

TIME TABLE (KINDERGARTEN)

THEME: HEALTH AND HYGIENE (POSHAN PAKHWADA)

DAYS	8:00am-8:10am	8:10am-8:30am	8:30am-9:10am	9:10am-9:55am	9:55am-10:35am	10:35am-11:05am	11:05am-11:35am	11:35am-12:00noon
	Domains >	Positive Habits	Language & Literacy Development	Numeracy		Physical Development	Aesthetic Development	Socio-Emotional Development
MONDAY (14.4.25)	Free-Play (Settling Time)		HOLIDAY ON			ACCOUNT OF AMBEDKAR JAYANTI		
TUESDAY (15.4.25)	Free-Play (Settling Time)	Welcome Cleanliness Checkup Prayer & Group Singing	POSHAN PLEDGE DISCUSSION ON - NUTRITION AND WELLBEING The teacher will discuss the various nutrients obtained from food like carbohydrates, proteins, vitamins, fats, etc., and will emphasize having a complete, rich diet for better wellbeing. POSHAN PLEDGE Teacher will teach a 'pledge' to the students on eating	SEQUENCING – HANDWASHING STEPS (SEQUENTIAL CARDS) Teacher will demonstrate the steps of how to wash the hands, taking the soap and rubbing it properly in between our fingers. She will then provide them some printed flashcards, asking them to arrange in a proper sequence, giving a quick recall to their		AEROBICS The teacher will guide the students through a fun aerobics session to keep them active and energized. 	FRUITS AND VEGETABLES COLLAGE Students will make a colorful collage by tearing and pasting pictures of various fruits and vegetables. 	BARNYARD MILLET BOWL – THE HIMALAYAN HEALTH MIX (DIETICIAN'S SESSION) Students will know about the different millets, learning it's benefits by preparing a 'Barnyard Millet Bowl' with the school's dietician.. 

			<p>healthy and staying fit.</p> <p>Pledge :-</p> <p>I promise to eat healthy each day, Fruits and veggies in every way. Drink clean water, stay fresh and bright, Sleep on time and feel just right! Strong and happy I will be, A healthy child – that’s me!</p> 	<p>handwashing session</p> 			
<p>WEDNESDAY (16.4.25)</p>	<p>Free-Play (Settling Time)</p>	<p>Welcome</p>	<p>LEARNING ASSAMESE GREETINGS & FAMILY TERMS</p> <p>As part of our Multilingual Awareness Activities, our young learners took a joyful step into the culture of Assam! The teacher will introduce Simple Greetings –</p>	<p>DOT -TO - DOT FUN:</p> <p>Let’s go on a jungle adventure to Assam! Complete the picture of the famous one-horned rhinoceros by joining the dots from 1 to 50.</p> <p>Once done, color your rhino and make it look just like the real one from the Kaziranga National Park!</p>	<p>YOGA SESSION</p> <p>The teacher will perform different yoga poses and will educate students to exercise daily to have a healthy life.</p>	<p>Traditional Assamese Dance – Celebrating Bihu with Joy!</p> <p>As part of our cultural learning experiences, our little learners joyfully participated in a Bihu dance session, one of Assam's most vibrant and</p>	<p>PUPPET SHOW (FOLK TALES)</p> <p>The teacher will present a folk tale from Assam to the students through an engaging puppet show, bringing the story to life in a fun and interactive way.</p>

			<p>“NOMOSKAR” to greet each other.</p> <p>Family Terms – They were introduced to affectionate words for family: Deuta – Father Aai – Mothers</p> 				<p>traditional dance forms!</p> <p>Children learned basic Bihu dance steps through fun and rhythmic movements.</p> <p>Teachers shared the cultural significance of Bihu – how it marks the Assamese New Year and the harvest festival celebrated with music, dance, and traditional food.</p> 	
THURSDAY (17.4.25)	Free-Play (Settling Time)	<p>Welcome</p> <hr/> <p>Cleanliness Check Up</p>	<p>DISCUSSION ON INDIAN TRADITIONAL FOODS</p> <p>The teacher will</p>	<p>TABLEAUS ON THE OCCASION OF WORLD HERITAGE DAY</p> <p>Beautifully curated</p>				

Prayer &
Group Singing

discuss the different staple food and drinks of Indian states – Assam, Odissa, Punjab, and Maharashtra, differentiating them based on spices used.



state stalls representing Odisha, Punjab, Maharashtra and Assam, came alive with traditional attire, iconic landmarks, regional cuisines, and melodious folk music. The atmosphere transformed into a vibrant tapestry of colors, sounds, and flavors — truly a feast for the senses!

A lively folk dance presentation further enriched the day, showcasing diverse cultural rhythms, gestures, and movements — emphasizing the message of unity in uniqueness and captivating the entire audience.



FRIDAY
(18.4.25)

Free-Play
(Settling Time)

Welcome

Cleanliness
Checkup

Prayer &
Group Singing

HOLIDAY

HOLIDAY