

ACADEMIC ITINERARY

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"Education is not the learning of facts, but the training of the mind to think".

-Albert Einstein



OBJECTIVE & ENRICHMENTS

The given academic planner is a school docket designed to help students stay organized, track projects, assessments, follow class schedules, meet deadlines, take notes & more. It increases the students' accountability to the commitment planned as well as provides them with a structure that contributes to their success.

Notebooks Impression: Handwriting and Notebooks maintenance reflects one's working habits and personality. Therefore, special emphasis is given on the handwriting of the students.

Inspections: In order to inculcate good working habits among the students' regular inspections are carried out by the school which include feedback, uniforms, personal hygiene bags, notebooks.

Teaching Methodologies for Practical Learning: To develop skills, knowledge and understanding level of the learners, school uses the different teaching methodologies in order to improve practical learning of all the students. Teachers use demonstration, role – play, field trips, group discussions, audio - visual aids etc. for the better outcome.

Activity Oriented Curriculum:

- 1. **Scholastic and Co- Scholastic Activities:** To supplement the academic curriculum and help in learning by doing school conducts co-curricular activities along with scholastic on regular basis in order to develop problem solving, reasoning and other collaborative abilities.
- 2. **Inter-School Activities:** To teach team work and to enhance social and emotional learning, SDHPS gives opportunity to the students to participate in various inter-school activities. Through these activities students get a platform to showcase their hidden strength and skills.
- 3. **Vocabulary Enhancement:** In order to improve the communication skills of the students the language teachers plan and execute variety of reading, listening and speaking activities.
- 4. **Vocabulary Assessment:** Regular vocabulary enrichment material is shared with students to enhance their language skills. Assessments are conducted periodically through picture recognition, word association, and oral responses to ensure effective learning and engagement.
- 5. Lab Activities & Experiential Learning:Lab Activities are being conducted to foster handson, self-directed learning, enhancing sensory development, critical thinking, and problem-solving skills. Through Experiential Learning, students engage in real-world applications, interactive projects, and inquiry-based exploration, promoting deeper understanding and lifelong learning.
- 6. **Awareness Sessions on Important Days:** Awareness Sessions on significant national and international days are conducted to educate students about their relevance and impact. These sessions include discussions, presentations, role plays, and interactive activities that promote social responsibility, cultural appreciation, and global awareness.



Evaluation System



Evaluation system is divised to develop the habit of regular systematic working amongst the students. Objective Type/Application based/short answer questions get due weightage in the question papers to make the assessment more reliable and comprehensive.

In this regard besides various modes of continuous evaluation -Terminal assessments are conducted as per the given probable schedule for students.

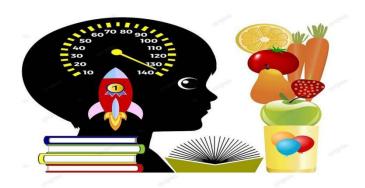
- Half Yearly Assessment- 2nd week of September Month
- Final Assessment- 3rd week of February Month



TERM WISE DISTRIBUTION OF MARKS:

First Term (T I) = 50

Second Term (T II) = 50



SCHOOL RECOMMENDED BOOKS

SR. NO.	SUBJECT	BOOKS				
1		ALPHA HUNT – A				
2	ENGLISH	PATTERNS WITH PATSY				
4	MATHEMATICS	MIRACLE MATHEMAGIC- A				
5	GENERAL KNOWLEDGE	G.K. WITH GINA				
6	RHYMES	2 IN 1 RHYME TIME MAGIC - A				
7	DRAWING	DOODLE DELIGHT A				
8		WINGS OF ART A				



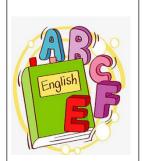


FIRST WEEK ACTIVITIES:

- **◆** Hand Impression
- **♦** Welcome To School! Apple balloon
- **♦** Craft: Butterfly Pop Stick







SPEAKING SKILLS

Ice Breaking Session:

> Self-Introduction

Rhyme Recitation

Two Little hands to clap, clap, clap



READING & WRITING SKILLS

Introduction to Strokes:

I, \,/,___

Patterns with Patsy (Page No-5-13)



EXPERIENTIAL LEARNING & ART INTEGRATION

- ➤ BIRTHDAY CAP/ UMBRELLA with slanting strokes
- > RAIN with standing lines
- > PENCIL with sleeping lines.



