

# Key to Navjeevan Practice Book

Standard  
**2**

**Teacher's Copy**

**Play Do Learn**

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# Play

## 1. Health

### 1.1 My Daily Routine







-  Wake up early
 Morning processes
-  Brush my teeth
 Take a bath
-  Comb my hair
 Have a food
-  Wear clean clothes
 Go to school
-  Study daily
  Play on the playground
-  Help with household work
 Sleep early

-   Wake up
   Playing with friends
-   Breakfast
   Homework
-   Going to school
   Bed Time

- Taking my pet dog for a walk.
  - Drawing and colouring.

- Playing with my friends.
- Watching T.V. with my family.


### 1.2 Cleanliness of Hands

-  1
  2
  3
  4
  5
  6
- It is important to wash hands because it keeps away germs.
- washing hands and bath.
  - to wipe our face.
  - to wash hands and brush teeth.
  - to wash hands.
  - to brush our teeth.
  - to cut nails.

### 1.3 My Diet

#### 1. [To be done by students with teacher's help.]

| 2. | Food   | Animals                             | Plants                              |
|----|--------|-------------------------------------|-------------------------------------|
| 1. | Milk   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 2. | Salad  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| 3. | Eggs   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 4. | Fruits | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| 5. | Rice   | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| 6. | Meat   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |

-  **Healthy Food** - milk, fruits, water, chapatis, salad, tea, curd, juice, rice-dal.

☹️ **Unhealthy Food** - burger, pizza, vada pav.

4. a. chapati, bhakari, bread, grapes  
b. tomato, banana, pineapple, peach  
c. burger, pizza, biryani, vada pav  
d. pumpkin, cauliflower, mango, brinjal

### 1.4 Stop the Bad Habit

1.



Watching the T.V. for 5 hrs. (Red)

Watching the T.V. for 1 hr. (Green)



Unlimited usage and playing games on mobile phone. (Red)

Limited usage and playing on mobile phone. (Green)



Using the headphone for long hours with loud music. (Red)

Using the headphone for a short while with soft music. (Green)



Playing video games on weekends. (Green)

Playing video games daily. (Red)

### 1.5 First Aid

1. Sticking Tape, Ointment, Band-Aid, Gauze Roll, Iodine, Cotton
2. a. Yes      b. Yes      c. No      d. Yes
3. a.       b.       c.       d.   
e.       f.

### 1.6 Cleanliness

1. **Mr. Right** - Throw garbage in the bin., Use soap to clean your body., Cut nails to remove dirt. Brush teeth twice a day.

**Mr. Wrong** - Put fingers into the nose to remove dirt., Eat food with dirty hands., Do not wash your hand before and after food.

2. a. Change your underclothes everyday / every month.

b. Trim / Bite your nails every week.

c. Wash your hands before going to bed / after using the toilet.

d. Wear clean / dirty clothes everyday.

e. Throw garbage in the plate / dustbin.

3. a. d u s t p a n                      b. b r o o m

c. d u s t i n g c l o t h              d. m o p

4. **Dry Garbage** - 2, 3, 7, 8, 9

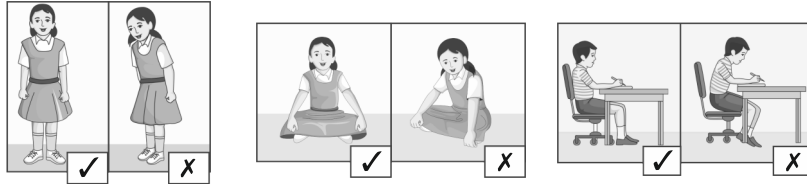
**Wet Garbage** - 1, 4, 5, 6

### 1.7 Body Parts

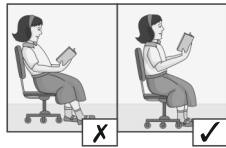
1. a. legs                      b. hands                      c. hands

## 2. Different Kinds of Movements and Appropriate Body Posture

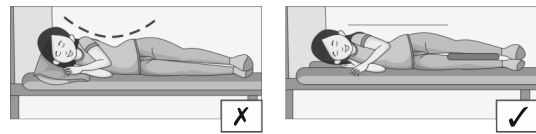
### 2.4 Appropriate Body Posture



#### Reading Posture

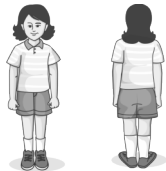


#### Sleeping Posture



### 2.5 March Past

1.



