



BHARTIYA VIDYA MANDIR

SENIOR SECONDARY SCHOOL



SESSION 2025-2026

PRE - NURSERY



PRE - NURSERY (SESSION : 2025 -2026)

AIMS AND OBJECTIVES

HOLISTIC DEVELOPMENT

Teachers aim to create an environment that nurtures all aspects of the child's growth.

- **PHYSICAL DEVELOPMENT :-** To focus on the growth of the body and its parts, including muscles and motor development.
- **SOCIAL AND EMOTIONAL DEVELOPMENT :-** To provide opportunities for children to interact with peers and adults in a positive environment and also to support emotional well being by providing a safe and nurturing environment, so that children can identify & express their emotions and build resilience through positive relationship.
- **COGNITIVE DEVELOPMENT :-** To stimulate cognitive development by providing age-appropriate activities that encourage curiosity, exploration and problem solving.
- **LANGUAGE DEVELOPMENT :-** To create a language rich environment where children are exposed to vocabulary, conversation and literacy activities.
- **ART & AESTHETIC DEVELOPMENT :-** Activities like drawing, painting, cutting and playing with manipulative toys will help to refine their hand-eye coordination.
- **SPIRITUAL AND CULTURAL DEVELOPMENT :-** To incorporate cultural awareness with the help of diverse stories, traditions and celebrations so that the child can understand our culture with all perspectives.
- **PARENTAL INVOLVEMENT :-** To involve parents as partners in the learning journey, teachers communicate regularly and provide updates about their children. It enhances the effectiveness of education and promotes continuity between home and school environment.

MONTH - APRIL (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - ALL ABOUT ME
SLOGAN - I AM SPECIAL

Language Development

- ❖ Introduction of letters Aa and Bb with sound and pictures
- ❖ Letter Aa and Bb based vocabulary

Numeracy Skills

- ❖ Oral Counting 1 to 5
- ❖ Identification of number 0,1
- ❖ Concepts-Big-Small
- ❖ Shape-Circle



Communication Skills

- ❖ Greetings-Good Morning, Thank You.
- ❖ What is your name?
- ❖ How are you?
- ❖ How are you feeling today?
- ❖ Opposites - Yes - No, Sit - Stand



General Awareness

- ❖ Introduction of Red colour
- ❖ Parts of body
- ❖ Fruits
- ❖ Vegetables
- ❖ EVS ques/Answer
 1. Name five body parts.
 2. Name five fruits.



Activities & Celebrations

- ❖ First Day of my school
- ❖ Baisakhi
- ❖ Red day
- ❖ Earth Day-Cotton Dabbing

Physical Development

- ❖ Clapping
- ❖ Jumping
- ❖ Paper crushing
- ❖ Yoga-Mountain pose



Spiritual Development

- ❖ OM ucharran



ART & CRAFT

- ❖ Hand printing
- ❖ Finger printing
- ❖ Art book page no. 2,3,12,13



Speaking Skills(Rhymes)

Hindi Rhyme - अच्चे बच्चे

नहे मुन्ने हम हैं बच्चे,
काम करेंगे अच्चे अच्चे,
आपस में हम कभी न लडते,
हिम्मत से हम आगे बढते।



English Rhyme - OH! My!My

OH! MY!MY!
Oh! My! My!
Tell me why
Birdies fly, In the sky,
One, two, three, four, five.



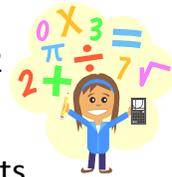
MONTH - MAY (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - ALL AROUND ME
SLOGAN - SMILE & GREET

Language Development

- ❖ Introduction of letters Cc and Dd with sound and pictures
- ❖ Letter Cc and Dd based vocabulary

Numeracy Skills

- ❖ Oral Counting 1 to 5
- ❖ Identification of number 2 (count and tell)
- ❖ Concepts -Tall -Short
- ❖ Shape-Circle and its objects



Communication Skills

- ❖ Greetings - Good Morning
- ❖ How are you feeling today?
- ❖ Who are you?
- ❖ What is the name of your school?
- ❖ What is the name of your class teacher?
- ❖ Opposites - Go - Come , Big - Small

General Awareness

- ❖ Introduction of Yellow color
- ❖ Flowers
- ❖ Toys
- ❖ Vegetables
- ❖ EVS ques/Answer
 1. Name five vegetables.
 2. Name five flowers.
 3. Which is your favourite toy?



