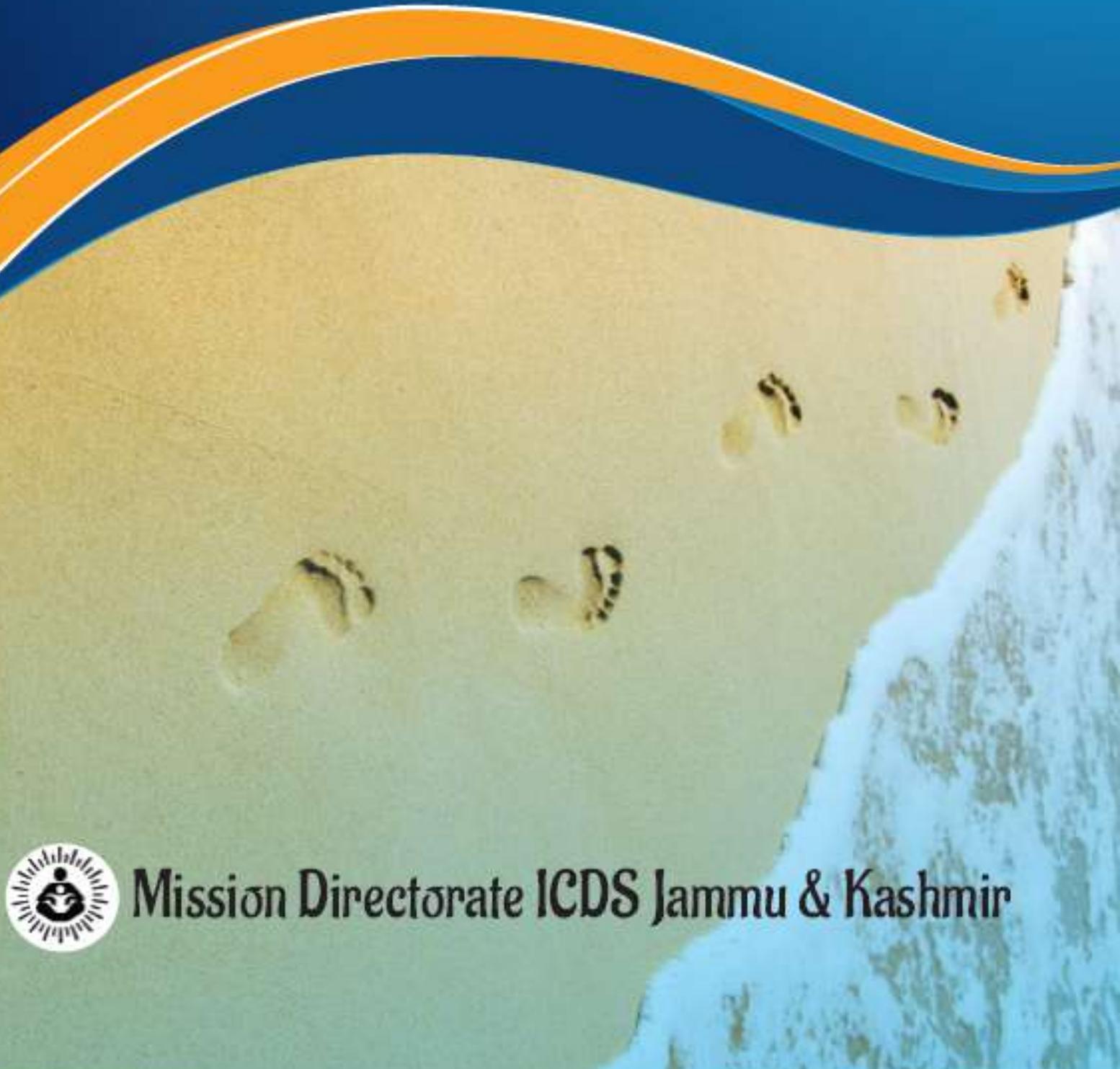


Nanhe Kadam



Mission Directorate ICDS Jammu & Kashmir

Nanhe Kadam

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Curriculum

for

Anganwadi Centres of J&K



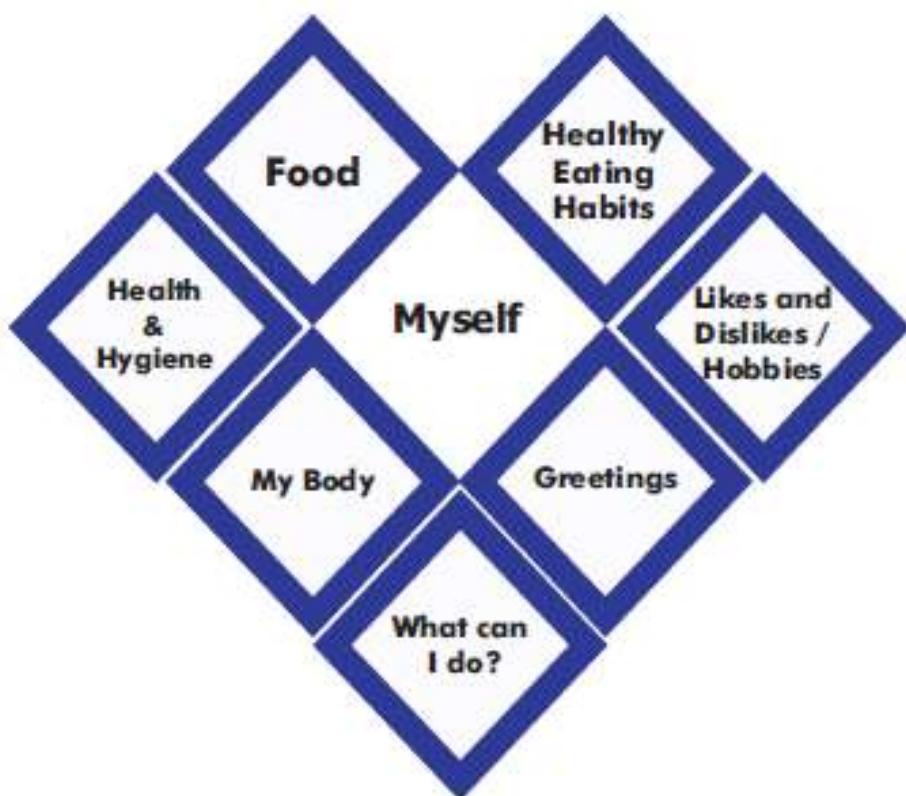
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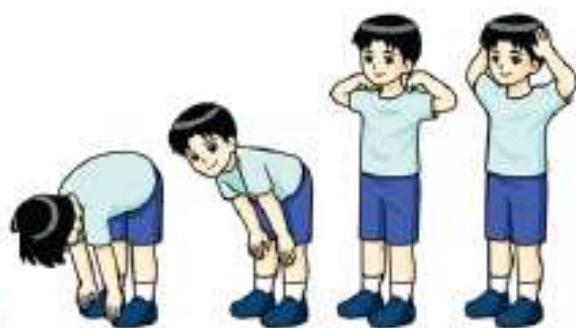
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THEME : MYSELF



Objectives

- To familiarise children with the concept of self, their body and the different functions of the parts of the body
- To introduce healthy habits to children
- To differentiate between good and bad habits.
- To identify their likes and dislikes



THEME : MYSELF

10:00 to 10:30 am

The AWW will greet the children. After that, Anganwadi worker will recite a small morning prayer followed by simple exercises, check their personal hygiene and will do the calendar activity.

10:30 to 10:45 am

Children will wash their hands and the helper will distribute snacks among the children.

Time / Domain	3 - 4 Years	4 - 5 Years	5 - 6 Years
10:45-11:15 am Language Development	 <p>AWW will have a guided conversation related to the child and his/her family: What is your name? What is your mother's name? What is your father's name?</p>	<p>AWW will have a guided conversation related to the child and his/her family: Where do you live? Say the names of your family members etc.</p>	<p>AWW will have a guided conversation related to the child and his/her family and friends: Name some of your friends. What do you do with your friends? What do you do with your family? Ask children to draw things that they like to do.</p>
11:15-11:45 am Physical Development	 <p>AWW will make children stand face to face in two rows. She will call out the names of two children. They will exchange places.</p>		<p>AWW will make children stand face to face in two rows. She will call out the names of two children. They will exchange places by walking on one leg.</p>
11:45 am - 12:15 pm		Free play under adult supervision and break for the toilet.	
12:15-12:45 pm Cognitive Development	 <p>AWW will give two cut pieces of a picture of a body and ask the children to join them to make the complete picture.</p>	<p>Children will be given 4 cut pieces of the picture of the body and they will be asked to join them to make the complete picture.</p>	<p>Anganwadi worker will give 6 cut pieces of picture of the body to children and ask them to join pieces to make the complete picture.</p>
12:45-1:15 pm Social - Emotional Development and Creative Expression	 <p>Children will draw outline of the body with chalk or pieces of bricks or coal on the floor.</p>		
1:15-1:30 pm	Break for washing hands, Drinking water and for the toilet. (Rhyme 2)		
1:30-2:00 pm	Distribution of supplementary nutrition.		



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