

ENGLISH				MATHEMATICS			GENERAL AWARENESS			HINDI		
Week / Day	Topic	Activity Description	Materials Needed	Concept / Focus	Activity Description	Materials Needed	Focus Area	Activity Description	Materials Needed	Focus Area	Activity Description	Materials Needed
Week 29 Monday	Introduction to Letter U	<ul style="list-style-type: none"> Show flashcard of letter U Teach phonic sound /ʊ/ (Umbrella, Uniform) Word discussion and picture matching 	Letter U flashcards, umbrella and uniform pictures, phonics chart	Introduction to Number 18	<ul style="list-style-type: none"> Show 18 blocks or buttons, count aloud with class Chant: "Eighteen is one and eight!" 	18 blocks/buttons, number 18 flashcard, number chart	Introduction – Healthy vs Unhealthy	<ul style="list-style-type: none"> Show real food items or pictures and ask, "Is this healthy?" Explain the difference in simple words (energy, vitamins vs. sugar, junk) 	Real food samples/toys, food flashcards	Poem Recitation – मोट्टररर	<ul style="list-style-type: none"> Recite poem मोट्टररर with expressions and action (slow walk, big belly) Discuss in simple Hindi: मोट्टररर कडडे दखरते थे? कडडर पसंद थर उनुहे? 	Poem chart or flashcard Puppet or cut-out of मोट्टररर
	Air Tracing Rhyme Time	<ul style="list-style-type: none"> Air trace the curve of U Practice sound /ʊ/ with each tracing Chant: "U for Umbrella, up in the sky..." 	Large alphabet U poster/chart Rhyme card, umbrella cutout or prop	Rhyme – "Eighteen Claps"	<ul style="list-style-type: none"> Clap hands 18 times with rhythm 	None or speaker with beat	Sorting Activity – Good/Bad Foods	<ul style="list-style-type: none"> Sort food cards into healthy and unhealthy sides of a chart 	Food picture cards, sorting board/chart			
Week 29 Tuesday	Finger Tracing in Sand Tray	<ul style="list-style-type: none"> Trace the letter U using fingers in a sand tray Say the sound while tracing 	Salt/sand tray, laminated tracing guide	Air Tracing – Number 18	<ul style="list-style-type: none"> Trace number 18 in air while chanting strokes 	Large number 18 poster, music (optional)	Air Tracing – Letter F for Food	<ul style="list-style-type: none"> Air trace letter F saying: "F for Food, F for Fruit!" Practice the sound of F while tracing 	Letter F poster, visual cue cards	Word Picture Matching	<ul style="list-style-type: none"> Introduce new words from poem: मोट्टर, आररर, खरनर, धीरे Match each word with an image Ask: "कौन मोट्टर थर?", "कडडर खररर?" 	Word & image flashcards Question cue cards
	Craft – U for Umbrella	<ul style="list-style-type: none"> Make a colorful umbrella with paper folding or collage Write "U for Umbrella" 	Craft paper (colorful), glue, scissors, umbrella template	Count & Stick 18	<ul style="list-style-type: none"> Stick 18 stars/buttons on number chart 	Star stickers, buttons, glue, number chart	Story – Bella Chooses a Healthy Meal	<ul style="list-style-type: none"> Narrate a story about Bella picking fruits and avoiding junk food 	Story cards, food props			
Week 29 Wednesday	U Object Sorting Game	<ul style="list-style-type: none"> Sort objects into "U Sound" vs "Not U Sound" (e.g., Umbrella, Uniform, Unicorn, vs Ball, Dog) 	Object cards or toys, sorting baskets	Sand Tray – Finger Tracing 18	<ul style="list-style-type: none"> Trace number 18 in a salt tray while repeating formation rhyme 	Salt/sand tray, laminated tracing card	Craft – My Healthy Plate	<ul style="list-style-type: none"> Kids paste images of healthy food on a paper plate to create a healthy meal 	Paper plates, food cutouts, glue, crayons	Drawing – मोट्टररर	<ul style="list-style-type: none"> Finger tracing in sand tray Match ओ से pictures (ओखली, ओरर) Stroke instructions in Hindi during tracing 	Sand/salt tray Transparent tracing sheet Picture-word cards
	Color Activity – U Picture Set	<ul style="list-style-type: none"> Color pictures that start with U (Umbrella, Uniform, Utensils) 	Printable worksheet, crayons	Worksheet – Circle Groups of 18	<ul style="list-style-type: none"> Circle all groups of 18 objects in a worksheet 	Printed worksheet, crayons	Song – "I'm Healthy, Yes I Am!"	<ul style="list-style-type: none"> Sing a rhyme about healthy habits with actions like eating fruits, brushing teeth 	Song audio, printed lyrics			
Week 29 Thursday	Worksheet Practice	<ul style="list-style-type: none"> Trace the capital letter U Circle correct U-objects from a picture pool 	Worksheet printout, pencils, crayons	Hop & Count 18	<ul style="list-style-type: none"> Hop 18 times while chanting aloud 	Floor space, number flashcards	Finger Tracing – F for Food	<ul style="list-style-type: none"> Use the worksheet for tracing letter F Say food words with F: fruit, figs, fish 	Tracing worksheet, crayons	Worksheet + Letter ओ Recap	<ul style="list-style-type: none"> Worksheet: Trace मोट्टररर, colour food items Circle pictures starting with letter ओ (ओषध, ओरर) Match poem pictures with lines 	Worksheet printout Crayons, pencil Flashcards ओ
	Game – U Sound Hunt	<ul style="list-style-type: none"> U Sound treasure hunt: Find and collect U-word cards hidden around classroom 	Flashcards or teacher's voice prompts	Art – Number 18 Collage	<ul style="list-style-type: none"> Create number 18 with 18 beads/sequins on paper 	Beads/sequins, glue, A4 sheet with number outline	Game – Healthy Food Basket Toss	<ul style="list-style-type: none"> Toss food toys into "Healthy" or "Unhealthy" baskets as per instruction 	Baskets labeled, toy food items			
Week 29 Friday	Story – "Usha's Umbrella" (Short)	<ul style="list-style-type: none"> Read aloud a fun story using multiple U-words Kids raise an umbrella picture when they hear /ʊ/ sound 	Short story, umbrella flashcard or stick puppet	Story – "Bella and 18 Balloons" (imaginary)	<ul style="list-style-type: none"> Story with Bella counting 18 balloons in the garden 	Balloon cutouts, visual story cards (optional)	Puppet Show – Healthy Choices	<ul style="list-style-type: none"> Teacher uses puppets to show good eating habits vs. bad ones 	Puppets, small food toys	Role Play + Final Recap	<ul style="list-style-type: none"> Role play: One child becomes मोट्टररर, others offer food Recap full poem with actions Quiz game: "मोट्टररर कडडर खरर रहे थे?" 	Cap or belly prop for मोट्टररर Toy food items Poem flashcards
	Craft – U for Uniform Poster	<ul style="list-style-type: none"> Paste different types of uniforms (police, doctor, school) in a collage Write "U for Uniform" 	Uniform pictures (cutouts), chart paper, glue, title card	Crown Craft – I Am 18	<ul style="list-style-type: none"> Decorate crown with 18 dots, stars, and number 18 	Crown strip, glitter, glue, stickers, number cutout	Worksheet – Colour Only Healthy Foods	<ul style="list-style-type: none"> Colour only the healthy foods from a mix of junk and good food images 	Worksheets, crayons			