

# Meet My Relatives

Hello friends! We call our relatives by different names.

Find the names of my relatives with the help of help box.



My mother's father



My father's mother



My father's father



My mother's brother



My mother's sister



My father's sister



My father's brother

**Help Box**

- ◆ Maternal Uncle
- ◆ Maternal Grandfather
- ◆ Maternal Aunt
- ◆ Uncle ◆ Grandfather
- ◆ Cousin ◆ Aunt
- ◆ Grandmother



My mother's brother's son

# Health Capsule

We should keep our body healthy and fit. We should take special care of our sense organs.

The following pictures show the activities related to good health. Write the names of these activities with the help of help box.



## Help Box

- ◆ Immunisation
- ◆ Tree planting
- ◆ Medical checkup
- ◆ Playing outdoor games
- ◆ Balanced diet
- ◆ Cleanliness

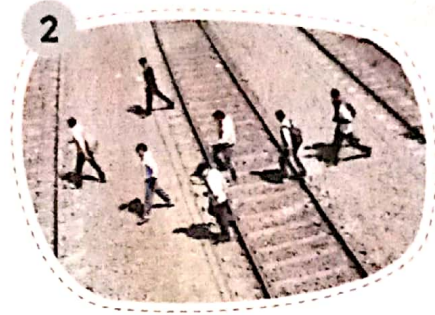


# Keep Yourself safe

Tick (✓) for those who are following the safety rules and cross (X) who are not following the safety rules.



Using mobile phone while driving.



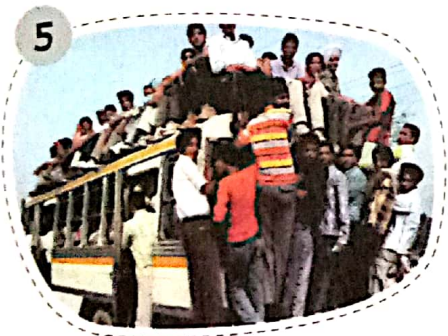
Crossing the railway tracks.



Playing on the road.



Always stand in queue at a bus stop.



Hanging out of a moving bus.



Stops when traffic signal shows red light.



# Yoga Period

Yoga is practiced since ages to keep the mind and body fit. Know the following 8 yoga postures which can also be practiced by children and which prove beneficial for them for their wholesome development.



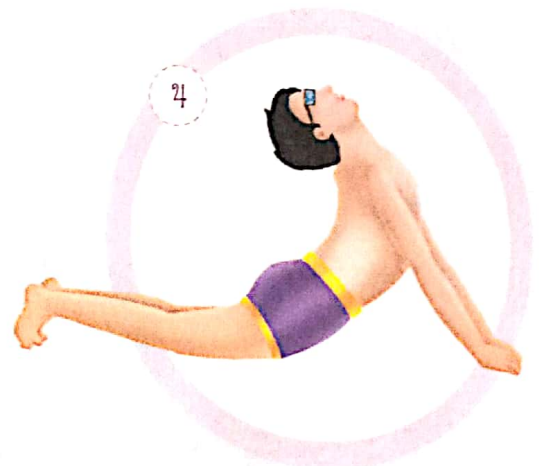
**Buddha Konasana (Bound angle pose) :**  
This yoga asana strengthens and improves flexibility in the inner thighs and the knees.



**Vajrasana (Diamond pose) :**  
This asana helps in digestive issues like constipation. It also strengthens the muscles of legs and back.



**Setu Bandhasana (Bridge pose) :**  
Children who do this asana are able to have connection with their inner self and stay calm in their life.



**Bhujangasana (Cobra pose) :**  
This asana helps children to get a stretch for their back and helps in proper digestion and overall health benefit as well.





Sukhasana (Easy sitting) :  
This posture helps to sit straight  
and get the feeling of meditation.  
It helps children in future also.



Vrikshasana (Tree posture) :  
This posture helps children build  
balance and alertness. It also helps  
in the development of the brain and  
improves concentration in them.



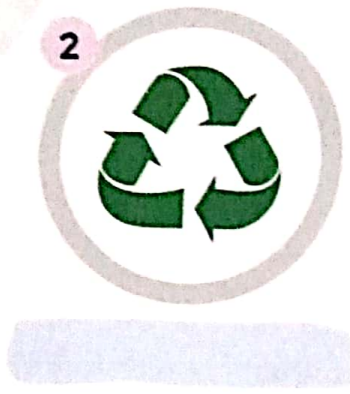
Ardha Chandrasana (Half moon pose) :  
This posture helps children to get  
flexibility in their body and to make  
them able to perform various  
activities properly.



Dhanurasana (Archer posture) :  
This posture helps children in  
keeping the kidneys healthy.

# symbols

Something that stands for, or represents a thing is called a symbol.  
What do the following symbols stand for? Use the help box.



