

LIST OF FRIDAY ACTIVITIES			
S.NO.	DATE	Activity Name	Competencies
1	10.04.2026	Ice Breaking Activity Introduction of Self.	C- 4.1 Starts recognising 'self' as an individual belonging to a family and community
2	17.04.2026	Hand wash activity Students will learn the steps to wash hands properly.	C-1.2 – Practice basic self - care and hygiene
3	24.04.2026	Cooking Without Fire (IntraClass Competition) Students will prepare a healthy dish and share its recipe with their peers.	C-1. 1 Shows a liking for and understanding of nutritious food and does not waste food
4	08.05.2026	MOTHER'S DAY CROWN Students will prepare a crown for their mother on the them --My Super Mom	C-12.3 Innovates and work imaginatively to express ideas and emotions through the art.
5	15.05.2026	TABLE MANNERS • Students will learn:- • How to wear bib/apron/put napkin • How to ask for things on table • How to properly hold a spoon and fork. • How to sit and behave on table	C-1.2 Practice self-basic care and
			Hygiene.
			C-1.4 Practice safe use of material and
			simple tools.
6	22.05.2026	Step by Step Arrange the bag according to the time table. Students will learn how to arrange books according to the time table.	C-13.1 Attention and intentional action, acquire skills to plan focus attention and direct activities to achieve specific goal.
7	10.07.2026	Yum Yum In My Tum Students will learn how to pack healthy food and lunch box for school.	C-1.1 Shows a liking for and understanding of nutritious food and does not waste food.
8	17.07.2026.	GLOBAL ATTIRE Students learn about different countries and their traditional dresses.	C-5.1 Demonstrates willingness and participation in age-appropriate physical work towards helping others
9	24.07.2026	Step by Step (Recapitulation) Arrange the bag according to the time table. Students will learn how to arrange books according to the time table.	C-13.1 Attention and intentional action, acquire skills to plan focus attention and direct activities to achieve specific goal.
10	31.07.2026	Friendship Day Celebration Students will describe picture shown by their teacher.	C-4.4 Shows cooperative behaviour with other children.
11	07.08.2026	Picture Description (Intra-Class Competition)	C-9.4 Understands oral instructions for a complex

		Students will describe picture shown by their teacher.	task and gives clear oral instructions for the same to others.
12	14.08.2026	Citrus Fruits & Non-Citrus Fruits Students will sit with a bowl of chopped fruits and differentiate-between citrus fruits and non citrus fruits by tasting and smelling.	C-2.4 Differentiates multiple smells and tastes C-4.4 Shows cooperative behaviour with other children
13	21.08.2026	Token of Love Teacher will teach students about Rakshabandhan. Student will bring rakhi and sweets to celebrate this festival.	C-12.5 Communicates and appreciates a variety of responses while creating and experiencing different forms of art, local culture, and heritage C- 4.4 Shows cooperative behaviour with other children
14	11.09.2026	Ganesh Chaturthi Students will learn the significance of mantras in our culture and learn Sanskrit mantras with their meaning	C- 10.4 Read stories and passages with accuracy and fluency with appropriate pauses and voice modulation.
15	18.09.2026	Dressing Up - Teacher will teach the following- - Wearing trousers - Buttoning the shirt Wear tie and Wear belt	C- 1.2 Practices basic self-care and hygiene. C-3.3 Shows precision and control in working with their hands and fingers.
16	25.09.2026	Swachh Bharat (Gandhi Jayanti) Teacher will educate students about the importance of Cleanliness. Students will bring a duster and will clean their desk and Cupboard with the help of their teacher.	C-1.3 Keeps school/classroom hygienic and organized.
17	09.10.2026	Sense of touch Children will learn about good and bad touch and how to differentiate between them.	C-1.6 Understands unsafe situations and ask for helps. C-2.5 Develops discriminations in the sense of touch.
18	16.10.2026	The Puppeteer Teacher will narrate a story to the students and then they will make a puppet of the characters they liked the most from the story.	C-9.4 Understands oral instructions for a complex task and gives clear oral. C-12.3 Innovates and work imaginatively to express ideas and emotions through the arts.

