



BASED ON NEW SYLLABUS



# My Book of Social Studies

1



APPLE BOOK COMPANY

# C O N T E N T S



1. MEET ME 6

2. MY BODY 7



3. FOOD WE EAT 8

**Life skill** Thinking (following good eating habits)



4. CLOTHES WE WEAR 12

**Like skills** Thinking (wearing clean clothes)



5. HOUSE WE LIVE IN 16

**Like skills** Thinking (keeping the house clean)



6. TYPES OF HOUSE 21

**Life skill** thinking (durability of house)



7. HOME OF ANIMALS 27

**Life skill** Social and emotional (taking care of your pet)

**MORE ACTIVITIES - 1** 31



8. MY FAMILY 32

**Life skill** Social (knowing the surnames)



9. FAMILY BONDING 36

**Life skill** Social (sharing the work at home)



10. HAVING FUN 40


**Life skill** Emotional (making your family happy)



11. MY SCHOOL 43


**Life skill** Social (matto of the school)

# C O N T E N T S

 **12. MY CLASSROOM 48**  
**Life skill** Social (behaviour in the classroom)

MORE ACTIVITIES - 2 52

MODAL TEST PAPER - 1 53

 **13. OUR CELEBRATIONS 54**  
**Life skills** Social and Emotional (deciding a gift for your grandparents)



 **14. OUR FESTIVALS 58**  
**Life skills** Social (celebrating a cracker-free Diwali)



 **15. GOOD HABITS 63**  
**Life skills** Social (good behaviour)

 **16. HEALTHY BODY 67**  
**Life skills** Thinking (following healthy habits)




MORE ACTIVITIES - 3 73

 **17. ROAD SAFETY 74**  
**Life skills** Thinking (meaning of road signals)

 **18. EARLY HUMANS 78**  
**Life skills** Thinking (making fire)



 **19. RANI LAKSHMI BAI 83**  
**Life skills** Thinking (making points)

 **20. MAHATMA GANDHI 85**  
**Life skills** Social and emotional (adoping good values)



MORE ACTIVITIES - 4 87

MODAL TEST PAPER - 2 88