Activities & Celebrations

- ❖ Clown making (with paper crushing)
- ❖ Yellow Day
- ❖ Mother's day
- ❖ Circle shape - Tortoise making



Physical Development

- ❖ Laughing
- ❖ Rolling
- ❖ Yoga - child pose



ART & CRAFT

- ❖ Hand printing
- ❖ Thumb printing
- ❖ Finger printing
- ❖ Art book page no. 14,15,26,27



Spiritual Development

- ❖ OM ucharran
- ❖ Morning Prayer



Speaking Skills(Rhymes)



English Rhyme

Head and shoulder, knees and toes
Head, shoulders, knees and toes, knees and toes.
Head, shoulders, knees and toes, knees and toes.
Eyes and ears and mouth and nose.
Eyes and ears and mouth and nose.
I am me from head to toes.



Hindi Rhyme

मेरा स्कूल

कितना सुंदर है स्कूल, इसमें रंग-बिरंगे फूल,
फूल सुहाने सबको भाते,
उन्हें देखकर सब ललचाते, टीचर हमको,
पाठ पढ़ती, नई-नई बातें सिखलाती।

MONTH - JUNE (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)

Have a great



VaCaTion!

MONTH - JULY (SESSION 2025-2026)

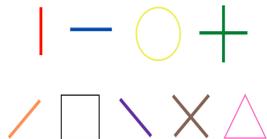
BALVATIKA I (PRE - NURSERY)

THEME OF THE MONTH - MY FAMILY
SLOGAN - ALWAYS GREET YOUR ELDERERS

Language Development

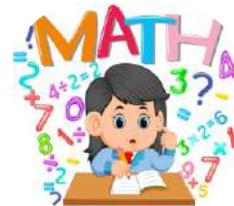
- ❖ Introduction of letters Ee to Gg with sound and pictures
- ❖ Letter Ee and Gg based vocabulary
- ❖ Pre - writing skills - Standing lines on sand / rangoli colour etc.

Pre-Writing Skills...



Numeracy Skills

- ❖ Oral Counting 1 to 10
- ❖ Identification of number 3,4
- ❖ Count and tell (1,2,3,4)
- ❖ Concepts - Fast - Slow
- ❖ Shape - Triangle



Communication Skills

- ❖ 3 magic words - Thank you, please, sorry
- ❖ What is the name of your Father?
- ❖ What is the name of your Mother?
- ❖ Where do you live?
- ❖ Who cooks food for you?
- ❖ How old are you?
- ❖ Opposites - Wet - Dry, Start - Stop



General Awareness

- ❖ Introduction of Green color
- ❖ Birds
- ❖ Water Animals
- ❖ Domestic Animals
- ❖ Wild Animals
- ❖ Hands on Activities related to above topics
- ❖ EVS ques/Answer
 1. Where do the birds live?
 2. Which is the biggest bird?
 3. Which bird can see at night?
 4. Which water animal looks like star?
 5. Which animal gives us milk?
 6. Which animal has long trunk?



Activities & Celebrations

- ❖ Green Day
- ❖ Hariyali Teej
- ❖ Group Dance



Extended Activity

Visit the park with your parents, plant one tree over there.

Physical Development

- ❖ Action words
 1. Dancing
 2. Jogging
- ❖ Yoga
 1. Butterfly Pose
 2. Tadasana



Art & Craft

1. Tear and Paste
 1. Clay Modelling
 2. Draw Circle
 3. Art Book page no. 9, 10, 11, 20-21



Spiritual Development

- ❖ Bhojan Mantar
- ❖ Morning Prayer
- Competitions :**
- ❖ Coloring Competition



Speaking Skills

English Rhyme- **Drops of Water**

Drop of water, falling down.
It's raining and pouring, in my town.
Water! Water! all around
Splash ! Splash! on the ground



Hindi Rhyme - **हमारी रेल**

आओ बच्चों प्यारे बच्चों, मिलकर खेलें हम इक खेल,
आगे पीछे जुड़कर बच्चों, चलो बना लो लंबी रेल,
अगर प्यार से खेलें हम सब, बढ़ता है बच्चों में मेल।



