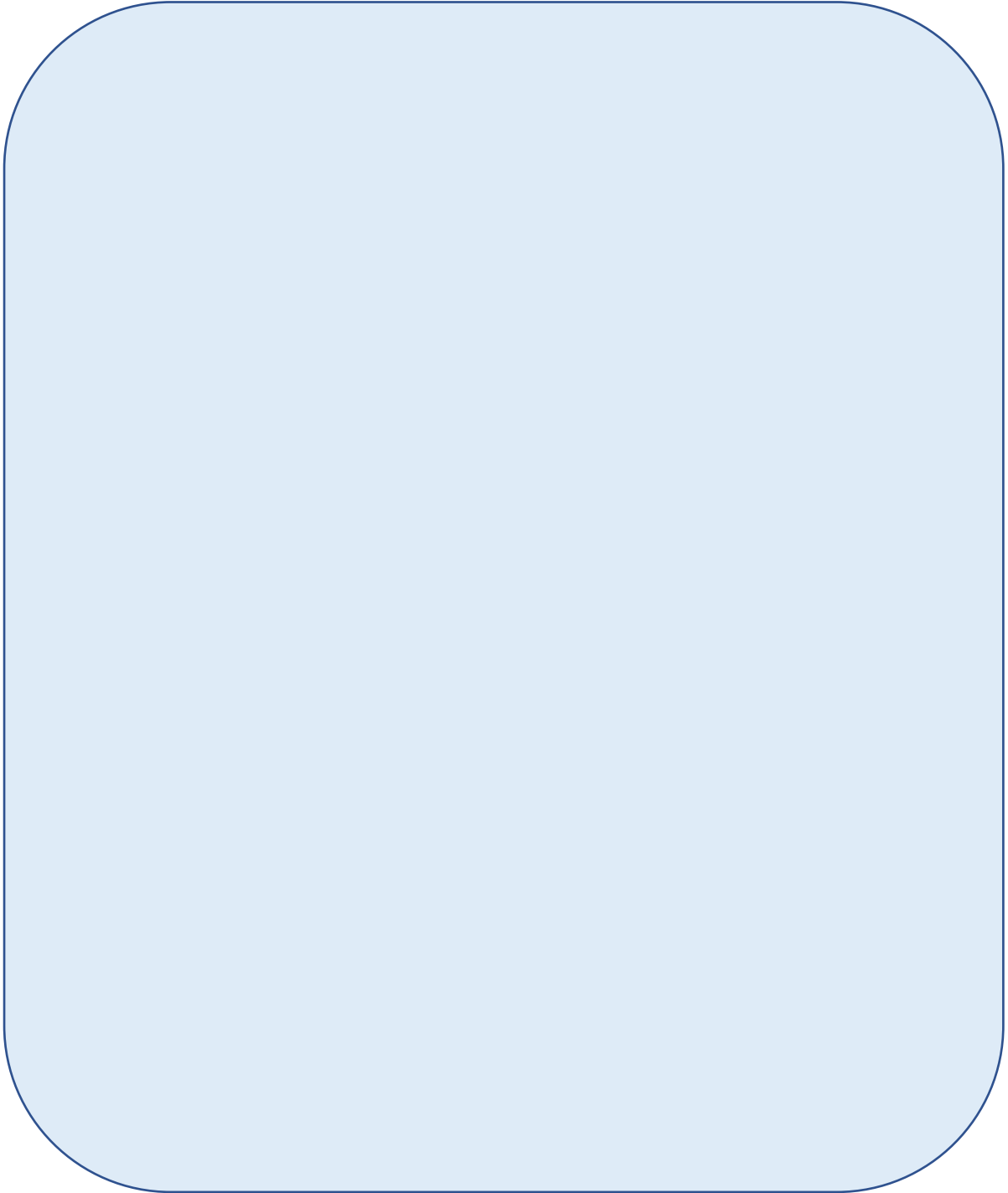




# My workbook

Theme My Body

Draw your body inside the box



Name: \_\_\_\_\_

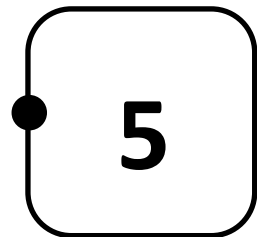
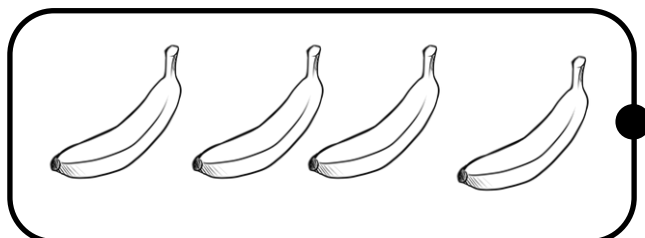
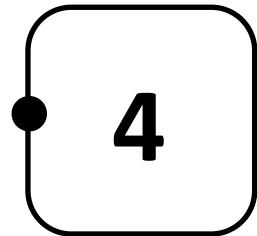
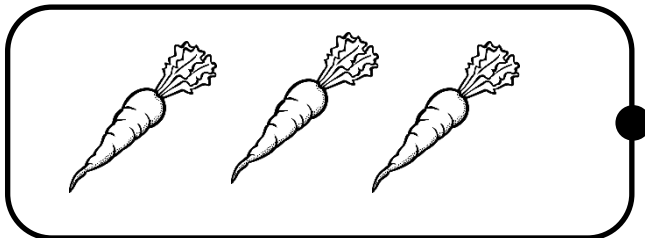
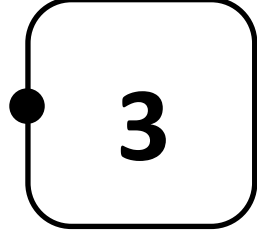
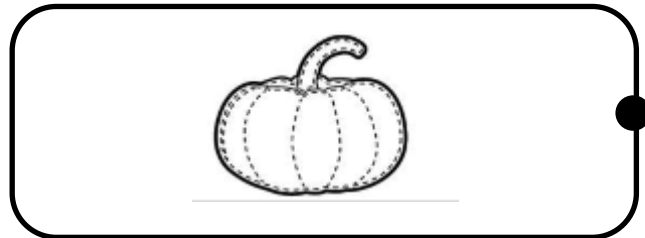
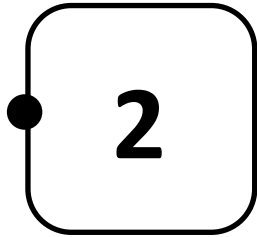
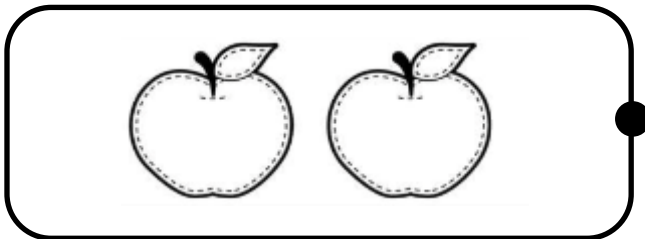
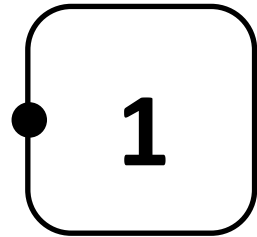
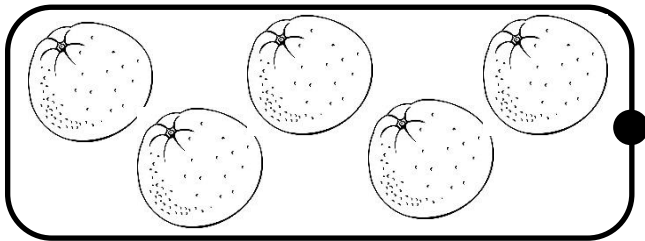
Date: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Child:** Draw a line from each column on the left side to the matching column (same number) on the right. Colour the pictures. Use the same colour for the same quantity and number, e.g. same colour for the image with five oranges and the same colour for number 5.

