
















TIME TABLE (KINDERGARTEN)

THEME: OUR HELPERS

DAYS	8:00am-8:10am	8:10am-8:40am	8:40am-9:10am	9:10am-9:55am	9:55am-10:35am	10:35am-11:05am	11:05am-11:35am	11:35am-12:00 noon
	Domains	Positive Habits	Language & Literacy Development	Numeracy		Physical Development	Aesthetic Development	Socio- Emotional Development
MONDAY (3.11.25)	Free-Play (Settling Time)	Welcome	<p>DISCUSSION ON: “OUR HELPERS- DOCTOR”</p> <p>The teacher will introduce the word ‘helper’ to the students, she will tell them that helpers are the ones who do various daily tasks to make our work easy. She will then introduce an important helper doctors and ask some basic questions related to them, which are as follows:</p> <ol style="list-style-type: none"> Where do we go, when we fall sick? Who gives us medicines? What does a doctor use to hear our heartbeat?  <p>Introduction of ‘ig’ and ‘in’ words</p> <p>The teacher will sing a fun rhyme with the three letter words ending with ‘IG’ and ‘IN’ words.</p> <p>Big pig loves to dig, dig, dig, Under the mud — so big, big, big! Wig on pig — what a funny thing, He starts to dance and begins to sing!</p>	<p>SORTING</p> <p>The teacher will give the students a basket with three-letter word cards. She will say, “Inside this basket there are cards with -ig and -in words. Find words like big, pig, wig and bin, tin, pin, fin. Then read them aloud to the class.”</p> 	L U N C H B R E A K	<p>“DOCTOR SAYS”</p> <p>The teacher will lead a fun doctor-themed movement session with the children. She will guide them through simple and playful actions like touching their head, checking their heartbeat, jumping like a healthy child, and bending down to touch their toes. Children will also enjoy a quick reaction game where they must follow the action only when the teacher says, “Doctor says!” If the teacher gives a command without saying “Doctor says,” the children should stay still. This activity will help them listen carefully and move joyfully like little doctors!</p> 	<p>CLAY MOULDING ACTIVITY</p> <p>The teacher will tell the students that today they will make a stethoscope with clay. First, she will tell them to take a small piece of clay and roll it to make a long tube. Then, she will ask them to make two tiny earpieces and fix them on one end of the tube. At the end, she will tell them to make a small round disc and attach it to the other end. The teacher will then tell them to press and shape it nicely.</p> 	<p>STORY SESSION</p> <p>The teacher will narrate a story to the students about a girl named Sia, she had cold, and so, she went to a doctor, She sneezed, “Achoo! Achoo!” The doctor smiled and said, Don’t worry, Sia. I will help you. The doctor checked her with a stethoscope. Your heart is strong! he said. He gave Sia sweet syrup and told her to rest. After two days, Sia felt happy and healthy again! Sia said, Thank you, Doctor! And the doctor smiled and said, “Stay healthy, little one!” Sia now, understood the importance of a ‘doctor’.</p> 

			<p>Pin and bin are in a row, Fin can swim — go, go, go! Tin can spin with a big grin, We all love words that end with -in!</p> 					
Tuesday (4.11.25)	Free-Play (Settling Time)	Welcome	<p>DISCUSSION ON: “OUR HELPERS- TEACHER”</p> <p>The teacher will introduce an important helper to the students: Teachers, and ask some questions about them, which are as follows:</p> <ol style="list-style-type: none"> 1. What is your teacher’s name? 2. Who helps you learn new things in school? 3. What are the things that you see your teacher using in the class? <p>Related Exercise</p>	<p>VYANJAN MATCHING ACTIVITY</p> <p>The teacher will keep vyanjan flashcards (क, ख, ग, घ इत्यादि) on a table. The teacher will then give some picture cards like (क-कबूतर, ख-खरगोश, ग-गमला) to the children. The children will then match each picture to the correct vyanjan card. While matching, they will say the vyanjan aloud.</p>		<p>DANCE SESSION</p> <p>In the dance session, Students will listen to cheerful music and move their bodies freely to the rhythm. They will follow simple steps shown by the teacher, like clapping, jumping, twirling, or waving hands. Dancing will help them enjoy music, stay active, and express their feelings through movements.</p> 	<p>FREE HAND DRAWING</p> <p>The teacher will conduct a fun free-hand drawing activity with the children, he will write a vyanjan on the smart board and tell them to draw something that starts with that vyanjan. The children will draw and color their picture with crayons. While they draw, the teacher will talk about the vyanjan and help them say the word aloud.</p> 	<p>‘THANK YOU TEACHER’</p> <p>The teacher will show children picture cards of teachers helping, teaching, and smiling. She will tell them that teachers keep us safe, help us learn, and make us happy. Then, the teacher will ask the children, “How does your teacher help you?” Children will give simple answers like “My teacher teaches me” or “My teacher helps me.” After this, the teacher will give sheets to the children. They will draw themselves with their teacher on the sheet. When they finish, they will paste their sheet on a chart called “Our Helpful Teachers.” The teacher will remind the children to always respect and thank their teachers.</p>

