



CHINMAYA VIDYALAYA, NEW DELHI
YEARLY SYLLABUS (2026-27)
BAL VATIKA –I

ENGLISH

Developing communication skills through fun and interactive methods.

•Listening, Speaking, Reading, Writing

- Storytelling and rhymes
- Show-and-tell activities
- Conversations and role-plays

•Tracing of Letters (Aa-Zz) with Phonetic Sounds

- Letter tracing and formation
- Phonetic recognition through flashcards

RELATED ACTIVITIES: Tracing, Pattern Walk, Scribbling, Sand and Air Tracing, Hopscotch, Alphabet Doodling, Alphabet Fun Activity, Letter Hunt, Play Dough, Free Hand Drawing.

•Vocabulary Related to Letters (Aa-Zz)

- Picture-word association
- Learning new words for each letter

RELATED ACTIVITIES: Vocabulary Game, Flashcard Fun, Storytelling with Puppets, Alphabet Hunt, Guess the Objects, Sing- Along Songs with Actions.

•Pre-Writing Exercises

- Tracing standing, sleeping, slanting lines and curves
- Freehand drawing

•Picture Reading

- Recognition of alphabet A-Z
- Identifying and describing objects in pictures
- Answering simple questions based on images

•Freehand Drawing

- Encouraging creativity with colours and shapes

•Reading of CVC Words

- Introduction to consonant-vowel-consonant (CVC) words like cat, dog, bus

Story Integration:

- Meet Meenal (Myself)
- The Blue Ball (Family)
- My New Friend (Body)
- The Orange Soup (Food)
- Gift for Granny (Plants)
- Patty Catty (Animals)
- Tara and her Doll (Helpers)

Sight Words- Recognizing frequently used words (I, the, and, is, to, in you, we, he, she, like, in, on, this, that, an, at, put, go, said)

HINDI

Building foundational skills in Hindi language.

Introduction of Swar (अ से अः)

- Recognition of swar
- Rhymes and stories related to swar

RELATED ACTIVITIES: Tracing, Pattern Walk, Scribbling, Sand and Air Tracing, Hopscotch, Doodling, Play Dough, Free Hand Drawing.

Introduction of Vyanjan (क – ज्ञ)

- Recognition of vyanjan
- Learning vyanjan sounds
- Vocabulary building with vyanjan

RELATED ACTIVITIES: Tracing, Pattern Walk, Scribbling, Sand and Air tracing, Hopscotch, Doodling, Play Dough, Free Hand Drawing.

COGNITIVE DEVELOPMENT

• **Shapes:**

Circle, Triangle, Square, Star, Rectangle, Diamond, Semicircle, Oval, Heart

LOGICAL THINKING ACTIVITIES: Shape Pattern Making , Complete the Shape Sequence, Missing Shape Puzzle, Find the Odd Shape

RELATED ACTIVITIES: Jodo Gyan, Shape Sorting, Building Blocks, Shape Dice Activity, Collage Activity, Puzzles, Floor Mat Activity. Shape-O-Mania.

• **Colours:**

-Red, Blue, Green, Yellow, Orange, Purple, White, Pink, Black

LOGICAL THINKING ACTIVITIES: Colour Pattern Making, Complete the Colour Sequence, Rainbow Sequencing

RELATED ACTIVITIES: Colour Days, Colour Mixing Activity, Colouring and Craft, Sorting, Colour Hunt, Printing and Painting.

• **Numbers:**

- 1–10 (counting, recognition and tracing)
- Odd one out
- What comes next, in-between, and before

LOGICAL THINKING ACTIVITIES: Complete the Number Sequence, Missing Number Game, Number Ladder, Before–After Number Game, Arrange Numbers in Order

RELATED ACTIVITIES: Number Walk, Number Sorting, Count and Match, Roll the Dice and Count, Sequencing, Number Bingo, Clap and Count, Tracing Numbers, Number Hunt, Beads, Count and Match.

