

Foundation Programme  
in Literacy, Numeracy and Skills  
(FPLNS)

हिंदी  
**HINDI**

**GRADE 7**

Educator's Guidelines

Theme 1: Me  
**Know Myself**

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MAHATMA GANDHI INSTITUTE  
under the aegis of  
MINISTRY OF EDUCATION AND HUMAN RESOURCE  
Republic of Mauritius

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# Guide to Educators

## Learning Outcomes

- Recognise words related to self.
- Name the days of the week and the different body parts.
- Read words and sentences with correct pronunciation.
- Speak about themselves with confidence.

## Activities

- Listen and repeat.
- Read and repeat the vocabulary words.
- Draw and label your family tree.
- Draw/paste your picture and speak about yourself.
- Spell and read aloud.
- Matching.
- Read and match the sentences.
- Read and label the body parts.
- Introduce yourself.

## Other Proposed Activities

- My handprint activity (Trace your hand on paper and on each finger write something about yourself).
- Identity collage (Cut pictures of the things you like from magazine and paste them to create a collage called 'This is me').
- Guess who. (The students write 3 unique facts about themselves on a card. Others guess who it is.)

## Additional Resources

- Alphabet/letter charts.
- Flashcards with images.
- Audios and videos.
- Glue and scissors.

## Portfolio Assessment

- Skills-based assessments.

## Activity 1: Listen and repeat.

### Listening and Reading Activities:

- The Educator reads and explains the song/poem.
- The students recite the song/ poem repeatedly.

हमारा परिवार  
एक, दो, तीन, चार,  
मम्मी-पापा करें दुलार,  
पाँच, छह, सात, आठ,  
दादी-दादा हमारे साथ;  
नौ, दस, ग्यारह, बारह,  
मिलकर रहे, परिवार हमारा ।

The Educator may access the audio-visual version of songs through these links:

Hamara Parivar (My Family) || Hindi Rhyme || Sunbeam Publishers

<https://www.youtube.com/watch?v=yL172GVY5Js>

मेरा परिवार | Yeh Hai Mera Parivaar! I Love My Family | Hindi Rhymes for Children #riya\_  
rhymes

<https://www.youtube.com/watch?v=0Sz5PgCsrPg>

नानी का घर (Naani Ka Ghar) – Hindi Kids Rhyme | Phirkeebox Kids TV

<https://www.youtube.com/watch?v=CZpkSwVqKsA>

## Activity 2: Read and repeat the vocabulary words.

### Reading and Writing Activities:

The Educator:

- reads and explains the words with emphasis on the letters.
- helps the students to read with proper pronunciation.

नाम	ना + म	नाम
पता	प + ता	.....
माता-पिता	मा + ता-पि + ता	.....
परिवार	प + रि + वा + र	.....
घर	घ + र	.....
स्कूल	स्कू + ल	.....
गाँव	गाँ + व	.....
शहर	श + ह + र	.....
देश	दे + श	.....

### Activity 3: Draw and label your family tree.

#### Reading and Writing Activities:

With the help of the Educator, the students:

- study and read the words from the family tree provided.
- draw and label their family tree.