> Straight counting 1-10.

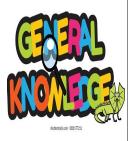


- Pre-Number Big/Small
- ➤ Introduction to Numbers 1, 7
- Workbook Page no-1,2, 27 to 30, 51 to 54)



EXPERIENTIAL LEARNING & ART INTEGRATION

- Demonstration Activity Pre-Number Concept
- Number 1: Sun using yellow pastel sheet.
- Number 7: StarsPasting



- > Myself
- My Birthday
- ➤ My Body



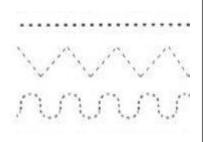
- Presentation My Birthday, My Body
- Sense Activity: Touch, Taste, Smell, See, Hear



ART & CRAFT



Sketch Book- Introduction of patterns of lines.



- ➤ Doodle Delight (Page no- 2, 3, 4, 5)
- Wings of Art (Page no-3,5,6,7)



- Fine motor skills: Clay moulding, Blocks Building, Thread, Buttons using activities.
- Hand and Eye coordination:
 Pattern making with bottle cap on different shapes.



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VALUE EDUCATION: -

> Magic words



IMPORTANT DATES/DAYS OF THE MONTH

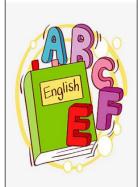
7th April- World Health Day 22nd April - Earth Day (GREEN WEEK) 29th April - International Dance Day











SPEAKING SKILLS

> Presentation Mother's Day (Student will recite a poem on on his/her mother.)

Rhyme Recitation

One, two buckle my shoe



- Straight counting (1-10)



> Pre-Number Concept Tall/Short Long/Short

- Introduction to Numbers (4, 0,10)
- Workbook Pg No. 3 to 6, 39 to 42, 63 to 70

READING & WRITING SKILLS

- > Pattern with Patsy (Pg No. 13 to 22)
- > Revision: Alpha Hunt Page No- (1 to 2)
- > Miracle Alpha Hunt (L, T, I, H)

Letter L: Pg No. 64, 65, 66

Letter T: Pg No. 104,105,106

Letter I: Pg No. 52,

53, 54

Letter H: Pg No. 44, 45,46

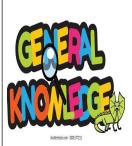


- L: Lion from letter L
- T: Tree with paper cutting.
- I: Ice-cream by Origami
- H: Hut by Origami.



EXPERIENTIAL LEARNING & ART INTEGRATION

- Lab Activity: Demonstration of Pre-Number Concepts- Tall/ Short
- Number 4: Dice with finger printing.
- Number 10: Hand Impression showing ten figures



- My sweet home
- Colours
- My Family
- My Best Friend

- Audio Video Session-My Sweet Home
- Presentation-Talk Show: Students will speak
 - about their Best Friend.
- **Activity: Colour** Matching: Fruits and Vegetables





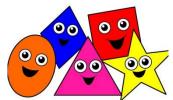
Sketch Book

Figures for sketching

➤ Basic Shapescolouring of Shapes



Doodle Delight (Page no- 6, 7, 8, 9)





Wings of Art (Page no-5, 6)



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> शेर और चूहा





VALUE EDUCATION:-

♦ Gratitude

AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

7th April- World Health Day 22nd April - Earth Day (GREEN WEEK) 29th April - International Dance Day









SPEAKING SKILLS

RHYME RECITATION

- Ring- A-Ring O'roses
- Chubby Cheeks

Story Time:

Lion and the mouse



READING & WRITING SKILLS

- > Pattern with Patsy (Page No- 23 to 28)
- Revision : Alpha Hunt (Page No-3,4)
- ➤ Miracle Alpha Hunt (E, F, A, K)

Letter E: Pg No. 32, 33, 34

Letter F: Pg No.36, 37, 38

Letter A: Pg No.14, 15,

16 **Letter K:** Pg No.60, 61,

62

EXPERIENTIAL LEARNING & ART INTEGRATION

E: Envelope with paper folding

F: Frog with paper plate

A: Alligator from letter A.

