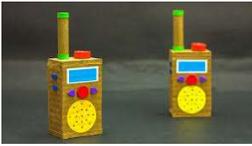


## TIME TABLE (NURSERY)

### 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		
<b>MONDAY</b> (10.11.25)	Free-Play (Settling Time)	Welcome	<p><b>Discussion On:</b>  <b>“Our Helpers- Police”</b>                      Who helps us stay safe?                      Have you ever seen a police officer? Where?                      What do police do?                      What colour is a police uniform?                      What sound does a police siren make?                      Are police helpers or strangers?</p> 	<p><b>Sorting</b>                      The teacher will give the children a basket filled with mixed number cards and picture flashcards. She will say,                      “Children, inside this basket, you will find number cards and matching picture cards. For example, if there is a card with the number <b>5</b>, there will also be another card showing <b>5 apples</b>. Children will find both the matching cards. Once you find your pair, come to the front and read it aloud for the class.”</p>	<p><b>L U N C H</b></p> <p><b>B R E A K</b></p>	<p><b>“Little Police Rescue Race”</b>                      Children will pretend to be <b>police officers</b> running to “help someone in need.”                      Small soft hurdles (low blocks/hoops) will be placed in a line. The children will run slowly, lift their legs, and cross each hurdle one by one.                      This activity helps them build balance, body control, and confidence while enjoying the role of a helper.</p> 	<p><b>“My Police Badge”</b>                      Children will create their own <b>police badge in scrap file</b>. They will colour, decorate, and add a small star or symbol to make it look like a real badge.</p> 	<p><b>Story session</b>  <b>our helpers – Police.</b>                      Officer Raju was a kind police officer who helped everyone in the town. Every morning, he stood near the school and blew his whistle to help children cross the road safely. One day, he found a lost puppy crying near a tree. Officer Raju gently picked it up, looked around, and soon found the little boy who had lost his puppy. The boy hugged his puppy and thanked Officer Raju. Everyone in the town said, “Our police officer always helps us!”</p> 

<p><b>Tuesday</b> <b>(11.11.25)</b></p>	<p>Free-Play (Settling Time)</p>	<p>Welcome</p>	<p><b>Discussion On:</b> <b>“Our Helpers Firefighter</b></p> <ol style="list-style-type: none"> <li>Who helps us when there is a fire?</li> <li>What colour is a fire truck?</li> <li>What do firefighters wear? (Helmet, jacket, boots)</li> <li>Are firefighters our helpers? How do they help us?</li> </ol>	<p><b>Block Tower Counting</b></p> <p>Children build towers using colorful blocks while counting each block they add. They begin by making a small tower of <b>10 blocks</b>, then a medium tower of <b>20 blocks</b>, and finally a tall tower of <b>30 blocks</b>. As they build, they count aloud—1, 2, 3...” —which helps them understand quantity and number order.</p>		<p><b>Dance Session</b></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><b>Walkie – Talkie fun</b></p> <p>Teacher will guide children to make simple <b>police walkie-talkie</b> using an A4 sheet. They drew a rectangle, added buttons, and pasted a small paper strip as the antenna. The activity was easy, safe, and helped them enjoy pretend play as police helpers.</p> 	<p><b>Importance of firefighter</b></p> <p>Firefighters are important because they keep everyone safe during fires and emergencies. They use special instruments like the <b>fire hose, ladder, helmet, axe, and fire extinguisher</b> to rescue people and stop fires. They drive the big <b>fire truck</b> and reach quickly when help is needed. Nursery children learn that firefighters are brave community helpers who protect us and always work to keep our homes and schools safe.</p>
<p><b>Thursday</b> <b>(13.11.25)</b></p>	<p>Free-Play (Settling Time)</p>	<p>Welcome</p>	<p><b>Revision of Alphabets C,O,U,Q</b></p> <p>Children revised the alphabets <b>C, O, U, and Q</b> through tracing, phonics sounds, and picture recognition. They practised writing each letter and</p>	<p><b>Match the words</b></p> <p>Children are given numbers on one side and pictures or dots on the other side. They have to <b>match each number (1–30)</b> with the correct group of objects or dots. This helps</p> 		<p><b>Yoga</b></p> <ol style="list-style-type: none"> <li><b>Tree Pose (Vrikshasana)</b> – Stand tall, lift one foot, and place it on the other leg. Hands up like branches.</li> <li><b>Butterfly Pose</b> – Sit with feet together and flap knees like butterfly wings.</li> </ol>	<p><b>Tearing and Pasting Activity</b></p> <p>Children will draw a simple red fire truck with her hel using basic shapes like rectangles and circles. After the drawing, they tore small pieces of red paper and pasted</p>	<p><b>Community Helpers Role-Play Corner – Police &amp; Firefighters</b></p> <p>A small play area is set up as a <b>mini police station and fire station</b> with toy helmets, badges, hoses (ropes), whistles, walkie-talkies, and soft toys</p>

