

# Army Public School RK Puram

## Holistic Personality Development (HPD) Integrated Into School Curriculum 2014

*Sub: Environmental Studies*

*Class III*

S.No	Name of the Unit/Chapter	Activity	Personality Traits/Values
1	1. Our Body	1.List the games or activities where upper and lower limbs are used. 2.Blindfold and then Identify the things with smell , touch and taste.	* Sensitivity towards special people * Inclusivity *Body Adaptability
2	2. Living Things	1.Collect pictures of animals with legs and with out legs. 2. Collect the pictures of herbivores,carnivores&omnivores. 3.Nature walk around the School	*Environment Awareness *Empathy & Concern *Humanity * Kindness
3	3.Our Food	1.Fruit chat and salad preparation in the class. 2. Class activity where children open their tiffin and identify the nutrients present in them 3.Group Activity- class into two groups to play quiz game –find the nutrients present in our food . 4. Poster making on JUNK FOOD –its bad effects.	*Hygiene *Healthy eating *Deicision making * Awareness
4.	4.Water	1. Sprouting seeds 2.Observe Evaporation,Condensation & Precipitation 3.Poster making on Water Cycle. 4.Poster making on Water Conservation	*Conservation *Environment Awareness *Sensitivity to Environment.
5	5.Avoid wastage of food and water .	1.Analyse & Classify the food packed in the lunch box. 1.Make a list of preserved food items from the kitchen and identify the methods of their preservation. 2.Wash the vegetables in water and observe the dust accumulated on them.	*Curiosity *Critical thinking *Knowledge

6	6.Air: Its importance and properties	<ol style="list-style-type: none"> <li>1. Poster made on factors responsible for air pollution.</li> <li>2. List the gases which cause air pollution.</li> <li>3. Activity showing that plants require carbon dioxide to prepare their food.</li> </ol>	<ul style="list-style-type: none"> <li>*Long term vision</li> <li>*Reasoning &amp; logical thinking</li> </ul>
7.	7 Healthy food habits	<ol style="list-style-type: none"> <li>1.Find out the name of the gas used in fire extinguisher</li> <li>2.Make a diet chart on what the family members eat on a Sunday.</li> <li>3. Identify the names of five diseases caused by unhealthy food habits</li> </ol>	<ul style="list-style-type: none"> <li>*Environment Awareness</li> </ul>
8.	8.Care of self and surroundings	<ol style="list-style-type: none"> <li>1. Make a survey of your class. Find the following: <ol style="list-style-type: none"> <li>a) Clean finger nails</li> <li>b)Clean hair</li> <li>c)Tooth Decay</li> </ol> </li> <li>2.List the things which are unhealthy in your surroundings and find remedies for it.</li> <li>3.Walk around the School surroundings .</li> </ol>	<ul style="list-style-type: none"> <li>* Cleanliness</li> <li>*Team Work</li> <li>*Environment Awareness</li> </ul>
9.	9.Sweet home	<ol style="list-style-type: none"> <li>1. The materials required to construct different types of houses.</li> <li>2.Make a model of a house-Group activity.</li> <li>3. Observe the people who help us to keep our houses in good condition – carpenter, electrician etc</li> </ol>	<ul style="list-style-type: none"> <li>*Team work</li> <li>*Creative Thinking</li> <li>*Environment Awareness</li> </ul>
10.	10.Homes of Animals	<ol style="list-style-type: none"> <li>1. Observe the homes of different animals like dog , cat, ants , rats , birds etc and make presentation on it .</li> <li>2. Model animal house with waste things .</li> <li>3.</li> </ol>	<ul style="list-style-type: none"> <li>*Awareness</li> <li>*Decision Making</li> <li>*Team work</li> </ul>
11.	11.Let us locate places	<ol style="list-style-type: none"> <li>1 .Learn and write the address of their houses and identify two land marks near their house .</li> </ol>	<ul style="list-style-type: none"> <li>*Cleanliness</li> <li>*Team work</li> </ul>