Problem-Solving (Mazes, Puzzles)

•Pre-Number Concepts:

- Happy–Sad
- Big–Small
- Dry–Wet, Hard–Soft
- Clean–Dirty
- Hot–Cold
- Fast–Slow
- Inside–Outside
- Light–Heavy
- Open–Close
- Inside–Outside
- Light–Heavy
- Open–Close

LOGICAL THINKING ACTIVITIES: Big to Small Sequencing, Heavy to Light Arrangement, Daily Routine Sequencing, Story Picture Sequencing, Before–After Concept Cards, Inside–Outside Sorting Game, Open–Close Matching, Hot–Cold Sorting, Clean–Dirty Sorting, Fast–Slow Arrangement Game

RELATED ACTIVITIES: Sorting Activities, Touch and Feel Activity, Sequencing, Spot the Difference, Odd one Out.

GENERAL AWARENESS

Learners will explore the world around them through observation, discussion and hands-on activities.

Myself and my family

- Myself and my family
- Feelings, emotions, likes and dislikes
- Clothes, toys, friends and different emotions
- Importance of family
- Helping each other
- Sharing and caring
- Respect and gratitude
- Good habits and Magic words—please, thank you, sorry

RELATED ACTIVITIES : Mirror Talk (About Myself), Show and Tell (My Favourite Toy), Emotion Faces Game, Happy–Sad Sorting Activity, Dress Up Fun, Role Play (Family Members), Thank You Card Making, Good Habits Sorting Activity, Circle Time Sharing, Friendship Band Making, My Family Tree Activity

My Body

- Different parts of body and their functions
- Sense organs
- Body movements
- Cleanliness routine
- Safe and unsafe awareness

RELATED ACTIVITIES : Head to Toe Action Game, Point & Tell Body Parts, Mirror Me Activity, My Body Puzzle, Face Making Fun, Sense Station Game ,Smell & Tell, Taste Test Fun, Touch & Feel Box, Healthy Habits Role Play, Brush Your Teeth Activity, Hand Wash Drill, Jump, Run & Clap Game, Body Parts Hopscotch, Simon Says (Body Actions)

Health and Hygiene

- Body Cleanliness
- Hand Hygiene
- Oral Hygiene
- Clean Clothes
- Healthy Food and Clean Drinking Water
- Good Habits
- Toilet Hygiene
- Clean Surroundings
- Importance of exercise and Play

RELATED ACTIVITIES : Hand Wash Activity, Brush Your Teeth Demo, Clean vs Dirty Sorting Game, Germs Away Glitter Activity, Role Play – Good Habits, Toilet Etiquette(Role Play), Dustbin Toss Game, Exercise Time (Jump & Stretch), Before & After Cleaning Activity

Healthy and Unhealthy Food

- Importance of healthy food
- Harm of unhealthy Food
- Fruits and Vegetables
- Home-cooked food
- Importance of eating fresh food
- Colourful plate (variety of food)
- Good eating habits
- My favourite healthy food

RELATED ACTIVITIES : Healthy vs Unhealthy Sorting Game, Food Basket Activity, Eat Right Plate Activity, My Healthy Lunch Box Activity, Food Collage Making, Healthy Food Bingo, Guess the Food Game, Smile or Sad Food Game, Fruit and Vegetable sorting, Collage Activity

Transport

- Modes of Transport: Land, Air, and Water
- Fast and Slow Vehicles
- Big and Small Vehicles
- Emergency Vehicles
- Sounds of Vehicles
- Road Safety Rules and Traffic Signals
- People Who Help in Transport (Driver, Pilot, Sailor)
- My Favourite Vehicle

RELATED ACTIVITIES : Transport Sorting Game, Traffic Light Game, Paper Plane Flying, Sink or Float Activity, Boat Making, Joy Ride, Traffic Park Activity, Traffic Signal Game, My Favourite Vehicle Craft, Move Like a Vehicle Game

Plants

- Plants Around Us
- Importance of Plants
- Types & Kinds of Plants
- Parts & Growth of Plants
- Seed germination
- Needs of Plants (Water, Sunlight, Air)
- Uses of Plants
- Fruits, Vegetables & Flowers
- Caring for Plants

RELATED ACTIVITIES : Show and Tell, Nature Walk, Guess the Plant, Seed Germination Activity, Water the Plant Activity, Leaf Printing Activity, Plant Matching Game, Parts of plant puzzle, Big and Small Plant Sorting, Tree Craft Activity

