

IN TOUCH

SESSION: 2025-26

Class: Balvatika II

Month: August' 25

"Munch, Crunch & Stay Strong — The Freedom to Choose Right!"

Let's munch mindfully, crunch joyfully, and grow strong like our nation — free, fit, and full of pride!"

Dear Parent,

At DPS Surajkund, we believe that learning becomes most meaningful when it connects to a child's daily life and surroundings. This August, our young Dipsites of Balvatika II will embark on a deliciously healthy and spirited journey with the theme "Munch, Crunch & Stay Strong – The Freedom to Choose Right!"

Rooted in real-life experiences and mindful choices, this theme aims to promote healthy eating habits, physical well-being, and self-discipline, all while celebrating the values of freedom and strength.

In alignment with the National Education Policy 2020, our August curriculum supports holistic development across five key domains inspired by the koshas previously shared with you:

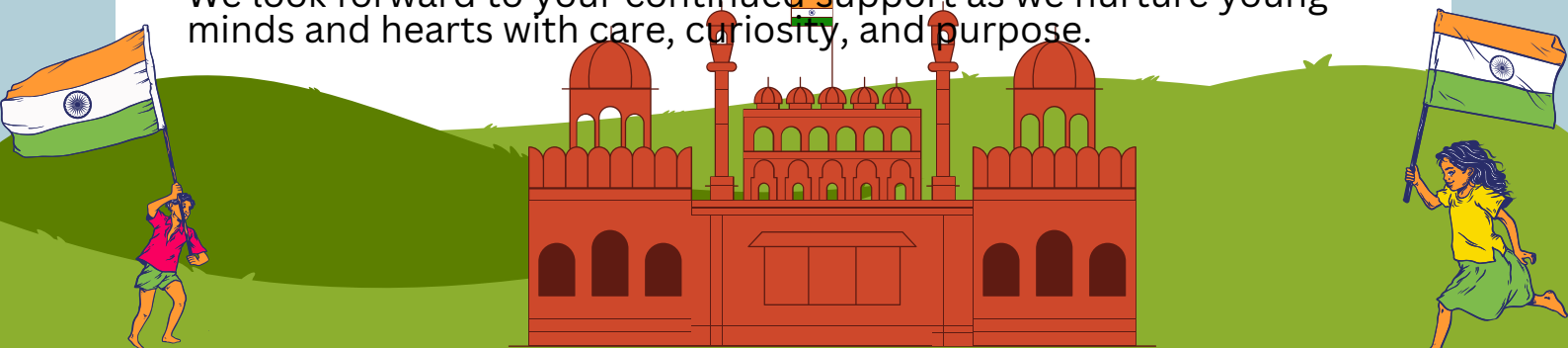
- ◆ Language and Literacy
- ◆ Cognitive Development
- ◆ Physical Well-being
- ◆ Aesthetic and Cultural Expression
- ◆ Social-Emotional and Ethical Growth

Children will explore this empowering theme through interactive stories, food-inspired rhymes, energizing movement games, and creative arts. These experiences will introduce them to the importance of nutrition, hygiene, and simple exercises, helping them grow into confident and capable individuals.

As we approach Independence Day, our little learners will also reflect on the idea of freedom—especially the freedom to make good choices. Through age-appropriate activities, they will begin to develop a sense of independence, responsibility, and love for their country.

Our monthly planner, In Touch, will continue to keep you informed and connected with your child's learning journey.

We look forward to your continued support as we nurture young minds and hearts with care, curiosity, and purpose.



LANGUAGE AND LITERACY DEVELOPMENT

Emergent Literacy English (Language 1).

