**Shree Himalaya Vidhya Niketan**

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**Baijanath-5, Araniko Nagar, G Gaun, Banke**

**Class: ONE**

**15 days worksheet for lock down period**

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| **Day** | **Subjects** | | | | |
| **English** | **Nepali** | **Math** | **Science** | **Social** |
| Day 1 | Read and write 12 month’s name. | सात बारका नाम लेख र पढ / | Read and write 1 to 30. | Read and write 5 wild animals name. | Read and write colour’s name. |
| Day 2 | Read and write the names of 7 days. | बाह्र महिनाका नाम लेख र पढ / | Read and write one to thirty. | Read and write 5 domestic animals’ name. | Read and write the name of family members. |
| Day 3 | Read and write capital ‘A’ to ‘Z’. | दुइ अक्षरले बनेका शब्दहरु लेख र पढ / | Read and write counting number.  a. | Read and write parts of humans’ body. | Read and write the names of any 5 transport’s name. |
| Day 4 | Read and write small ‘a’ to ‘z’. | व्यञ्जन वर्णहरु लेख र पढ / (क देखि ज्ञ सम्म) | Read and write any 5 objects shape. | Read and write parts of plant. | Read and write the names of your friends. |
| Day 5 | Read and write ‘Apple’ to ‘Zebra’ | स्वर वर्णहरु लेख र पढ / (अ देखि अः सम्म ) | Read and write any 5 odd numbers. | Read and write any 5 vegetables’ name. | Read and write the names of places. |
| Day 6 | Read and write the words that have sound ‘a’. | आकार लागेका शब्दहरु लेख र पढ / | Read and write any 5 even numbers. | Read and write any 5 water animals’ name. | Read and write about the first day of the week. |
| Day 7 | Read and write the vowel’s letters. | ईकार लागेका शब्दहरु लेख र पढ / | Read and write any 5 devnagari number. | Read and write names of any 5 fruits. | Read and write any 5 indoor games. |
| Day 8 | Read and write the consonant letters. | उकार लागेका शब्दहरु लेख र पढ / | Read and write multiplication table of 2. | Read and write any 5 living things. | Read and write any 5 outdoor games. |
| Day 9 | Read and write the word that have sound ‘b’. | तीन अक्षरले बनेका शब्दहरु लेख र पढ / | Read and write multiplication table of 3. | Read and write any 5 non-living things. | Read and write your father’s name. |

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| **Day** | **Subjects** | | | | |
| **English** | **Nepali** | **Math** | **Science** | **Social** |
| Day 10 | Read and write missing letters in the gap. 1) C……w 2) Bir…… | बहुवचन बनाउ /  १. केटो = .........  २. केटी = ......... | Addition:  a. 2+1=  b. 1+4 = | Read and write any 5 pet animals’ name. | Read and write your mother’s name. |
| Day 11 | Make plural.  a) Cow = …………. b) Boy = ………….. | चन्द्रबिन्दु लागेका शब्दहरु ५ वटा लेख / | Subtraction:   1. 4 - 3 = 2. 7-2 = | Read and write any 5 insects name. | Read and write your school’s name. |
| Day 12 | Match the following.  Long Red  Black Short | ५ वटा फलफूलका नाम लेख / | Multiply:  a) 2x4 =  b) 9x3 = | Rearrange jumbled words.  a. WOL = …………  b. NAM = ……….. | Read and write name of any 5 clothes name. |
| Day 13 | Read and write your Principal’s name. | ५ वटा रङहरुका नाम लेख र पढ / | Divide:  a) 16 2=  b) 15 3 = | Read and write any 5 birds’ name. | Name of the home:  1. Man = ………….  2. Lion = …………..  3. Fish = ………….. |
| Day 14 | Read and write any 5 things used in classroom. | उल्टो अर्थ दिने शब्द लेख /  १. राम्रो = ............  २. बाठो = ............ | Write numbers name.  a. 20 = ……………  b. 48 = ……………. | Name of their babies.  a. Cow = ……………  b. Hen = ………….. | Write any 5 festivals’ name. |
| Day 15 | What is your name? | तिम्रो नाम के हो ? | Write numerals.  a. Ten = …….  b. Eleven = …….. | Circle the name of birds.  1. Parrot Cow Fish  2. Goat Sparrow Sheep | True false:  1. Cow gives us wool.  2. Cow is domestic animal. |

Class Teacher : 1. Bhuwansara Karki (9800595977)

2. Sita B.K (9812456939)

3. Kamala Rokaya ( 9804537201)

4. Rekha Yadav (9864902940)

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| **Day**  Class : One | **Subjects** | | | |
| **Drawing** | **Handwriting** | **Reading** | **PLE** |
| Day 1 | Draw a neat and clean picture of house. | Write one page English handwriting. | Read one page from Nepali book. | बिहान उठ्ने बित्तिकै बिस्तारा मिलाउने / |
| Day 2 | Draw a neat and clean picture of flower. | Write one page Nepali handwriting. | Read one page from English book. | आफ्नो किताबहरु राम्ररी मिलाएर राख्ने / |
| Day 3 | Draw a neat and clean picture of ‘jug’. | One Page: My name is ……. | Read english poem. | आफ्नो कपडा पटाउन सिक्ने / |
| Day 4 | Draw a neat and clean picture of tree. | One Page: I live in …………….. | Read 12 month’s name. | खाना पकाउन सघाउने / |
| Day 5 | Draw a neat and clean picture of fish. | One Page:  म एक कक्षामा पढ्छु / | Read 7 day’s name. | घर झाडु लगाउन सिक्ने / |
| Day 6 | Draw a neat and clean picture of book. | One page:म विद्यार्थी हु / | Read 5 domestic animals’ name. | फुलमा पानि सिचाई गर्न सिक्ने / |
| Day 7 | Draw a neat and clean picture of pencil. | One Page:  म फुटबल खेल्छु / | Read 5 water animals’ name. | सधै सफा हुन सिक्ने / |
| Day 8 | Draw a neat and clean picture of Bird. | One Page:  I love my nation. | Read name of 5 pet animals. | साबुन पानीले हात मुख धुन सिक्ने / |
| Day 9 | Draw a neat and clean picture of school. | One Page:  म किताब पढ्छु / | Read multiplication table of 2 and 3. | नङ आफै काट्न सिक्ने / |
| Day 10 | Draw a neat and clean picture of man. | One Page:म काम गर्छु / | Read any one Nepali poem. | भाडा माझ्न सिक्ने / |
| Day 11 | Draw a neat and clean picture of Apple. | One Page:  I read in class one. | Read English story. | ठुलाबडालाई सम्मान गर्न सिक्ने / |
| Day 12 | Draw a neat and clean picture of fan. | One page:  I play games. | Read Nepali Story. | सानालाई माया गर्न सिक्ने / |
| Day 13 | Draw a neat and clean picture of ball. | One Page: म भात खान्छु / | Read about fruits name. | घरका सामानहरु मिलाउन सिक्ने / |
| Day 14 | Draw a neat and clean picture of cow. | One Page:म पत्रिका पढ्छु / | Read about living things | खाना नपोखेर खान सिक्ने / |
| Day 15 | Draw a neat and clean picture of Mango. | One Page:  I get up early in the morning. | Read about your school. | घर वरपर सफा राख्न सिक्ने / |

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