MY BODY WORLD

Eyes, Ears, Hands and the Five Senses



CLASS 1 • ENGLISH • MAGAZINE BOOK • BOOK 6 • MODERN EDITION

With Kavin • Meena • Arun • Singapore + Finland + World's Best Magazines Style

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🇸🇬 **Singapore CPA**

Touch it → See it → Read & Write it: touch your own ears, see them here, say the word!

🇫🇮 **Finland Phenomenon**

My body = one big real-world story: senses, food, sleep, play — all together!

🎯 My Learning Goals

⭐ Name my body parts ⭐ Say what each part does ⭐ Use my five senses ⭐ Keep my body clean and strong ⭐ Love my wonderful body

👦👧🧒 **Follow us!** Kavin, Meena and Arun will jump through this book with you!

🔍 I Spy — Body Parts!



Four friends, so many body parts! Look very, very carefully.

Can you spy...? Tick each one, then find it on YOUR body too! Answers are on page 12.

☐ An eye — a finger is pointing at it 👀

☐ An ear — a hand is cupping it 👂

☐ A nose smelling a flower 👃🌸

☐ A waving hand — count its fingers! 🖐

☐ A smiling mouth with teeth 😁

☐ Glasses on a boy's nose 👓

☐ Black curly hair 💇

☐ A pink bow in a girl's hair 🎀

🔢 Spy and Count (Numbers Link!)

How many children are in the picture? How many hands can you see? Write: Children ___ Hands ___ Fingers on the waving hand ___

👦👧🧒 *Touch your own eye, ear, nose and hand as you spy!*

📖 Story: Arun's Wiggly Tooth



Wiggle, wiggle! Arun's tooth will not sit still!

At breakfast, Arun bit into a banana — and stopped. “My tooth is **wiggling**!” he said. He pushed it with his tongue. Wiggle left, wiggle right! Kavin and Meena came running.

Kavin Do not worry! A wiggly tooth means a NEW tooth is coming. You are growing!

Meena My tooth fell last month. I kept it under my pillow — and found a coin in the morning!

Arun Then I will brush well, eat crunchy carrots, and wait. My body knows what to do!

That evening — **pop!** — the little tooth fell into Arun's hand. He smiled a brand-new smile. Under his chin, his whole body was busy: eyes reading, ears listening, heart beating — **lub-dub, lub-dub** — a whole team working together, day and night!

💜 **MORAL OF THE STORY:** Take care of your body — brush, eat well, sleep well — and your body will take care of you!

👀 My Head and Face



Point and say: eyes, ears, nose, mouth, hair!

👀 **You have TWO eyes — they blink all day!**

👃 **Your nose can smell a rose AND a sock!**

😁 **Your mouth has teeth to bite and a tongue to taste!**

👀

EYES

To **see**
Colours, books, friends

👂

EARS

To **hear**
Songs, bells, Amma's voice

👃

NOSE

To **smell** and breathe
Flowers, rain, hot dosa!

👄

MOUTH

To **eat, taste and talk**
Teeth + tongue inside

💇

HAIR

On my **head**
Black, curly or straight

🧠

BRAIN

Inside my head
To **think and remember**

📖 **Read with me:** I see with my eyes. I hear with my ears. I smell with my nose.

✋ CPA — Touch → See → Say

Touch: Touch your eyes, ears, nose and mouth gently. **See:** Point to them in the picture.
Say: "I _____ with my _____."

🖐 Hands, Legs and My Whole Body

Below my head is my whole busy body — neck, shoulders, arms, hands, chest, stomach, legs, knees and feet!



HANDS

To hold, write, clap
5 fingers on each hand



LEGS & FEET

To walk, run, jump, kick
5 toes on each foot



ARMS

To hug, lift and wave
Elbow in the middle

🔢 Count with Your Body (Numbers Link!)

Fingers: 5 + 5 = 10 | Toes: 5 + 5 = 10 | Eyes: 2 Ears: 2 Nose: 1 Mouth: 1

Count your own fingers aloud — 1, 2, 3 … 10! Now wiggle all ten!

📖 **Read with me:** I write with my hands. I run with my legs. I hug with my arms.

🎭 Body Actions Game

Teacher says: “Clap your hands! Stamp your feet! Touch your knees! Nod your head!” — children do it fast. Wrong action? Giggle and try again!

🌟 My Five Senses



A senses walk in the garden — Finland style! Slow down and notice everything.

👀 SEE	👂 HEAR	👃 SMELL	👅 TASTE	🖐 TOUCH
Eyes A blue butterfly!	Ears A bird singing!	Nose Sweet jasmine!	Tongue A juicy mango!	Skin / Hands A soft, cool leaf!

📖 **Read with me:** I taste with my tongue. I touch with my skin. My five senses tell me about the world!

🌿 Finland Senses Walk — Try It!

Walk slowly outdoors with an adult. Stop 5 times. Each time, use ONE sense: What do you see? hear? smell? (Taste only what an adult gives you!) Feel a leaf, bark and a stone — rough or smooth?

🎵 Poem: Wiggle and Giggle

Touch your **head** and touch your **toes**,

Touch your **ears** and touch your **nose**!

Clap your **hands** — one, two, three!

Bend your **knees** and dance with me!

Wiggle your **fingers**, stamp your **feet**,

Turn around — oh, what a treat!

