

**XSEED**  
FOUNDATION FOR LIFE

NEW  
**XSEED**  
PREMIUM  
SCHOOLS  
PROGRAMME



- 21<sup>st</sup> Century Skills & Confidence Building Focus
- Unique Problem-Solving Approach
- 5-Step Experiential Learning Method
- HOTS Emphasis

Volume 1

GRADE  
**01**

**Environmental Science**

STUDENT WORKBOOK

NAME:


CLASS:

SCHOOL:

**25 LEARNING BLOCKS AS PER SYLLABUS**

**1 My Family**


**FAMILY AND NEIGHBOURHOOD**



Students understand that there are many members in a family and we all need each other.

**2 My School**

**FAMILY AND NEIGHBOURHOOD**



Students understand the different areas of a school and the use of each area.

**3 Houses and Clothes**

**FAMILY AND NEIGHBOURHOOD**



Students understand that our house and clothes protect us from rain, sun, and bad weather.

**4 Work People Do**


**FAMILY AND NEIGHBOURHOOD**



Students understand that there are different professions, and that we are dependent on each other for our daily needs.

**5 Games**


**FAMILY AND NEIGHBOURHOOD**



Students understand that there are different kinds of games, and that games can be work for a few of us.

**6 We Are Different**


**MY BODY**



Students understand that we look different from each other and that no two people in the world look the same.

**7 Sense Organs**


**MY BODY**



Students understand that our five sense organs help us to know the world.

**8 Sounds I Hear**


**MY BODY**



Students understand that sounds are of different kinds, and that our ears help us to hear these sounds.

**9 I Am Clean**

**MY BODY**



Students understand that it is important to keep ourselves clean to protect us from falling ill.

**10 Safety Rules**



**MY BODY**



Students understand the importance of safety rules and will learn ways by which they can avoid accidents and keep themselves safe in common places.

**11 Living and Non-Living**


**ANIMALS**

living	non-living
 butterfly	 bike

Students understand that living things grow, reproduce, and need food, water and air and this differentiates them non-living things.

**12 Animal World**


**ANIMALS**



Students understand that there are many animals around us and they are similar and different from each other in some ways.

**13 Homes of Animals**


**ANIMALS**



Students understand that animals also need homes to protect themselves from the weather and enemies.

**14 Chirpy Birds**


**ANIMALS**



Students understand that two-legged animals are birds, which have special features such as beaks, wings, and feathers.

**15 All About Insects**


**ANIMALS**



Students understand that insects have body parts, food habits and movement that are different.

**16 Plants Around Me**


**PLANTS**



Students understand that plants are of different types and will learn to recognise stem, leaves, roots, flowers, and fruits.

**17 Plants Are Different**

**PLANTS**



Students understand that plants are different from each other in their seeds, fruits, and leaves.

**18 Food We Eat**


**FOOD**



Students understand that healthy food and eating habits help our body work well.

**19 Transport**


**EXPERIENCE IN EVERYDAY LIFE**



Students understand how different modes of travel have made travelling easier.

**20 Uses of Water**

**WATER**



Students understand that water is important and is used all living things.

**21 We Need Air**


**AIR**



Students understand that air is everywhere, it takes space, and it helps in burning and these properties make air useful to us.

**22 About Air**


**AIR**



Students understand that air has some unique properties that make it useful for us.

**23 A Rainy Day**

**EARTH AND SPACE**



Students understand that a rainy day is different from other days.

**24 Weather and Seasons**

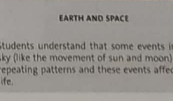
**EARTH AND SPACE**



Students understand that changes in the weather and seasons affects our life in the way we dress, the things we do and the food we eat.

**25 Day and Night**

**EARTH AND SPACE**



Students understand that some events in the sky (like the movement of sun and moon) have repeating patterns and these events affect our life.



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Volume 1

**Environmental Science**

GRADE  
**02**

NAME:

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SCHOOL:

STUDENT WORKBOOK

**25 LEARNING BLOCKS AS PER SYLLABUS**

**1 Animals Are Different**



Students will understand that different animals have different features which help them survive in the places where they live.

**2 Amazing Animals**



Students will understand that animals are different in the way they live, eat, and produce young ones.

**3 Pet Animals**



Students will understand that only some animals can stay at home with us and they are called pet animals.

**4 Beautiful Birds**



Students will understand that birds have some special features that help them to live on Earth.

**5 Animals Are Important**



Students will understand that animals are important for us and we need to care for and protect them.

**6 Types of Plants**



Students will understand that plants can be grouped according to the kind of stem they have.

**7 Importance of Plants**



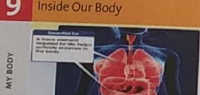
Students will understand that plants provide us with food and many other things like wood, clothes, medicines, rubber, and shelter.

**8 Parts of Our Body**



Students will understand that the working of all body parts and senses is important to know the world better.

**9 Inside Our Body**



Students will understand that we have body parts inside us and they have an important role in keeping us alive.

**10 Kinds of Food**



Students will understand that the food we eat can be grouped as body-building food, energy giving food, and protective food.

**11 Family Tree**



Students will understand their relation with different members of their family and how they are important for each other.

**12 Types of Houses**



Students will understand that we need different kinds of houses depending on the climate of the place we live in.

**13 Keeping Surroundings Clean**



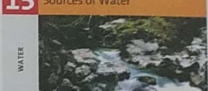
Students will understand that keeping the surroundings clean and proper disposal of waste is important for our wellbeing.

**14 Directions to a Place**



Students will understand that directions to a place can be found using the Sun, local landmarks, and compass.

**15 Sources of Water**



Students will understand that the different sources of water vary, depending on size, taste, and origin of water.

**16 Water to Live**



Students will understand that only some of the water available is potable and we need to save it and prevent it from getting polluted.

**17 Ice, Water and Steam**



Students will understand that the different forms of water are important for our survival.

**18 Air and Breathing**



Students will understand that we need air to breathe, but sometimes it can have dust, smoke, and germs.

**19 Moving Air**



Students will understand that wind can be useful or harmful, depending on its speed and the direction in which it is blowing.

**20 In the Sky**



Students will understand that the sky changes continuously and different objects appear during the day and night.

**21 Push and Pull**



Students will understand that push and pull are forces that can change an object's movement or shape.

**22 Shadows**



Students will understand that shadows are formed only when there is a light source, an object, and a screen.

**23 Metal and Wood**



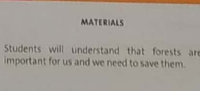
Students will understand that objects around us are made of different materials and that metal and wood are useful in our lives for their properties.

**24 Useful Rocks**



Students will understand that rocks, minerals, and soil are important natural resources.

**25 Saving Forests**



Students will understand that forests are important for us and we need to save them.