K: Paper Kite pasting





> Oral revision of numbers from 1-10

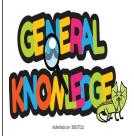


- Pre-Number Concept-Full/Empty Up/Down
- ➤ Introduction to Numbers (2, 3, 5, 6)
- Workbook: PgNo.7,8,11,12,31 to 38,43 to 46, 47 to 50



EXPERIENTIAL LEARNING & ART INTEGRATION

- Lab Activity:
 Demonstration of PreNumber conceptUp/Down
- Number 5: Balls pasting in the jar.
- Number 6: finger print on ladybug
- Number 2: Rabbit from 2
- Number 3: Swan from 3



- My School
- My Classroom
- > Happy times at home
- > Happy times at school

- > Audio Video Session: Happy Times at School
- School Trip
- Presentation: My School, My Classroom



Sketch Book Figures For Sketching

> Mushroom

Art and Craft

- ➤ Bubble Art
- Summer Fun: Fishing.
- FingerPrinting onUmbrella

- ➤ Doodle Delight (Page no- 10, 11, 12)
- ➤ Wings of Art (Page no- 8, 9)







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AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

1st July- Van Mahotsav

13th July- Monsoon Day

26th July-Kargil Vijay Diwas

28th July-World Nature Conservation

Day

VALUE EDUCATION: -

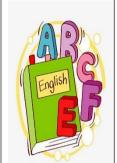
♦ Sharing Is Caring











SPEAKING SKILLS

RHYME RECITATION

Baa, Baa, Black Sheep

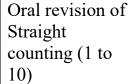


READING & WRITING SKILLS

- > Strokes: (,) CURVES
- Pattern with Patsy (Page No- 38 to 44)
- Revision: Alpha Hunt (Page No-5, 10,11,12, 29, 47, 49, 50,67-69)
- Miracle Alpha Hunt (D, B, C, G, J)

Letter D: Pg No.26, 27,28 Letter B: Pg No.18, 19,20 Letter C: Pg No. 22,23,24 Letter G: Pg No.40, 41,42

Letter J: Pg No.56,57,58





- Pre-Number Concept: Heavy/Light
- ➤ Introduction to Numbers (8 to 15)
- Workbook: Pg No. 9,10,55 to 62,72,75,78 79 to 83
- Exercises: What Comes After, Complete the series, Dictation

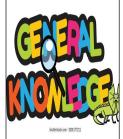
EXPERIENTIAL LEARNING & ART INTEGRATION

- **D:** Dinosaur from D
- **B:** Bear from hand print
- C: Car from paper plate
- **G:** Giraffe from G



EXPERIENTIAL LEARNING & ART INTEGRATION

- Lab Activity: Demonstration of Pre-Number Concept-Heavy/ Light
- Fun Game: Magical Number 9: 9 circle caterpillars
- Number 8: Car race track of 8 with car



- MyFavouriteToy
- > Fruits
- Vegetables
- HealthyFood
- > Flowers

- Audio Visual Session:- Healthy Food
- Role play: Freedom Fighters: Independence Day Celebration: Students will come in attire of their favourite leader and speak their slogan







Sketch Book

Figures For Sketching

- National Flag
- > Ice-cream

Craftwork

- > Decorate a Rakhi
- Pool Noodle Boats

- Doodle Delight (Page no- 13, 14, 15)
- ➤ Wings of Art (Pageno-15, 21)







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AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