Thursday (6.11.25)	Free-Play (Settling Time)	Welcome	<p>RHYMES ON OUR HELPERS</p> <p>Doctors help us when we feel bad, They keep us well makes us glad. Teachers shows us how to read, She gives us every learning seed. Postman brings us cards and mail, Rain or shine through storm or hail. So let's thanks with all our heart, Our helpers play a big, big part.</p> <p>Introduction of 'ip' and 'it' words</p> <p>The teacher will teach a short story related to the words ending with 'it' and 'ip'. For example- tip, lip, sip, kit, fit and sit.</p> <p>Once there was a dog named Tip and a cat named Kit. Tip liked to sip water, and Kit liked to sit on a soft mat. One day, Tip found a lip balm and it rolled away. Kit picked it up and put it back on the table. Tip and Kit played in the garden and stayed happy and fit. Students will learn to recognize and explore the three letter words that end with 'ip' and 'it'.</p>	<p>MATCH THE WORDS</p> <p>The teacher will prepare a chart with two headings: 'ip' words and 'it' words. She will make small picture-word cards (zip, sip, lip / sit, kit, pit, fit). Each child will receive a card, they will identify the word, and paste it under the correct heading. Example: "zip" will go under ' ip' words.</p>		<p>TAEKWONDO</p> <p>In the Taekwondo session, students will start with simple warm-ups like stretching their arms and legs. Then, they will follow their teacher and do some easy Taekwondo moves such as gentle kicks, air punches, and strong standing poses. The teacher will guide them to stay balanced and move safely. This activity will help them stay active, confident, and disciplined.</p> 	<p>ENGLISH</p> <p>WORKSHEET</p> 	<p>ROLE PLAY</p> <p>The teacher will set up a small hospital corner with toy stethoscopes, thermometers, bandages, and masks. Children will take turns being doctors, nurses, and patients. Doctors will check patients and say, "Let me check you," and nurses will give pretend medicine. Patients will say, "I have a cough," or "My arm hurts." The teacher will explain that doctors and nurses help sick people and make them feel better.</p> 
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Friday (7.11.25)	Free-Play (Settling Time)	Welcome	<p>RHYMES ON हमारे सहायक।</p> <p>सूरज निकला, चिड़िया बोली, चलो चले हम, सब मिलकर टोली। माली आया पौधों को सींचा. फुल खिले हैं, बाग है महका। डॉक्टर आया दवा पिलाया, बीमारी को दूर भगाया। शिक्षक आया, ज्ञान सिखाया, बच्चों का भविष्य बनाया। ये सब है हमारी सहायक, इनसे ही तो जीवन लायक, सब का मिलकर करें सम्मान क्योंकि यहि तो देश कि शान।</p> 	<p>PUZZLE AVTIVITY</p> <p>The teacher will show some objects related to teachers, such as pencils, chalks, books, or erasers on the smart board, she will then call students near the board and ask them to count each object.</p> <p>Children will count each type of object and say the number aloud.</p>		<p>FINDING VYANJAN</p> <p>The teacher will place vyanjan cards on the floor. Children will move around while music plays by hopping, jumping, or dancing. When the music stops, the teacher will call a vyanjan, and children will find and stand on the correct card. Sometimes the teacher will say “Freeze!” and the children will stop moving until the next round. This will help children recognize vyanjans while having fun.</p> 	<p>WORKSHEET</p> 	<p>RIDDLES ON DIFFERENT TYPES OF DOCTORS</p> <ol style="list-style-type: none"> 1. I wear a white coat and a stethoscope too, who am I? Answer: Doctor 2. I check your eyes, Who am I? Answer: Eye Doctor 3. I check your teeth, Who am I? Answer: Dentist 4. I care for babies, Who am I? Answer: Child Doctor / Pediatrician 5. I check your ears, Who am I? Answer: Ear Doctor / ENT



The teacher will ask the children to do some Hindi vyanjan exercises for practice. They may write the vyanjan or match them with pictures. This helps them remember what they have learned.