



# MyWorld

1

***Teacher's  
Resource Book***

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Table of Contents:

S. No.	Lesson Name	Page No.
1	Me and my family	03
2	A lesson on hygiene	04
3	Good manners	05
4	Our homes	06
5	The neighbourhood	08
6	Our school	09
7	Friends	11
8	Places we often go to	12
9	Transport	13
10	Cities and villages	15
11	Seasons	17
12	Saving the environment	18
13	The world we live in	19
14	Our Pakistan	21

## Lesson 1: Me and My Family

### Lesson Objectives

1. To give child the idea about different members of her family.
2. To give an idea about the role of father and mother in a family.
3. To tell how grandparents, uncles, aunts and cousins make part of extended family.
4. To explain how family members care for each other.

### Lesson Starters

Begin with a set of questions on family e.g. Do you love your parents? Do you love your brothers and sisters?

### Teaching

Get the lesson read in class. Explain to them that each family is a combination of children and parents. Also tell them each member of the family has some role. For example.

- The father goes to office
- Mostly mother, work at home
- Children go to school

Next, tell how grandparents, uncles and aunts and their children (the cousins) are part of the child's family. The central point here is to let the child learn how his immediate family (his siblings and parents) is connected with the extended family (the siblings and children of his/her parents).

Last, hint at the importance of being an active in a family. Explain to them that families spend many events together, such as birthdays or anniversaries. Also explain to them that good families must have people who care for each other and help each other in different ways.

### Extended Teaching

#### Net Extra:

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Go to <http://dictionary.reference.com/browse/family> and check the various meanings of the word 'family'. You can also find material in "Additional information for teachers" on Net Extra.

**Answers to Comprehension Assessment**

1. How many people are there in your family?  
A. There are \_\_\_\_\_ members in my family.
2. Who is your eldest extended-family member?  
A. My eldest extended family member is \_\_\_\_\_.

**Lesson 2: A Lesson on Hygiene****Lesson Objectives**

1. To instill importance of personal hygiene.
2. To teach how a child can stay clean by self-doing the following hygiene activities:
3. Bath everyday
4. Trim nails once a week.
5. Washing hands before and after meals.
6. Brushing teeth twice a day

**Lesson Starters**

Begin by examining the hygiene status of your class. Ask the following questions:

1. Who is the cleanest kid here? – Many kids should raise their hands.
2. Who has long nails?
3. Who took a bath today?
4. Who forgot to brush at night?

**Teaching**

Get the lesson read in class. During the lesson, explain why not brushing the teeth or not doing a bath can make children sick. Tell them that germs are like small insects that can mix with the food and cause illness. Also explain why the child in the story looks smarter after doing all hygiene activities.



**Answers to Comprehension Assessment**

1. Why hygiene is important for us?  
A. Hygiene is important because it protects us from germs and keep us healthy.
2. Why germs are harmful for us?  
A. Germs are harmful because they can make us sick.
3. How many times should we brush our teeth in a day?  
A. We should brush two times a day.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Check out the extensive guide on Hygiene Tips at <http://www.wikihow.com/Be-Hygienic>.

**Lesson 3: Good Manners****Lesson Objectives**

1. To let children learn some of the most basic manners of a public place e.g. a park.
2. To give an idea about how good manners differ from bad manners.
3. To let children learn that behaving well among friends can get them more fun.

**Lesson Starters**

Begin by speaking about classroom manners like:

1. What should you do when the teacher enters your class (say Good Morning/Good Afternoon or Assalamoalikum?)
2. Should you ask a teacher before leaving the class? Yes or No?

Next, explain to your children that like classroom, they are supposed to follow good manners at every place, especially when they are out with their friends or cousins.



**Teaching**

Get the lesson read. Before beginning, tell them bad manners are not liked by anyone. The lesson they are now reading tells the difference between good and bad manners.

As you follow, make sure that you emphasize on the pictures showing quarrel for ride and the waiting for queue. Also stress on why keeping the park clean is as important as cleaning themselves clean. You can connect this idea with the last lesson i.e. the lesson on hygiene so that the child grasps the idea more strongly.

**Answers to Comprehension Assessment**

1. Why do you understand by the word 'Manners'?
  - A. Manners are ways in which we behave. Good manners make us good children.
2. How can you have fun in a park?
  - A. We can have fun in a park by keeping it clean, taking turns on rides, and being friendly with others.
3. Where should we throw litter?
  - A. We should throw litter in dustbin or the garbage can.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Check out an extensive list of manners every child (and adult) should know.