**Parents:** Guide your child to do the exercise from the left to the right. Help your child to identify and recognize the quantity and number by matching the columns.

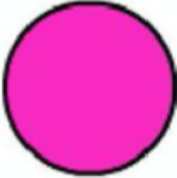




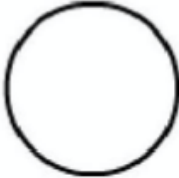



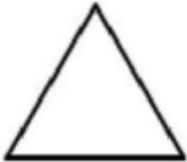

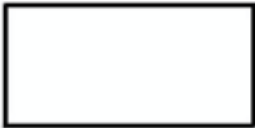
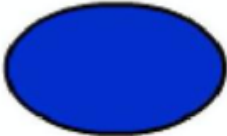



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Child:** Draw a line from each shape on the left to the matching shape on the right side. Colour the shapes in the left side using the same colour of the matching shapes on the right side.

**Parents:** Guide your child to do the exercise from the left to the right.

	•	•	
	•	•	
	•	•	
	•	•	
	•	•	
	•	•	
	•	•	

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Child:** Together with your family, sing the **Song Head, Shoulders, Knees and Toes**. While you sing the song, point to the body parts (using both hands) as indicated in the song.

**Parents:** Sing the song with your child and point (use both hands) the body parts as indicated in the song, e.g. Head, you point the Head, Knees, you point the knees and so on. Teach your child to read the pictures from left to right. Have fun 😊 .

**Song Head, Shoulders, Knees and Toes Lyrics**

(Parents)

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

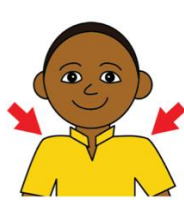
And eyes and ears and mouth and nose.

Head, shoulders, knees, and toes, knees and toes

(Children)



Song Head



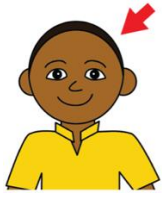
Shoulders



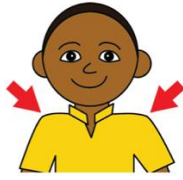
Knees and



Toes Lyrics



Head



Shoulders



Knees



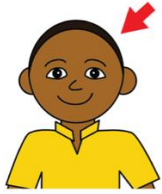
and Toes



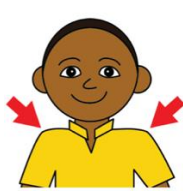
Knees



and Toes.



Head



Shoulders



Knees



and Toes



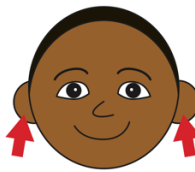
Knees



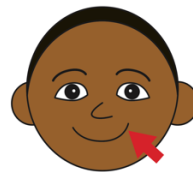
and Toes.



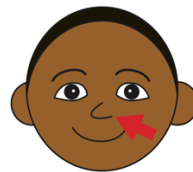
and Eyes



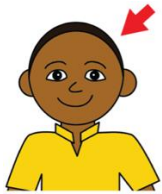
and Ears



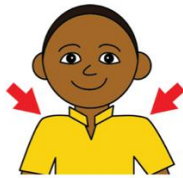
and Mouth



and Nose.



Head



Shoulders



Knees



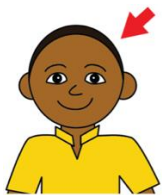
and Toes



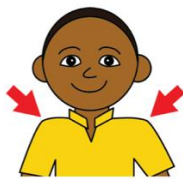
Knees



and Toes.



Head



Shoulders



Knees



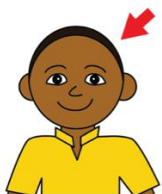
and Toes



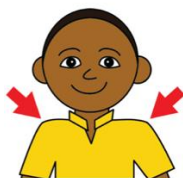
Knees



and Toes.



Head



Shoulders



Knees



and Toes



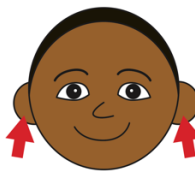
Knees



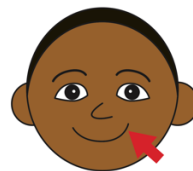
and Toes.



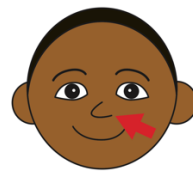
and Eyes



and Ears



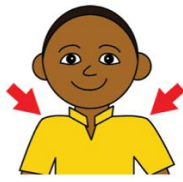
and Mouth



and Nose.



Head



Shoulders



Knees



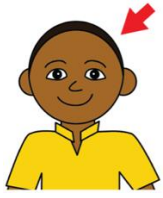
and Toes



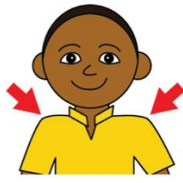
Knees



and Toes.



Head



Shoulders



Knees



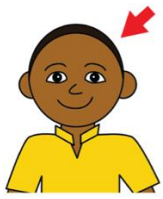
and Toes



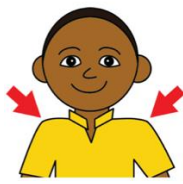
Knees



and Toes.



Head



Shoulders



Knees



and Toes



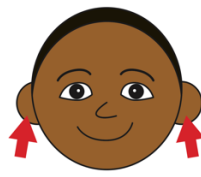
Knees



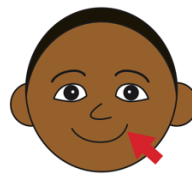
and Toes.



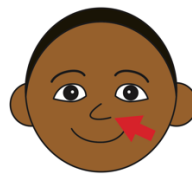
and Eyes



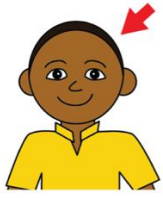
and Ears



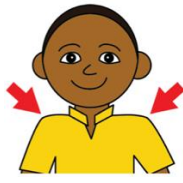
and Mouth



and Nose.



Head



Shoulders



Knees



and Toes



Knees



and Toes.