9th August-Rakshabandhan

15th August-Independence Day

16th August - Janamashtami

29th August- National Sports Day



VALUE EDUCATION:-

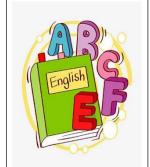
♦ Good Touch Vs Bad Touch





REVISION FOR FIRST TERM ASSESSMENT

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SPEAKING SKILLS RHYME RECITATION

Hop a little



READING & WRITING SKILLS

Miracle Alpha Hunt (M, N, O, Q)

LetterM:Pg No.72,73, 74

LetterN:Pg No.76, 77, 78

LetterO:Pg No.80, 81, 82

Letter Q:Pg No.92, 93, 94

Revision of Letters A to L

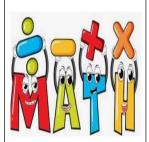


M: Mouse from M N: Nest with Paper.

O: Owl from O

Q: Queen from Q





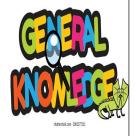
- > Straight counting (1 to 18)
- > Shapes: Circle



- Pre-NumberConcept- Far/Near
- ➤ Shapes Circle
- Introduction to Numbers (16 to 18)
- Workbook: Pg No. 13,14,17, 18, 89 to 94

Exercises: What Comes After, Complete the series, Dictation

- Number 16: Birds in the sky
- Number 17:
 Pasting leaves on the trees
- Number 18:
 Pasting Boats in the river



- ➤ Wild Animals
- ➤ Water Animals
- Means of Transport
- > Days of the week
- ➤ (Book Page no-41, 45, 54)



- ➤ Audio Video Session-Means of transport
- ➤ Demonstration: Water and Wild animal Weekdays Activity: Seven days caterpillar





Sketch Book Figures For Sketching

- > Circle/Ball
- Balloon

Sketch Book

- ➤ Glitter Fire Work
- > Straw Blow Art



- Doodle Delight (Page no- 16, 17, 18, 19)
- Wings of Art (Page no 16, 31)





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AWARENESS SESSION-

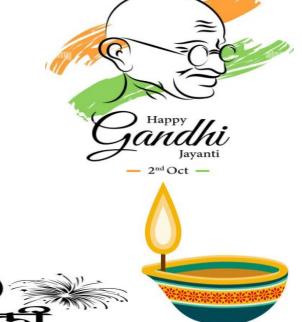
IMPORTANT DATES/DAYS OF THE MONTH

2nd October- Gandhi Jayanti 2nd October- Dussehra

21st October- Deepawali

VALUE EDUCATION: -

- **♦** Cleanliness
- **♦** Working together







SPEAKING SKILLS

RE >

RHYME RECITATION

- Cobbler Cobbler
- > Teddy Bear

Story Time:

Hare and Tortoise



READING & WRITING SKILLS

- Revision: Alpha Hunt (Page No-87, 89, 90, 107)
- Miracle Alpha Hunt (P, R, S)

LetterP: Pg No. 84, 85,

86

Letter R: Pg No.96, 97,

98

Letter S: Pg No.100,

101, 102

Letter T: Revision

EXPERIENTIAL LEARNING & ART INTEGRATION

P: Pumpkin from bubble paper.

R: Rabbit from R

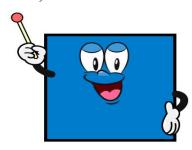
S: snake from S



3

- > Straight counting (1 to 20)
- > Shape: Square
- ➤ Book Page no- 19, 20, 95 to 98

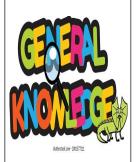
Exercises: What Comes After, Complete the series, Dictation, Fun Game-The Number Game



EXPERIENTIAL LEARNING & ART INTEGRATION

Number 20: Smilies Pasting





- Community Helpers
- Good Habits
- Good Manners
- Birds: Sound Listening Game: Students will recognize sounds of different birds



EXPERIENTIAL LEARNING & ART INTEGRATION

Community Helpers

Role Play: Students will dress up as their favourite community helper and speak few lines about them.