Is this a posture of stand at ease ?

Yes

No



Is this the front posture of the stand at ease position ?

Yes

No

2. It is used when we have to be relaxed after exercises.

3. Annual Sports Day

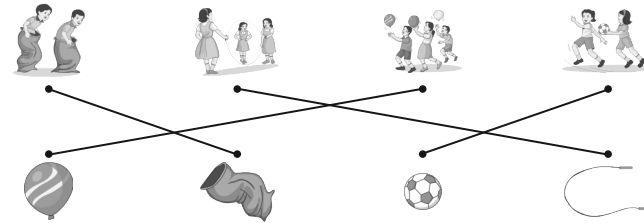
## 3. Games and Competition

### 3.1 Entertainment Games

1. a. Sack race  
c. Cricket

b. Football  
d. Skipping

2.



### 3.2 Sitting Games

1.



3



1



4



2

### 3.3 Regional and Traditional Games

2. [To be done by students with teacher's help.]

3. [To be done by students with teacher's help.]

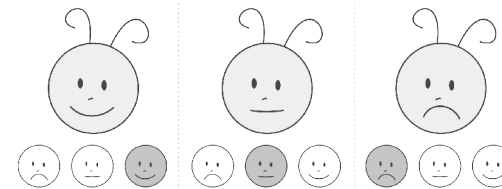
### 3.4 Variety of Games

1. Throwing the ball, bottle bowling. These games help in building and strengthening the hand and leg muscles.

2. The different muscles being stretched are hands, neck and legs.

#### Activity

1.

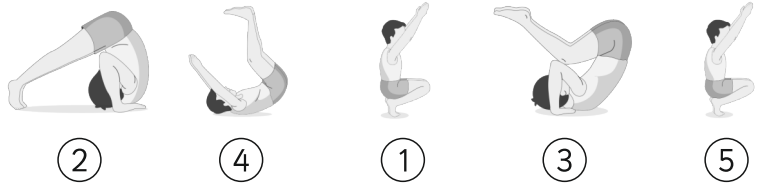
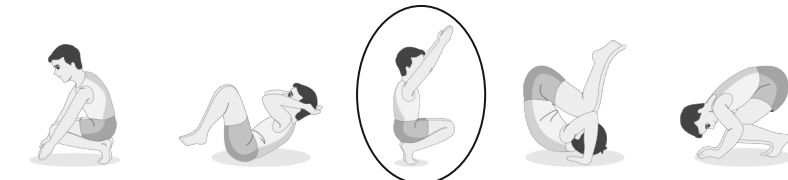
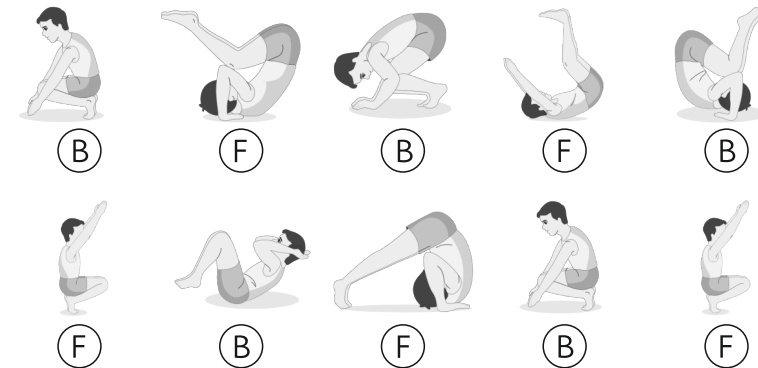


### 3.6 Minor Games

- [To be done by students with teacher's help.]
- [To be done by students with teacher's help.]