19	23.10.2026	Recapitulation of Hand Washing Students will learn the steps again to wash hand properly.	C-1.2 Practice self-basic care and Hygiene.
20	30.10.2026	Eco Friendly Diwali Teacher will initiate discussion with students about customs and rituals people follow on Diwali and reason behind those customs with values Related to it. Students will also prepare Rangoli in their class.	C-12.5 Communicates and appreciates a variety of responses while creating and experiencing different forms of art, local culture, and heritage. C-12.3 Innovates and works imaginatively to express ideas and emotions through the arts
21	13.11.2026	Being Independent Folding clothes activity Students will bring shirts and trousers and learn how to fold it in a proper manner.	C-Shows coordination between sensorial perceptions and body movements in various activities. C-3.3 Shows precision and control in working with their hand and fingers.
22	20.11.2026	Jungle Safari Student will dress up as an animal of their choice and will also experience virtual zoo safari.	C- 5.1 Demonstrates willingness and participation in age-appropriate physical work towards helping others.
23	27.11.2026	Toilet Etiquette - Teacher will show PPT related to toilet etiquette. - Students will visit their school washroom and learn the following- - Always close the door. - Remember to flush. - Don't pee on and around the seat. - Cover the toilet seat before leaving the washroom. - Always wash your hands. - Wipe your hands with the towel or napkin. - Always throw the used napkin in the dustbin.	C-9.4 Understands oral instructions for a complex task and gives clear oral instructions for the same to others C-1.2 Practices basic self-care and hygiene
24	04.12.2026	Plant a Tree Children will learn importance of plants and will go for a nature walk and will plant a seed with a tag of their class for future reference.	C-9.4 Understands oral instructions for a complex task and gives clear oral instructions for the same to others C-3.3 Shows precision and control in working with their hand and fingers.

25	11.12.2026	FIT INDIA Teachers will show PPT to students explaining the importance of physical fitness and different ways to keep our body fit for example yoga, aerobics, jogging etc.	C-2.6 Begins integrating sensorial perceptions to get a holistic awareness of experiences.
26	18.12.2026	Christmas (Craft Making) • Teacher will show a story related to the birth of Jesus Christ. Students will bring things to decorate and donate regular stuff to the donation drive camp.	C-5.1 Demonstrates willingness and participation in age-appropriate physical work towards helping others
27	22.01.2027	FIT INDIA (Aerobics) Students will perform choreographed exercises under the guidance of their Dance teacher. (Oral Quiz related to fit India will be conducted by the teacher in charge.)	C-3.2 Shows balance, coordination, and flexibility in various physical activities. C-3.4 Shows strength and endurance in carrying, walking and running.
28	29.01.2027	FIT INDIA (Yoga) Students will perform different asanas under the guidance of their yoga teacher.	C-3.2 Shows balance, coordination, and flexibility in various physical activities. C-3.4 Shows strength and endurance in carrying, walking and running.
29	05.02.2027	World of shapes (Intra-Class Competition) Students will make scenery using Different shapes.	C-1.5 Differentiate between shapes, colors, and their shades
30	12.02.2027	First Aid Activity Teacher will explain to students about first aid. Students will give mock first-aid treatment to their peers.	C-5.1 Demonstrates willingness and participation in age-appropriate physical work towards helping others
31	19.02.2027	Commencement of safety week • Physical Safety • Emotional Safety • Cyber Safety	C-3.2 Shows Awareness of safety (Physical, Emotional, Cyber).
37	26.02.2027	Safety week end with culmination Event Teacher and students will wrap up the week and with a short assembly. Students will present what they have learn through skits and songs.	C-3.2 Shows Awareness of safety (Physical, Emotional, Cyber).