My body sings, my body plays —

It works for me in a hundred ways!

— Do every action as you sing. Faster... faster... FREEZE!



🎭 Act the Poem!

Every line is an action! Touch, clap, bend, wiggle, stamp, turn. At “FREEZE!” — stand like a statue. Who can stay still the longest?

💬 Talk Time (Finland)

Which action was the most fun? Which was the hardest? Tell the class — and teach your favourite line to a friend!

👦👧🧒 *Arun froze with one leg up. We all giggled!*

💪 Healthy Habits — Strong Body

My body is my best friend. These habits keep it clean, strong and happy — every single day!



BRUSH

Morning and night
Two minutes, small circles



BATH

Every day
Soap, water, clean clothes



WASH HANDS

Before food, after play
And after the toilet!



GOOD FOOD

Vegetables, fruits, milk
Less junk, more home food



PLAY & MOVE

Run and play outdoors
Every day, one hour!



SLEEP

Early to bed
Sleep makes you grow!

✂️ Cut-Out Healthy Day Cards (Ask a teacher to help!)



MORNING

Wake, brush, bath



FOOD TIME

Wash hands, eat well



PLAY TIME

Run, jump, laugh



NIGHT

Brush, story, sleep

🎲 Play with Your Cards

Cut the 4 cards. Mix them. Put YOUR day in order — morning to night! Tell a friend what you do in each part of the day.

🎲 The Healthy Path Game — Full Page!

How to play (2–4 players): Put a coin or button on START. Take turns to roll a dice (or pick a number card 1–3). Move forward. DO the healthy action when you land! First to reach BEDTIME is the Healthy Star!

START 🌅	🪥 BRUSH TEETH	🧼 Wash hands +1 clean!	🥗 EAT VEGGIES	⚽ Play outside!	🛁 BATH TIME

⬇️ keep going... ⬇️

🥛 DRINK MILK	📖 Read a book	🧼 WASH HANDS	🍎 Eat a fruit	🪥 Brush again!	🏆 BEDTIME! Healthy Star!

⭐ Bonus Rules

Land on 🧼 — rub your hands like washing, move 1 step more! Land on ⚽ — jump 5 times, take one more turn! Land on 🥛 — say “Milk makes my bones strong!”

🏠 Home Play (Finland — Family Time)

Play with your family tonight — then really DO the winning day tomorrow: brush, wash, eat, play, sleep!

👦👧🧒 *Meena finished first — and she really brushed twice that day!*

🎨 Play, Trace and Match

✏️ Trace the Body Words

EYES EARS NOSE MOUTH

HAND LEG HEAD FOOT

🧩 Match It! Sense → Body Part

👀 **See →** _____
👂 **Hear →** _____

👃 **Smell →** _____
👅 **Taste →** _____

⭕ Odd One Out

👀 👂 👃 🦶 | 🖐 👄 👀 👂 | 🍎 👃 🍌 🥭

Circle the one that does not belong. In group 1, which one is NOT on your face? Tell why!

🔁 Body Patterns

🖐 🦶 🖐 🦶 🖐 __ | 👀 👀 👂 👀 👀 __

🎨 Draw Yourself!

Draw YOURSELF in your notebook: head, eyes, nose, smiling mouth, arms, hands with 5 fingers, legs and feet. Write one sentence: “I can _____ with my body!”

🏆 Quiz, Star Page & Notes

❓ Quick Quiz

1. How many eyes do you have? 2. Which part helps you smell a flower? 3. How many fingers are on one hand?
4. Which sense helps you taste a mango? 5. Name two healthy habits. 6. Read aloud: "I hear with my ears."

✅ I Can Do It!

⭐ I can name my body parts. ⭐ I can say what each part does. ⭐ I can name the five senses and their parts.
⭐ I can count my fingers and toes. ⭐ I follow healthy habits every day.

🔑 Answer Key

I Spy (p3): All 8 items are in the picture — the girl on the left points at her eye, the boy at the back cups his ear, the boy in front holds a flower to his nose, the waving hand on the right has 5 fingers; children 4, hands 4 (teacher checks), fingers on waving hand 5. **Page 11:** See→Eyes, Hear→Ears, Smell→Nose, Taste→Tongue. Odd one out: Foot (not on the face), Hand (the others — mouth, eyes, ears — are all on your head), Nose (the others are foods). Patterns: Foot, Ear. **Quiz:** 2; Nose; 5; Taste (tongue); Any two of brush/bath/wash hands/good food/play/sleep; —.

📘 For Parents & Teachers — How This Book Was Built

Methods: Singapore NEL (play-based, creative expression) + CPA (Concrete→Pictorial→Abstract — the child's own body is the concrete material!); Finland ECEC phenomenon-based learning (my body as one real-world phenomenon), nature senses walk, whole child, child's voice. **Magazine craft, from the world's best:** NG Kids (full-bleed cover, teasers, visual contents, fact badges, speech bubbles), Ladybug (I Spy page, full-art action poem, cut-out cards, guide characters), GAJA (one big activity per page, moral of the story, clean focus). No tests, no pressure — observe, play, talk, create.

🎉 You are a BODY STAR! ⭐ Your body is wonderful — take care of it!

Next Book 7: Food World — yummy fruits, vegetables and a rainbow plate are waiting! 🍎🥕 | 369 Tesla • Kalviyogi • © Edunivra Pvt Ltd