Phonetic Sounds

- Recapitulation of /v/, /y/, /x/, /j/, with added vocabulary

Pre-Writing Skills

- Recapitulation of all Pre-writing skills

Writing

- i, l, t, u

Reading

- Blending of three letter words

Reading List 4- pat, tan, tip, pit, nit

Reading List 5- cat, kit, kid, cap, can

Rhymes

- Five Sugar Buns
- We Shall Overcome

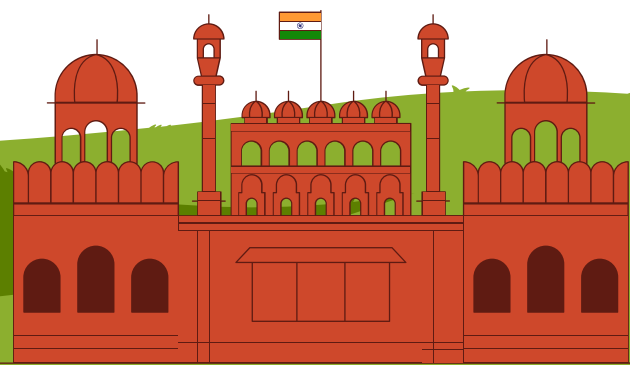
Emergent Literacy Hindi (Language 2).

Language Development:

- सामान्य संचार

Rhymes:

- हम होंगे कामयाब
- सारे जहां से अच्छा



COGNITIVE DEVELOPMENT (Vijnanamaya Kosha)

Logical and Mathematical Development:

Pre-Number Concepts

Introduction:

- In/ Out

Number Sense

- Quantification (1-10)
- Sequencing (1-10)
- Subitizing (1-3)
- Sequence Writing (1-5)
- Missing Numbers (1-5)
- Unstructured Counting up to 10

Pattern & Sequencing

- Sequencing through Pictures
- Daily Routine & Story Sequencing

Shape and Spatial Sense

Shapes:

- Recapitulation of all shapes done so far
- Application in Real Life:
- Creating Objects with Shapes
- Drawing of Shapes using Objects

Naturalistic Learning: Worlds of Learning

Fruits and Vegetables

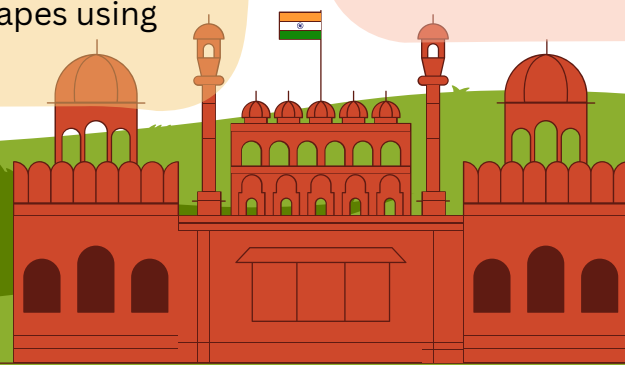
- Fruits with one seed
- Fruits with multiple seeds
- Importance of eating vegetables

Milk and Dairy Products

- Observing and learning about different food items made from milk

Healthy and Unhealthy Food

- Understanding the difference between healthy and unhealthy food
- Importance of eating a balanced diet



SOCIO-EMOTIONAL AND ETHICAL DEVELOPMENT (Manomaya Kosha)

Life Skills (Virtue of the Month - I am Helpful)

Self Help and Helping Others

- Identifying healthy vs. junk food through sorting games, pretend play, and storytime.
- Practicing handwashing, wiping mouth, and keeping nails clean.
- Assisting a peer in tying shoes, zipping a bag, or sharing materials during activity time.
- Putting material/books back, wiping tables, and organizing classroom materials with a teacher or peer.

PHYSICAL DEVELOPMENT (Anamaya and Pranamaya Kosha)

Bodily-Kinesthetic Skill Building

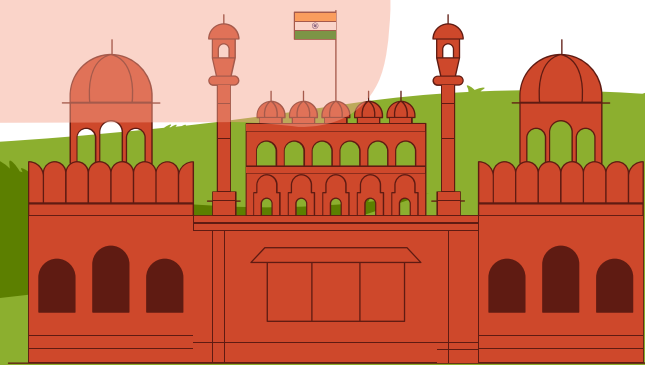
Fun Games:

Skills/Activities based on:

