

Unit 1

Our Families and Communities

About the Unit

We all come from different families that live close to one another in supportive and cooperative communities. Together, we cultivate a variety of plants and care for different animals, contributing to the well-being of our shared environment. Through mutual aid and collective efforts, we build vibrant and harmonious communities.

This unit explores the many facets of our families and communities, highlighting our collaborative work and mutual support. We are dedicated to maintaining and respecting our surroundings, protecting the plants and animals that sustain us with food, clothing, and more. Celebrations, such as *melas* and festivals, bring us together to play, sing, and dance, while we also express gratitude by respecting the natural elements including the sun, moon, air, water, and soil.



Note to the Teacher

This book has four units. Each unit has three chapters. The first unit is about 'Our Families and Communities'. The key concepts covered in these chapters are listed below.

Chapter 1: Family and Friends shows the various members within a family, their interconnected relationships, the mutual support they provide, and the inherent joy of coexisting harmoniously.

Chapter 2: Going to the *Mela* presents the relationship between near and far families and their joyful activities. Families enjoy visiting the *mela*, where they explore various materials, encounter different people, engage in activities, and enjoy the fun-filled atmosphere together. They also find out how all families in a community help each other and stay happy.

Chapter 3: Celebrating Festivals shows a variety of food, dresses, and cultural practices that people enjoy during festivals. People of all ages take part in community festivals with great joy and celebrate the festivals together.



- Collect relevant, local and no cost learning teaching materials (LTM) for activities. Ask the children to bring photographs of their families prior to commencing Chapter 1 for sharing and discussion.
- Collect common traffic signs, photographs of local food, dress, and toys etc., to show the children.
- Visits and Visitors: Plan visits to, gardens, fairs if any, traffic parks, local police stations, clinics, markets, etc. Invite resource persons, e.g., police persons, fire fighters, doctors, parents with a pet, grandparents, etc., in case visits are not possible.





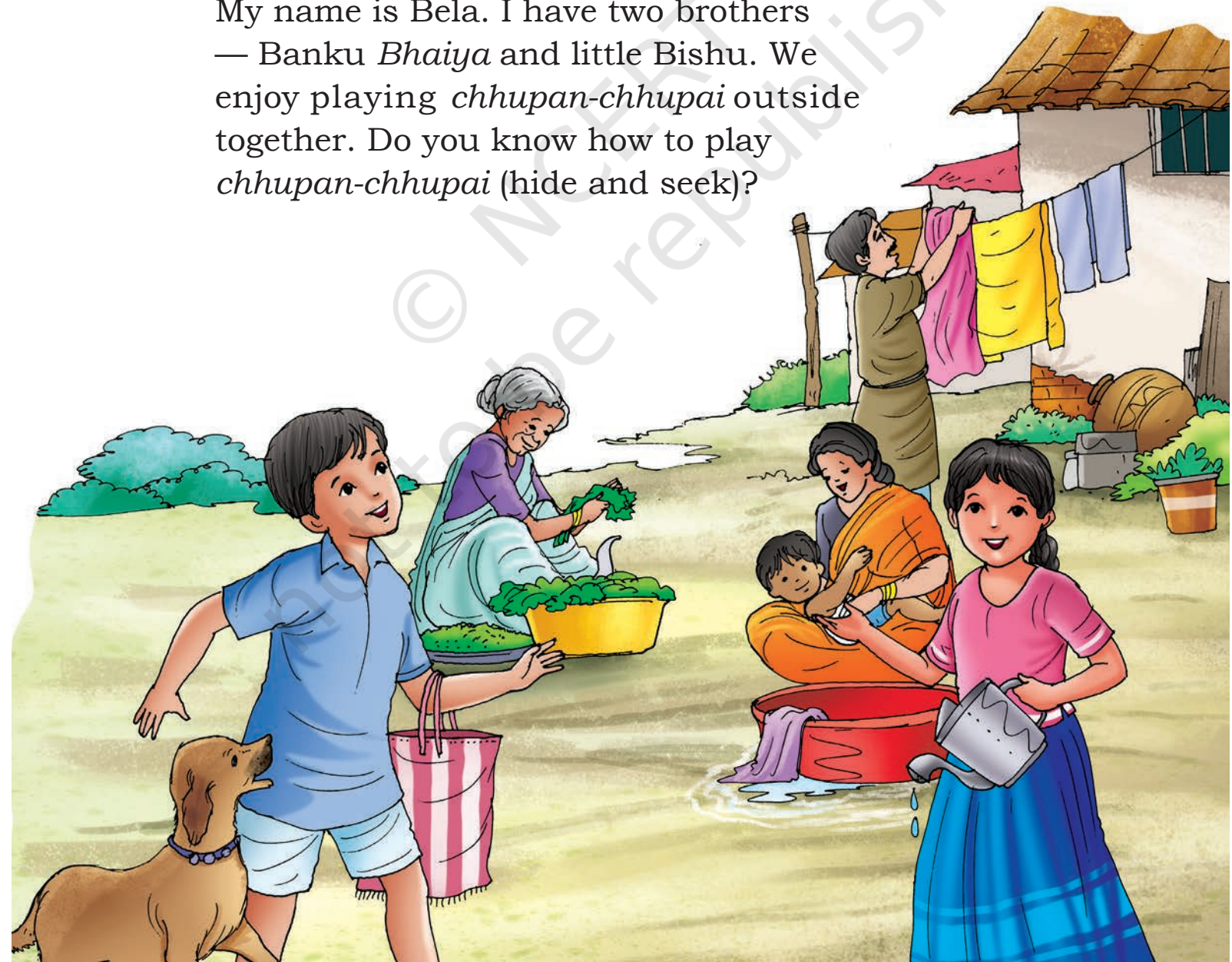
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Family and Friends