MONTH - AUGUST (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - OUR NATION
SLOGAN - मेरा देश मेरी जान, मेरा देश मेरी पहचान

Language Development

- ❖ Introduction of letters Hh to Jj with sound and pictures
- ❖ Letter Hh to Jj based vocabulary
- ❖ Pre - writing skills - Sleeping lines



Numeracy Skills

- ❖ Oral Counting 1 to 10
- ❖ Identification of number 5,6
- ❖ Count and tell (5 to 6)
- ❖ Concepts - Hot - Cold
- ❖ Shape - Triangle and its objects



Communication Skills

- ❖ What is name of your Country?
- ❖ Which is our national fruit?
- ❖ Which is our national flower?
- ❖ Which is our national flag?
- ❖ What are colors of Indian national flag?
- ❖ Opposites - Hot - Cold, In - Out



General Awareness

- ❖ Introduction of Orange color
- ❖ Good Habits
- ❖ Insects
- ❖ Transport
- ❖ EVS ques/Answer
 1. Name two water transports.
 2. Which is the fastest means of transport?
 3. Name two insects.
 4. Name two Good Habits.



Activities & Celebrations

- ❖ Independence Day
- ❖ Janamashtami
- ❖ Raksha Bandhan
- ❖ Tri-Colour activity



Extended Activity

Arrange Your School Bag.

Physical Development

- ❖ Action words
 1. Running
 2. Walking
 3. Stretching
- ❖ Yoga
 1. Lion Pose
 2. Practice of previous poses



Art & Craft

- ❖ Paper Folding
- ❖ Draw Circle and its objects
- ❖ Art Book page no. 22, 23, 24, 25, 37



Spiritual Development

- ❖ Om Namo Bhagwate Vasudevay Namah
- ❖ Morning Prayer
- Competitions :**
- ❖ Action Words



Speaking Skills

English Rhyme- Clean up Song

Twinkle-Twinkle Little Star,
Time to clean up where you are.

Put the toys back in their place
Keep a smile upon your face,
TwinkleTwinkle Little Star,
Time to clean up where you are



Hindi Rhyme- बादल

घुमड़-घुमड़ कर आते बादल,
सबको खुश कर जाते बादल,
सबका मन हर्षाते बादल,
बूंदे खूब गिराते बादल,
मोरों को खूब नचाते बादल,
इंद्रधनुष बनवाते बादल।



MONTH - SEPTEMBER (SESSION 2025-2026)

BALVATIKA I (PRE - NURSERY)

THEME OF THE MONTH - HEALTH AND WELL-BEING

SLOGAN - EAT HEALTHY STAY HEALTHY

Language Development

- ❖ Introduction of letters Kk and Ll with sound and pictures
- ❖ Letter Kk and Ll based vocabulary
- ❖ Pre-writing skills - Slanting lines

Numeracy Skills

- ❖ Oral Counting 1 to 10
- ❖ Identification of number 7
- ❖ Count and tell 1 to 7
- ❖ Concepts - Recapitulation of previous concepts

Communication Skills

- ❖ Recapitulation of all previous topics.



General Awareness

- ❖ Recapitulation of all previous topics.



Extended Activity

Activities & Celebrations

- ❖ Grandparent Day
- ❖ Teacher's Day



Physical Development

- ❖ Action Words
 1. Eating
 2. Drinking
 3. Chewing
- ❖ Yoga - Practice of previous poses

ART & CRAFT

- ❖ Draw and colour circle shape objects
- ❖ Art book page no. 30,31,34,35

Spiritual Development

- ❖ Deep Vandana
- ❖ Morning Prayer



Speaking Skills

- ❖ Revision of previous rhymes

ASSESSMENT TIME

MONTH - OCTOBER (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - OUR FESTIVALS
SLOGAN - हमारा भारत स्वच्छ भारत

Language Development

- ❖ Introduction of letters Mm, Nn, Oo with sound and pictures
- ❖ Letter Mm, Nn, Oo based vocabulary
- ❖ Pre - writing skills - Pattern writing on sand/Rangoli colours