<http://www.examiner.com/article/30-manners-everyone-should-know>

**Lesson 4: Our Homes****Lesson Objectives**

1. To let children learn the importance of homes
2. To let children learn that homes have different types, like bungalows, flats, huts etc.



**Lesson Starters**

The children should easily relate the pictures given in the lesson with their own homes. Ask them questions without letting their feelings hurt of having small homes.

1. What happens if there is no home?
2. Why do you love your home?
3. Do you live in a bungalow or a flat?
4. How many rooms it has?

**Teaching**

Now get the lesson read. Keep emphasis on the differences between each type of home. Also explain to them that home protects us from the sun and the wind. Homes are also our private places so no one is supposed to enter it without permission.

**Answers to Comprehension Assessment**

1. In which type of home do you live?  
I live in a bungalow. *Or*  
I live in an apartment.
2. What are huts made of?  
Huts are usually made of bamboo, tree bark or cloth.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Check out a few activities relating to home here at

<http://www.brainpop.com/educators/community/lesson-plan/homes-activities-for-kids/>

## Lesson 5: The Neighbourhood

### Lesson Objectives

1. To let the child learn about the area surrounding his/her home
2. To let the child learn about important parts of a neighbourhood e.g. mosques, parks, markets
3. To instill a sense of belonging to one's neighbourhood

### Lesson Starters

- Begin by inquiring names of the area or the nearest landmark where the students live e.g. Gulshan Chowrangi, DHA Phase 7, Gulberg etc, Latifabad Town etc.
- You can also encourage students to name a special place near their home. Ask questions like 'Who lives near a park? Who lives near a bank? Who lives near a market?'
- As students name them, tell them that these areas form part of their neighborhood.

### Teaching

Explain what is meant by the neighborhood i.e. the area around the home. Also give your students the idea of neighbours, or the people who live next door.

As you get the lesson read, point out to the pictures given in the lesson – those of the park, the mosque, the street and the market. The students should be able to relate them with their own neighborhood.

Encourage the child to speak about any other parts of neighborhood, such as a hospital, a police station, a playground, a school or a known bus stop or roundabout.

Last emphasize on the role of keeping the neighborhood clean and the neighbors happy. Get following 'yes or no' responses for these questions.

- We should keep the neighborhood clean, yes or no?
- We should help our neighbors, yes or no?
- We should make lots of noise while neighbors are sleeping, yes or no?

### Answers to Comprehension Assessment



1. What are our duties as a good neighbour?
  - A. As good neighbours, we should:
    - Keep the neighbourhood clean.
    - Care about our neighbours and help them whenever we can.
    - Stay informed about neighbourhood problems, like sewage, and work to solve them.
2. Name some common facilities you are sharing with your neighbours?
  - A. We share streets, security gates, parks, mosques, markets and other public places with our neighbours.
3. Why we have market in a neighbourhood?
  - A. We have market in neighbourhood so that we can buy things we need.

### Extended Teaching

#### Net Extra:

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

#### Support Material

As children grow, they move from being family-centered to being more aware of different neighborhoods around them. Creating neighborhoods in their artwork can help children realize there are lots of different kinds of communities. Check out this brief art activity aimed at creating illustrious neighbourhoods <http://pbskids.org/rogers/buildANeighborhood.html>.

## Lesson 6: Our School

### Lesson Objectives

1. To instill importance of being in school
2. To instill importance of giving respect to teachers and the principal
3. To encourage the child in making friends for studies and fun in school

**Lesson Starters**

Simply begin by asking a few questions related to the school e.g. ‘What is the name of our school’ ‘Do you like this school?’ Is our school big or small? Who is your favorite teacher in the school? What is the name of our principal?

**Teaching**

Next, get the lesson read. Explain to them that school is meant to educate them (give them education). The child may not capture a lot of sense of the word education. For this, explain to them a few differences between educated child and an uneducated child.

As you follow, tell your children your role as a teacher. Explain to them that you have a high responsibility towards giving them education and helping them learn. Also describe how principal is the leader of your school in the same way as the child’s family is led by an elder, like a father or a mother.

**Answers to Comprehension Assessment**

1. Why do we go to school?

We go to school to learn and get education.

2. Why there are teachers in school?

Teachers are the people who help you to learn and get education.