### 4. Skill Based Activity

#### 4.1 Gymnastics

- 
- 
- 

#### 4.4 Human Pyramids

- Gokulashtami

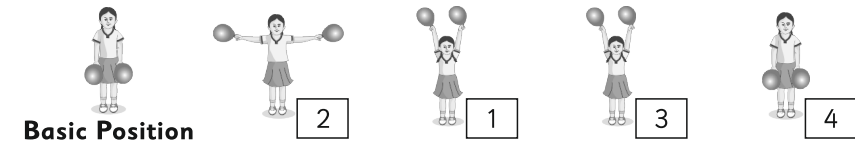
### 5. Exercises

#### 5.1 Warm up Exercises

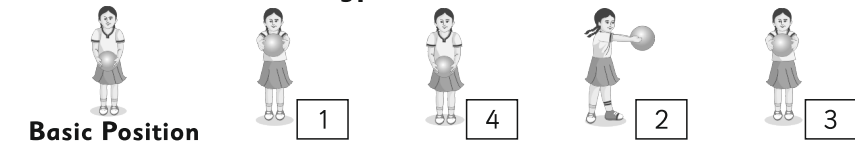
- 5 to 10 minutes.
- It helps our body to prepare for exercises and prevents injury.

#### 5.3 Rhythmic Exercises

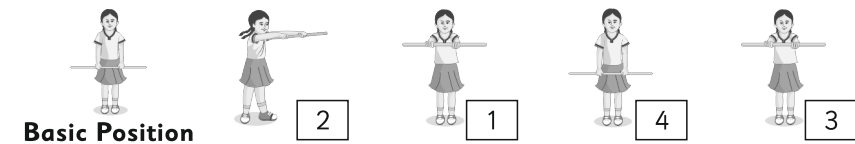
##### Type - 1 Balloon Drill



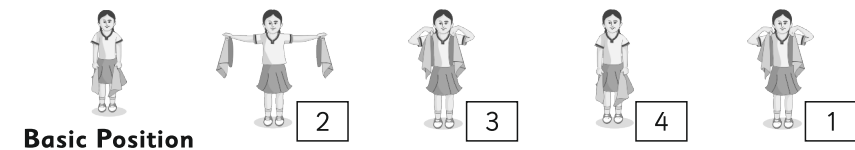
##### Type - 2 Ball Drill



##### Type - 3 Stick Drill



##### Type - 4 Handkerchief Drill



#### 5.4 Different Body Postures

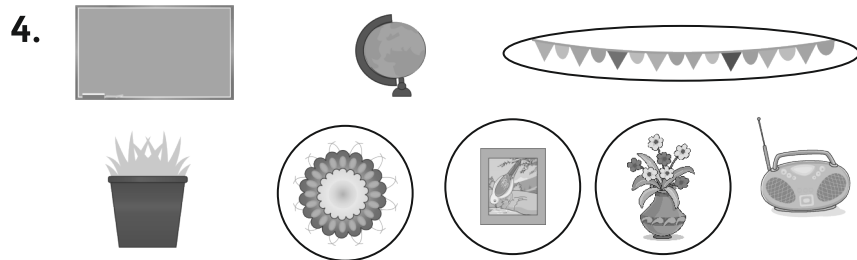
- Yoga develops concentration. Yoga enhances confidence. Yoga teaches to be disciplined. Yoga improves immunity.

## Do

### 1. Need Based Activities

#### 1.1 Classroom Decoration

1. A boy is decorating the blackboard. Two boys are cleaning and putting up a frame. A boy and girl are setting the flower vase. A girl is bringing decorative materials.
2. class time-table, greeting cards, quote charts, craft items



5. [To be done by students with teacher's help.]
6. [To be done by students with teacher's help.]