Numeracy Skills

- ❖ Oral Counting 1 to 15
- ❖ Identification of number 8
- ❖ Count and tell (1 to 8)
- ❖ Concepts - Full - Empty
- ❖ Shape - Introduction of Square shape
page no. 18, 19 of maths book



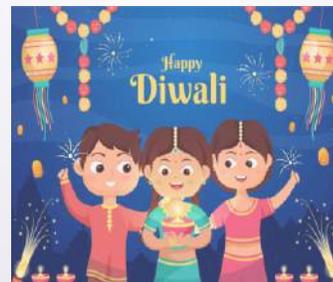
Communication Skills

- ❖ Name one national festival of India.
- ❖ Which festival is known as festival of colors?
- ❖ Name any four festivals?
- ❖ What three monkeys of Bapu Gandhi Ji says?
- ❖ Opposites - Good - Bad, Up - Down



General Awareness

- ❖ Introduction of Blue color
- ❖ Indoor Games
- ❖ Outdoor Games
- ❖ Festivals
- ❖ EVS ques/Answer
 1. Name any two Indoor Games?
 2. Which game is played with bat and ball?
 3. Which is the national game of India?
 4. Who is first guru of Sikhs?
 5. Which festival is known as festival of lights?



Activities & Celebrations

- ❖ Global Handwashing Day (15.10.25)
- ❖ Diwali - Rangoli making, Diwali Pujan
- ❖ Class presentation



Extended Activity

Involve your child in Diwali preparation and various home decoration activities



Physical Development

- ❖ Action words
 1. Kicking
 2. Throwing
 3. Catching
 4. Bouncing
- ❖ Yoga
 1. Dog Pose
 2. Cobra pose



Art & Craft

- ❖ Card Making
- ❖ Blowing with Straw Activity
- ❖ Art Book page no. 7, 8, 32, 33



Spiritual Development

- ❖ Om Gan Ganpataye Namah
- ❖ Morning Prayer
- ❖ Competitions
 1. Hindi Rhyme on festivals



Speaking Skills

English Rhyme- Kindness

I can choose to be Kind.
To everyone, in every way.
When I am kind to others,
I make my heart a little brighter.
So plant a seed of kindness,
And watch the world bloom.



Hindi Rhyme- सफाई

हाथ रखना साफ जरूर,
कीटानु फिर रहते दूर,
खाना जितनी बार भी खाओ,
हाथ हमेशा धोकर खाओ,
नाखूनों की तुम करो सफाई,
फिर ना खानी पड़ेगी दवाई।



**MONTH - NOVEMBER (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)**

**THEME OF THE MONTH - TOGETHERNESS
SLOGAN - TOGETHER WE CAN DO GREAT THINGS**

Language Development

- ❖ Introduction of Letters Pp, Qq, Rr with sound and pictures
- ❖ Letter Pp, Qq, Rr based vocabulary
- ❖ Pre - writing skills - Pattern writing on Worksheets & Notebooks



Numeracy Skills

- ❖ Oral Counting 1 to 15
- ❖ Identification of number 9
- ❖ Count and tell (1 to 9)
- ❖ Concepts - Less - More
- ❖ Shape - Square and its objects



Communication Skills

- ❖ Who is your best friend?
- ❖ Where do you go with your parents for outing?
- ❖ Which game you like to play with your friends?
- ❖ What do you do when your friend is sad?
- ❖ Opposites - Happy - Sad, Tall - Short



TALL



SHORT

General Awareness

- ❖ Introduction of Pink color
- ❖ Shapes, Colors, Seasons
- ❖ Utensils
- ❖ Computer and its parts
- ❖ EVS ques/Answer
 1. Name two cone shaped objects?
 2. What is shape of ball?
 3. Name two green color fruits.
 4. What are four seasons?
 5. What is computer?



Activities & Celebrations

- ❖ National Sandwich Day (3.11.25)
- ❖ Children's Day
- ❖ Story Telling
- ❖ Balloon Fiesta
- ❖ Sport's Day



Extended Activity

Make your child aware with three traffic lights and learn rhyme "Three Traffic Lights" and share a video



Physical Development

- ❖ Flat Race
- ❖ Hurdle Race
- ❖ Yoga poses - Sukhasana



Art & Craft

- ❖ Fun with Clay(Traffic Light)
- ❖ Art Book page no. 16, 17, 18, 36



Spiritual Environment

- ❖ Om Namah Shivaya
 - ❖ Morning Prayer
- Competitions :**
1. Solo Dance
 2. Clay Modelling



Speaking Skills

English Rhyme - **All of Me**

My hands are for clapping,
My arms can hug tight,
My fingers can snap
or can turn out the light
My legs are for jumping
My eyes help me to see,
This is my body And I love
all of me.



