

LIST OF FRIDAY ACTIVITIES (PRE-NURSERY – NURSERY)

| S.NO | DATE | Activity Name | Competencies |
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| 1 | 12 Apr 2024 | Ice Breaking Activity Introduction of Self. | C- 4.1 Starts recognizing 'self' as an individual belonging to a family and community |
| 2 | 19 Apr 2024 | Hand wash activity Students will learn the steps to wash hands properly. | C-1.2 – Practice basic self -care and hygiene |
| 3 | 26 Apr 2024 | Cooking Without Fire (Intra-Class Competition) Students will cook a healthy dish and share its recipe with their peers. | C-1. 1 Shows a liking for and understanding of nutritious food and does not waste food |
| 4 | 03 May 2024 | Citrus fruit & Non-Citrus Fruits Students will sit with a bowl of chopped fruits and differentiate between citrus fruits and non-citrus fruits by tasting and smelling. | C-2.4 Differentiates multiple smells and tastes C-4.4 Shows cooperative behavior with other children |
| 5 | 10 May 2024 | Mother's Day Crown Students will prepare a crown for their mothers on the theme —My Super Moml. | C-12.3 Innovates and works imaginatively to express ideas and emotions through the arts. |
| 6 | 17 May 2024 | Step by Step Arrange the bag according to the time table. Students will learn how to arrange books according to the time table. | C-13.1 Attention and intentional action, acquire skills to plan focus attention and direct activities to achieve specific goal. |
| 7 | 5 July 2024 | Yum Yum in my tum! Students will learn how to pack healthy food and lunch box for school. | C-1.1 Shows a liking for and understanding of nutritious food and does not waste food. |

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| 8 | 12 July 2024 | <p>Costumes of the helpers around (Intra Class Competition)</p> <p>Children will dress up as a helper and they will talk about it.</p> | C-5.1 Demonstrates willingness and participation in age- appropriate physical work towards helping others |
| 9 | 19 July 2024 | <p>Step by Step (Recapitulation)</p> <p>Arrange the bag according to the time table.</p> <p>Students will learn how to arrange books according to the time table.</p> | C-13.1 Attention and intentional action, acquire skills to plan focus attention and direct activities to achieve specific goal. |
| 10 | 26 July 2024 | <p>Picture Description</p> <p>Students will describe picture shown by their teacher.</p> | C-9.4 Understands oral instructions for a complex task and gives clear oral instructions for the same to others. |
| 11 | 2 August 2024 | <p>Friendship Day Celebration</p> <p>Children will understand the importance of friendship and will tie friendship band on their friend's wrist.</p> | C-4.4 Shows cooperative behavior with other children |
| 12 | 9 August 2024 | <p>Independence Day Singing Competition (Intra-School Competition)</p> <p>To raise the spirit of patriotism, students will prepare a song for singing in either of language)</p> | C-9.1 Listens to and appreciates simple songs, rhymes, and poems |
| 13 | 16 August 2024 | <p>Token of Love</p> <p>Teacher will tell students about Rakshabandhan. Student will bring rakhi and sweets to celebrate the festival.</p> | <p>C-12.5 Communicates and appreciates a variety of responses while creating and experiencing different forms of art, local culture, and heritage</p> <p>C- 4.4 Shows cooperative behavior with other children</p> |
| 14 | 23 August 2024 | <p>Janamashtmi Celebration</p> <p>Children will dress as Radha and Krishna and will dance on a bhajan song .(Intra class competition)</p> | <p>C-9.1 Listens to and appreciates simple songs, rhymes, and poems</p> <p>C-4.4 Shows cooperative behavior with other children</p> |
| 15 | 30 August 2024 | <p>Teacher's Day</p> <p>Students will write a message or thank you note for their teacher.</p> | C- 10.8 Writes a paragraph to express their understanding and experiences |
| 16 | 6 Sep 2024 | <p>Ganesh Chaturthi</p> <p>Students will learn the significance of mantras in our culture and learn Sanskrit mantras with their meaning.</p> | C-10.4 Read stories and passages with accuracy and fluency with appropriate pauses and voice modulation. |
| 17 | 13 Sep 2024 | <p>Sense of Touch</p> <p>Children will learn about good touch and bad touch and how to differentiate between</p> | <p>C- 1.6 Understands unsafe situations and asks for help</p> <p>C-2.5 Develops discrimination in the sense</p> |