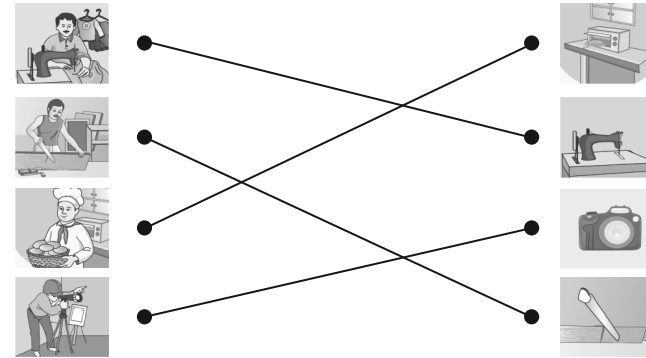
#### 1.2 Special Days

1. Van Mahotsav is celebrated in the 1<sup>st</sup> week of July.
3. 1. 15<sup>th</sup> August. 1947                      2. Gandhi Jayanti  
3. Teachers Day                                  4. Children's Day

#### 1.3 World of Work

1. This is a picture of a laundry. The man is ironing the clothes. He folds the clothes neatly and keeps it aside.
2. [To be done by students with teacher's help.]

3.



4. Homemade hair oil, candles, agarbatti (incense), chapati / parathas, paper bags, imitation jewellery and cloth bags.

#### 1.4 Introduction to different occupations around you

1.
 

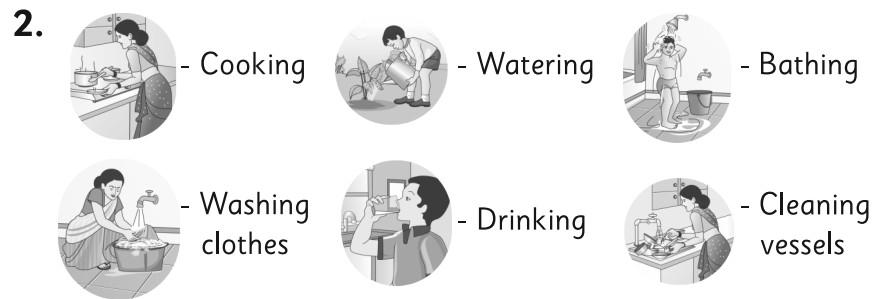
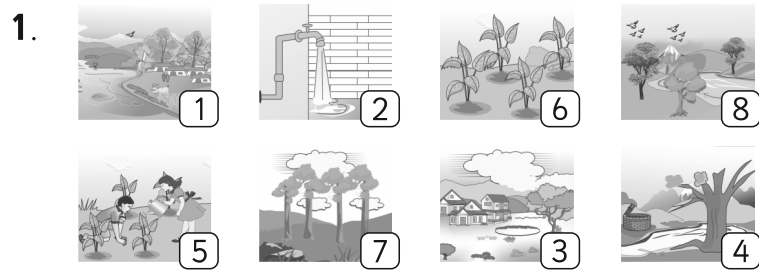
|                           |         |                   |
|---------------------------|---------|-------------------|
|                           |         |                   |
| handloom                  | textile | newspaper sellers |
|                           |         |                   |
| papad and pickle industry | pottery | flourmill         |
|                           |         |                   |
| florist                   | tailor  | keymaker          |
|                           |         |                   |
| poultry                   |         |                   |

2. a. cotton cloth    b. iron items    c. eggs and chickens  
 d. fruit seller    e. garlands, bouquet    f. pots