Hindi Rhyme- **पढ़ते जाओ**

पढ़ते जाओ, पढ़ते जाओ,
सबसे आगे बढ़ते जाओ,
पढ़ने से ही ज्ञान मिलेगा,
गुरु से विद्यादान मिलेगा,
आसमान पर चढ़ने जाओ,
सबसे आगे बढ़ते जाओ।



MONTH - DECEMBER (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - OUR SEASONS
SLOGAN - कम बोलो मीठ बोलो

Language Development

- ❖ Introduction of Letters Ss, Tt, Uu with sound and pictures
- ❖ Letter Ss, Tt, Uu based vocabulary
- ❖ Recapitulation - Pattern Writing

Numeracy Skills

- ❖ Oral Counting 1 to 15
- ❖ Identification of number 10
- ❖ Count and tell page no. 46-48 of maths book
- ❖ Shapes - Recapitulation of circle, triangle and square.
- ❖ Concepts - Revision of Previous Concepts

Communication Skills

- ❖ Recapitulation of all pervious topics.



General Awareness

- ❖ Introduction of Black and White color.
- ❖ In the garden
- ❖ EVS Ques/Ans
 1. Where do you go for picnic?
 2. What do you carry for picnic?
 3. What type of clothes do you wear in winter season?
 4. Name the four things you see in the garden.
- ❖ On a picnic
- ❖ Daily wears

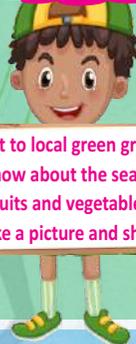
Activities & Celebrations

- ❖ Winter Carnival
- ❖ Circle Time



Extended Activity

Visit to local green grocer to know about the seasonal fruits and vegetables. Take a picture and share



Physical Development

- ❖ Frog race
- ❖ Yoga - Happy baby pose



ART & CRAFT

- ❖ Fun with shapes
- ❖ Art book page no. 19,25,28,38

Spiritual Development

- ❖ Meditation



Speaking Skills

- ❖ Revision of previous rhymes

ASSESSMENT TIME

MONTH - JANUARY (SESSION 2025-2026)

BALVATIKA I (PRE - NURSERY)

THEME OF THE MONTH - EXPLORING EMOTIONS

SLOGAN - WHEN ITS BRIGHT, SWITCH OFF THE LIGHT

Language Development

- ❖ Introduction of letters Vv, Ww, Xx with sound and pictures
- ❖ Letter Vv, Ww, Xx based vocabulary
- ❖ Strokes - Curves (up, Down)
- ❖ Ramp walk related to alphabets.



Numeracy Skills

- ❖ Oral Counting 1 to 20
- ❖ Recapitulation of 1 to 10
- ❖ Count and tell (1 to 10) Page No. 49, 50, 51 of maths book
- ❖ Concepts - Far - Near
- ❖ Shape - Rectangle and its objects, page no. 22, 23 of maths book.



Communication Skills

- ❖ How are you feeling today?
- ❖ What do you do when you are happy ?
- ❖ Feeling Quiz



General Awareness

- ❖ Feelings
- ❖ Action Words
- ❖ Art and Craft
- ❖ Opposites
- ❖ Time
- ❖ EVS ques/Answer
 1. When do you come to school?
 2. What is the night meal called?
 3. What are opposites of following?
Fat - thin Laugh - cry
Day - Night Young - old



Activities & Celebrations

- ❖ National Bird Day (5.1.26)
- ❖ Lohri Celebration
- ❖ Republic day
- ❖ Colour Sorting



Extended Activity

Prepare on Bird house / feeder with help of your parents.