Sketch file Figures For Sketching

- > Square
- > Kite

Craft Work

Garden of Tulips with Fork Painting

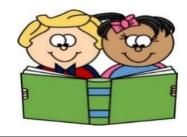


- ➤ Doodle Delight (Page no- 20, 21, 22, 23)
- ➤ Wings of Art (Page No- 17, 18, 29)



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AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

14th November- Children's Day 25th November- Green day

VALUE EDUCATION: -

- **♦** Safety at home
- **♦** Respect your elders











SPEAKING SKILLS

RHYME RECITATION

- Row, Row, Row your boat
- Brush, Brush,Brush your teeth



READING & WRITING SKILLS

- Revision: Alpha Hunt (Page No-125, 127, 128)
- Miracle Alpha Hunt (U, V, W, X)

Letter U: Pg No. 106,107, 109 Letter V: Pg No.110,111, 112

Letter W: Pg No.118,119, 120

Letter X: Pg No. 121, 122, 123, 124

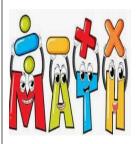
EXPERIENTIAL LEARNING & ART INTEGRATION

U: Unicorn from UV: Volcano from hand print

W: Watermelon from paper plate

X: Xylophone from paper



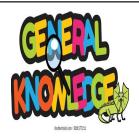


- Straight counting (1 to 25)
- > Shape: Rectangle
- Introduction to number 21 to 25 (Book Page no- 21, 22, 99, 100, 102, 107)
- **Exercises:** What Comes After, Complete the series, Dictation



EXPERIENTIAL LEARNING & ART INTEGRATION

- Counting activity
 (1 to 25): student
 will count and put
 balls according to
 the number written
 in hula-hoop circle.
- Number 25: Pasting of silver stars.



- > Farm Animals & Pets
- Baby Animals
- > Insects



- > Audio- Video Session- Insects
- Good and Bad Insects:
- Farm Animals & Wild Animals sorting game



Sketch file

Figures For Skectching

➤ Rectangle Christmas Tree

Craftwork

> Jokar: Shapes matching



- ➤ Doodle Delight (Page no-25, 26, 27, 28)
- Wings of Art (Page no-27, 28, 30)





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- > नाव





AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

14th December- Energy Conservation Day 16th December- Vijay Diwas 24th December- Christmas

VALUE EDUCATION: -

- **♦** Happiness
- ♦ Never tell a lie



MERRY CHRISTMAS





SPEAKING SKILLS RHYME RECITATION

- > After a Bath
- > Early to Bed

Story Time: Thirsty Crow



READING & WRITING SKILLS

- Revision: AlphaHunt (Page No-137, 139, 140, 141, 142, 145)
- Miracle Alpha Hunt (Y, Z)

Letter Y: Pg No. 130, 131, 132

Letter Z: Pg No.134, 135, 136



EXPERIENTIAL LEARNING & ART INTEGRATION

- Fun Game
 Cloth PegStudents will arrange
 the Letter Cloth Peg
 in series around the
 sun
- ➤ Y: Yellow paper tearing & pasting on sunflower
- **Z:** Zebra from Z

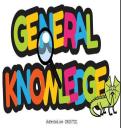
EXPERIENTIAL LEARNING & ART INTEGRATION

- > Lab Activity: Shape Sorting Activity
- Fun Game- Number Train





- Straight counting (1 to 30)
- > Shape: Triangle
- ➤ Introduction to number 26 to 30 (Book Page no-23, 24, 101, 108, 109, 110)



- Month of the Year
- Flightless & Heavy Birds



- ➤ Audio Video Session :- Flightless Birds
- Summer and winter seasons-Dress to Impress
- > Months Spin the wheel





Sketch Book Figures For Sketching

- > Triangle
- > A Carrot
- > Watermelon

Craftwork

Indian Flag with cotton dabbing

- ➤ Doodle Delight (Page no- 29, 30, 31, 32)
- ➤ Wings of Art (Page no-30, 31, 32)









