

Army Public School R K Puram

Holistic Personality Development (HPD) Integrated Into School Curriculum 2014

Sub: Environmental Studies

Class : V

S.No	Name of the Unit/Chapter	Activity	Personality Traits/Values
1	1. Our Body	1. Count one's pulse rate. 2. Count one's heart beat. 3. Clap your hands loudly in front of a friend's face or touch something hot. 4. Make a model of lungs.	* Curiosity * Knowledge * Logical thinking and reasoning * Psycho motor skills
2	2.Needs and Wants	1. List four wants that you are not able to fulfill but you are quite happy without them. 2. Interview your best friend and make a list of his /her wants. Do your needs and wants match your friend's?	* Positive attitude * Curiosity * Decision making
3	3.Interdependence of Man and Environment	1.Classify various animal and plant products 2. Categorise the various food stuff obtained from plants based on the edible parts of the plant. 3. Planting saplings in the school and at home and taking care of them.	* Critical Thinking and reasoning * Environment Awareness and conservation *Sensitivity to Environment
4.	4.Food and Nutrition	1. Making different recipes (healthy) from various	* Knowledge

		<p>food items listed.</p> <p>2. Identifying various nutrients from the puzzle grid.</p>	<ul style="list-style-type: none"> * Physical fitness * Reasoning and logical thinking
5	5. Deficiency Diseases	<p>1. Make a chart on the causes, effects and remedies of deficiency diseases.</p> <p>2. Solving the puzzle with the help of clues given.</p> <p>3. Identifying the missing nutrient and the deficiency diseases from the diet chart of unhealthy persons.</p>	<ul style="list-style-type: none"> * Physical fitness * Caring * Critical thinking * Self awareness
6.	6. Air borne Diseases	<p>1. Visit a health care centre or a doctor and collect the information about vaccines given for children at different ages.</p> <p>2. Collect information about the preventive measures taken at personal and community level</p>	<ul style="list-style-type: none"> * Long term vision * Cleanliness * Sensitivity to environment * Environment Awareness
7.	7. Community Buildings	<p>1. Visit a nearby rural area or talk to people who live in huts and educate them on topics like vaccination for children, educating their children etc...</p> <p>2. List the traffic rules which help in controlling road accidents.</p> <p>3. Visit a nearby bank and find out the facilities provided by the bank.</p>	<ul style="list-style-type: none"> * Caring * Concern for others * Environment Awareness * Knowledge * Curiosity
8.	8. Maps and Globes	<p>1. Locate the continents and oceans in a world map.</p> <p>2. Take a globe and find out the name of your</p>	<ul style="list-style-type: none"> * Knowledge * Global outlook

		state, country, continent in which your country is located etc...	
9.	9.Language of Maps	<ol style="list-style-type: none"> 1. Locate the states of India in the political map of India. 2. Identify the various land forms with the help of colours given in a physical map. 3. Make your own route map from your home to school showing the various signs or symbols. 	<ul style="list-style-type: none"> * Knowledge *Creative Thinking * Reasoning and logical thinking
10.	10.Variation in Dresses	<ol style="list-style-type: none"> 1 .Collect information about any one state regarding the climate, dresses worn by men and women, languages spoken, festivals celebrated and the dance. 2. Dividing the children into various groups and asking them to wear the traditional dress of any state and bring its food delicacy in their lunch boxes. 	<ul style="list-style-type: none"> * Awareness * Team work * Delegation of work * Knowledge of all religions and regions to develop tolerance

11	11.Care of our Body parts	<ol style="list-style-type: none"> 1.Make a poster on keeping ourselves clean. 2.Measures taken by classmates to maintain health and hygiene. 	<ul style="list-style-type: none"> * cleanliness * Self awareness. .Positive Attitude
12	12.Communicable	1.Find .out various vaccines given to children at different age.	*Cleanliness.