			<p>identified objects beginning with them. This revision helped strengthen letter formation and sound awareness.</p> 	<p>them recognize numbers, count carefully, and connect quantities with numerals. It is a fun and easy way to build early numeracy skills for young learners.</p> 	<p><b>3. Mountain Pose</b> – Stand straight with hands by the side, like a tall mountain.  <b>4. Cat–Cow Pose</b> – On hands and knees; arch the back like a cat, then lift the head like a cow.  <b>5. Child’s Pose</b> – Sit back on knees, bend forward, and rest arms in front.</p> 	<p>them inside the truck to make it bright and colourful. This tearing and pasting activity helped them build fine-motor skills while learning about the helpful work of fire fighters.</p> 	<p>for pretend rescue. Children take turns being <b>police officers</b> and <b>firefighters</b>— solving simple problems like finding a lost toy, helping someone cross a marked path, putting out pretend fires, and rescuing soft toys. They use simple lines like, “I’m here to help,” or “Everyone is safe now!” This fun role-play helps children understand how our helpers protect us and keep the community safe.</p> 
<p><b>Friday</b> (14.11.25)</p>	<p>Free-Play (Settling Time)</p>	<p>Welcome</p>	<p><b>Rhymes on हमारे सहायक।</b></p> <p>सूरज निकला चिड़िया बोली, चलो चले हम, सब मिलकर टोली।  माली आया पौधों को सींचा. फुल खिले हैं बाग है महका।</p>	<p><b>SWAR PITARA</b></p> <p>Children pick a swar card from the “Swar Pitara” and read it aloud. Along with the swar, each card has a small numeracy task— like counting objects, matching numbers, or</p>	<p><b>Fireman Rescue Run</b></p> <p>Children pretend to be brave firefighters running to “save” soft toys placed around the play area. They crawl under tables (tunnels), jump over cushions (small hurdles), and carry the toy safely</p>	<p><b>Thank you card for Our Teacher</b></p> <p>Children will make a cute thank-you card using colours, stickers, and simple drawings. They can add a little heart, a smiley face, or a flower to show their love. Inside the card,</p>	<p><b>Riddles On Different Types of Doctors</b></p> <p>1. I wear a white coat and a stethoscope too, I say “say ahh” — who am I?  Answer: Doctor  2. I give you glasses — as clear as can be!</p>

		<p>दर्जी आया कपड़े, सीने रंगबिरंगे खूब सजीने। डॉक्टर आया दावा पिलाया, बीमारी को दूर भगाया। किसान आया खेत जोता, अनाज उगाया, अन्न पिरोया। 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>identifying quantities. Children happily complete the task and then keep the card back in the pitara. This fun activity builds Hindi swar recognition, improves counting skills, and keeps learning playful and interactive.</p> <p>अ आ इ ई उ ऊ ऋ ॠ ए ऐ ओ औ अं अः</p> 	<p>back to the “fire station.” This active game builds gross motor skills, balance, confidence, and imaginative play—just like real little firefighters!</p> 	<p>they say “Thank you, Teacher!” in their own sweet way. A small, beautiful activity that helps them express gratitude with joy and creativity.</p> 	<p>Who am I? Answer: Eye Doctor / Ophthalmologist 3. I make your teeth shiny and white, I say, “Brush every morning and night!” 😊 Who am I? Answer: Dentist 4. I care for babies right from the start, I help them grow healthy and smart. 😊 Who am I? Answer: Child Doctor / Pediatrician 5. I help you hear when sounds are small, I check your ears, one and all! Who am I? Answer: Ear Doctor / ENT</p>
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