## परिवार-वृक्ष Family Tree



दादाजी



दादीजी



नानाजी



नानीजी



पिताजी



माँ



बड़ा भाई



छोटा भाई



मैं

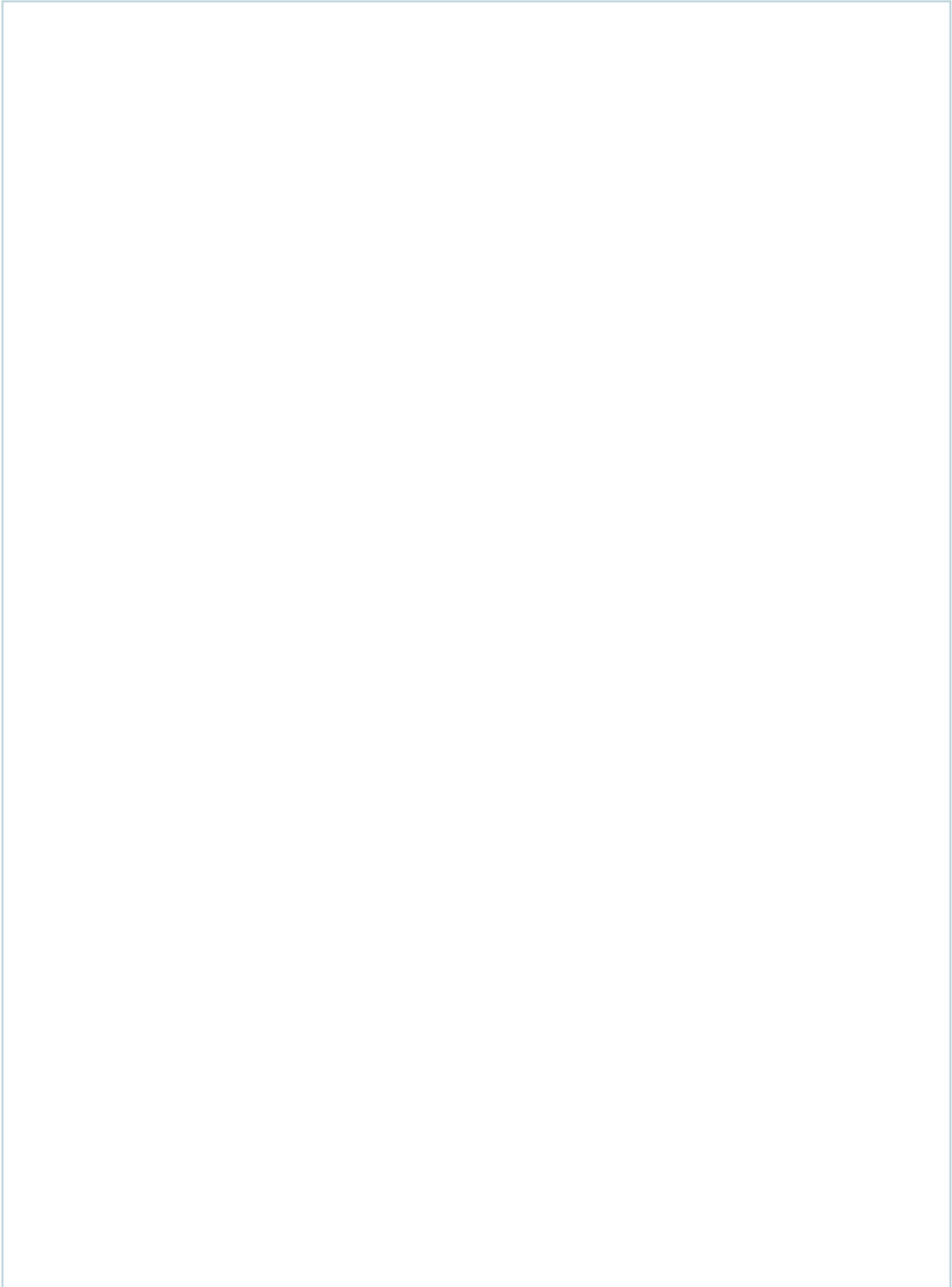


बड़ी बहन



छोटी बहन

 **Draw and label your family tree here.**

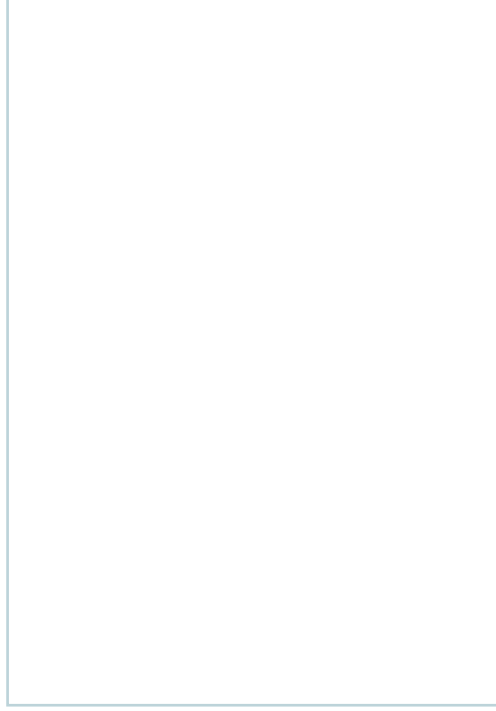


## Activity 4: Draw/paste your picture and speak about yourself.

### Speaking Activity:

The students:

- draw or paste a picture of themselves.
- talk about themselves based on the given prompts.



१. आपका नाम क्या है ?
२. आप कितने वर्ष के हैं ?
३. आपका जन्मदिन कब है ?
४. आप कहाँ रहते हैं ?
५. आपके कितने भाई हैं ?
६. आपकी कितनी बहनें हैं ?

## Activity 5: Spell and read aloud.

### Listening and Reading Activities:

- The Educator reads aloud repeatedly the words/phrases laying emphasis on the letters.
- The students listen and repeat several times.