**Help Box**

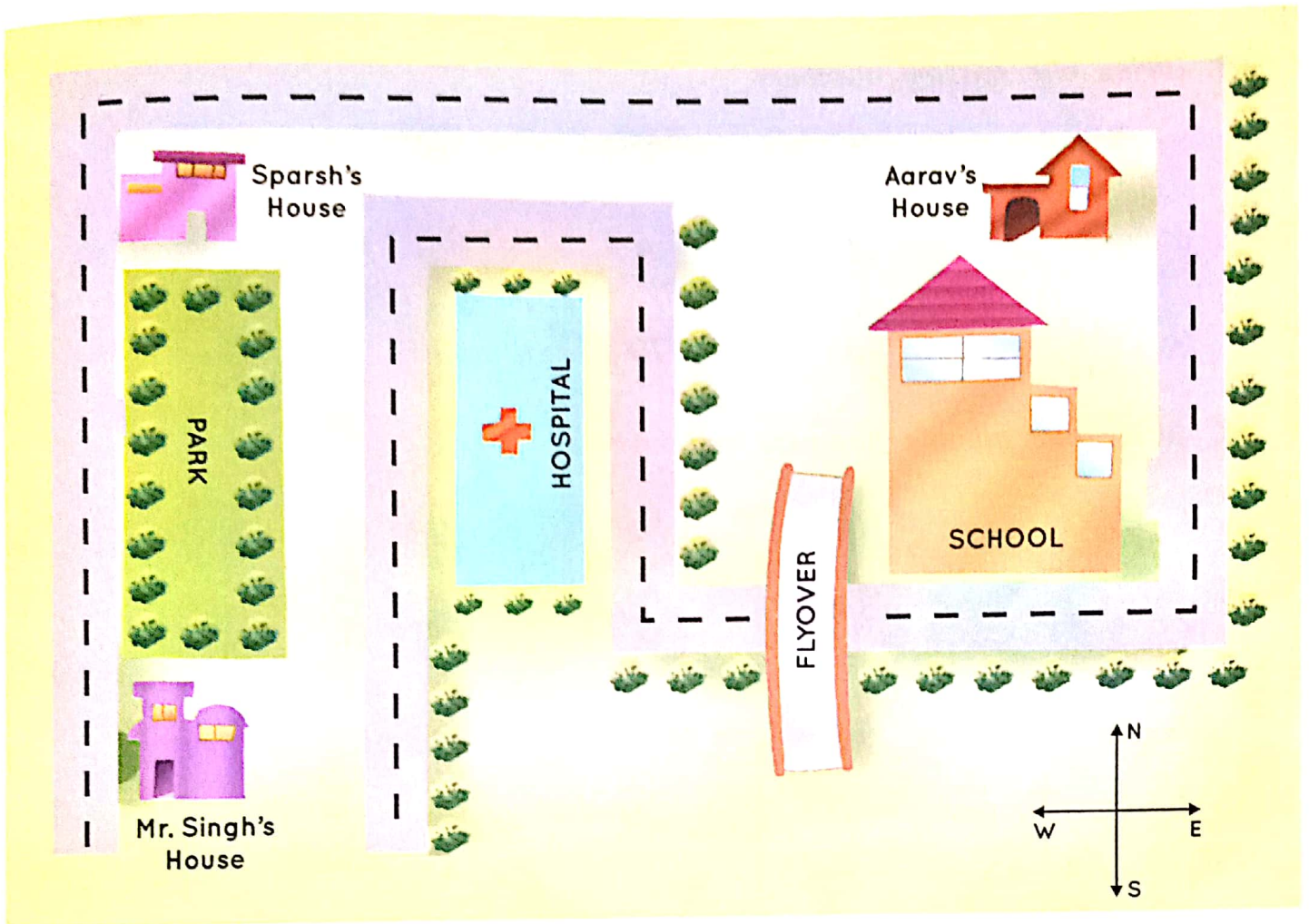
- ◆ Recycle
- ◆ Keep Silence
- ◆ Computer Work Station
- ◆ Fire Extinguisher
- ◆ For Handicapped
- ◆ No Smoking
- ◆ Use Dustbin
- ◆ Danger





# ACTIVITY

The map of Mr. Singh's colony is given below. Select the correct option in the following sentences.



1. School lies to the south/north of the Aarav's house.
2. The park/Aarav's house is closer to the hospital.
3. Aarav's house/Mr. Singh's house is nearest to the school.
4. Mr. Singh has to cross the park/hospital to go to Sparsh's house.
5. The park is to the east/north of Mr. Singh's house.
6. Sparsh's house lies to the west/east of the hospital.

# REASONING SHEET

A. Write the missing numbers.

- |    |    |    |    |    |  |
|----|----|----|----|----|--|
| 1. | 5  | 11 | 23 | 47 |  |
| 2. | 14 | 11 | 8  | 5  |  |
| 3. | 18 | 13 | 19 | 14 |  |

B. Write the missing numbers and letters.

- |    |    |    |    |    |  |
|----|----|----|----|----|--|
| 1. | 10 | 16 | 22 | 28 |  |
| 2. | D  | G  | J  | M  |  |

C. Write the missing numbers in the blank sections of these figures.

- 1.
- |  |  |  |  |
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- 2.
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- 3.
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