- Recapitulation of Fancy Feet
- Switcheroo
- Kicking for Distance
- Kicking for Accuracy
- Dribbling

Locomotor and non-locomotor skills

- Running
- Jumping
- Kicking
- Hopping
- Balancing
- Yoga



AESTHETIC AND CULTURAL DEVELOPMENT (Anandmaya Kosha)

PERFORMING ARTS

Music and Movement

- We Shall Overcome
- Desh Hamara Hindustan

Theatre

- Story Telling
- Story Enactment
- Tales of Shree Ram

VISUAL ARTS

Artistic Learning

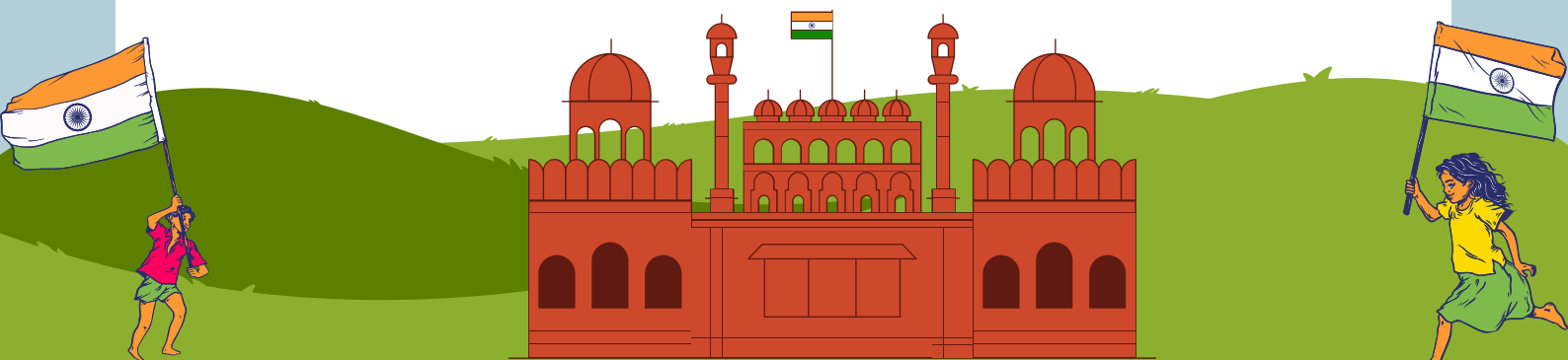
- Step by Step drawing of National Flag

Craft-Making

- Fork-Peacock Craft
- Rakhi
- Flute Craft

Pottery

- Kite Making
- Rakhi Making
- Ganesha Making



CELEBRATIONS: MARK YOUR CALENDAR

Festivals and special days add joy and meaning to the lives of young children, while also nurturing key social and emotional skills. At DPS Surajkund, we view these celebrations as powerful learning moments that not only introduce our little ones to India's rich cultural heritage but also inspire a deep sense of pride, belonging, and independence.

This August, as we celebrate Independence Day, children will engage in meaningful activities like singing patriotic songs, listening to freedom-themed stories, making tricolour art, and doing role play, helping them understand the value of freedom, gratitude for our nation, and respect for diversity. These joyful experiences promote empathy, unity, and awareness, making learning both impactful and heartfelt.

1st August, 2025
"Friendship Day"