Physical Development

- ❖ Follow the track
- ❖ Practice Vajrasana



Art & Craft

- ❖ Fun with Letters (make letters with ice-cream sticks)
- ❖ Paper Bunny
- ❖ Art Book page no. 4, 5, 6, 29



Spiritual Development

- ❖ Gayatri Mantra
 - ❖ Morning Prayer
- Competitions :**
1. Coloring Competition
 2. Patriotic song



Speaking Skills

English Rhyme - Bubble Song

1 little, 2 little, 3 little bubbles
4 little, 5 little, 6 little bubbles
7 little, 8 little, 9 little bubbles
10 little bubbles go pop!
pop, pop, pop, pop all the Bubbles
All little Bubbles go pop!



Hindi Rhyme- आलू बोला

आलू बोला मुझको खा लो,
मैं तुमको मोटा कर दूंगा।
पालक बोली मुझको खा लो,
मैं तुमको ताकत दे दूंगी।
गाजर, भिंडी, बैंगन, बोले गोभी,
मटर, टमाटर बोले अगर हमें
भी खाओगे, जल्दी बड़े हो जाओगे।



MONTH - FEBRUARY (SESSION 2025-2026)
BALVATIKA I (PRE - NURSERY)
THEME OF THE MONTH - OUR SENSES
SLOGAN - HEALTH IS WEALTH

Language Development

- ❖ Introduction of letters Yy, Zz with sound and pictures
- ❖ Letter Yy, Zz based vocabulary
- ❖ Strokes - Curves (left, Right)



Numeracy Skills

- ❖ Oral Counting 1 to 20
- ❖ Recapitulation of 1 to 10
- ❖ Revision of all topics.



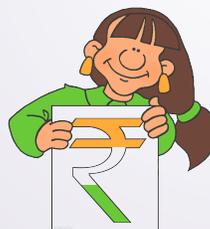
Communication Skills

- ❖ How many sense organs do we have?
- ❖ How do you smell the flower?
- ❖ How many eyes do you have?
- ❖ How do you listen the music?
- ❖ How many fingers do we have?



General Awareness

- ❖ Food we eat and drink
 - ❖ A birthday party
 - ❖ Indian Currency
 - ❖ EVS ques/Answer
1. Name two Junk food items?
 2. What do you drink when you are thirsty?
 3. Which food makes you strong and powerful?
 4. What do you see on a birthday party?
 5. What is the Indian Currency name?



Activities & Celebrations

- ❖ Balancing
- ❖ Color Hopscotch



Extended Activity

Prepare one healthy Chat (Chana Chat, Makhana Chat etc.) with help of your parents.

Physical Development

- ❖ Practice of previous yoga poses



Art & Craft

- ❖ Flower with pom - pom
- ❖ Draw one simple picture using different shapes.



Spiritual Development

- ❖ Shanti Path
- Competitions :**
- ❖ English Rhyme



Speaking Skills

English Rhyme - Good Manner

We say, " Thank you"
We say ,"please".
We say,"Excuse me When
We sneeze. That's the way
We do what's right.
We have manners.
We are polite.



Hindi Rhyme- भालू की शादी

भालू राजा की शादी में,
जब आ गए सब मेहमान,
गधे ने गाया मीठा गाना,
मेंढक ने भी छेड़ी तान।
घुंघरु पहन हाथी नाचा,
छम-छम-छम-छम-छम।
बंदर ने फिर ढोल बजाया,
ढम-ढम-ढम-ढम-ढम।



MONTH-MARCH FINAL ASSESSMENT

* हमारा उद्देश्य *

“ऐसे आदर्श, चरित्रवान एवं देशभक्त नागरिक निर्माण करना जिनके मुखमण्डल पर आभा और प्रसन्नता, जीवन में तेजस्विता, व्यवहार में कुशलता, बुद्धि में कुशाग्रता तथा संस्कारों में भारतीय महापुरुषों के उच्चादर्श झलकते हों और जिन्हें देखते ही हमें अपने पूर्वजों की वीरतापूर्ण गाथाएँ याद आने लगें।”

BRANCHES :

- Shishu Vatika (Cemetery Road), Branch of USN Tel. 0161-2449471
- Udham Singh Nagar Tel 0161-2302660
- Shishu Vatika (Kitchlu Nagar) Tel 0161-2303400
- Kitchlu Nagar Tel 0161-2301523
- Chandigarh Road Tel 0161-2609696
- Dugri (Phase-III) Tel 0161-2520734