



ST. VIVEKANAND PUBLIC SCHOOL SADABAD (HATHRAS)

DEPARTMENT: PRE-PRIMARY
Saturday Brain Exercise Activities

Know Thy State

UTTAR PRADESH (Amazing Heritage)

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Dear Parents,

"To know Thyself Is The Beginning Of Wisdom"- Socrates

In this endeavor, and to make our tiny tots self-aware and impart knowledge about their immediate surroundings, we have chosen the topic "**Know Thy State**" as part of our **Saturday Brain Exercises**. This project essentially focusses on our very own State, '**Uttar Pradesh**'. We urge you to help your child know more about the state and understand its rich heritage and cultural diversity. Capture your child's precious and special moments via photographs and videos while they engage themselves in a multitude of activities mentioned in the activity file will be maintained by the students as possible.

PS: Video links are provided for each activity for your perusal and reference. The class teachers shall remain in touch with the parents and students on Saturday during online classes,

in order to take up any queries or doubts related to the Saturday activities. We would request you not to go out away from the safe comfort of your home to buy any material. Alternatives used that are readily available at home will be appreciated (Waste Materials).

We Sincerely Hope and Pray for everybody's well being during these difficult times. May God Give Us Strength.....This Too Shall Pass !

Some quizzes will be held on Saturday for all the students based on the information gained while undertaking the plethora of activities. Winners will be awarded in offline classes.