# How do I feel today?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



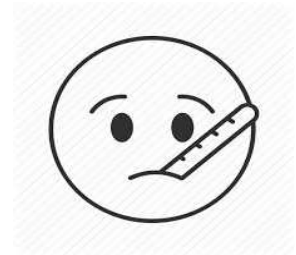
HAPPY



SAD



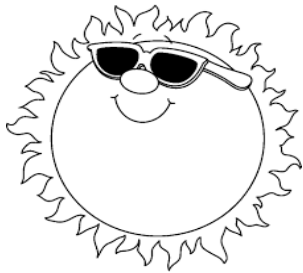
ANGRY



SICK

# My Weather Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



SUNNY



CLOUDY



WINDY



RAINY



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Child:** Having personal hygiene daily routines is very important for our body because it keeps our body clean, healthy and strong. Personal hygiene routines are bathing, brushing teeth, washing hands often, comb our hair, wash our face, etc. Draw 4 personal hygiene routines of your choice, one in each square. Cut out each square and play the game "Simon says...." with your family. Each family member gets a card with a personal hygiene routine and should instruct all family to act according to what is drawn on the card. Example if a family member has a card with a bathing drawing, he/she should say "Simon says is time to bath", so all family should act/ pretend they are bathing by using body actions. Have fun 😊

**Parents:** Play the game with your child and with the all family. Have fun. 😊






Name: \_\_\_\_\_

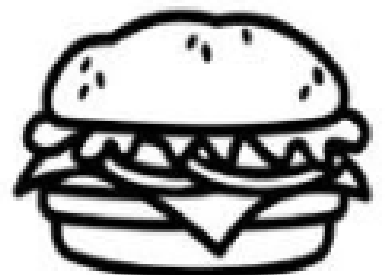
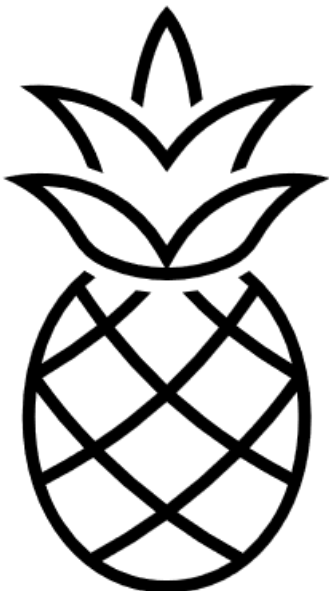
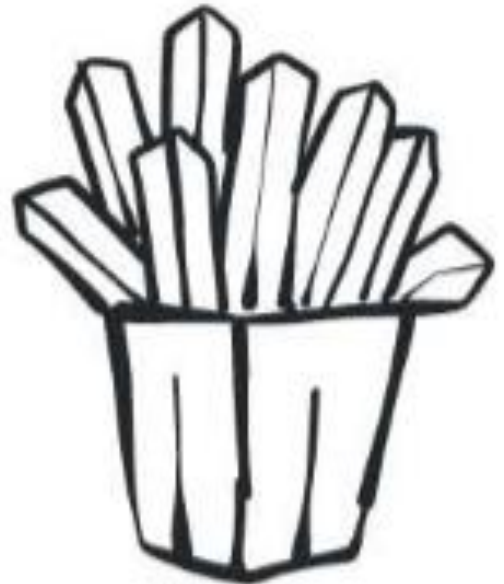
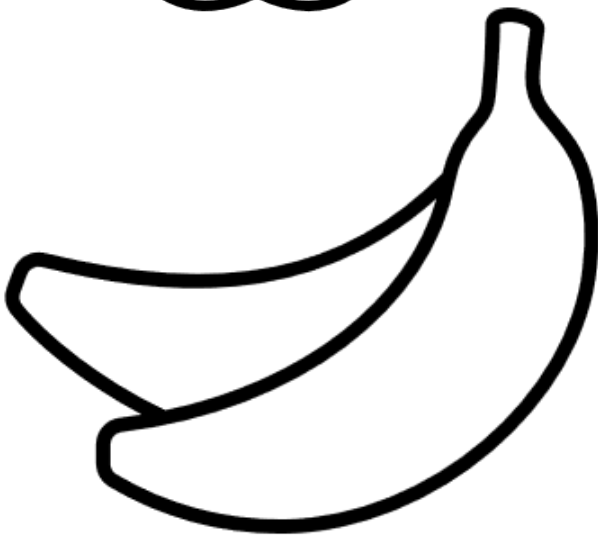
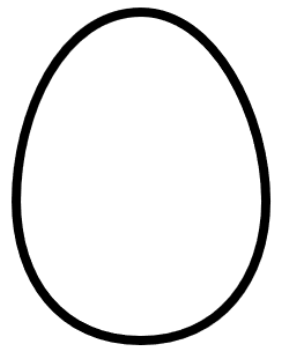
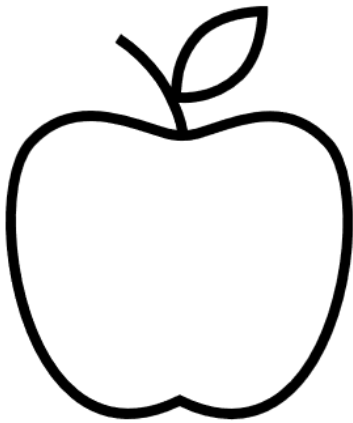
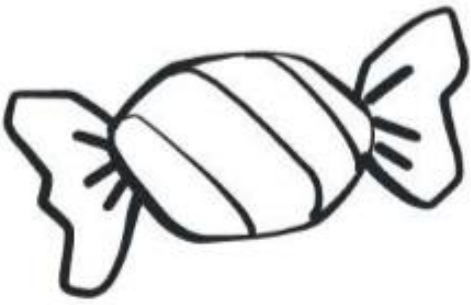
Date: \_\_\_\_\_

### Healthy Food Game

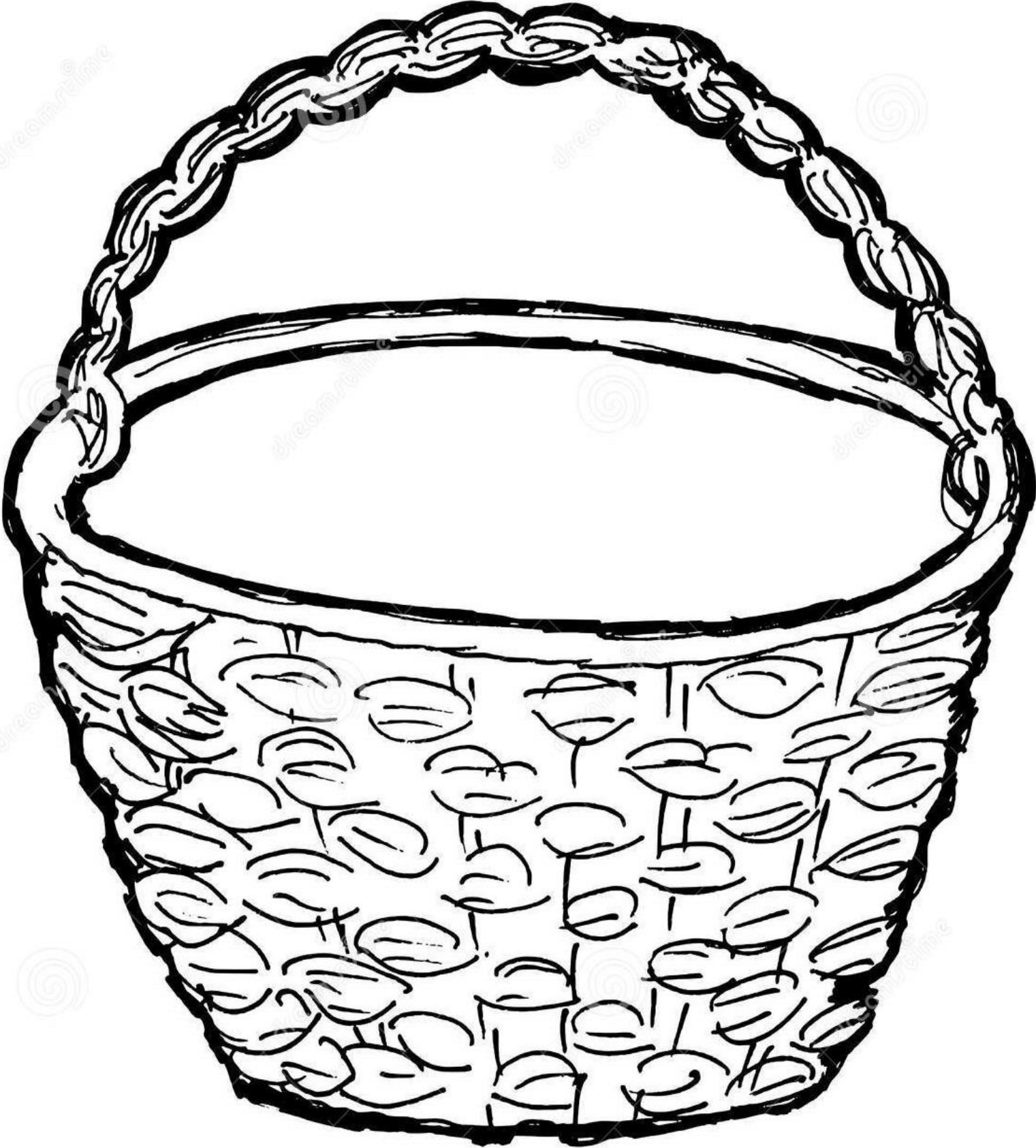
**Child:** Our body is our best friend and we should keep it strong and healthy. The best way to do that is to eat healthy food such as vegetables, fruits, milk, fish, cheese, eggs and bread. Look attentively at the pictures and choose all the healthy food by colouring it.