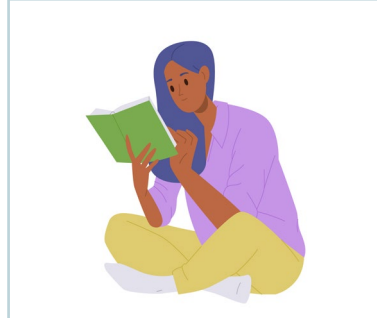
पकाना



साइकिल चलाना



खेलना



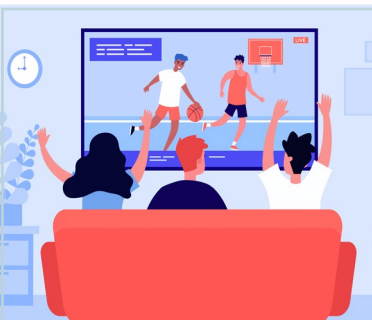
पढ़ना



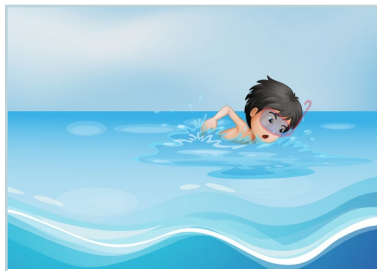
गाना



नाचना



टीवी देखना



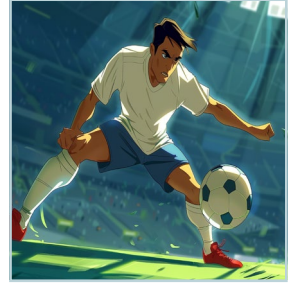
तैरना

## Activity 6: Matching.

### Reading Activity:

The students read the sentences with the help of the Educator and match the sentences with the appropriate pictures.

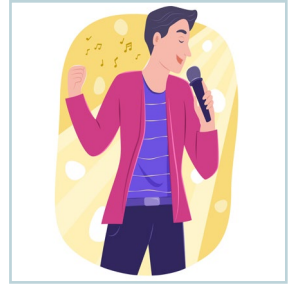
मेरे पिताजी एक गाना गाते हैं।



मेरी माँ पौधों को पानी देती है।



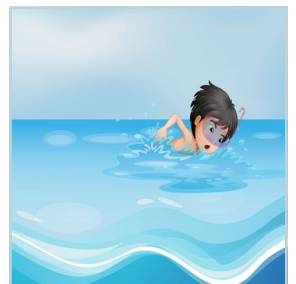
मेरा बड़ा भाई फुटबॉल खेलता है।



मैं समुद्र में तैरता/तैरती हूँ।



मेरी छोटी बहन बिल्ली का चित्र बनाती है।



## Activity 7: Read and match the sentences.

### Listening and Reading Activities:

- The Educator names the days of the week and explains the daily activities related to them.
- The students listen, repeat and match the sentences.

Days of the week - सप्ताह के दिन	
Sunday	रविवार
Monday	सोमवार
Tuesday	मंगलवार
Wednesday	बुधवार
Thursday	गुरुवार
Friday	शुक्रवार
Saturday	शनिवार

- रविवार को मैं घर पर आराम करता/ करती हूँ।
- सोमवार को मैं फुटबॉल खेलता/ खेलती हूँ।
- मंगलवार को मैं पौधों को पानी देता/ देती हूँ।
- बुधवार को मैं बरतन धोता/ धोती हूँ।
- गुरुवार को मैं सब्जियाँ काटता/ काटती हूँ।
- शुक्रवार को मैं घर साफ़ करता/ करती हूँ।
- शनिवार को मैं परिवार के साथ घूमने जाता हूँ।

## Matching

Column A	Column B
• रविवार को	• मैं पौधों को पानी देता/ देती हूँ।
• सोमवार को	• मैं घर साफ़ करता/ करती हूँ।
• मंगलवार को	• मैं सब्जियाँ काटता/ काटती हूँ।
• बुधवार को	• मैं घर पर आराम करता/ करती हूँ।
• गुरुवार को	• मैं परिवार के साथ घूमने जाता/ जाती हूँ।
• शुक्रवार को	• मैं बरतन धोता/ धोती हूँ।
• शनिवार को	• मैं फुटबॉल खेलता/ खेलती हूँ।

