
- ☐ 2. Soap
- ☐ 3. Rub 20 seconds
- ☐ 4. Rinse
- ☐ 5. Dry

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I did it!							

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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5 Memory game

Look at these words for one minute. Cover them. How many can you remember?

- All About Me
- Washing hands
- Pat-a-Cake
- a colour you like
- a friend's name

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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6 My week — star chart

	*	*	*
English			
Hindi			
Mathematics			
Our World (EVS & GK)			
Art, Music & Life Skills			
Values & Good Habits (संस्कार)			

Colour a star for each page finished.

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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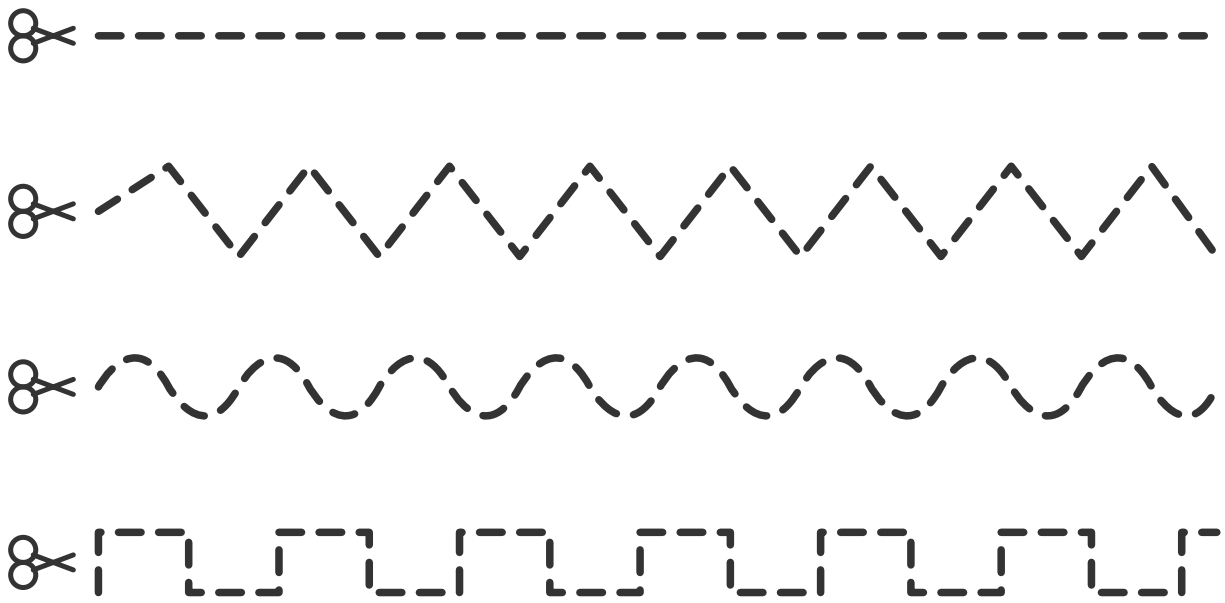
7 Cutting practice

Cut along each dashed line with child-safe scissors: straight, zigzag, wavy and steps.



Grown-ups: always sit with your child while scissors are used.

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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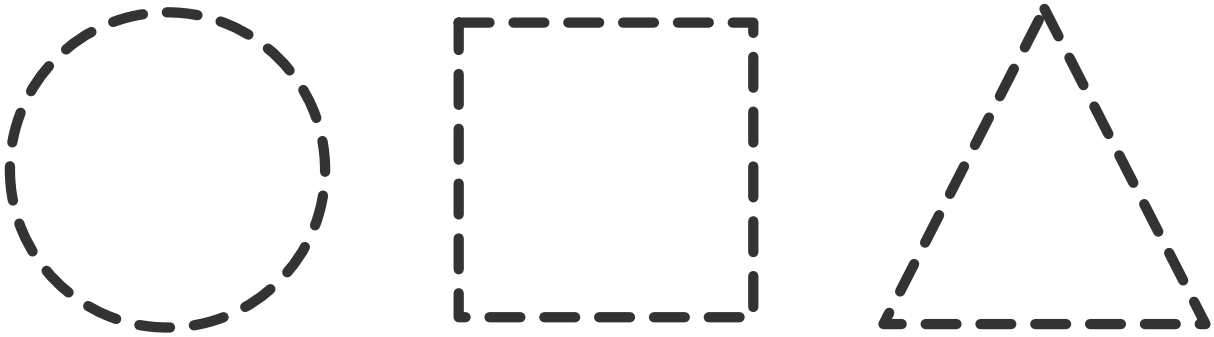
8 Trace the shapes

Trace each dashed shape. Then colour it in and say its name.



circle square triangle

DRAW IT HERE

Draw or make your own version here.

How did I do? ☆ ☆ ☆ Grown-up's note: _____

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