**Parents:** Help your child to find the healthy food such as vegetables, fruits, milk, fish, cheese, eggs and bread. Talk with your child about other healthy food you know and which are not part of the pictures.





**Child:** Draw your favorite healthy food in the basket.



**Children:** Now that you have learned a lot about the various kind of healthy food, it's time to prepare a healthy meal/dish together with your family. Go to your kitchen and search for the healthy food there and cook a delicious and healthy meal together with your family. Once you are done with cooking and eating your delicious healthy meal, draw what you have prepared. Enjoy your meal.

**Parents:** Now it's time to cook a delicious and healthy meal together with your child. As Ravikriti said "Cooking takes time. Time is Love. Therefore, coking is an act of love." So now it's time for love and bonding with your child through cooking. Start by helping your child to find healthy food/ ingredients at home and cook a delicious and healthy meal together. Enjoy your time together.

### **My Healthy Family Meal**

A large empty rectangular box with a thin black border, intended for a drawing of a healthy family meal. The box is currently blank.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Child:** Cut out the letters and paste them on the correct box and sequencing by matching words to word and words to picture.

**Parents:** Imitate the sound of the first letter of each word and ask your child to indicate which letter of the alphabet has the same beginning sound. Once your child recognizes the beginning sound of the letter, ask her to choose a word with the same beginning sound and to imitate/represent that word through body language. All family can play the game, it will be fun.



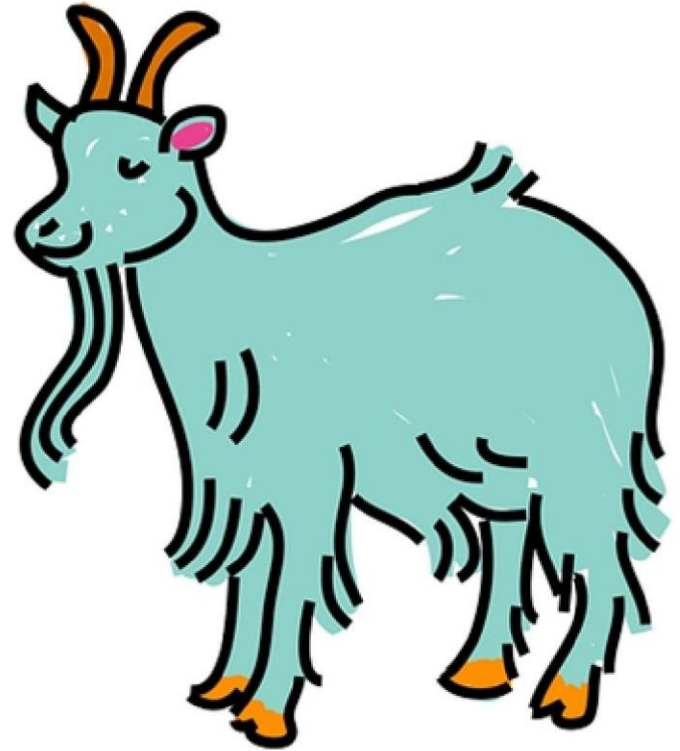
<u>h</u>		<u>k</u>	y	e	i	!	n	o
	o	u	s	e	g	t	a	
<u>i</u>	t	n	e	s	c	j	l	
		y	e	o	l			