		<p>2. List and draw the road symbols and signs on their way back home.</p> <p>3. Observe the traffic police and discuss in the class.</p>	<p>*Delegation of work</p> <p>*Awareness</p> <p>* discipline</p>
12.	<p>12.Clothing</p> <p>Effect of seasons on animals</p>	<p>1. Types of fabric obtained from different sources.</p> <p>2. Wash different pieces of fabric in a detergent solution and observe the following:</p> <p>a)Drying time</p> <p>3.List different types of fabric cleaners</p> <p>4. List five animals how and where they live in different seasons.</p>	<p>*Positive attitude</p> <p>*Ethical treatment to animals</p> <p>*Team work</p> <p>*Discipline</p> <p>*Good manners</p>

13.	13. Our dresses	<ol style="list-style-type: none"> <li>1. Make a collage of dresses of india .</li> <li>2. Fashion show on dresses of different states.</li> </ol>	<ul style="list-style-type: none"> <li>* Hygiene</li> <li>* Social belongingness</li> <li>*Environmental awareness</li> </ul>
14.	14. Celebrations	<ol style="list-style-type: none"> <li>1.Rules to be followed while singing National Song and National anthem.</li> <li>2. Organize a birthday party and make a list of things required. Make an invitation for birthday party</li> <li>3. A family picnic –Write few lines and share it with your friends in the class.</li> </ol>	<ul style="list-style-type: none"> <li>*sensitivity towards environment</li> <li>*Nationalism</li> <li>*Patriotism</li> </ul>
15.	Community services	<ol style="list-style-type: none"> <li>1.Visit an old age home and share few lines in the class.</li> <li>2.List the things and help required by their grand parents.</li> </ol>	<ul style="list-style-type: none"> <li>*Long term vision</li> <li>*Awareness</li> <li>*Help, care for others</li> </ul>
16.	Our Plant and Animal Friends	<ul style="list-style-type: none"> <li>• List the favourite animal and write how it got its name</li> </ul> <p>Write five things the animals and plants give us (gifts) / help us with</p>	<ul style="list-style-type: none"> <li>• Environmental awareness</li> <li>• Empathy</li> <li>•self awareness</li> <li>*Help, care for others</li> </ul>
17.	Heavenly Bodies	<ul style="list-style-type: none"> <li>• Class is divided into groups and each group makes model of solar system, phases of moon, constellations, Earth and discuss</li> <li>• Visit to planetarium</li> </ul>	<ul style="list-style-type: none"> <li>* Team work</li> <li>punctuality</li> </ul>
18.	Natural Resources	<ol style="list-style-type: none"> <li>1. Make an article Best out of waste using plastic bottles</li> <li>2. Clay modelling on conversation of forest</li> <li>3. Planting and caring of a potted plant in each section of class III</li> </ol>	<ul style="list-style-type: none"> <li>*Conservation &amp; Management.</li> <li>*Reduce,reuse,recycle</li> </ul>

19	Means of Transport	<ol style="list-style-type: none"> <li>1. To Find the causes of water, Noise pollution in their neighbourhood</li> <li>2. Watch a ppt on the history of railways and discuss the growth and development</li> </ol>	<ul style="list-style-type: none"> <li>*self awareness</li> <li>*Network Ability</li> </ul>
20	Communications	<ol style="list-style-type: none"> <li>1. Visit to the post office</li> <li>2. Writing a letter to the editor of the NIE paper on the poor road condition</li> </ol>	<ul style="list-style-type: none"> <li>* curiosity</li> <li>* effective communication skill</li> </ul>
21	Safety and First Aid	<ol style="list-style-type: none"> <li>1. To make a first aid box with the things needed in it</li> <li>2. Dressing an injury.</li> </ol>	<ul style="list-style-type: none"> <li>• Decision making</li> <li>• Crisis management</li> </ul>