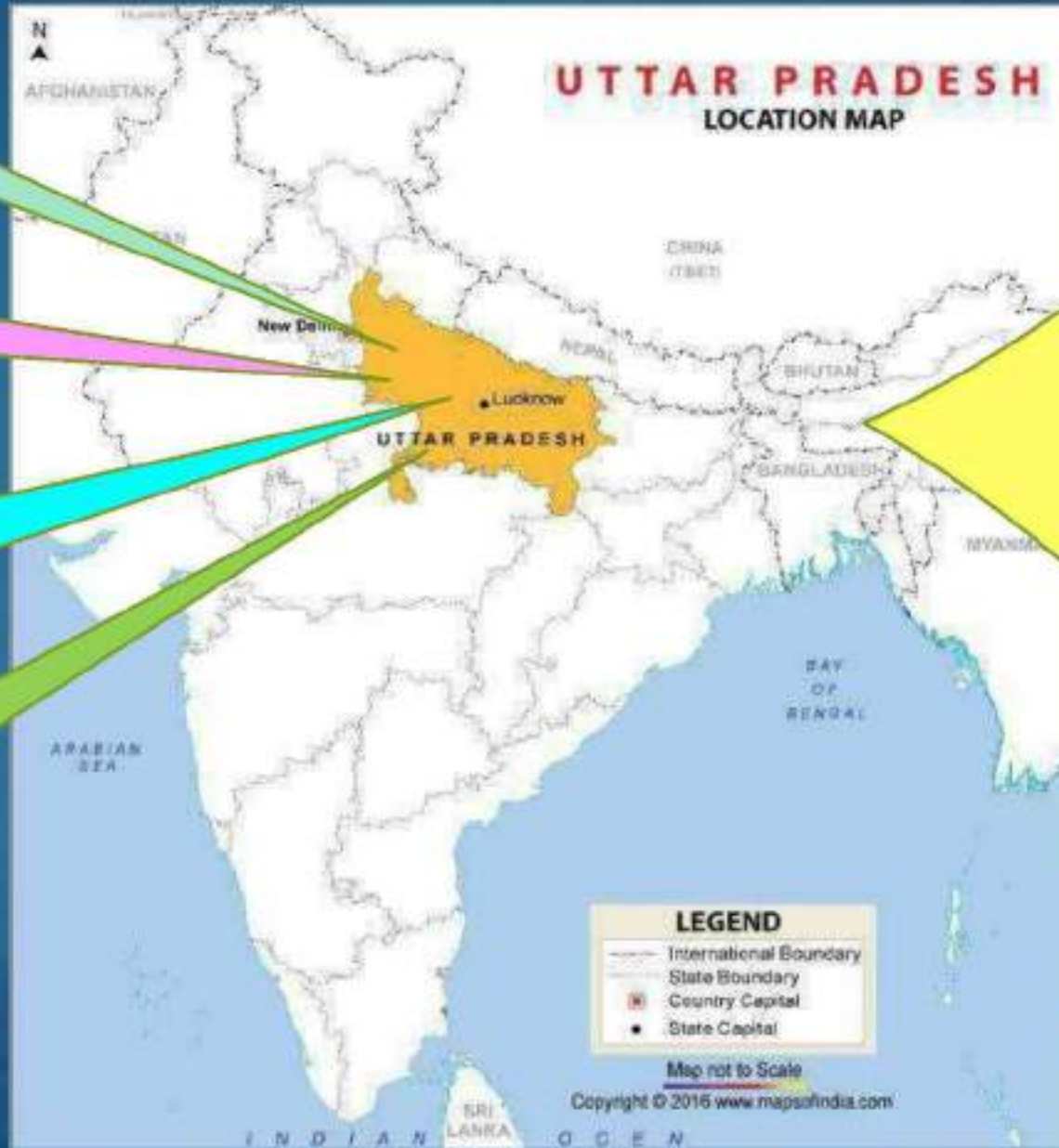
UTTAR PRADESH

The most populous state of Northern India.

The capital of Uttar Pradesh is Lucknow.

The major rivers are **Ganges**, **Yamuna**, **Gomti** and **Saryu**.

The main crops are wheat, rice, maize and sugarcane.



Parents are requested to help the tiny tots locate the state of Uttar Pradesh on the map of India(physical/online).

Virtual Tour of Uttar Pradesh

<https://youtu.be/DGnnl1m94Sg>

STATE SYMBOLS

Did You Know?..

PALASH known as the 'flame of the forest', has a beautiful orange hue.



State Flower - Palash



State Tree - Sita Ashok

Did You Know?..

SITA ASHOK is a beautifully branched tree which bears fragrant flowers. It is the same tree of Ashok Vatika mentioned in the epic 'Ramayana'.

Did You Know?..

SARUS CRANE is the world's tallest flying bird. They utter high pitched calls.

<https://youtu.be/aYpUE1AzZhw?t=23>



State Bird - Sarus Crane

Did You Know?..

BARASINGHA (SWAMP DEER) has large antlers. The new born babies of this species exhibit spots on their body, which help them to camouflage and escape their predators.



State Animal - Barasingha

ORIGAMI FINGER PUPPET

Material Required: White/Grey paper -15cm, Red origami paper, Googley eyes, Black sketch pen.

Follow the given link to make the puppet:

<https://youtu.be/Ng39VyluOYs?t=124>

Dear kids, would you like to run fast like a Barasingha wearing a mask. Let's prepare a mask.

Material Required - Pastel sheet- brown, golden/red paper, Fevicol, ribbon, white paint.

Follow the given link to make the mask:

https://www.youtube.com/watch?v=_OJWRPgh64U&ab_channel=SCHOOLCRAFT



A WALK THROUGH UTTAR PRADESH



Uttar Pradesh is home to many historical monuments that transport you to a different era and it's quite a surreal experience to witness those beautiful cenotaphs, forts, walled cities, stupas and ancient ruins of Buddhism.

Whatever your choice might be, it's going to be a fascinating journey....

Video Link: <https://youtu.be/QTskLFfpDcM>




'The Taj Mahal' - The Seventh Wonder of the World : This ivory white marble mausoleum on the bank of river Yamuna is simply majestic.




Tear paper finely into small pieces and paste it aesthetically on the image of the Taj Mahal to make it look even more majestic.

A WALK THROUGH UTTAR PRADESH

DID YOU KNOW?



Sri Krishna, one of the most loved and revered character of Hindu mythology is believed to be born in Mathura, a city in Uttar Pradesh. The origin of India's biggest festival, **Diwali**, can be traced back to the city of Ayodhya, the birthplace of Lord Rama.



The state is covered with a vast area of forest which is home to myriad wildlife species. It hosts many wildlife and bird sanctuaries such as Dudhwa National Park, Bakhira Wildlife Sanctuary, Hastinapur Wildlife Sanctuary, Okhla Bird Sanctuary to name a few.

Create a miniature **Wildlife sanctuary** with animals and birds made out of clay/ kneaded dough. Please refer to the links and make any 2 animals and 1 bird of your choice.