G

g



goat

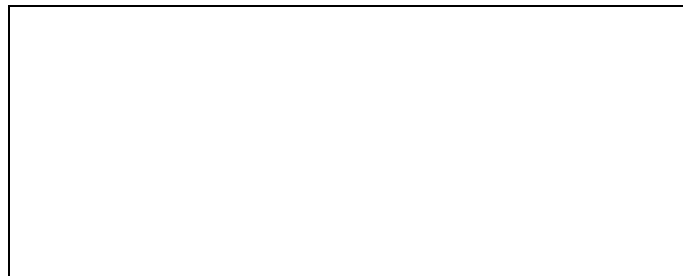


H

h

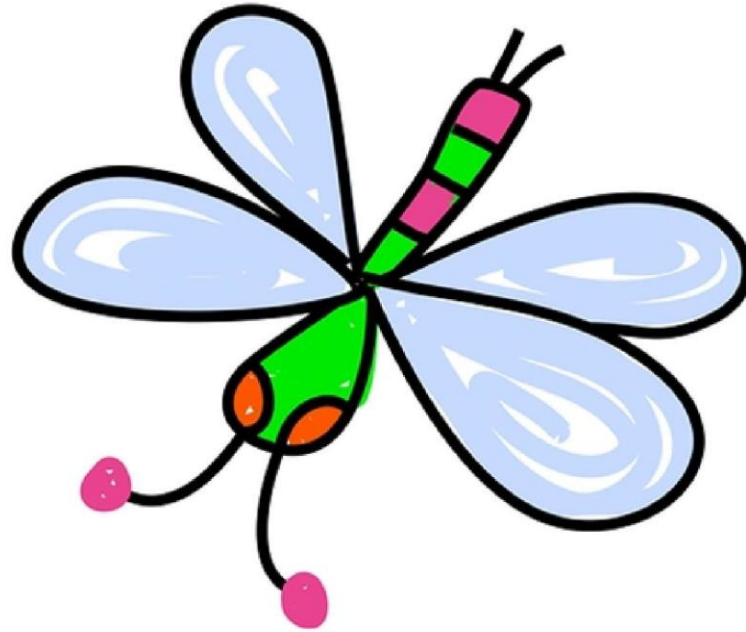


house

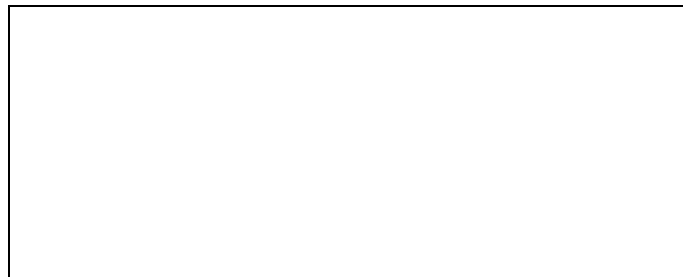


I

i

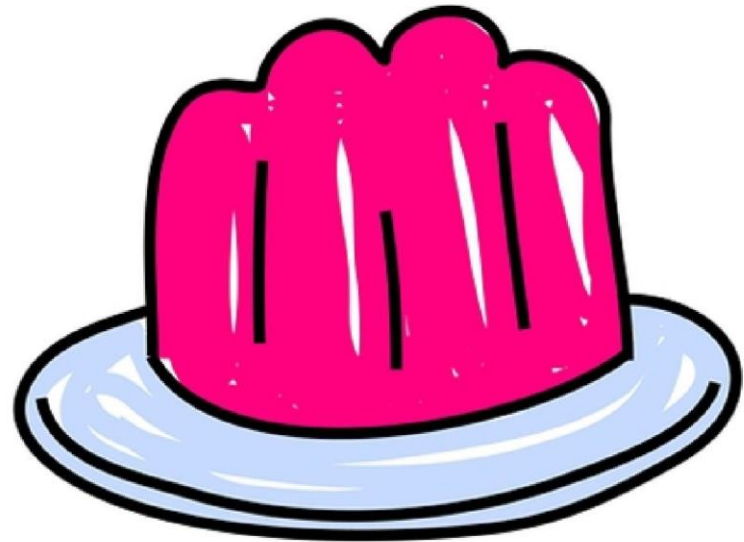


insect

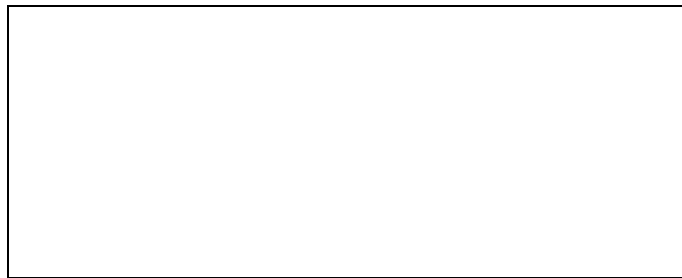


J

j



jelly

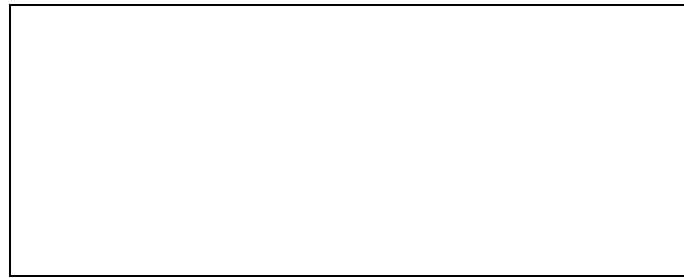


K

k



key

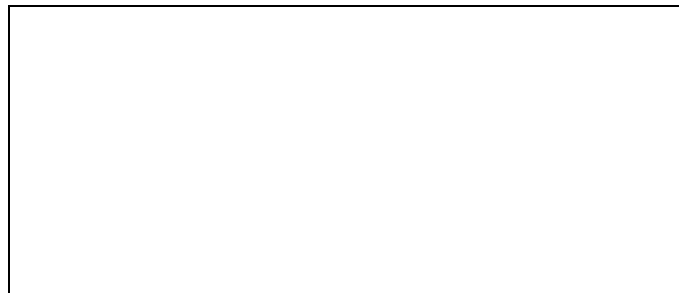


L

l

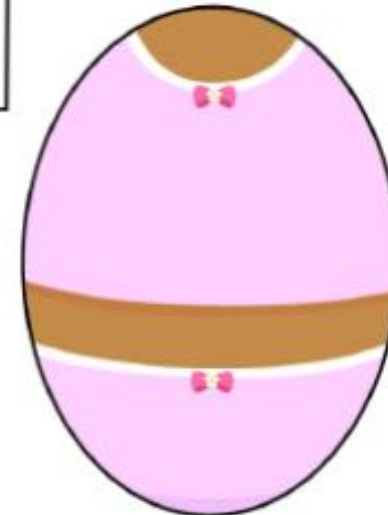
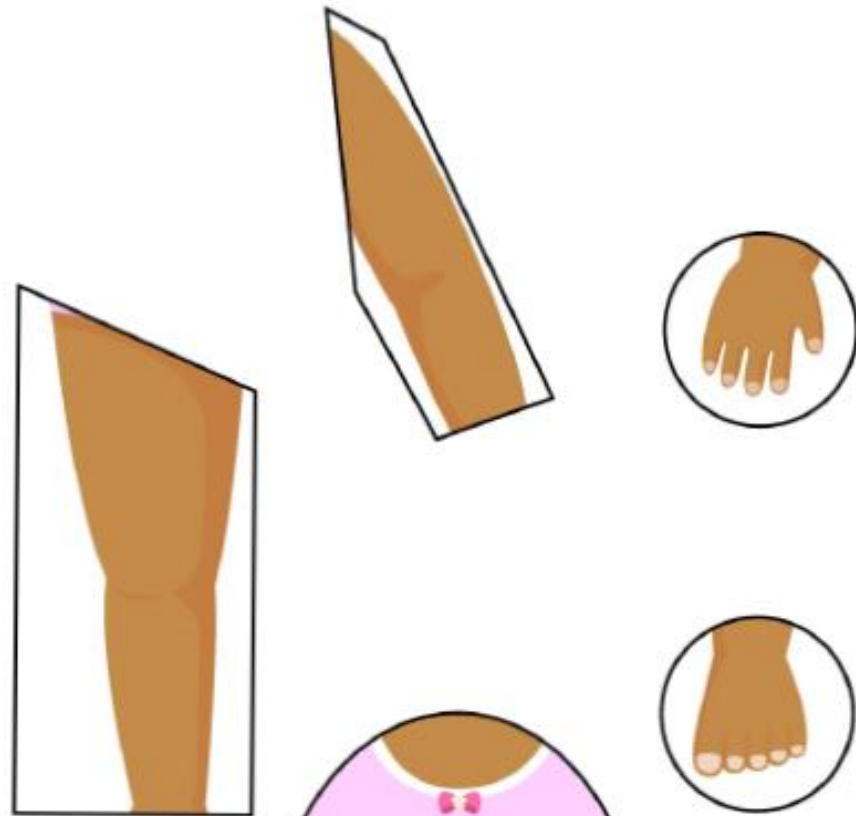



lion



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



 Cut out the body parts  
and place them on the next page.