Animals

- Types of Animals: Farm, Pet, Wild, and Aquatic
- Animal Babies: Names and characteristics
- Animal Products: Benefits and uses
- Animal Sounds: Recognizing different sounds
- Animal Homes: Where animals live
- Caring for Animals: Responsibilities towards animals
- The Butterfly's Journey: Life cycle of a butterfly

RELATED ACTIVITIES:

Animal Walk, Sorting Game, Story Time, Show and Tell, Guess Who, Clay Moulding, Puppet Show, Free Hand Drawing, Jurassic Kart, Create, Animal Mask

Community Helpers

- People Who Help Us
- Different Helpers & Their Work
- Their Tools & Workplace
- How They Help Us

RELATED ACTIVITIES : Role Play, Show and Tell, Helpers Visit Activity, Draw Your Favourite Helper, Tools Identification Activity, Matching Activity, Who am I? Guessing Game

GROSS MOTOR DEVELOPMENT

- Walking (straight, zigzag, toes & heels)
- Jumping, Hopping
- Balloon Toss
- Agility Ladder
- Parachute Play
- Throwing & Catching Ball
- Balance Activities (one foot, beam, balloon balance)
- Fire in the Mountain
- Simon Says
- Action Games (freeze, musical games, follow the leader)
- Crawling, Climbing, Obstacle Crossing
- Animal Walk, Ladder Jumping
- Animal Races
- Pass the Ball
- Obstacle Race
- River Crossing Game
- Freeze and Dance
- Musical Chair
- Hurdle Race
- Tunnel Crawl
- Zig-Zag Running
- Balance Walk
- Catch the Bubble
- Follow the Leader
- Duck Walk Parade

FINE MOTOR DEVELOPMENT

- Scribbling, Drawing, Colouring
- Paper Tearing, Pasting, Crushing
- Clay Modelling
- Finger Painting, Palm Printing
- Collage Making, Vegetable Printing
- Threading, Beading
- Bottle Capping/Uncapping
- Craft Activities (frame decoration, yarn, sponge, blow painting)
- Paper Crumpling
- Bead Threading
- Paper Tearing & Pasting
- Clay / Play Dough Play
- Cloth Peg Clipping
- Dal / Bead Sorting
- Scribbling & Coloring
- Puzzle Play
- Spoon Transfer Activity
- Buttoning & Unbuttoning
- Lacing Cards
- Sticker Pasting
- Cotton Ball Picking
- Finger Painting
- Sand Tracing
- Paper Crumpling
- Pom-Pom Transfer
- Dropping Coins in Box
- Rubber Band Stretching
- Ice Cream Stick Arranging
- Pipe Cleaner Beading
- Sponge Activity

SHISHU VIHAR ACTIVITIES

Myself & My Family

- I Am Special Circle Time
- My Family Bonding Activity
- Gratitude for Family Prayer
- Family Love Drawing
- Role Play – My Home
- Thank You Card for Parents
- Family Value Story Time
- Respect Elders Activity

My Body

- Thank You God for My Body Prayer
- Body Awareness Game
- Sense Organs Exploration
- Yoga for Kids
- Action & Movement Game
- My Healthy Body Drawing
- शरीर पहचान (Body Parts पहचान)
- Body Care Talk

Health & Hygiene

- Cleanliness is Godliness Activity
- Handwashing Prayer & Practice
- Good Habits Story Time
- Hygiene Routine Role Play
- Neat & Clean Check Game
- Brush & Bath Demo
- Clean Surroundings Activity
- Habit Formation Chart

Healthy & Unhealthy Food

- Satvik Food Sorting Activity
- Thank God for Food Prayer
- Healthy Plate Making
- Food पहचान Game
- Good Food Habits Talk
- Fruit Sharing Activity
- Food Gratitude Circle
- My Tiffin Talk

Transport

- Modes of Transport Sorting
- Traffic Rule Role Play
- Follow the Signals Game
- Vehicle Sound पहचान
- Road Safety Talk
- Travel Story Sharing
- Push & Pull Activity
- My Journey Drawing

Animal

- Animal Sound Mimicry
- Wild vs Domestic Sorting
- Animal Walk Activity
- Feed the Animals Pretend Play
- Animal Mask Craft
- Kindness to Animals Talk
- Match the Animal & Home
- Jungle Role Play
- Pet Care Discussion
- Save Animals Awareness Activity

