



**DR. M.K.K ARYA MODEL SCHOOL  
MONTHLY PLANNER  
CLASS -U.K.G  
September - 2018**



**Theme of the Month  
"Health & Hygiene"**

**What's happening in the classroom?**

**WEEK - 1**

**Sep. 1,2018 to Sep. 8,2018**

**English: Revision of vowels sound 'a'  
Concepts: Write the name of the picture,  
circle the correct word, and rearrange  
the jumbled words**

**Hindi: पुनरावृत्ति: दो अक्षर से बने शब्द ।  
संकल्पना: मिलन करो, रिक्त स्थान भरो ।**

**Maths: Revision of Counting (1-150) &  
reverse counting (30-1).**

**WEEK - 2**

**Sep. 10,2018 to Sep. 15,2018**

**English: Revision of vowel sound 'e'  
Concepts: Match the rhyming words,  
solve the puzzle, fill in the blanks.**

**Hindi: पुनरावृत्ति: तीन अक्षर से बने शब्द  
संकल्पना: चित्र देखकर सही शब्द लिखो**

**Maths: Revision of Counting(151-  
250),Concepts.. after & between(1-50)  
G.K.: 17**

**WEEK - 3**

**Sep. 17,2018 to Sep. 22,2018**

**English: Revision of vowel sound 'a' &  
e'**

**Hindi: पुनरावृत्ति: दो, और तीन अक्षर से बने शब्द**

**Maths: Revision of what comes  
before(1- 30).**

**G.K.: Pg. 18.**

**WEEK - 4**

**Sep. 24,2018 to Sep. 29,2018**

**English: Introduction of vowel sound 'i'**

**Hindi: चार वर्णों के शब्द , श्रुतलेख ।**

**Maths: Counting 251 to 280,Circle the  
greater number**

**G.K.: 17 & 18**

**Art: Pg. 19**

**Rhyme Time**

**Healthy Habit**

**Brush, brush, brush your teeth,**

**brush them everyday**

**Wash, wash, wash your hands**

**With soap and water too.**

**Rinse, rinse, rinse, your fruits &  
Vegetables,**

**And make them clean for you.**

**बीमारी को दूर भगाओ**

**पिज्जा, नूडल,बर्गर,**

**नहीं है अच्छा खाना ।**

**इनमे कोई गुण नहीं,**

**बीमारी का है बड़ा खज़ाना ।**

**गाजर, मूली, टमाटर लाओ,**

**विटामिन्स से भरपूर ।**

**इनको है प्रतिदिन खाना,**

**बीमारी को रखता है दूर ।**

# Health & Hygiene

**Q1. How can we keep our teeth healthy?**

**Ans. We can keep them healthy by brushing after meals.**

**Q.2.How many times should we brush our teeth?**

**Ans. We should brush our teeth twice a day.**

**Q3.What should we do to our hair daily?**

**Ans . We should comb our hair daily.**

**Q4. What should we do before and after meals?**

**Ans. We should wash our hands before and after meals.**

**Q5. When do we have to pare our nails ?**

**Ans. We must pare our nails once a week.**

**Q6. What is important to keep our body healthy and fit?**

**Ans. We must play everyday and eat healthy food.**

**Q7. How can we keep our body clean?**

**Ans. We can keep our body clean by taking a bath daily.**

**Q8. What happens if we eat with dirty hands?**

**Ans. Germs enter our body and we fall ill.**

**Q9. How many hours should we sleep in a day?**

**Ans. We should sleep for eight to ten hours in a day.**

**Q10. What should we do when we cough ?**

**Ans. We should cover our mouth.**

**Q11. What should we do when we sneeze?**

**Ans. We should cover our nose and mouth.**

**Q12. How many times should we drink water in a day?**

**Ans. We should drink eight glasses of water in a day.**



## Life Skills:

**Q1. What should we say when we do something wrong ?**

**Ans. We should say 'sorry' if we do something wrong.**

**Q2. How should we greet our elders in the morning?**

**Ans. We should greet our elders by wishing 'Good Morning'.**

## Activities

- **Fancy Dress Competition** : This competition will be held on September 1, 2018. The 'themes' are 'Nature, Environment, any Cartoon Character or any Famous Personality'. Any one theme can be chosen. The child will be adjudged on the basis of the following parameters:

• Costume(3)	• Props(3)	• Speaking skills(4)
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- ***The child must speak a few lines.***

- **Jungle Safari**: ***The children will be shown a documentary movie on animals on Sep 15, 2018.***
  - ***(Please show them more pictures of animals at home).***
- **English Elocution**: ***(This activity will be held on Sep. 29, 2018.) Each student has to recite a English rhyme with a prop. The judgment will be based on the following parameters:***

Learning(4)

Fluency(3)

Props(3)