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- > आलू बोला



AWARENESS SESSION-

IMPORTANT DATES/DAYS OF THE MONTH

1st1st January – New Year Day
13th January – Lohri
14th January – Makar Sankranti/ Pongal
26th January – Republic Day

VALUE EDUCATION: -

- **♦** Sharing is caring
- ◆ Early to sleep, Early to rise





REVISION FOR FINAL TERM ASSESSMENT

ACADEMIC CALENDAR (2025-26) AT A GLANCE								
Month	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	IMPORTANT DAYS
Apr'25		1	2	3	4	5	6	
	7	8	9	10	11	12	13	7th April- World Health Day 14th April- Dr. B.R. Ambedkar Jayanti 22nd April- Earth Day
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30					
				1	2	3	4	
	5	6	7	8	9	10	11	1st May- International Labour Day
May'25	12	13	14	15	16	17	18	4rth May- World Laughter Day 11th May- Mother's Day
	19	20	21	22	23	24	25	11th May- Mother's Day
	26	27	28	29	30	31		
		1	2	3	4	5	6	
	7	8	9	10	11	12	13	26th July- Kargil Vijay Diwas
July'25	14	15	16	17	18	19	20	28th July- World Nature Conservation day 29th July- International Tiger's Day
	21	22	23	24	25	26	27	27th sary international rigers buy
	28	29	30	31				
					1	2	3	
	4	5	6	7	8	9	10	3rd August- National Friendship Day
Aug'25	11	12	13	14	15	16	17	15th August- Independence Day 29th August- National Sports Day
	18	19	20	21	22	23	24	27 al Plagast Platfoliai Sports Day
	25	26	27	28	29	30	31	
	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	5th September- Teacher's Day
Sep'25	15	16	17	18	19	20	21	8th September-Worls Literacy Day 14th September- Hindi Diwas
	22	23	24	25	26	27	28	Tital September Timer Diwas
	29	30						

Month M	Mon	Tues	Wed	TD)				ACADEMIC CALENDAR (2025-26) AT A GLANCE								
			vv cu	Thurs	Fri	Sat	Sun	IMPORTANT DAYS								
			1 2 3 4 5													
	6	7	8	9	10	11	12	8th October- Indian Air Force Day 11th October-International Girl Child Day								
Oct'25	13	14	15	16	17	18	19									
2	20	21	22	23	24	25	26									
2	27	28	29	30	31											
						1	2									
	3	4	5	6	7	8	9	10th November- World Science Day								
Nov'25	10	11	12	13	14	15	16	11th November-National Education Day								
17 18 19	19	20	21	22	23	14th November- Children's Day										
	24	25	26	27	28	29	30									
	1	2	3	4	5	6	7	2nd December-National Pollution Control Day								
	8	9	10	11	12	13	14	4th December - Indian Navy Day 14th December - National Energy Conservatio Day 16th December - Vijay Diwas 22nd December - National Mathematics Day								
Dec'25	15	16	17	18	19	20	21									
2	22	23	24	25	26	27	28									
2	29	30	31				22nd December - National Mathe	22nd December - National Mathematics Day								
				1	2	3	4									
	5	6	7	8	9	10	11	10th January - World Hindi Day								
Jan'26	12	13	14	15	16	16 17 18 15th January - Indian Army	15th January - Indian Army Day									
	19	20	21	22	23	24	25	26th January - Republic Day								
	26	27	28	29	30	31										
							1									
	2	3	4	5	6	7	8									
Feb'26	9	10	11	12	13	14	15	28th February - National Science Day								
	16	17	18	19	20	21	22									
	23	24	25	26	27	28										