# Body Parts



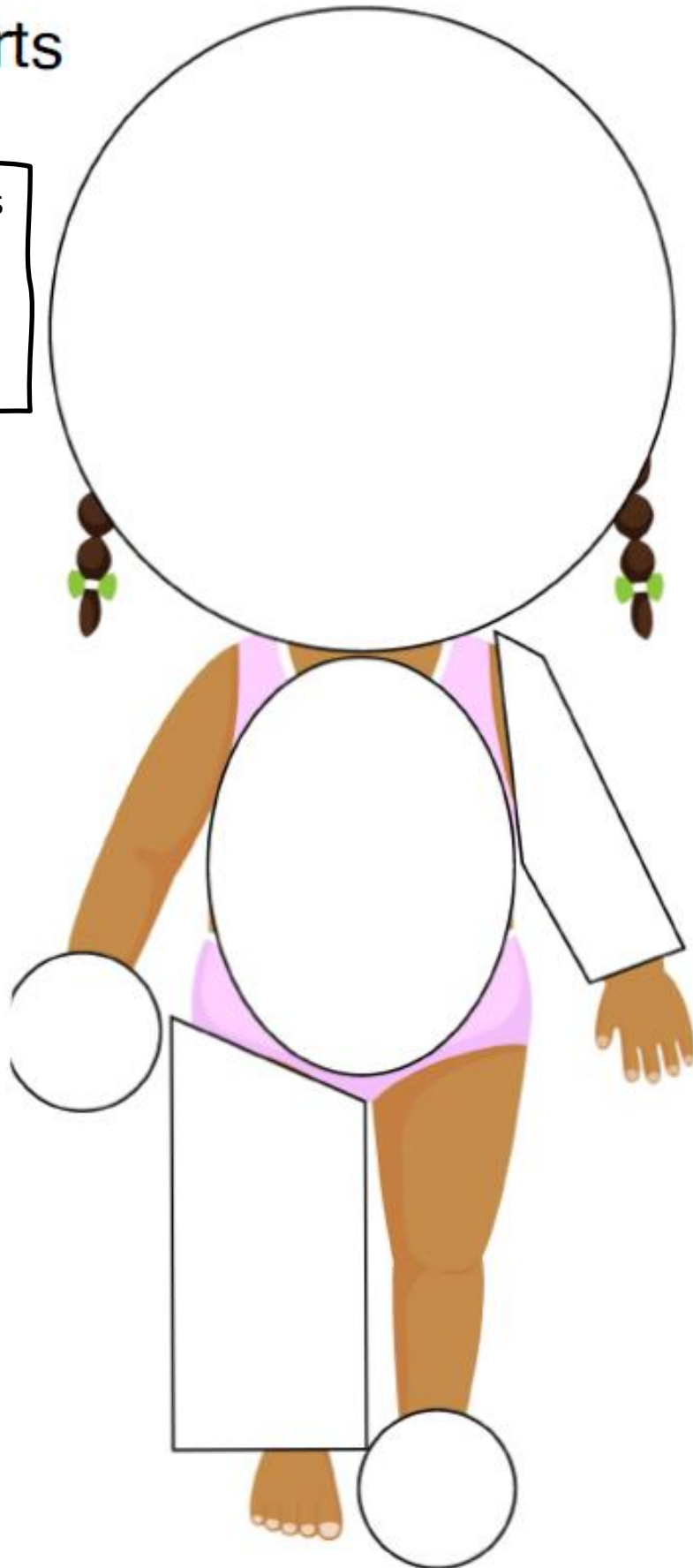


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Body Parts

Place the body parts from the last page on the correct place on the girls' body.





NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



EYES



NOSE



MOUTH



Cut out the senses and place them on the face on the next page.



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## My Face



Place the senses  
from the last page  
on the correct place  
on the girls' face.





