



1

My Body Facts



Our body is a wonderful machine. Let me tell you some of the awesome facts about our sense organs.

1. Our nose can identify and remember 50,000 different scents.
2. Nose and ears never stop growing. They always grow throughout our life.
3. Our skin is the largest organ in our body.
4. Our tongue is one of the strongest muscles in our body and is able to heal from injury more quickly than other parts of our body.
5. Our eyes can differentiate about 10 million different colours.
6. We spend nearly 10% of our waking hours with our eyes closed while blinking.
7. If human eyes were a digital camera, it would have 576 megapixels.
8. Children can recognise a wider variety of noises than an adult.
9. Having excessive body hair indicates ones higher level of intellect.



Remember



We feel giddy or dizzy when there is a quick change in any of the five senses.



2

Daily Routine



We all follow our daily routine. What do you do daily?

• Fill in the blanks:

1. I wake up in the morning at 6:00 Am.



2. I have my breakfast at 7:30 Am.

3. I go to school at 8:00 AM.



4. I have my lunch at 11:00 Am.

5. I do my homework at 4:00 PM.



6. I have my dinner at 8:00 PM.

7. I go to sleep at 9:30 PM.



3

Calendar



You must have seen a calendar in your house. A calendar shows the days, weeks and months of a year. There are 12 months in a year, and a year has 365 days.

- Fill the months of the year in the space provided with the help of clues:



1. I'm the first month of the year.
I have 31 days. JANUARY

2. I'm the second month of the year.
I have 28 days. FEBRUARY



3. I'm the third month of the year.
I have 31 days. MARCH

4. I'm the fourth month of the year.
I have 30 days. APRIL



5. I'm the fifth month of the year.
I have 31 days. MAY

6. I'm the sixth month of the year.
I have 30 days. JUNE





7. I'm the seventh month of the year.
I have 31 days. JULY



8. I'm the eighth month of the year.
I have 31 days. AUGUST



9. I'm the ninth month of the year.
I have 30 days. SEPTEMBER



10. I'm the tenth month of the year.
I have 31 days. OCTOBER



11. I'm the eleventh month of the year.
I have 30 days. NOVEMBER



12. I'm the twelfth month of the year.
I have 31 days. DECEMBER



Do You Know

After every four years, February has 29 days. When this happens, it is called a leap year.



Gear Up

1. How many months are there in a year?

There are twelve (12) months in a year.

2. Write the numbers of days in a year.

There are 365 days in a year.



4

Important Days and Dates



Can you remember some important days and dates? Let me share you the list.



8th September
WORLD LITERACY DAY



1st January
NEW YEAR



7th April
WORLD HEALTH DAY



1st Sunday of August
FRIENDSHIP DAY



22nd April
EARTH DAY



3rd Sunday of June, FATHER'S DAY



2nd Sunday of May, MOTHER'S DAY



5

Our Pride and Joy



India is a land of festivals. We celebrate some festivals together. These festivals are our pride and joy. These are popularly known as National Festivals. We should respect our National Festivals.

- Fill the correct name of National Festival in each blank:



1. Republic Day

It is celebrated on **26th January**. Our Constitution came into force on 26th January, 1950.

2. Gandhi Jayanti

We celebrate it on **2nd October**. It is the birthday of Mahatma Gandhi.



3. Independence Day

We celebrate it on **15th August**. We got our independence on 15th August, 1947.

4. Children's Day

We celebrate it on **14th November** every year. It is Jawaharlal Nehru's birthday.



Help Box

1 Children's Day

1 Republic Day

2 Gandhi Jayanti

3 Independence Day

6

Diversity in India



I watch the Geographic Channel. I see vast diversity in India in terms of landforms. Some of these places I have noted in my scrapbook. Let me share it with you.



Highest Airport: Leh (Ladakh) 3,256 m

Largest Desert: Great Indian Desert (Thar Desert), Rajasthan



Longest River: Ganga 2,525 km long

Hottest Place: Rentachintala, Guntur District, Andhra Pradesh



Highest Dam: Tehri Dam, on Bhagirathi River, Uttarakhand.



Highest Waterfall: Kunchikal falls, Varahi River, Karnataka

Coldest Place: Dras, Jammu and Kashmir



Explore



Find out images of other diverse places in India, paste and label them in your scrapbook. Share them with your friends.





7

Known Personalities of India



There are some Indians who are famous for the work they have done for India. Learn about these personalities.

- Identify these personalities with the help of given clues:



Sarojini Naidu
(Nightingale of India)



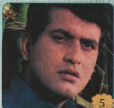
Narendra Modi
(Prime Minister of India)



Rakesh Sharma
(Astronaut)



Baba Amte
(Social Worker)



Manoj Kumar
(Film Actor/Director)



E. Sreedharan
(Metroman of India)



Help Box

④ Baba Amte

③ Sqdn. Ldr. Rakesh Sharma

② E. Sreedharan

① Sarojini Naidu

⑤ Narendra Modi

⑥ Manoj Kumar



8

New Seven Wonders of World

I attended a summer camp during the vacations. There we were divided into groups and given topics to display on charts. Our group's topic was 'New Seven Wonders of World'. Do you know where these wonders are located?

- Match the name of New Seven Wonders of World with its picture and write the number in the bubble:



- Christ the Redeemer: Rio de Janeiro, Brazil
- Great Wall of China, China
- Machu Picchu, Peru
- Petra, Jordan
- Pyramid at Chichén Itzá, Yucatan Peninsula, Mexico
- Roman Colosseum, Rome, Italy
- Taj Mahal, India



Explore



Find out the Seven Wonders of the Ancient World.





9

Cricket Stars



Some of the cricket stars have become quite popular among people. They belong to different countries. Can you identify these cricket stars?

- Write the name of the country to which each cricket star belongs:



1
J.M. Anderson
England



2
R. Ashwin
India



3
T.A. Boult
New Zealand



4
Yasir Shah
Pakistan



5
D. W. Steyn
South Africa



6
J. R. Hazlewood
Australia

Who is your favourite cricket star? _____



Help Box



South Africa Pakistan India Australia
 England New Zealand