LIST OF HOLIDAYS (2025-26)							
S NO.	DATE	DAY	HOLIDAY				
1	06.04.2025	Sunday	Ram Navami				
2	10.04.2025	Thursday	Mahavir Jayanti				
3	13.04.2025	Sunday	Vaisakhi/Ambedkar Jayanti				
3	14.04.2025	Monday	v aisakiii/Aiiiucukai Jayaiiu				
4	07.06.2025	Saturday	ID-UL-Zuha(Bakrid)				
5	09.08.2025	Saturday	Raksha Bandhan				
6	15.08.2025	Friday	Independence Day				
7	16.08.2025	Saturday	Janmashtami				
8	01.10.2025	Wednesday	Dussehra & Mahatma Gandhi Jayanti				
O	02.10.2025	Thursday	Dussema & Manama Ganum Jayanu				
9	10.10.2025	Friday	Karwa Chauth				
10	01.11.2025	Saturday	Haryana Day				
11	05.11.2025	Wednesday	Guru Nanak Jayanti				
12	25.12.2025	Thursday	Christmas				
13	14.01.2026	Wednesday	Makar Sankranti				
14	26.01.2026	Monday	Republic Day				
15	15.02.2026	Sunday	Maha Shivratri				
16	03.03.2026	Tuesday	Holi				
17	21.03.2026	Saturday	ID-UL-Fitar				
18	27.03.2026	Friday	Ram Navami				
	SUMMER VACA	DEEPAWALI BREAK					
	1st June'25 to 01st July'25 20th Oct'25 – 23rd Oct'25						
WINTER BREAK							
1st Jan'26 – 15th Jan'26							

PARENTAL TIPS

Children are naturally observant and quick to imitate the behaviors they see around them—both positive and negative. While healthy habits can be acquired through mere imitation, fostering values such as kindness, responsibility, and respect requires a more intentional approach.

One of the most effective ways to nurture character development in young children is through interactive activities that seamlessly integrate these values into their daily routines. By associating virtues (such as "kindness" or "responsibility") with specific behaviors, children are encouraged to internalize these qualities through action.

The following activities are designed for children and can be incorporated effortlessly into play. These moments, though brief, contribute significantly to character building over time.

Here are 10 easy character building activities for children:

- 1. **Service:** Encourage the habit of serving others by involving your child in simple acts of kindness, such as offering water to family members during mealtime.
- 2. **Gratitude:** Play the "Thank You Game" by taking turns giving small items (e.g., toys or snacks) while expressing gratitude with each exchange. This reinforces appreciation and politeness.
- 3. **Responsibility:** Assign age-appropriate tasks, such as putting away dishes or transferring laundry to the washing machine. While assistance may be needed initially, completing tasks fosters independence and self-confidence.
- 4. **Respect for Nature:** Teach respect by observing insects and birds together, emphasizing the importance of not disturbing their habitats.
- 5. **Kindness Through Role Play:** Use stuffed animals or figurines to simulate care giving activities like feeding, bathing, or comforting. This helps children understand empathy and kindness.

- 6. **Peacefulness and Mindfulness:** Introduce relaxation techniques by playing soft music and engaging in simple stretching exercises with deep breathing. Explain how calming the body and mind contributes to inner peace.
- 7. **Courtesy and Politeness:** Reinforce good manners by offering your child small treats one at a time, prompting them to say "please" before receiving and "thank you" after. Gradually introduce "you're welcome" to complete the cycle of courtesy.
- 8. **Gentleness:** Provide delicate objects, such as framed photos or soft fabrics, and guide your child on handling them with care. Relate this to the need for gentleness when interacting with babies, pets, or fragile items.
- 9. **Generosity:** Encourage sharing by baking or preparing a special treat and delivering half to a neighbor. Allow the child to participate at their own comfort level, gradually building their confidence in giving.
- 10. **Courage and Confidence:** Support your child in facing new experiences, such as climbing a small ladder or interacting with a friendly pet. Offering reassurance and encouragement helps them embrace challenges with confidence.

By incorporating these simple yet impactful activities into everyday interactions, parents can play a crucial role in shaping their child's character. Each small effort contributes to building a foundation of integrity, kindness, and resilience that will benefit children throughout their lives.