Playing Together

Namaste! Welcome to my home!
My name is Bela. I have two brothers
— Banku *Bhaiya* and little Bishu. We
enjoy playing *chhupan-chhupai* outside
together. Do you know how to play
chhupan-chhupai (hide and seek)?





At home we all love to play peek-a-boo* with Bishu. We play in the open space outside our house.

We have planted a garden with several flowering plants.

Our relatives, friends and neighbours also visit our garden. They sit, talk, share jokes and laugh together. Sometimes, when my father and mother are tired after a hard day's work, they sit and relax here too. All of us enjoy spending our evenings together.



**Peek-a-boo is a game played with a young child, which involves hiding and suddenly reappearing, saying 'peek-a-boo!'*



Singing Together

On rainy days, we sit under a small shelter we have created in the garden. It is great fun to sit outside when it rains. We play games like *antakshari* and snakes and ladders. My mother and grandmother, whom we call *Dadiji*, make hot *pakodas* and tea during the rains. All of us including our grandparents sit together and enjoy the *pakodas*. Many times, my *Dadiji* sings songs about the rain. She has taught us a few of the songs, so we join in the singing too.



A Rain Song

Look at the dark clouds in the sky,
The rain will come by and by,
Oh, how we love to soak in the rain,
See raindrops on the window panes.

Paper boats we see in puddles,
Birds on trees together huddled,
Peacocks dance with feathers bright,
Oh, what a beautiful rainy sight.

— Inspired by a folk song





DISCUSS

- Who are the members in Bela's family?
- What do you and your family members do when it rains?
- Can you think of a rain song and sing it with your friends in the class?



Write

Write the names of your family members in the table below:

Name	Relationship with you	You call them (you address them as)
Urmila	Mother's sister	<i>Mausi</i>

Laughing Together



My *Dadaji* (grandfather) has taught Banku and me games that he used to play with his friends when he was our age. He joins us in some of our games too! Shiru joins us and runs around, barking and wagging his tail with joy. Shiru has a special place in our home. He is a member of our family. Our friends love to play with him too.

Banku and Bela never hurt Shiru. They share their food with Shiru.



Do you know what games your grandparents used to play when they were young?

Types of Families

Families are big,
Families are small,
Families are different,
And we love them all.

There are parents in a family,
And children too,
And of course grandparents,
And others too, can you tell who?



Families are people,
Who care about you,
My family is special,
And yours is too!



Would you call Bela's family a big or a small family?



A family can have a few or many members. If you look around in your neighbourhood you will find many types of families.



DISCUSS

- What games do you play with elders and other members of your family?
- Which animals come to your home or your neighbourhood?
- Have you ever shared food with the animals who come to your home? Share your experience.
- Why do you think we should not hurt or tease animals?