8th August, 2025
Vrikshabandhan
Celebration

13th August, 2025
Janmashtami
Celebration

27th August, 2025
Ganesh Chaturthi
Celebration

29th August 2025,
Sports Day

11th- 14th August,
India Week
Celebration

15th August,
Independence Day
Celebration

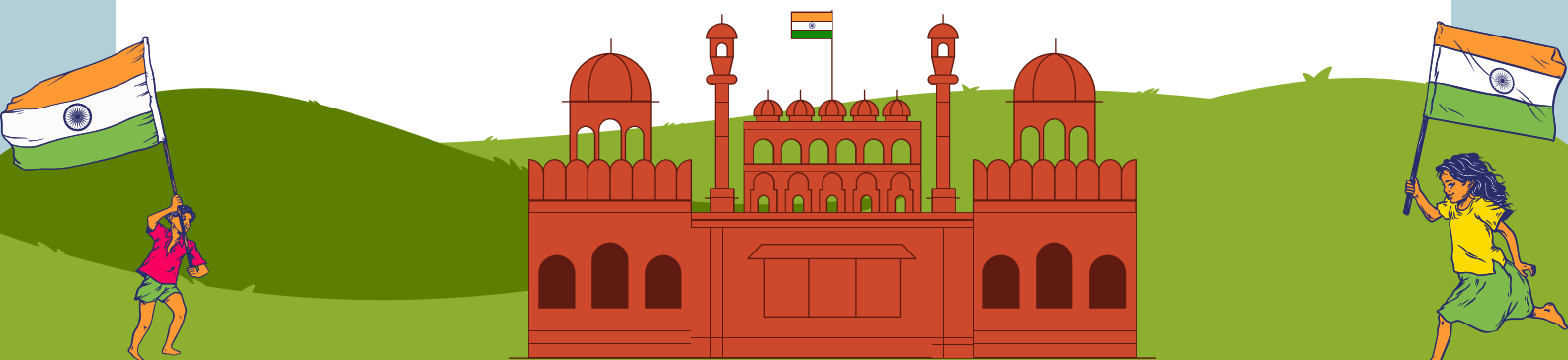
"Engaging Activities for the Month: Themed Learning Adventures"

"Interactive games, experiential learning activities, and guided outdoor experiences will deepen children's understanding of the ongoing theme, while effectively reinforcing key concepts in an engaging manner."

19th August, 2025
Melody of Rhymes
(Rhyme Recitation)

18th August"
Hygiene Heroes Relay"
– Run, Wash, Win!

22nd August,
Supermarket Visit



VOCABULARY ENRICHMENT

To enrich children's vocabulary, the following words will be seamlessly integrated into our daily conversations, making learning natural, engaging, and meaningful.

fruit, vegetable, healthy, junk food, water, milk, strong, energy, eat, wash, clean, soap, brush, germs, hands, wipe, body, exercise, run, jump, move, stretch, eyes, ears, nose, mouth, india, flag, tricolour, freedom, soldier, march, respect, proud, leader, brave, help, share, kind, wait, take turns, try, do it myself, friend, thank you, please, Flag, India, tricolour, Ashoka chakra, soldier, freedom, leader, brave, march, proud, respect, national anthem, salute, peacock, tiger, lotus, mango, banyan tree, Jai Hind, national song

Listening Skills

Stories for The Month

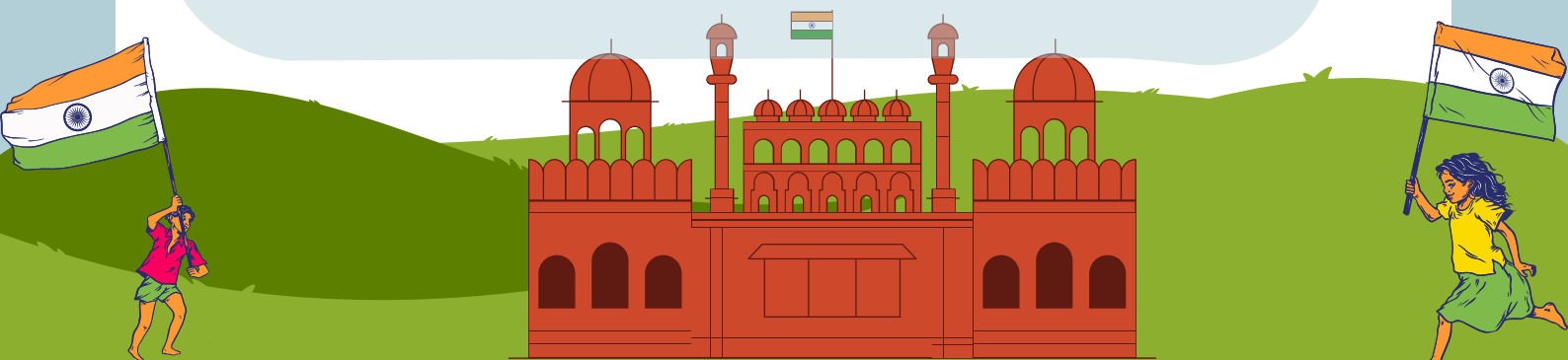
- "Kindness is My Superpower" by Alicia Ortego
- "We Are All Indians" by Arti Sonthalia
- "I Can Eat a Rainbow" by Olena Rose
- "Handa's Surprise" by Eileen Browne

STEAM

At DPSSK, we follow an experiential, hands-on approach through STEAM (Science, Technology, Engineering, Arts, and Mathematics) activities, in alignment with the National Curriculum Framework 2022. Our focus remains on nurturing holistic development by integrating learning across domains in a meaningful and engaging way.