## Activity 8: Read and label the body parts.

### Reading Activity:

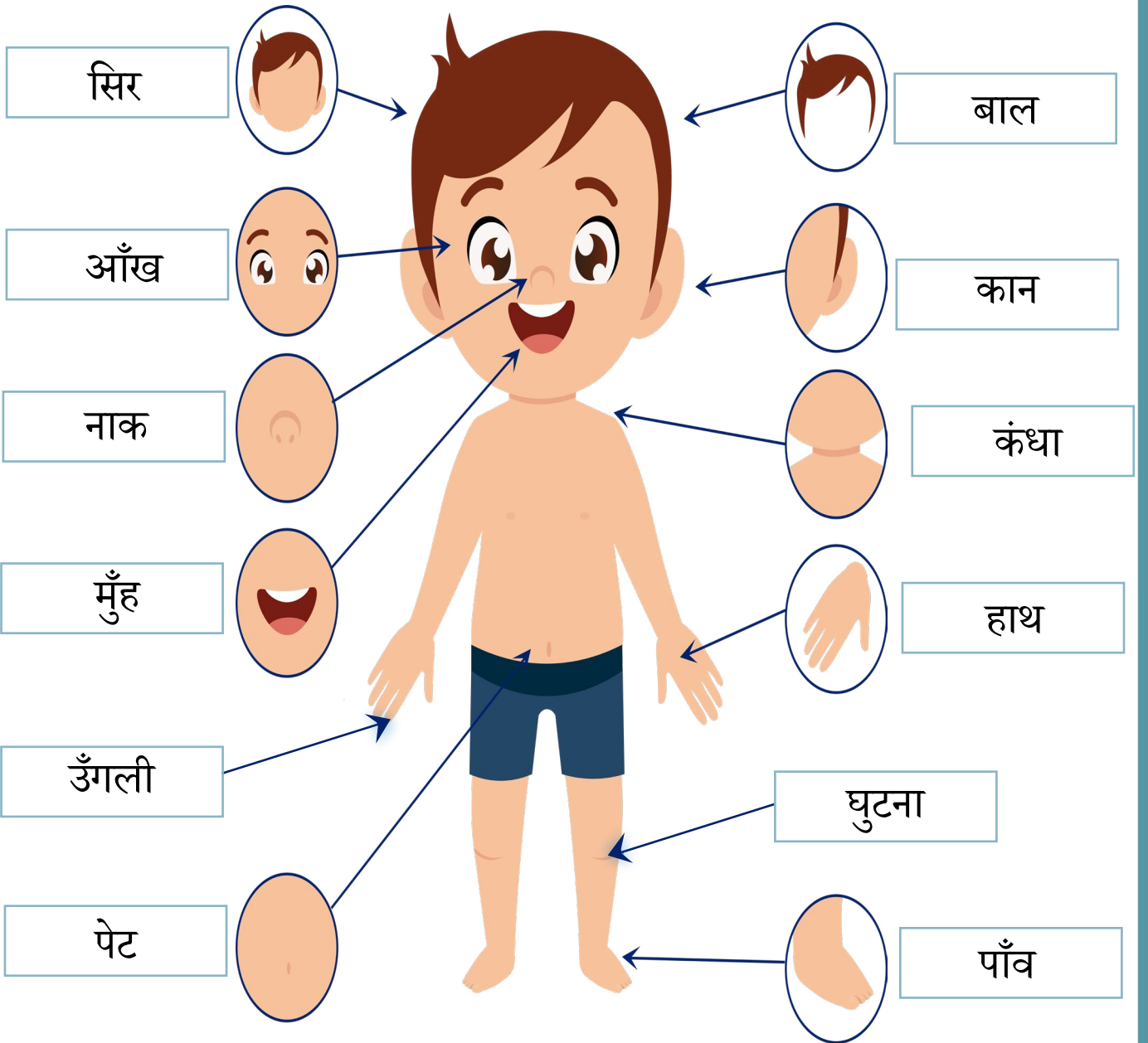
The students:

- read the words related to different body parts several times with emphasis on the letters.
- cut the words related to different body parts and paste them accordingly.