Our family members, friends, neighbours and relatives love us, care for us and support us. There can be parents (mother and father), grandparents (*Dadiji* and *Dadaji*), brothers and sisters (like Banku and Bela) and other elders in a family.

Everyone loves each other and takes care of each other. Families also love and care for animals, trees and plants. Animals like cows, buffaloes, dogs, parrots, cats and goats can also be part of a family. We should be loving and caring towards animals the way Bela and Banku are towards their pet, Shiru.



Helping Each Other



Activity 1

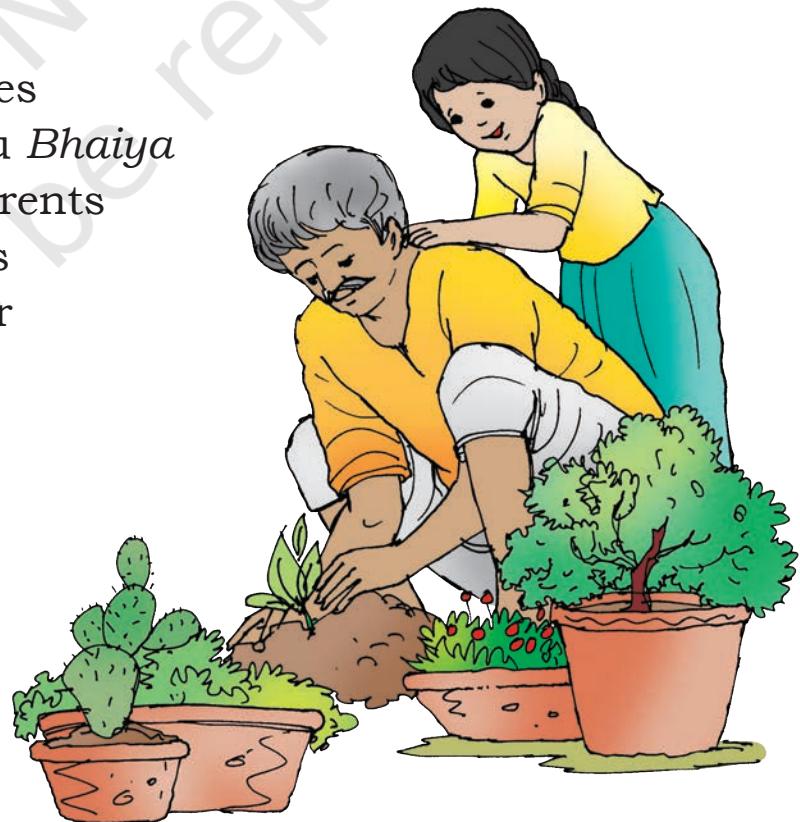
Tick and colour the activities that you see in your family.





In our homes we do many activities together. I have long hair. My *Dadiji* oils my hair and braids it in the morning before I leave for school. She hums a song while she is doing this. It makes me happy to listen to her. I have learnt many songs from her. My parents help each other in all the housework, from cooking and cleaning to shopping for groceries.

My *Dadaji* loves gardening. *Banku Bhaiya* and I help our parents and grandparents with some of their work everyday. *Banku Bhaiya* helps in cleaning and chopping vegetables while I help my *Dadaji* in the garden.



One of our closest friends is Munni. She and her mother, Kusum *Mausi* (mother's close friend who is like a sister), live near our house. Kusum *Mausi* is an excellent cook. She makes delicious sweets and special dishes for us during festivals. She and Munni join us in all the festivals at our house.

