

ARMY PUBLIC SCHOOL, RK PURAM

Holistic Personality Development (HPD) Integrated Into School Curriculum 2014

SUBJECT : AHPL

CLASS : I

| Ser No | Name of the Unit/Chapter | Activity | Personality Traits/Values |
|--------|--------------------------|---|--|
| 1. | L.1 – My Body | Activity on reflexes of sense organs by taste (making them taste salt & sugar), smell (smelling spices), feel (cold water, warm hands), hear (loud voice, soft voice) | Curiosity, know about yourself, physical reflexes. |
| 2. | L.2- Keep Clean | Action song on good habits (Brush brush brush your teeth) | Good manners, Discipline, Cleanliness. |
| 3. | L.3 - Clothes | (a) Touch or feel various types of clothes like cotton, woollen, silk etc. (b) Making dress out of a newspaper | Dressing sense, awareness about importance of clothes. |
| 4. | L.13- Our Dress | (a) Fancy dress competition in the class depicting dress of different states. (b) Showing PPT on dresses | Knowledge, Dress sense. |
| 5. | L-4 - Food | (a) Sharing tiffin with food of different states. (b) PPT / Flash card. | Logical thinking, Team work. |

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| 6. | L.14 - Our Food | (a) Having a class picnic with food of different states. (b) Discussion on favourite food. | Team work, Knowledge. |
| 7. | L.5 - Safety from sharp objects | (a) Display of common sharp objects. (b) Making First Aid Box. (c) Cutting paper with scissors. | Careful, awareness. |
| 8. | L-6 My Family | (a) Making a family tree. (b) Making a collage using pictures of family members. | Respect, caring , sharing, compassion, kindness. |
| 9. | L-8 Fun with family | (a) List the things you need for organising a birthday party. | Respect for elders, Togetherness, Liveliness. |
| 10. | L-7 We share and care | Making a "THANK YOU" card for your parents | Sharing and caring, loving, care for elders. |
| 11. | L-10 My Home | Making a house using readily available waste materials like pencil shavings, grass, coloured papers, chalk box etc. | Social values, Cooperation. |
| 12. | L-9 Our festivals. | (a) Making diyas, lanterns & Diwali cards. (b) The concept of no crackers explained through videos. (c) Draw a national flag. | Positive social behaviour, Patriotism, Social etiquette. |

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| 13. | L-11 Important places in our neighbourhood | Making a neighbourhood chart showing police station, bank, P.O. etc. | Knowledge, Concern for others. |
| 14. | L-12 Our occupations | (a) Paste pictures of people who help us along with their tools. (b) Video on different occupations explaining the duties and responsibilities. | Down to earth, Empathy. |
| 15. | L-15 Our green friends – Plants | (a) Collage making using leaves of different plants. (b) Plant a seed and watch it grow. | Sensitivity towards environment, creativity, Knowledge. |
| 16. | L-16 Our Animals Friends | (a) Making animals using clay. (b) Paste 3 pictures each of :- ➤ Wild animals. ➤ Domestic animals. ➤ Birds. ➤ Insects. | Kindness, Knowledge about animals, logical thinking, Ethical treatment to animals. |
| 17. | L-17 Means of transport and communication | (a) Drawing & colouring a traffic signal. (b) Showing a video on traffic rules. (c) Enacting a tele conversation. (d) Making chart of important telephone numbers. | Discipline, Knowledge, logical thinking. |

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| 18. | L-18 Natural features of our Earth | (a) Showing a globe. (b) Video on physical features of earth. (c) Nature walk. | Sensitivity towards environment, environment awareness and conservation. |
| 19. | L-19 Natural and manmade things. | (a) Telling them to differentiate between a plant and a table. (b) Showing them a picture and telling them to identify the living and non-living things. | Critical thinking, Environment awareness, proper use of knowledge. |
| 20. | L-20 Weather Changes | (a) Make a weather chart using cut outs. (b) Draw 4 seasons of an apple tree. (c) Draw a picture of sunny day/rainy day and write 3 lines on what you like to do on that day. | Awareness about weather, critical thinking. |