

Practice Sheets

Class 1 NCERT

Book Name: MRIDANG

Unit 1: My Family and Me

Chapter 1: Two Little Hands

1. Fill in the Blanks:

1. Two little hands go _____, _____, _____.
2. One little nose to _____ and _____.
3. I _____ with my eyes.
4. I _____ with my ears.
5. I _____ with my mouth.

2. Match the Parts of the Body:

1. Head → ()
2. Hand → ()
3. Nose → ()
4. Leg → ()
5. Mouth → ()

Options: (a) To smell, (b) To walk, (c) To clap, (d) To eat, (e) To nod

3. Circle the Sight Words:

Circle the words: **one**, **two**, **to**

- I have **one** head.
- I use my legs **to** walk.
- I have **two** ears to hear.

4. Draw and Decorate:

Place your hand on paper, trace it, and decorate it with colors or stickers. Write:

"I clap with my hands!"

5. Talk with a Partner:

Practice asking and answering questions:

- What is this? → **This is my nose.**
- What are these? → **These are my shoulders.**

6. Alphabet Sounds:

Match the letter with the word:

1. A → ()
2. B → ()
3. C → ()
4. D → ()
5. E → ()

Options: (a) Dog, (b) Cat, (c) Ant, (d) Egg, (e) Bag

7. Action Time:

Follow the teacher's instructions:

- Clap your hands **3 times**.
- Tap your feet **2 times**.
- Point to your **nose**.
- Wiggle your **fingers**.

8. Find the Odd One Out:

Circle the word that doesn't belong:

1. **hand, leg, nose, chair**
2. **eye, mouth, cat, ear**
3. **head, toes, car, shoulders**

9. Color the Body Parts:

Color the following body parts:

- Hands
- Eyes
- Mouth
- Feet