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| | | them. | of touch |
| 18 | 20 Sep 2024 | <p style="text-align: center;">Dressing Up</p> <ul style="list-style-type: none"> • Teacher will teach the following- • Wearing trousers • Buttoning the shirt • Wear tie • Wear belt | <p>C-1.2 Practices basic self-care and hygiene</p> <p>C-3.3 Shows precision and control in working with their hands and fingers</p> |
| 19 | 27 Sep 2024 | <p>Swachh Bharat (Gandhi Jayanti)</p> <p>Teacher will educate students about the importance of cleanliness. Students will bring a duster and will clean their desk and cupboard with the help of their teacher.</p> | C-1.3 Keeps school/classroom hygienic and organized. |
| 20 | 4 Oct 2024 | <p style="text-align: center;">Mask Making</p> <p>Children will color and decorate mask of their favorite character from Ramayana.</p> | C-12.2 Works collaboratively in the arts |
| 21 | 11 Oct 2024 | <p style="text-align: center;">Being Independent</p> <p style="text-align: center;">Folding clothes activity</p> <p>Students will bring shirts and trousers and learn how to fold it in a proper manner.</p> | <p>C-3.1 Shows coordination between sensorial perceptions and body movements in various activities</p> <p>C-3.3 Shows precision and control in working with their hands and fingers</p> |
| 22 | 18 Oct 2024 | <p style="text-align: center;">Table Manners</p> <p>Students will learn:-</p> <ul style="list-style-type: none"> • How to wear bib/apron/put napkin • How to ask for things on table • How to properly hold a spoon and fork. • How to sit and behave on table | <p>C-1.2 Practices basic self-care and hygiene</p> <p>C-1.4 Practices safe use of material and simple tools</p> |
| 23 | 25 Oct 2024 | <p style="text-align: center;">Eco-friendly Diwali</p> <p>Teacher will initiate discussion with students about customs and rituals people follow on Diwali and reasons behind those customs with the values related to it.</p> <p>Students will also prepare colorful rangoli in their class.</p> | <p>C-12.5 Communicates and appreciates a variety of responses while creating and experiencing different forms of art, local culture, and heritage.</p> <p>C-12.3 Innovates and works imaginatively to express ideas and emotions through the arts</p> |
| 24 | 08 Nov 2024 | <p style="text-align: center;">Jungle Safari</p> <p>Student will dress up as an animal of their choice and will also experience virtual zoo safari.</p> | C- 5.1 Demonstrates willingness and participation in age- appropriate physical work towards helping others. |

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| 25 | 22 Nov 2024 | <p style="text-align: center;">Toilet Etiquette</p> <ul style="list-style-type: none"> • Teacher will show PPT related to toilet etiquette. • Students will visit their school washroom and learn the following- <ul style="list-style-type: none"> • Always close the door. • Remember to flush. • Don't pee on and around the seat. • Cover the toilet seat before leaving the washroom. • Always wash your hands. • Wipe your hands with the towel or napkin. • Always throw the used napkin in the dustbin. | <p>C-9.4 Understands oral instructions for a complex task and gives clear oral instructions for the same to others</p> <p>C-1.2 Practices basic self-care and hygiene</p> |
| 26 | 29 Nov 2024 | Recapitulation of hand wash activity | |
| 27 | 6 Dec 2024 | <p style="text-align: center;">Plant a Tree</p> <p>Children will learn importance of plants and will go for a nature walk and will plant a seed with a tag of their class for future reference.</p> | <p>C- 9.4 Understands oral instructions for a complex task and gives clear oral instructions for the same to others</p> <p>C-3.3 Shows precision and control in working with their hands and fingers</p> |
| 28 | 13 Dec 2024 | <p style="text-align: center;">FIT INDIA</p> <p>Teachers will show PPT to students explaining the importance of physical fitness and different ways to keep our body fit for example yoga, aerobics, jogging etc.</p> | <p>C-2.6- Begins integrating sensorial perceptions to get a holistic awareness of experiences</p> |
| 29 | 20 Dec 2024 | <p style="text-align: center;">Christmas (Craft Making)</p> <ul style="list-style-type: none"> • Teacher will show a story related to the birth of Jesus Christ. • Students will bring things to decorate and donate regular stuff to the donation drive camp. | <p>C-5.1 Demonstrates willingness and participation in age- appropriate physical work towards helping others</p> |
| 30 | 10 Jan 2025 | <p style="text-align: center;">The Puppeteer</p> <p>Teacher will narrate a story to the students and then they will make a puppet of the characters they liked the most from the story.</p> | <p>C-9.4 - Understands oral instructions for a complex task and gives clear oral instructions for the same to others.</p> <p>C-12.3- Innovates and works imaginatively to express ideas and emotions through the arts</p> |

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| 31 | 17 Jan 2025 | <p align="center">FIT INDIA(Aerobics)</p> <p>Students will perform choreographed exercises under the guidance of their Dance teacher. (Oral Quiz related to fit India will be conducted by the teacher in charge.)</p> | <p>C-3.2 Shows balance, coordination, and flexibility in various physical activities</p> <p>C-3.4 Shows strength and endurance in carrying, walking, and running</p> |
| 32 | 24 Jan 2025 | <p align="center">FIT INDIA(Yoga)</p> <p>Students will perform different asanas under the guidance of their yoga teacher.</p> | <p>C-3.2 Shows balance, coordination, and flexibility in various physical activities</p> <p>C-3.4 Shows strength and endurance in carrying, walking, and running</p> |
| 33 | 31 Jan 2025 | <p align="center">Making Bookmark (Using Traffic Rules Boards)</p> <p>Students will make bookmarks of different traffic rules boards to learn their importance and meaning.</p> | <p>C-1.5- Shows awareness of safety in movements (walking, running, cycling) and acts appropriately.</p> |
| 34 | 7 Feb 2025 | <p align="center">World of Shapes</p> <p>Students will make scenery using different shapes.</p> | <p>C-2.1 Differentiates between shapes, colors, and their shades</p> |
| 35 | 14 Feb 2025 | <p>Recapitulation of Being Independent</p> | |
| 36 | 21 Feb 2025 | <p align="center">Count and Sorting</p> <p>Students will participate in an activity where they will sort color balls in the given basket according to their numbers mentioned on bucket.</p> | <p>C-3.3- Shows precision and control in working with their hands and fingers.</p> <p>C- 8.1 – Sort objects into groups and sub groups based on more than one property</p> |
| 37 | 28 Feb 2025 | <p align="center">First-Aid</p> <p>Teacher will explain to students about first-aid. Students will give mock first-aid treatment to their peers.</p> | <p>C-5.1 Demonstrates willingness and participation in age- appropriate physical work towards helping others</p> |
| 38 | <p>Recapitulation of performed activities.</p> | | |