	Diseases	2.Play the roles of doctor,nurse and patient to explain the importance of personal hygiene and sanitation.	*Awareness. .Confidence. .Environment Awareness
13	13.Safety and first Aid	1.Make a first aid box to be kept in the classroom and at home. 2.Preparation of ORS and importance of ORS.	.Knowledge *Disaster management *Problem solving skill
14.	14.Health care Agencies	1.Discussion on importance of blood donation. 2.Knowledge of learner's blood group and that of the family members. 3.Find out about how health care agencies function in rural area.	*Knowledge *Team Work *Social Awareness. .Meaningful community service.
15	15.The misleading Beliefs	1.Discussion on myths and superstitions. 2.Discussion on importance of science in our life to eradicate superstitions.	.Social Awareness. *Knowledge *Gender sensitivity. .Inclusivity.
16	16.Let us Celebrate	1.Roleplay how festivals are celebrated in our schools. 2.discussion on importance of various international festivals. 3.Find about the organs and functions of UNO.	*Knowledge *Social Awareness .Nationalism. .Global Outlook.
17.	17. Our National Symbols	1.Make a chart on evolution of our national flag. 2. Find out the number of languages written on a ten rupee note. 3.Discuss about the significance of our national flag.	*Nationalism . Patriotism .Respect. .Knowledge. Integrity
18	18.Our Wild Life	1. Discussion on endangered species.	. Ethical treatment to

		<p>2. Make a list of National parks with their special features and the state.</p> <p>3. Locate the different wild life sanctuaries in the map of India.</p>	<p>animals.</p> <p>*Humanity.</p> <p>.Kindness</p> <p>*Environment Awareness and Conservation</p>	
19.	19. Our responsibility during natural Calamities.	<p>1. Make poster to show causes of natural calamities and prevent these natural calamities.</p> <p>2. Encourage the learners, make them aware of precautionary measures taken during natural calamities.</p> <p>3. List the measures students can take to handle such situations.</p>	<p>*Disaster Management</p> <p>*Meaningful Community service.</p> <p>*Environment Awareness and Conservation.</p> <p>.Team work</p>	
20.	20. Our freedom fighters	<p>1. Collect pictures of freedom fighters and write about their contribution in freedom struggle.</p> <p>2. Write about the freedom fighter of your state and prepare his profile.</p>	<p>*Knowledge</p> <p>*Nationalism and patriotism</p> <p>*Respect</p> <p>*Integrity</p> <p>.Unity</p>	
21	21 .Great Indians of All times	<p>21 Great Indians of All times</p>	<p>1. Collect the pictures of various dance & famous artists.</p> <p>2. Collect and paste the pictures of various musical instruments & famous artists.</p> <p>3. Collect information about Dr Abdul Kalam</p>	<p>*Perseverance</p> <p>*Respect</p> <p>*Motivation</p>

22	22 Our National Heritage	1. Collect pictures of various monuments of our country. 2. Collect information about a Monument of your choice. 3. Poster making on 'Save our Heritage'	*Patriotism *Caring
23	23 Physical Features of India	1. Mark different physical features on outline map of India.	*Knowledge
24	24 Conservation of Natural Resources	1. Collect and paste pictures of Renewable and Non-Renewable resources. 2. Draw Logo/symbol of 'Recycling'	*Environmental awareness *Global Outlook
25	25 Balance in Nature	1. Collect info on Papermaking. 2. Collect and paste samples of 'recycled paper' 3. Poster making on 'Vanamahostav'	*Sensitivity to environment *Long term Vision.
26	26 Living together in Diversity	1. Collect and paste pictures of things produced in 'Northern Mountains'. 2. Collect and paste the pictures of things produced in 'Coastal Plains'.	*Caring and Sharing *Creative Thinking
27	27 Transport : Advancement and Impact	1. Find names of various inventors of various inventions that led to advancement in transport.	*Global outlook *Curiosity
28	28 Communication : Advancement and Impact	1. Watch a program on National Geographic /Discovery Write title, time duration and topic.	*Networking ability *Long term vision
29	29 Importance of Safety Rules	1. Make a list of traffic rules NOT observed by people. 2. List actions taken to ensure safety of people.	*Disaster Management *Problem solving.