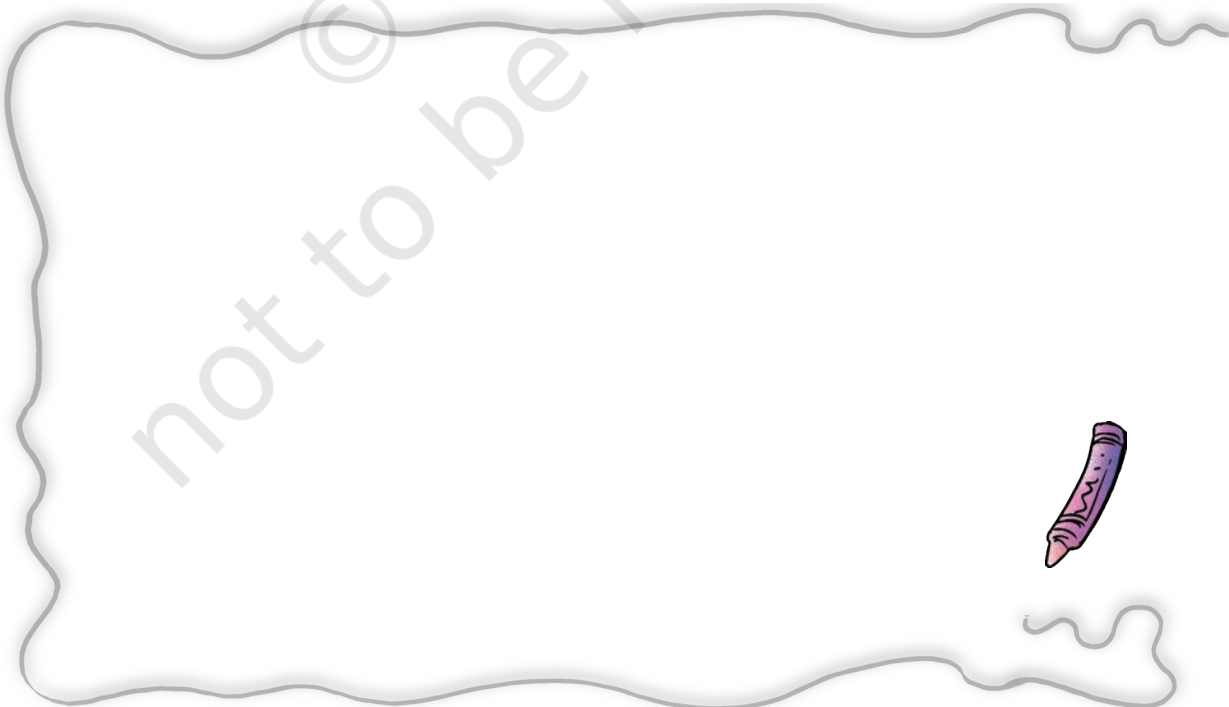


Munni is very good at making *rangoli*. She uses colours made from different dried flowers. On some occasions, she uses leaves and flowers too. I love to help her.



Draw

You can draw some more pictures to show how your family members help each other.



We all learn many things from our family members and neighbours.

- What all have you learnt from your family and from whom?
- Has anyone learnt anything from you?



Activity 2

Collect some leaves and flowers that have fallen on the ground and create a *rangoli*.



DISCUSS

- How do you help your family?
- Some people in the family need special care and support like grandparents, small children or someone who is sick. How do you help them?



Write

- Who is the oldest person in your family?

- Who is the youngest person in your family?

- Who is the tallest person in your family?

- Do you have any members in your family who do not live with you? Who are they and where do they live? How often do you meet them?

Note to the Teacher

Explain to children that a *rangoli* can be made using a variety of materials.

Activity 2 can be done on the classroom floor, under supervision.



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- What are the names of your friends who play with you at home or in your neighbourhood?
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 **Activity 3**

Look at the pictures below and write down Bela's relationship with all the members of her family.



Bela



 **Activity 4**

Draw a picture of the members of your family and write your relationships with them. You can look at the example given on page 13.





Write

Write down the names of relatives who visit your family.
How are they related to you?

Name of the relative	How are you related?	What do you call them?

In a family, we take part in the day-to-day work of the home just like Bela and Banku do. Our family also includes relatives who may not live with us. They are related to us through our parents (mother or father).



- In Bela's family everyone does some work.
- Who does what work in your family?
- Find out and fill in the table on page 16.



Work	Who does it?
Cooking food	
Watering plants	
Mending things (repairing household items, sewing buttons, etc.)	
Cleaning the house	
Buying things from the market	