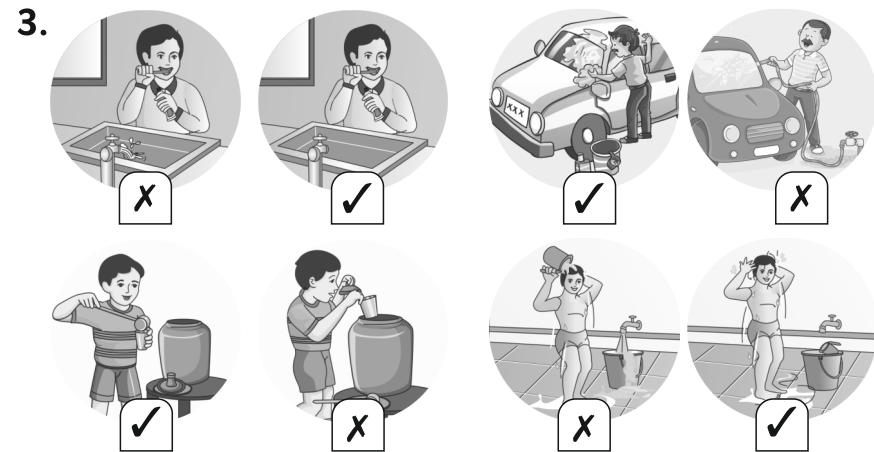
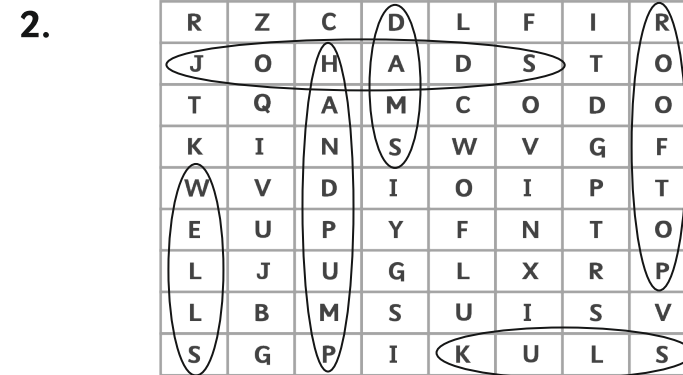
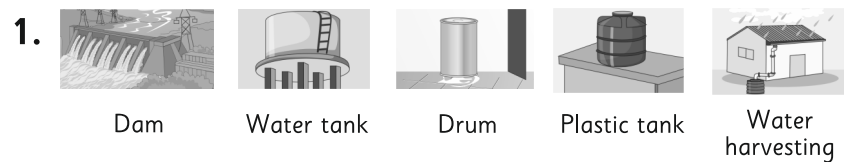
## 2. Water Literacy

2. [To be done by students with teacher's help.]  
 3. dark clouds, rain, rainbow, girl with umbrella and raincoat, frogs, paper boat, trees swaying