Video Links:

https://www.youtube.com/watch?v=oZjDbirBkvw&ab_channel=PlaywithCrazyBuGS

https://www.youtube.com/watch?v=wO4_7uhAP3k&ab_channel=Play-DohCompound

https://www.youtube.com/watch?v=wWxRIIdTYOTQ&ab_channel=CraftingHours

https://www.youtube.com/watch?v=nsptNuBEbrc&ab_channel=wikiHow



From Farm to the Table

Summer Vegetables



Its Summer Time! There are a few vegetables that are enjoyed the best in summers. Why not try to grow these in our pots? You will be surprised its not very difficult! For e.g. vegetables like tomato and lady finger can be very easily grown at home.

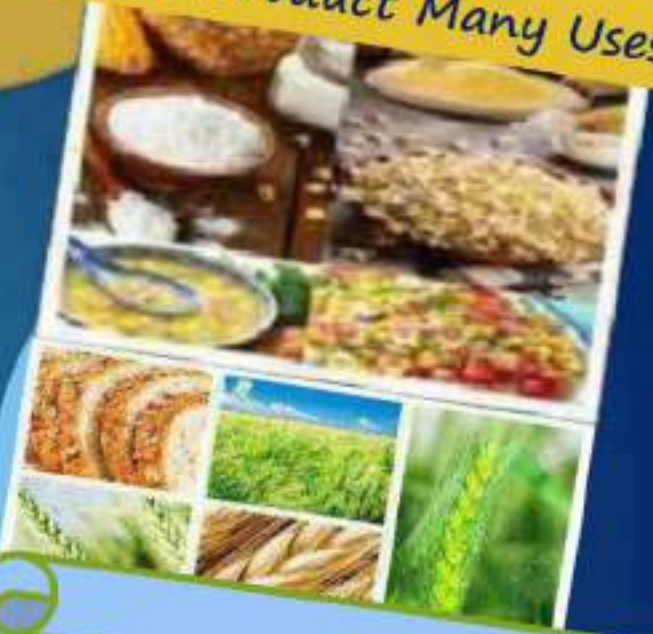
You can sow any two vegetables of your choice and enjoy your organic farming at home. You may watch the given video for reference.

<https://youtu.be/MIZLeaTfT0o>



Green Tip: Do not forget to water your plants everyday!

Corn/ Wheat One Product Many Uses



Corn, wheat and sugarcane are a few versatile agricultural products grown in UP. These can be used in various forms for e.g. sugarcane can be used to make jaggery, sugarcane juice, sugar etc. Similarly, lets identify the different uses of wheat or corn. (Child can write the uses of any one crop by way of drawing/ putting samples in a collage)

Cuisine

DELICIOUS KESAR KULFI



<https://youtu.be/f6D7A6-QN18>

KULFI- is a famous dessert of Uttar Pradesh which is usually enjoyed in summers. It is made of churned milk, flavoured with cardamom and saffron and mixed with dry fruits. Kulfi is also served with white or saffron coloured 'faluda'. The taste of kulfi is very relaxing and refreshing in Summers.

INGREDIENTS-

Milk- 2 lts
Saffron- 1/4 tsp
Cream- 1 cup
Milk powder- 1 cup
Sugar- 1/2 cup
Cardamom powder- 1/2 tbsp.
Cashew- 2 tbsp., chopped
Pistachios- 2 tbsp., chopped
Almonds- 2 tbsp., chopped

Dear Children,
Be a companion to your family, help them and observe the steps of making of your favourite 'Kesar Kulfi' - An authentic and traditional ice-cream.
Enjoy and relish it together after lunch or dinner.

Let your taste buds travel through Uttar Pradesh with Bedmi Puri..

Make your Sunday an interesting one helping your parents in making these tasty dishes..

Famous Cuisine of Uttar Pradesh

- Baati Chokha
- Bedmi Puri
- Pera
- Petha
- Tehri
- Baigan Ki Launj
- Galouti Kebabs
- Bhindi Ka Saalan



<https://youtu.be/jmSqWQSGPIO>

POTATO SUBZI

- 6 boiled potatoes cut into cubes
- Salt to taste
- One 1" piece of ginger finely chopped
- 1 tablespoon of cumin seeds
- $\frac{1}{2}$ teaspoon of asafoetida
- 2 pods of dry red pepper
- $\frac{1}{2}$ teaspoon of turmeric powder
- 1 teaspoon of crushed red pepper
- 2 teaspoon soaked methi seeds
- 1 teaspoon of ground black pepper
- 1 tablespoon of mango powder
- Pinch of black salt
- 1 teaspoon kasuri methi
- 1 teaspoon fresh coriander leaves
- For the recipe, click on the link:

