

Nanhe Kadam



Mission Directorate ICDS Jammu & Kashmir

Nanhe Kadam

ECCE

Curriculum

for

Anganwadi Centres of J&K



Contents

1. Myself	01 - 11
2. My Family	12 - 18
3. My Neighbourhood.....	19 - 27
4. Plants.....	28 - 48
5. Transport.....	49 - 65
6. Animals.....	66 - 88
7. Community Helpers.....	89 - 105
8. Seasons.....	106 - 126
9. Our Environment.....	127 - 147
10. Festivals & Important Days.....	148 - 167

Resource Bank

11. About the resource bank.....	169
12. Prayers.....	170 - 176
13. Poems & Rhymes.....	177 - 201
14. Riddles.....	202 - 208
15. Stories.....	209 - 221
16. References.....	222

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		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?	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.	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.
11:15-11:45 am Physical Development		AWW will make children stand face to face in two rows. She will call out the names of two children. They will exchange places.		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.
11:45 am 12:15 pm		Free play under adult supervision and break for the toilet.		
12:15-12:45 pm Cognitive Development		AWW will give two cut pieces of a picture of a body and ask the children to join them to make the complete picture.	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.	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.
12:45-01:15 pm Social - Emotional Development and Creative Expression		Children will draw outline of the body with chalk or pieces of bricks or coal on the floor.		
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.		



Mission Directorate ICDS Jammu & Kashmir