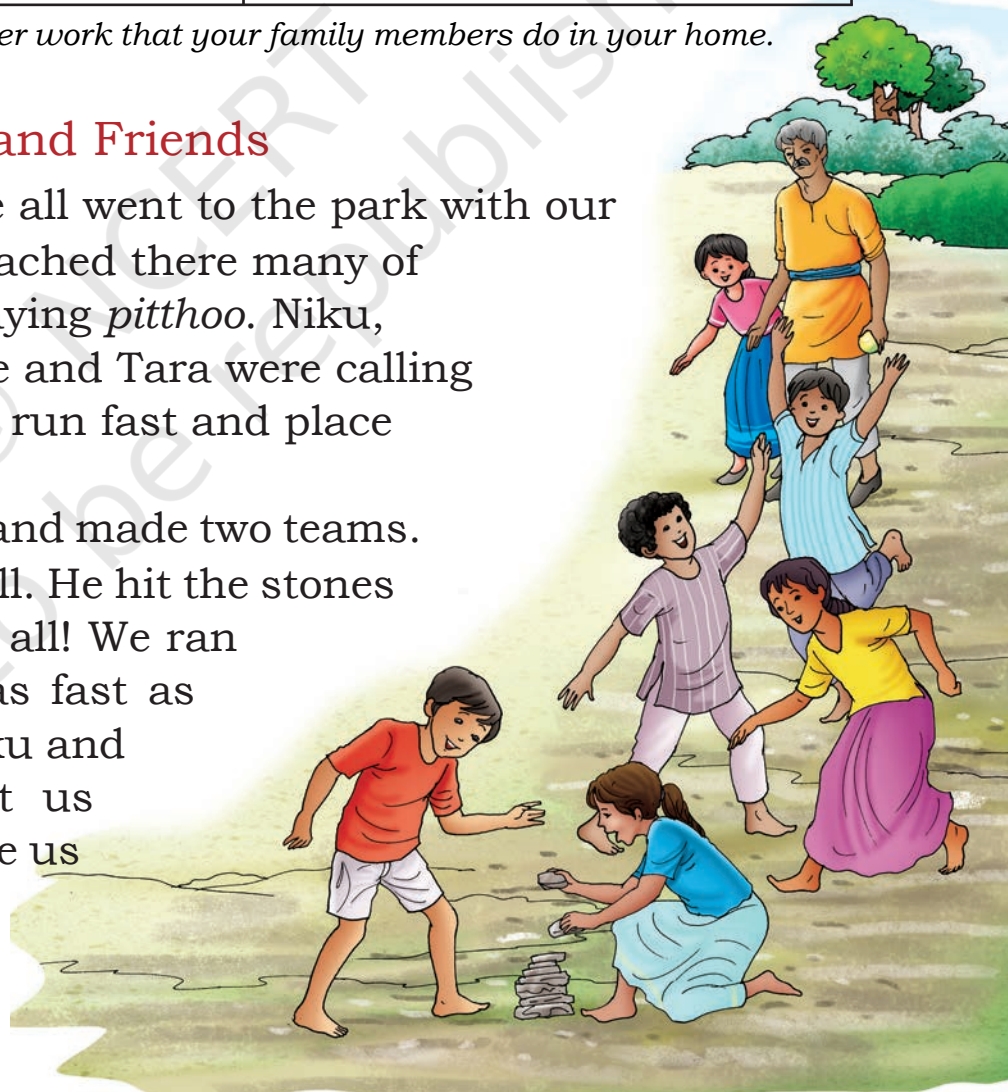
You may add to the list other work that your family members do in your home.

Fun with Family and Friends

It was a holiday! We all went to the park with our *Dadaji*. When we reached there many of our friends were playing *pitthoo*. Niku, Rinki, Rohit, Ronnie and Tara were calling out to each other to run fast and place the stones quickly.

We joined them and made two teams. *Dadaji* brought a ball. He hit the stones and scattered them all! We ran to pile the stones as fast as we could. Rohit, Niku and Ronnie tried to hit us with the ball to make us lose.

It was fun. We began to feel tired



after some time, so *Dadaji* asked us to rest for a while. After about 20 minutes he bought us some icecream. Soon it began to get dark and we went home. We had a lot of fun playing, laughing and eating together!

Let us reflect**A. Write**

1. How do family members show their love and care for each other?
2. What games do you play with your friends?

B. Draw

Draw some of the happy moments you enjoy together with your family.



C. Discuss

1. What do you learn from elders in your family?
2. How do we show our love and care for people in our family?
3. We care for many others who are not in our family. Who are they? How do we care for them?

D. Activity

Find and Circle

Circle five words related to games in the grid below. One example is done for you.

P	A	D	C	F	R	Z
K	L	M	J	T	O	P
B	A	L	L	R	C	C
Q	L	U	D	O	H	T
N	H	B	A	T	E	O
E	N	N	M	C	S	Y
T	E	F	L	F	S	S