The Educator may access the audio-visual version of the song through these links:

<https://www.youtube.com/watch?v=T8AFKpKJLvs>

<https://www.youtube.com/watch?v=XA8KdcuedRA>





सिर



बाल



कान



आँख



पेट



कंधा



नाक



पाँव



मुँह



हाथ

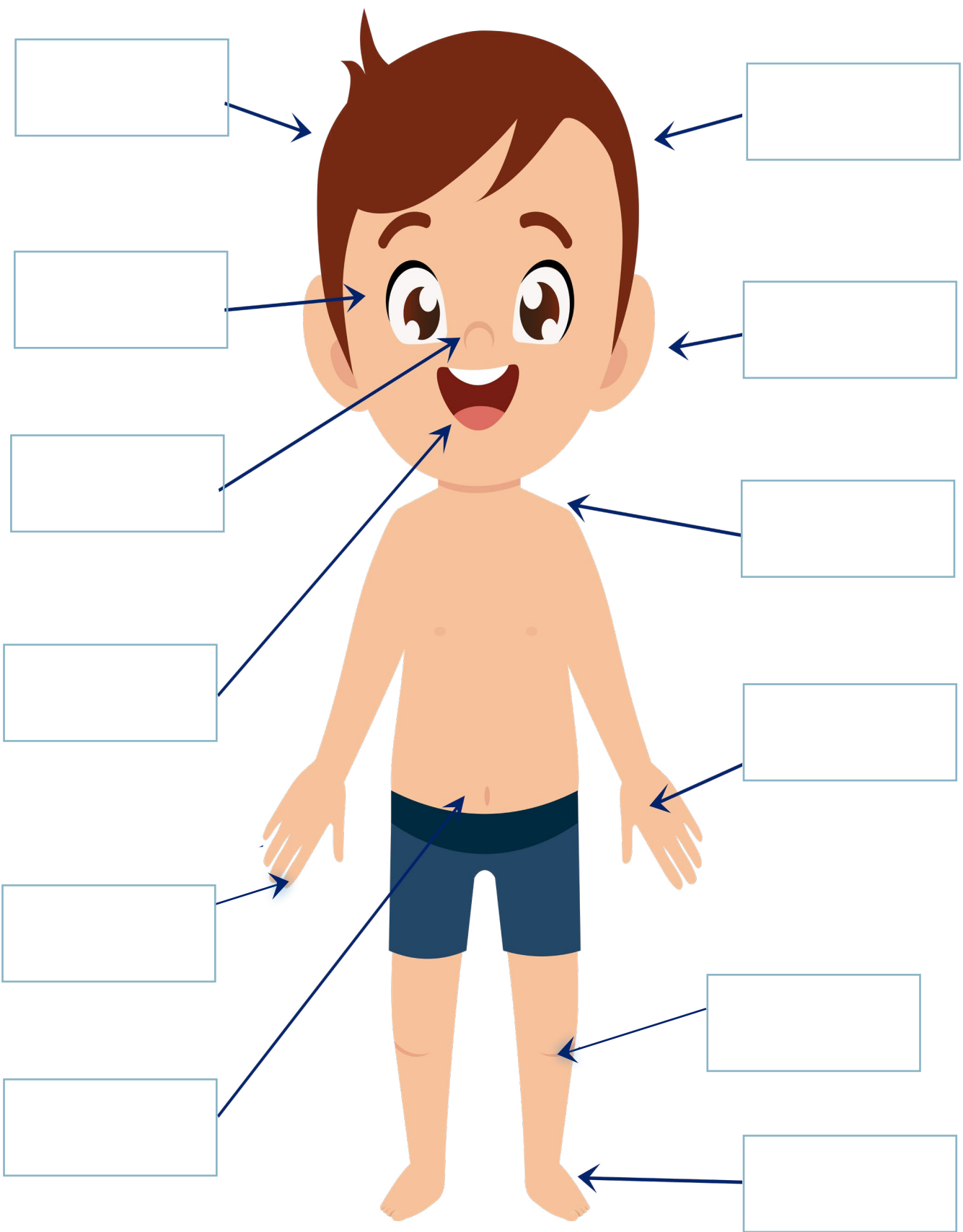


उँगली



घुटना





## Activity 9: Introduce yourself.

### Reading and Speaking Activities:

- The Educator reads and explains the text on self-introduction to the students.
- The students repeat after the Educator and introduce themselves.

नमस्ते । मेरा नाम सुधा/ समीर है । मैं बारह वर्ष की/ का हूँ । मैं ग्रेड सात में पढ़ती/ पढ़ता हूँ । मैं गाँव/ शहर में रहती/ रहता हूँ । मेरे बहुत से मित्र हैं । मैं पढ़ना पसंद करती/ करता हूँ । धन्यवाद ।

नमस्ते । मेरा नाम ----- है । मैं ----- वर्ष की/का हूँ । मैं ग्रेड ----- में पढ़ती/ पढ़ता हूँ । मैं ----- में रहती/ रहता हूँ । मेरे----- से मित्र हैं । मैं ----- पसंद करती/ करता हूँ । धन्यवाद ।