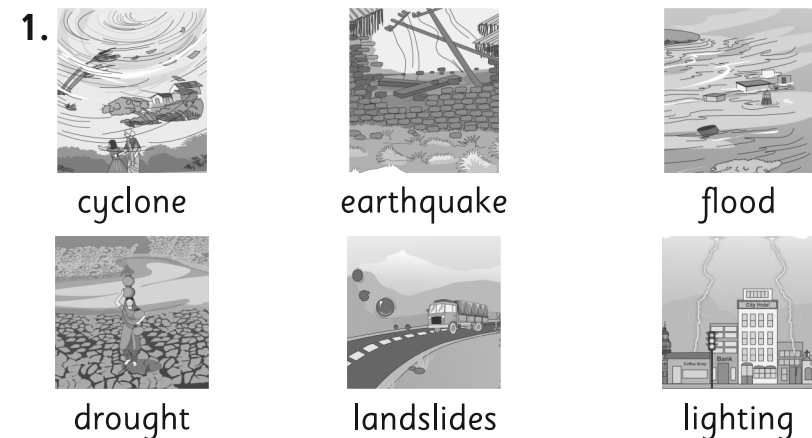
### 2.1 Picture Story Reading



### 2.2 Storage of Water



### 2.3 Disaster Management

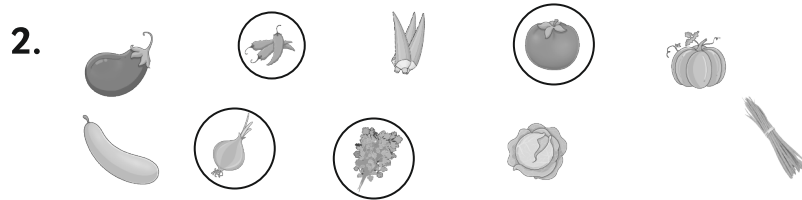


2. a. earthquake                      b. cyclone  
c. drought                              d. lighting

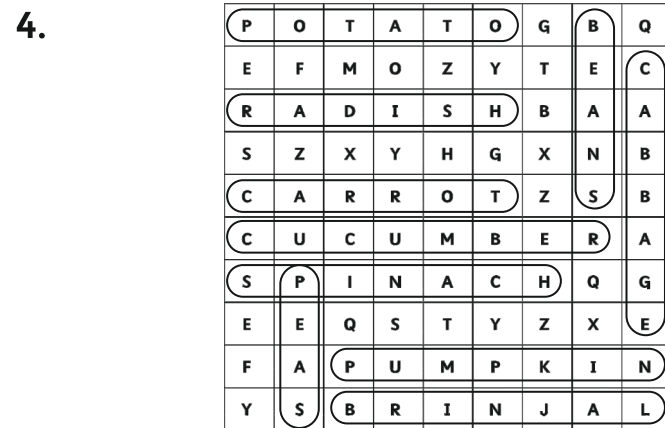
## 4. Optional Activities

### (A) Productive Areas (1) Area - Food

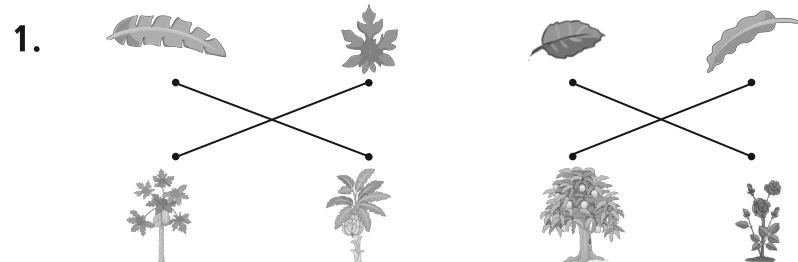
#### 1.1 Kitchen Gardening



3. Terrace gardening, pot gardening

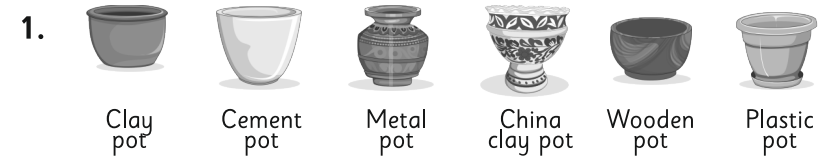


#### Plantation of Saplings



2. The best time to grow saplings is during the rainy season (June - September)

#### 1.2 Pot Cultivation



#### Visit to a Nursery

1. **Fruit Plant** : mango, guava, papaya  
**Medicinal Plants** : aloe vera, neem, tulsi  
**Climbers** : money plant, grapes, peas  
**Flowering plants** : marigold, jasmine, rose

2. soil, pot, sapling, pot, soil, water, sunlight  
3. Soil, sapling, pot, water can, trowel, gardening fork