3. Why the principal needs to keep track of everything in the school?

The principal keeps track of everything in the same way as an elder like a father or a mother looks after a home. The principal helps the teachers do their work easily.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Learning about different facets of school and school life can best be done in a poetic way. Check out some of the best poems about school here at <http://www.anitapoems.com/poems-about-school.html>

## Lesson 7: Friends

### Lesson Objectives:

This lesson aims to develop a sense of friendship and friendly attitude among the children; especially those they meet in their daily life e.g. school friends, cousins and neighborhood friends. The lesson is also meant to get the following objectives:

1. To let the child grasp the idea that we can find good friends in school, in neighborhood and among family cousins.
2. To let him/her learn about being caring and active among friends, especially in studies and play.

### Lesson Starters

Simply begin by asking names of the best friends... 'Who is your best friend?' Ask related questions like 'Do you like to play with your friends? Yes or No. Do you study with your friends? Yes or no?'

### Teaching

Go ahead and have the lesson read in class. Explain to the children that they can have as many friends as they wish, but it is important that they should be caring and helpful among the friends. They should share their things, play and study together. Also stress on making friends within the family i.e. cousins or children of same age.

### Answers to Comprehension Assessment

1. What does a friend mean?  
A. A friend is someone with whom we can share our things and time with. We can make friends in school, in neighborhood and among cousins.
2. How do we feel without friends?  
A. We feel lonely without friends.



3. Why friends are important?

A. Friends are important because they can help us in need. We also enjoy studying and playing with friends.

### **Extended Teaching**

#### **Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

#### **Support Material**

Friendship is all about learning to give. Explore <http://learningtogive.org/lessons/unit194/lesson4.html> to find various resources, handouts and lesson planners about developing a friendly attitude amongst the children.

## **Lesson 8: Places We Often Go To**

### **Lesson Objectives:**

Children can be curious to learn about places outside their home, school and neighborhood. This lesson entails learning about places they frequently visit. Places described in this lesson, therefore, include parks, restaurants, zoo and banks.

### **Lesson Starters**

Begin by inquiring children about their favorite places. ‘Do you like a park?’ ‘Which is your favorite restaurant?’ ‘Have you ever gone to zoo?’

Now tell children that they are going to learn about these and other places in the lesson today.

### **Teaching**

Describe the purpose of each place and emphasize on the photographs given in the lesson. Parks are for playing as well as for fresh air. Restaurants are meant for dining out. Zoo is a collection of animals. Banks is a storehouse of people’s money. Hospitals are special places for treating people who are very ill.

Try to give idea about the people who help in running these places. Parks need security, gardeners and cleaners. Restaurants need chefs. Zoo needs vets. Hospitals need doctors and nurses.

### Answers to Comprehension Assessment

1. Why people keep the money in banks?
  - A. People keep money in banks because banks can keep them safe.
2. What is a zoo?
  - A. Zoo is a collection of animals stored in protected bars or surroundings.
3. Why do we go to a hospital?
  - A. Hospitals treat people who are very sick. They have doctors, nurses and machines which can get us the best care.

### Extended Teaching

#### Net Extra:

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

#### Support Material

Check out playcards and activities for different places in a city here at

[http://bogglesworldesl.com/kids\\_worksheets/cityplaces.htm](http://bogglesworldesl.com/kids_worksheets/cityplaces.htm)

## Lesson 9: Transport

### Lesson Objectives:

This lesson has the following objectives:

1. To let the child learn about different forms of transport: Land transport, water transport and air transport
2. To let the child learn about the different means of transport, such as car, bike, trucks, rail, aero plane and ship

**Lesson Starters**

Begin by asking a couple of questions about transport. ‘Have you ever traveled in car? In a bike? In a rickshaw? In bus? In train? In plane? In a boat or a ship?’

**Teaching**

Simply explain the meaning of transport i.e. the act of moving people or things from one place to another, especially using a machine or wheel or a combination of both. Whether it is a car or a cargo plane, the purpose of transport is to get people or things move from one place to another. Point to the pictures of different means of transport as you talk about them. Also ask the children to identify each means of transport as either ‘Road transport’ ‘Air transport’ or ‘Water transport’.

You can also try to identify the different purpose of each form of transport. For example, ships now usually carry heavy cargo, while airplanes are meant for traveling faraway places with fast speeds.

**Answers to Comprehension Assessment**

1. Which is the fastest means of transport?  
A. Airplane is the fastest means of transport.
2. Which is the most common form of transport?  
A. Land transport is the most common form of transport.
3. Why is transport important for us?  
A. Transport is important because it helps move things and people in a fast way.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Watch videos and get various resources about means and forms of transport here at

[http://www.makemegenius.com/science-videos/grade\\_1/modes-and-means-of-transportation](http://www.makemegenius.com/science-videos/grade_1/modes-and-means-of-transportation)



## Lesson 10: Cities and Villages

### Lesson Objectives:

This lesson entails learning about cities and villages, with a special focus on how these two distinct forms of human settlement vary in their people and structure.