BEDMI PURI

- Wheat Flour - 2 cup
- Sooji - $\frac{1}{2}$ cup
- Fenhel seeds-1 teaspoon
- Urad dal or Moong - $\frac{3}{4}$ th cup
- Salt - 1 teaspoon (according to the taste)
- Coriander powder - 1 $\frac{1}{2}$ teaspoon.
- Red chilli powder - less than $\frac{1}{4}$ teaspoon.
- Garam masala - less than $\frac{1}{4}$ teaspoon.
- Green chilli - 1 finely chopped
- Ginger - 1 inch long piece.
- Oil - to fry Bedmi Puri



Uttar Pradesh: The Incubator Of Poets

TULSI DAS



STORY OF TULSI DAS
<https://youtu.be/IRdzXTSqusc>

VALMIKI



STORY OF VALMIKI
<https://www.youtube.com/watch?v=vBH2AD5rRio>

Uttar Pradesh has a very rich tradition of poetry. The poetry in Uttar Pradesh is done in nearly all the languages but the torchbearers are Hindi and Urdu. Apart from that, Awadhi and Braj Bhasha also contribute a lot. Uttar Pradesh is a part of the country that has always gifted us with some of the most beautiful-minded poets of all times like Tulsi Das, Surdas, Valmiki, Kabir Das and Harivansh Rai Bachchan .

KABIR DAS



Learn and recite dohas of saint Kabir. Dress up as Saint Kabir and record and upload the video of your doha rendition in Google Classroom.

गुरु गोविन्द ठोऊ छहे, काके लागू पाय ।
बलिहारी गुरु आपने, गोविन्द दियो बताय ॥

साई इतना दीजिये, जामें कुटुंब समाप ।
मैं भी भूखा ना रहूँ, साधु ना भूखा जाय ॥

HARIVANSH RAI BACHCHAN



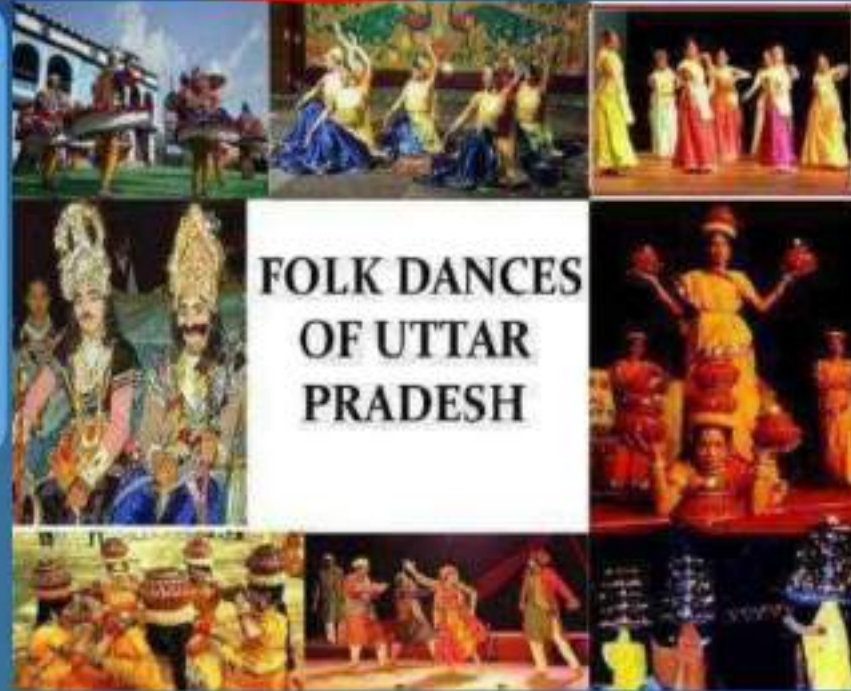
GHANTI KI TAN TAN
<https://www.youtube.com/watch?v=PKzwsNfAHH4>

Prepare a cutout of a bell from an a4 pastel sheet. Decorate it. Learn and recite GHANTI KI TAN TAN poem by holding self made bell in your hands. Upload the picture/video in Google classroom



DANCES OF UTTAR PRADESH

Dance as a powerful impulse and dance as a skillfully choreographed medium, are the two parameters of this performing art that go hand in hand. Through **dance**, students learn teamwork, focus, and rhythmic skills.