#### Plantation a sapling in a pot



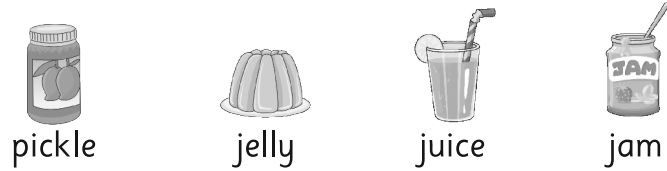
#### 1.3 Fruit Processing

##### (A) Fruit varieties

1. **Names** - banana, pineapple, mango, tamarind, chickoo, apple  
**Taste** - sweet, sour sweet, sweet, sour, sweet, sweet



2.



pickle

jelly

juice

jam

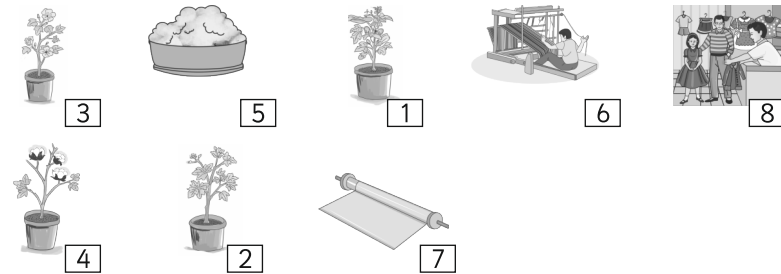
1.4 Fisheries

1. Rohu and Rawas live in fresh water.
2. Pomfret, seerfish, bangda (Indian mackerel)
3. Chanos and Mullet live in brackish water.

(2) Area - Clothing

2.1 Production of Cloth

2.



2.2 Basic Stitching

1. cotton, silk, georgette, chiffon, satin, denim, velvet, nylon.

2.4 Coir Work

1. The leaves of coconut tree are called fronds.
2. Another name for coconut tree is palm tree.
3. 60 to 80 coconuts in a year.

(3) Area - Shelter

3.2 Bamboo Work and Cane Work

1. [To be done by students with teacher's help.]
2. It's used to make paper, furniture, construction work.

3.3 Plantation of Flowering Plants and Ornamental Plants

1. **Flowers with fragrance** - Rose, Champa, Jasmine, Mogra, Lily  
**Flowers without fragrance** - Hibiscus, Marigold, Aboli, Chrysanthemum, Perwinkle
2. **Red** - Rose, hibiscus, poppy  
**Yellow** - Sunflower, daffodil, marigold  
**White** - mogra, jasmine, daisy  
**Pink** - lotus, zinnia, gladiolus.

(C) Other Areas

Agro-based Occupations

1.

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| A | B | G | C | D | E | O |
| F | G | H | O | Z | L | X |
| H | E | N | W | A | J | K |
| L | M | N | F | O | T | P |
| Q | R | F | B | E | A | R |
| S | U | D | E | E | R | T |
| B | R | A | B | B | I | T |

5. Area of Technology










Road Safety

1. I see people crossing, traffic light, cars, buses, rickshaw, zebra crossing.
2. Red light.

## Learn

### 4. Sounds

#### 4.2 Different Musical Instruments

1.  been     cymbals     halagi     tarapa
-  chimta     dholak     flute     zither
-  single string instrument

#### 4.3 Other Sounds









2. [To be done by students with teacher's help.]



## 5. Dance

#### 5.1 Different Type of Movements

2. a. -     b. -     c. -     d. -     e. -

#### 5.2 Walk

1.  Horse trot      Straight walk
-  Duck walk      Soldiers march
-  Hurried walk      Smart walk
-  Leisure walk      Camel walk

-  Fast walk
-  Slow leisurely walk

#### 5.3 Greeting Gestures

2. Praying, welcome, respect

## 6. Drama

#### 6.2 Voice Modulation

1. 1.       2.       3.      
 Soft Low Loud    Soft Low Loud    Soft Low Loud
4.       5.       6.      
 Soft Low Loud    Soft Low Loud    Soft Low Loud
7.      
 Soft Low Loud

#### 6.3 Group Presentation

1. [To be done by students with teacher's help.]