Other objectives of this lesson are:

1. To explain to the child the important role of villages in providing us many of the things we consume in our everyday life, such as animals for milk and meat.
2. To explain that a place should have adequate facilities like wide roads, airports, hospitals, banks, shopping malls to qualify itself as a city.
3. To explain the main difference between a village and the city – the huge size of the city and the sheer number of people in a village.

### Lesson Starters

Begin by identifying any vacant, green and open space of your city. Describe its features: very few people, isolated houses, rough or no roads, a lot of plants or shrubs. This could be a large park. Now ask your children whether they would like to just camp on such a place and stay there, without much travelling or going out.

Now give them the idea you've just given characterizes a village. Describe its typical features: domesticated animals left to graze, farmers working in fields, few shops, people not travelling much, no big schools or shopping malls etc

### Teaching

As you read the lesson, clearly stress on the given photographs showing villages. The children might be tempted to see them in real life. Tell them that village life is peaceful but you may not have many facilities like shopping malls or big hospitals or big roads. City life has all the facilities but you cannot have a lot of fresh air. Ask your children which type of housing they would like to live in: the village house or the city house?

**Answers to Comprehension Assessment**

1. What are the advantages of living in a city?

A. A city has these advantages:

- Wide roads for fast transport
- Many interesting places and activities like sport competitions, music concerts and fashion shows
- Big schools and shopping malls

2. Where would you like to live and why?

A. I would like to live in a city because it has many facilities. *Or*

I would like to live in a village because people are more relaxed and there is fresh air.

3. What are the major features of a city?

4. A city has many features like big schools and colleges, shopping malls, railway station and airport.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Check out the following online resources explaining and enlisting the key features of city and the village life.

<http://www.yourarticlelibrary.com/essay/difference-between-village-life-and-city-life/29513/>

<http://www.wisenepali.com/2014/09/village-life-and-city-life-difference.html>

<http://www.differencebetween.net/miscellaneous/geography-miscellaneous/difference-between-village-and-city/>





**Lesson 11: Seasons****Lesson Objectives:**

The aim of this lesson is to present features of the four major seasons in a year: Summer, Autumn, Winter and Spring. The lesson objectives are as follows:

1. To help the child learn about the main differences between seasons.
2. To help the child learn about changes in our food, clothes and behavior from one season to another.
3. To help the child learn that rain can have a great impact on any season.

**Lesson Starters**

Begin by asking a few questions related to questions. ‘Is the day hot or cold today?’ When do you mostly get a cold, in summer or in winter? In which season we wear a sweater, in summer or in winter? When do we want to have AC on? When do we want to sit around a room heater?

Because summer and winters are extremes, the child should easily identify the differences you point to. Take help from pictures given in the text.

**Teaching**

While reading, explain main feature of each season. Summers are hot. Autumn is windy. Winter is cool. Spring is between winter and summer so it is the most pleasant.

Also explain that we wear light clothes in summer so that we can save our skin from trapping heat, and, we wear warm clothes in winter to save from getting a cold.

It is best to tell them here that autumn is midway from summer to winter while spring is midway from winter to summer. Plants hate autumn and love spring, but for us, they are usually pleasant than scorching summers or cold-bringing winters.

**Answers to Comprehension Assessment**

1. Why do you drink juices and eat ice-cream in summer?  
A. We drink juices and eat ice-cream in summer to keep our bodies cool.
2. Why do we wear different clothes in summer and winter?

- A. In summer, we wear light clothes so that our bodies stay cool. In winter, we wear warm clothes so that our bodies do not get a cold.
3. What happens in spring?
- A. Spring is a very pleasant season. In spring, trees get new leaves and flowers.

### Extended Teaching

#### Net Extra:

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

#### Support Material

Get resources and information about four seasons from

<http://www.kidsgeo.com/geography-for-kids/0017B-reasons-for-the-four-seasons.php>

## Lesson 12: Saving the Environment

### Lesson Objectives:

This lesson has the following objectives:

1. To give children an idea of environment, especially in the sense of its combination as land, air and water
2. To give children an idea of important actors of environment: plants, animals and humans
3. To instill importance of saving the environment

### Lesson Starters

Start by telling them about different types of environment. The beach has sand and water. The park has trees and grass. The roads have smoke from cars. Some of the places to go to are clean. Some are dirty.

