

# How do I Spend my Day?

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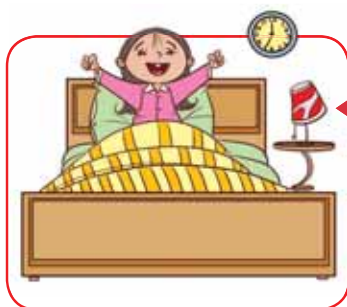
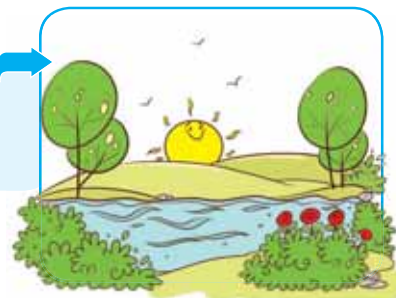


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Hello friends, I am Pihu.  
I am 6 years old.  
Today, I will share my daily routine,  
what I do from morning to night.

Look, the sun is rising in  
the sky. It is morning.



I get up from bed in the morning  
and have a glass of warm water.

My day starts with  
yoga or exercise.



Then, I brush my  
teeth and take a bath.

I eat breakfast  
and get ready for  
school.



I study and play with my classmates in the school.



The sun is high in the sky. It is afternoon time. I wash my hands and have lunch with my friends.

I come back home from school and take rest for some time.



See, the sun is setting. It is evening time. I play with my friends and then I study.

Look there, the moon and the stars are visible in the sky. It is night time.



I eat dinner with my family.

I read a story book and go to sleep at night.





## Let us Talk

- What is your daily routine?
- When do you brush your teeth?
- When do you take a bath?



## Let us Do

- Tick ☒ the activities that you do in the morning.

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- Tick ☒ the activities or things that you do or see during the day.

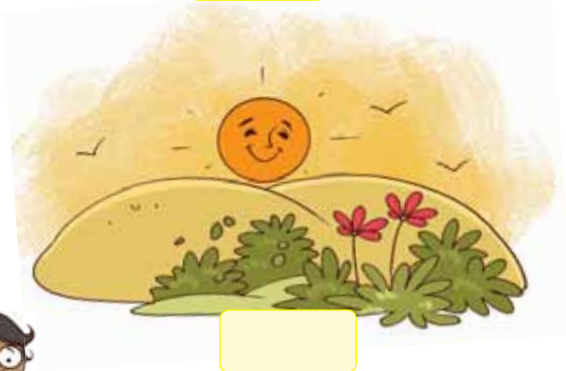
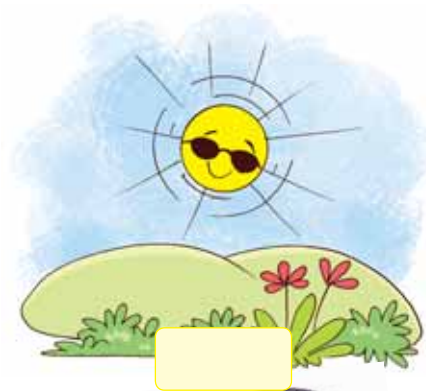
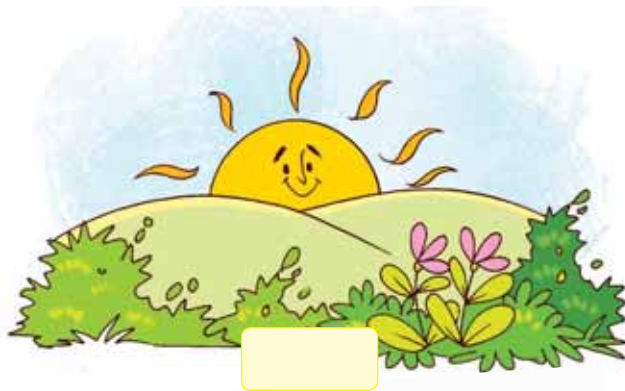
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- Tick ☒ the activities that you do at night.

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Guess the time of the day by looking at the picture.  
Discuss with your friends what you do during that time.



Let us Do

Colour the activity that usually takes longer time.

A.



B.



## Seasons



Winter



Summer



Monsoon

Look at the above pictures and discuss the differences among winter, summer and monsoon seasons.

**Match the objects with the season.**

### Monsoon



Summer



Winter





## Let us Talk

A. What do you like to eat in the summer season?

B. What do you like to wear in the winter season?



## Let us Do

Write the name of the seasons and match them with the pictures.



## Project Work

Ask children to draw or stick pictures of their favourite food items during different seasons and local festivals which are celebrated during these seasons.