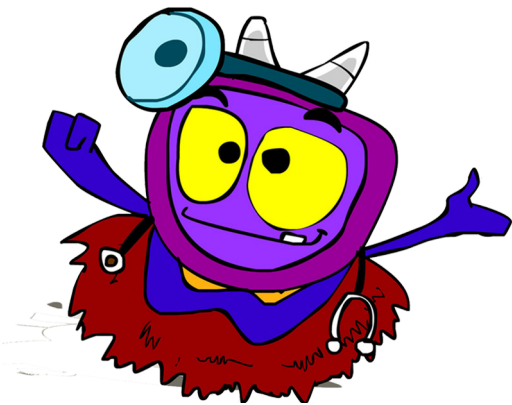
**!XU**

# WAKA WAKA MOO

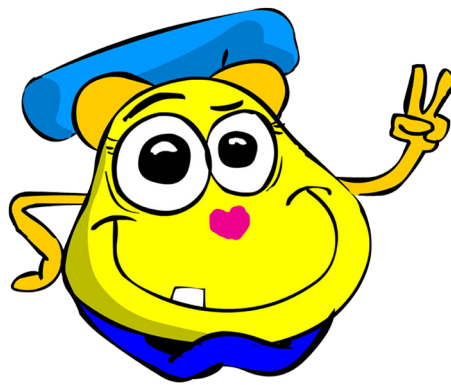


**NDATEGA**

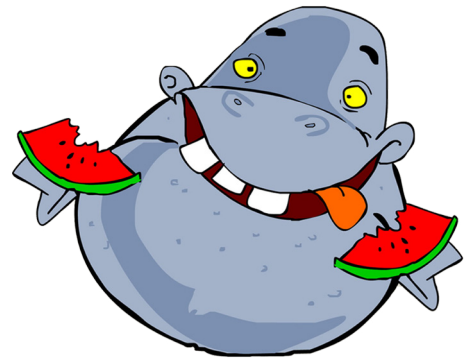
## FAMILY



**WAKA WAKA MEDICINA**



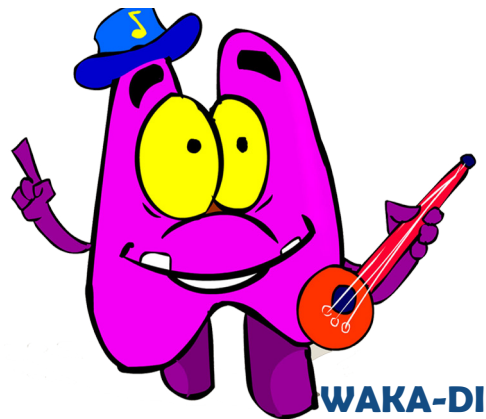
**WAKA-CHI**



**WAKA-KOBUS**



**WAKA  
MWAFANGEYO**



**WAKA-DIMBA**



**WAKA-ZURI**



**WAKA-PANDU**

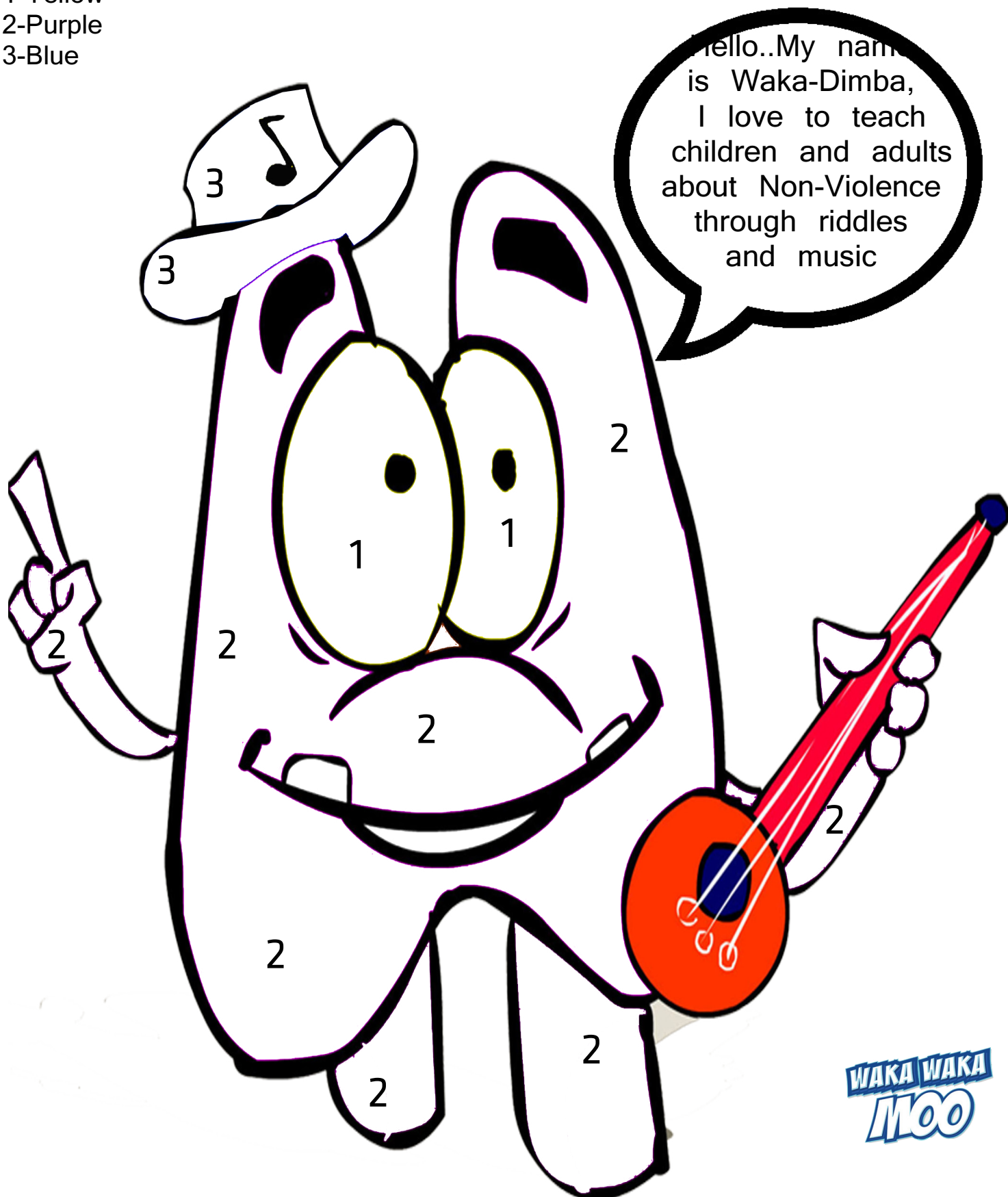


**WAKA-SIMBA**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### Colour Waka-Dimba

- 1-Yellow
- 2-Purple
- 3-Blue





NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Hello..  
My name  
is Ndatega

Colour Ndatega in your  
favourite colours

## Ndatega is a Girl



!Xu and Ndatega like to go on adventures around  
Namibia with the help of Waka-Zuri.  
You will find Ndatega's friend !Xu on the next page.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Colour !Xu in your  
favourite colours

**!Xu is a Boy**



!Xu and Ndatega like to go on adventures around  
Namibia with the help of Waka-Zuri.

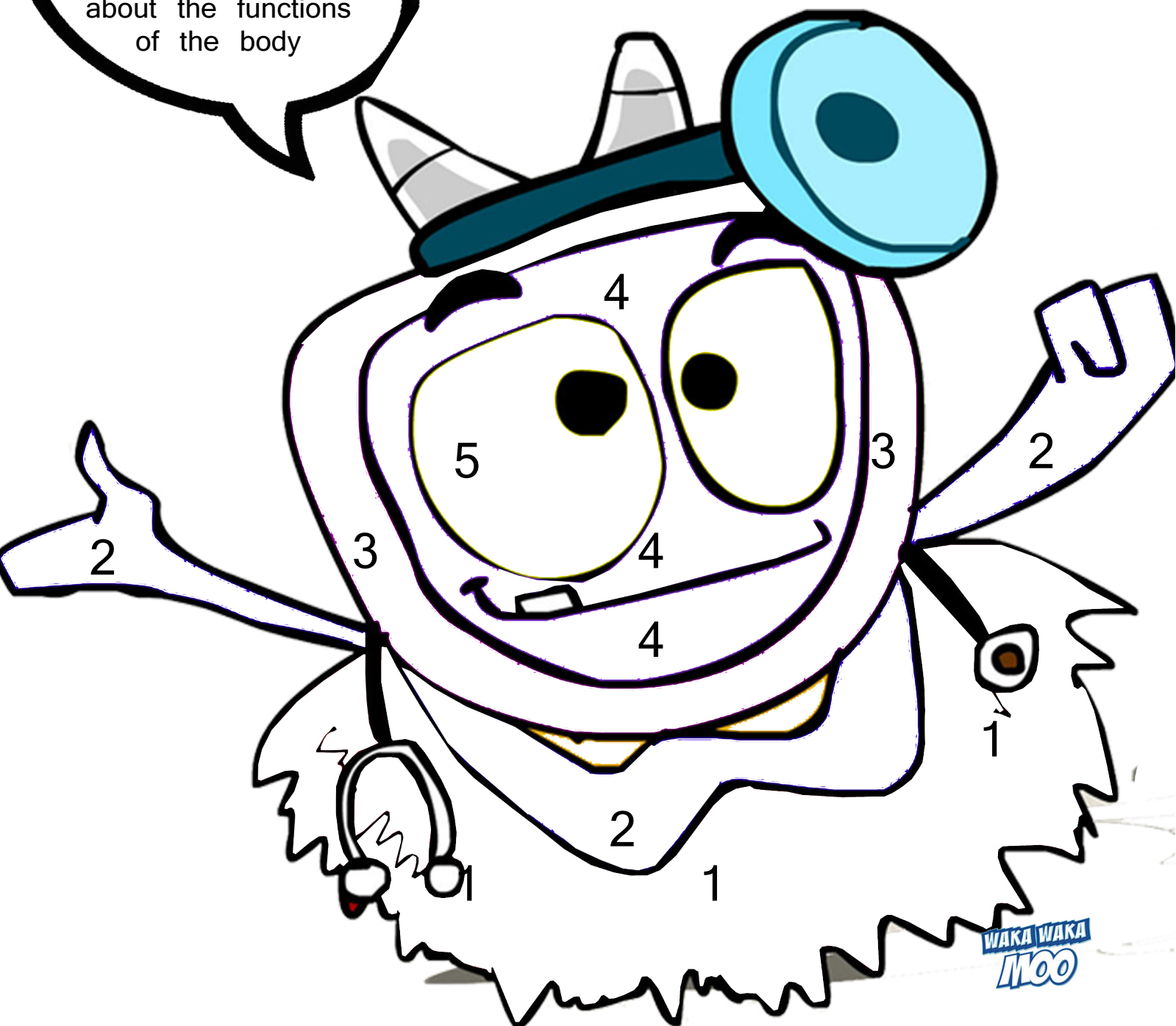
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Colour Waka Waka-Medicina

- 1-Brown
- 2-Dark Purple
- 3-Purple
- 4-Violet
- 5-Yellow

Hello..My name is Waka Waka Medicina, I love teaching children about the functions of the body