Next, it is the land, air and water of a place which makes its environment. If all of these things are clean, we call it a clean environment. If they are not, we must do things that can save the environment from getting worse.

**Teaching**

Read the lesson, keeping focus on describing the good and the bad of environment. Garbage and smoke pollute the environment. Trees and plants are good for the environment. Encourage your children to speak about the environment of your own class or school. Is there a trash that is lying on the floor? Is there a candy wrapper that is thrown outside the dustbin? Do a small clean drive of your own class if possible to make the lesson more interesting. Then go ahead and read the environment safety tips given at the end.

**Answers to Comprehension Assessment**

1. What things make environment dirty?
  - A. Things like garbage and smoke make our environment dirty. They are called pollutants.
2. Why should we keep our environment clean?
  - A. We should keep the environment clean as it keeps us healthy. A polluted environment does not have fresh air and without it we can get ill.
3. Why should we grow plants?
  - A. We should grow plants as they help clean our environment.

**Extended Teaching****Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

**Support Material**

Check out some cool resources and activities related to environmental safety and preservation at <http://www.teachingideas.co.uk/themes/theenvironment/>

**Lesson 13: The World We Live In****Lesson Objectives:**

This lesson is intended to give children a rough idea of our planet, the earth, and its main structures: oceans, rivers, plains, deserts, forests, mountains and hills.



## Lesson Starters

Start by pointing towards the picture of Earth given in the beginning of this lesson. Tell the children that our world looks just like that ball if we see it from high in the sky. Next, read the lesson, explaining that as we fly down from the sky towards the earth in a space ship, we will notice that our world have various parts.

## Teaching

Give brief explanation of how each different part of the earth looks like. Plains are flat lands. Deserts have sand. Forests are full of trees. Mountains and hills are like huge chunks of rocks placed on plains. Oceans and rivers make almost three out of four parts of the world. To help children grasp the idea of each part, focus on the pictures given in the lesson.

## Answers to Comprehension Assessment

1. What does the basic colour in globe show?
  - A. The basic color of globe is blue. It shows water on the earth.
2. Why plains are good for farming?
  - A. Plain areas are best for farming as they can be easily worked upon as compared to mountains or deserts.
3. Why deserts have only a few plants?
  - A. Plants need water to live. Deserts do not get rainfall which brings water.
4. Why special equipment is needed to climb a mountain?
  - A. Mountains are very rough and high places that is why we need special equipment to climb them.

## Extended Teaching

### Net Extra:

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

## Support Material

Learn interesting facts about earth's structure and landforms with this interactive media article for kids.

<http://mocomi.com/landforms/>



**Lesson 14: Our Pakistan****Lesson Objectives:**

This lesson, like the previous one, intends to instill in children a rough idea of our country, Pakistan. Only the most familiar things about land, people and history is being touched.

**Lesson Starters**

Give any suitable introduction of our country. Every child must be familiar with the its name, Pakistan, so you can start like this. ‘We are all Pakistanis, right. It is our country after all. But what do we know about Pakistan? We will find out some very special things about Pakistan today.’

**Teaching**

First, head on straight into telling that our country takes a big space of the world and has several structures like those mentioned in the last lesson. Pakistan has plains as well as mountains, deserts and forests.

Now go on to describing provinces, languages, agriculture and industries of Pakistan. The child may not understand all the things right now, but do not hesitate to read some unfamiliar words or give unfamiliar explanations. This is just an intro about the country. Therefore, the children should at least have a basic know how of important country facts when they read them later on.

**Answers to Comprehension Assessment**

1. What is the map of a country?  
A. A map is a drawing of a country.
2. Why is Islamabad called the capital of Pakistan?  
A. Islamabad is called the capital of the country because it has the all headquarters of government offices, including the president.
3. Name two major types of land?  
A. Two major types of land are plains and mountains.
4. What is an irrigation system?  
A. Irrigation system is a network of canals that transport river water.

5. What do factories do?

A. Factories are buildings or places where things like cars and textile are made.

### **Extended Teaching**

#### **Net Extra:**

Guide your student about how to use Net Extra for better understanding of the lesson and also to find out meanings of difficult words.

#### **Support Material**

Check out some of the very basic facts about our country Pakistan here at

<http://www.sciencekids.co.nz/sciencefacts/countries/pakistan.html>.

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