STEAM Based Activities for the Month:

- **Veggie Washing Station:** Promotes hygiene practices and teamwork, while reinforcing the virtue "I am Helpful" by encouraging children to care for shared food items.
- **My Healthy Plate Collage :** Encourages creative expression while teaching the components of a balanced meal, enhancing visual learning and nutrition awareness.
- **Healthy vs. Junk Food Sorting :** Helps children differentiate between nutritious and unhealthy foods, fostering early awareness of good food choices and critical thinking.



Rhymes for the Month

Five Sugar Buns

Five sugar buns in the baker's shop,
Big and round with icing on top.
Along came a boy with money one day,
He bought a sugar bun and took it away.

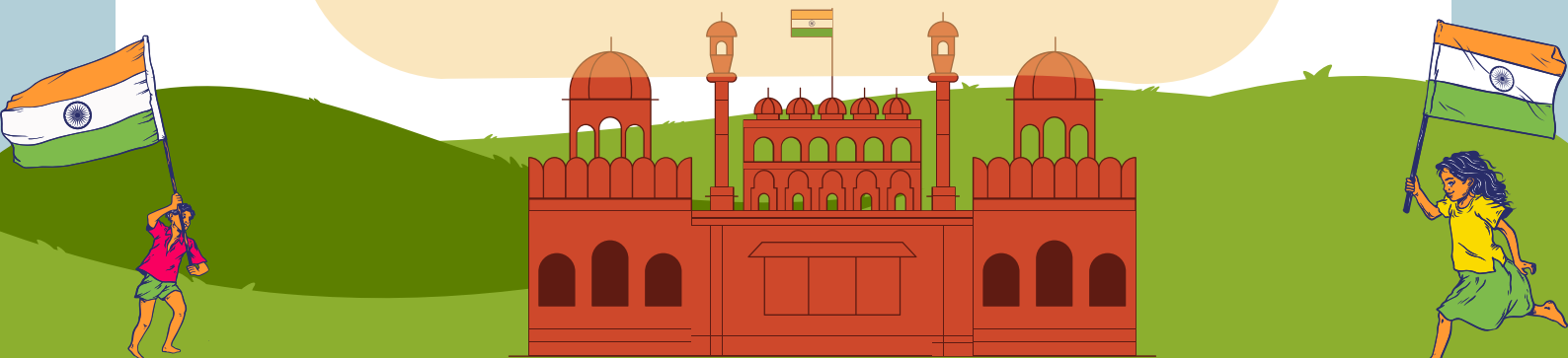
Four sugar buns in the baker's shop,
Big and round with icing on top.
Along came a girl with money one day,
She bought a sugar bun and took it away.

Three sugar buns in the baker's shop,
Big and round with icing on top.
Along came a child with money one day,
They bought a sugar bun and took it away.

Two sugar buns in the baker's shop,
Big and round with icing on top.
Along came a boy with money one day,
He bought a sugar bun and took it away.

One sugar bun in the baker's shop,
Big and round with icing on top.
Along came a girl with money one day,
She bought the sugar bun and took it away.

No sugar buns in the baker's shop,
Big and round with icing on top.
"Please, Mister Baker, bake once again,
And this time bake eight, nine or ten!"



हम ताली बजाना जानते हैं

हम ताली बजाना जानते हैं,
और उसकी आवाज़ पहचानते हैं।
यह तो ताली की आवाज़ है –
(क्लैप, क्लैप, क्लैप)

हम मोटर चलाना जानते हैं,
और उसकी आवाज़ पहचानते हैं।
यह तो मोटर की आवाज़ है –
(पो, पो, पो)

Looking forward to a fruitful month of learning ahead

Happy learning!

Warm Regards

Headmistress

DPS Surajkund