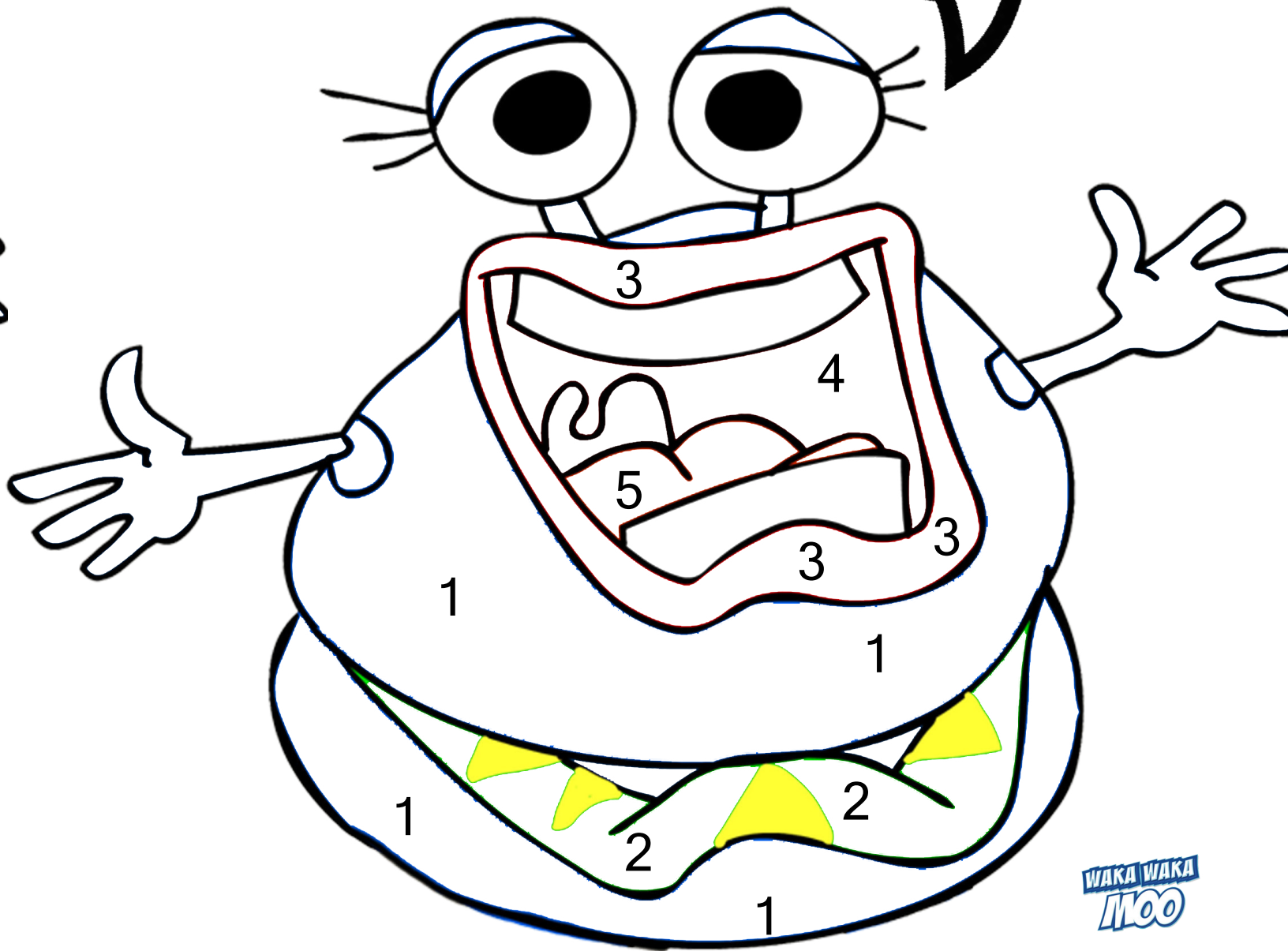
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### Colour Waka-Zuri

- 1-Blue
- 2-Green
- 3-Red
- 4-Dark Red
- 5-Pink
- OR
- Light Orange

Hello..My name is Waka-Zuri.  
I Am !Xu  
& Ndatega's guide on their adventures around Namibia



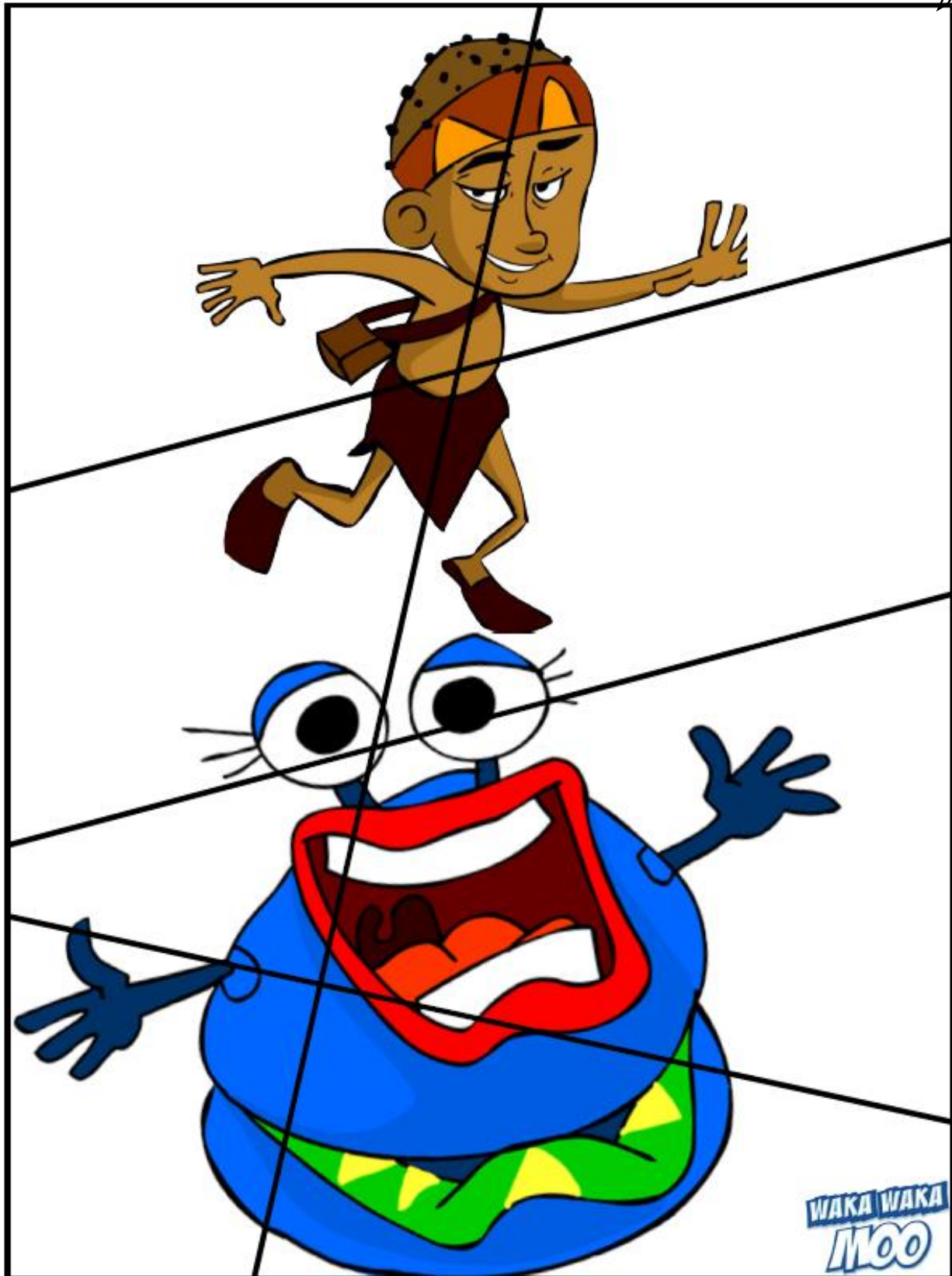
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Cut out the pieces of the Puzzle and place them back together in the correct order.

## Puzzle





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Activities Report

Did you like the activities? Colour the correct answer.



Yes



No

The activity I like the best was:

I learned...

**Parents:** Please support your child by writing the answers. Thank you.

## Parents' Appraisal Form

	Excellent	Good	Medium	Low	Bad
1. In general, how do you classify the activities?					
2. Creativity of the activities					
3. Parents /family engagement					
4. Did your child enjoy the activities? Which one she/he enjoyed most?					
5. What was your favourite activity?					
6. Give us suggestions you would like to see included in the next activities.					

Date \_\_\_/\_\_\_/\_\_\_

Thank you very much for your co-operation.