Explore about the folk dances of Uttar Pradesh. Prepare a short video (1Minute) on any one form of Dance of Uttar Pradesh.



https://www.youtube.com/watch?v=ICW12simVAo&t=6s&ab_channel=AbhinaVaDanceCompany

The dances of Uttar Pradesh can be broadly classified in two categories namely - Classical and Folk. The first group comprises **Kathak** where as the later has **Charkula**, **Karma** and **Dadra** in its list. Kathak is one of the most famous classical dances of India.

https://www.youtube.com/watch?v=mFunnObL86A&ab_channel=DanceRehearsal



DID YOU KNOW?

Khurja Pottery is a traditional Indian pottery, originated in Khurja, a city in Bulandshahr district of UP. It is an unique craft of Uttar Pradesh where utensils and decorative pieces of different shapes, designs, and colours are made.

Earthenware Painting Live Love Pottery

Steps to Paint Clay Pots:

1. Take a clay pot. Use a sand paper to smoothen the rough pot.
2. Soak the pot for 1 hour and let it dry completely.
3. Lay newspapers down. Put the pot upside down on it.
4. Use acrylic paint / poster colours to paint the pot.
5. Let the pot sit and dry for a few more days before you plant anything on it.



Note: The child may reuse any pot available at home.

Video link: https://www.youtube.com/watch?v=91HoI5_1OXA&ab_channel=ShrutiShiva

HANDWEAVING- MAKING OF A CARPET

"Move up and down"

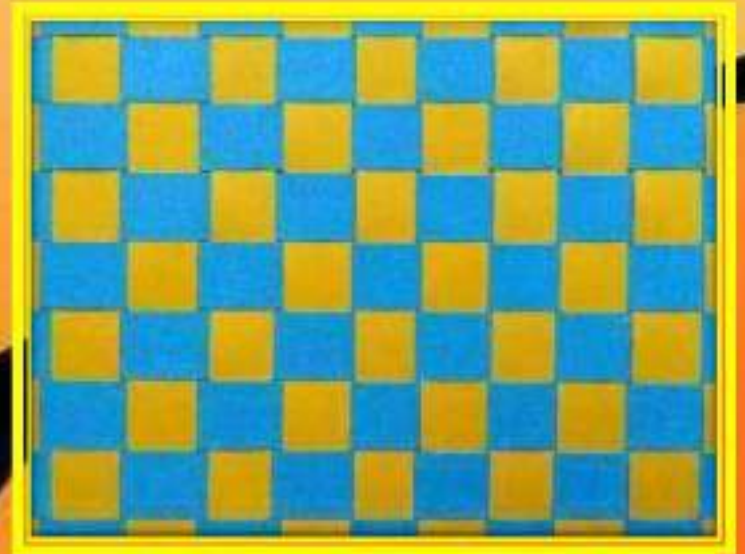
WE WANT YOU TO
KNOW...

Mirzapur - Bhadohi in Uttar Pradesh is a hub for weaving of floor coverings of different types like durries, kilims, pile and knotted carpets. The skill set of these weaving artisans can be traced back to the Mughal era.

GET SET DECORATE

CREATE YOUR OWN TABLE
MAT

After making the mat, use decorative material like studs, sequins and stickers to decorate the mat. Laminate and use it as a table mat.



Material Required:

- || A4 pastel sheets of different colours.
- || Glue
- || Scissors

Video link for the reference of Parents

<https://youtu.be/Le4zuzzAgjY>

Learning Outcomes:

- Children will be able to learn about the location and various state symbols of Uttar Pradesh.
- Children will know which vegetables are grown in summer. They will also understand how to grow their own food and take care of the plants.
- Cooking activities will develop child's thinking, problem solving and creative skills.
- The children will learn about the wide literature and poetry of Uttar Pradesh.
- The child will be able to understand and apply various weaving patterns along with the vibrant colour shades used.

Competency Built:

- Children will be able to develop their aesthetic & fine motor skills along with eye hand coordination.
- Children will be able to enhance their creativity, ability to work independently and decision making skills.
- Children will be able to enhance their recitation skills and vocabulary.
- Children will learn to explore the world through their senses.
- The activities will sharpen their observation skills.



BRAIN EXERCISES FOR CHILDREN