Plants

- Plant a Seed Activity
- Nature Prayer Time
- Water the Plants
- Leaf Collection Activity
- Parts of Plant Learning
- Tree Hug Activity
- Nature Walk Observation
- Save Plants Discussion

Community Helpers

- Seva (Service) Role Play
- Helper पहचान Game
- Thank You Helper Activity
- Tools Matching Game
- Dress Like a Helper
- Community Helper Story Time
- Respect All Workers Talk
- Helping Hands Activity

EXPLORATION

- Self & family
- Immediate environment (home, school)
- Body parts & uses
- Healthy habits & hygiene
- Food (fruits, vegetables, taste, texture)
- Transport (types, speed)
- Plants (types, care, environment)
- Animals (types, homes, food)
- Helpers (roles, tools)

SOCIO-EMOTIONAL DEVELOPMENT

- Expressing feelings & emotions
- Sharing & interaction
- Respect for family, elders, helpers
- Good habits & hygiene
- Empathy (towards people, animals, plants)
- Safety rules & awareness
- Self-help skills (eating, cleaning, dressing)

SEASONS & FESTIVALS

- **Seasons:** Summer, Monsoon, Autumn, Winter, Spring
- Seasonal clothes & habits
- **Festivals:**
 - Ambedkar Jayanti
 - Good Friday
 - Eid-ul-Fitr
 - Buddha Purnima
 - Raksha Bandhan
 - Independence Day
 - Janmashtami
 - Ganesh Chaturthi
 - Durga Puja
 - Dussehra
 - Dussehra
 - Diwali
 - Bhai Dooj
 - Guru Nanak Jayanti
 - Christmas
 - Lohri

MONTHWISE SYLLABUS BREAKUP

DANCE

CLASS- BAL VATIKA –I (2026-27)

Month	Topics Covered
APRIL	Aerobics Zumba Punjabi Dance on Baisakhi song “Peepa”
MAY	Folk Dance “Peepa”
JULY	Guru Vandana
AUGUST	Patriotic Dance “Jai Ho”
SEPTEMBER	Dance on song “Jungle jungle baat chali hai”
OCTOBER	Dance of devotional song “Vaishnava Janato”
NOVEMBER	Diwali song “Diwali Aai”
DECEMBER	Dance on Christmas Song “Jingle bells”
JANUARY	Dance on the theme of Brotherhood “Bhai tu meri jaan hai”
FEBRUARY	Free Style Dance “Lakdi ki kathi”

MONTHWISE SYLLABUS BREAKUP

WESTERN MUSIC

CLASS- BAL VATIKA –I (2026-27)

Month	Topics Covered
APRIL	“If You’re Happy and You Know It”, “Clap Your Hands”
MAY	“Head, Shoulders, Knees and Toes”, “The Hokey Pokey”
JULY	“Old MacDonald Had a Farm”, “Baa Baa Black Sheep”
AUGUST	“This Land Is Your Land” (adapted), Simple Patriotic songs
SEPTEMBER	Krishna Bhajan, “Row Row Row Your Boat”
OCTOBER	“Mary Had a Little Lamb”, Diwali Song
NOVEMBER	“Jack and Jill”, “Jingle Bells”
DECEMBER	“Jingle Bells”, “We Wish You a Merry Christmas”
JANUARY	“Hush Little Baby”, “We shall overcome”
FEBRUARY	Revision, fun songs “If You’re Happy...”
MARCH	Performance & assessment Mixed songs

MONTHWISE SYLLABUS BREAKUP

PHYSICAL EDUCATION

CLASS- BAL VATIKA –I (2026-27)

Month	Topics Covered
APRIL	Walking on the different Pathways, Shapes Warm-Up and Cool Down
MAY	Walking on the different Pathways, Shapes Warm-Up and Cool Down
JULY	Running and Jumping, Warm-Up and Cool Down
AUGUST	Body Awareness, Balancing, Warm-Up and Cool Down
SEPTEMBER	Throwing and Catching, Warm-Up and Cool Down
OCTOBER	Different types of Animal Walks, Warm-Up and Cool Down
NOVEMBER	Twisting, Warm-Up and Cool Down
DECEMBER	Rolling at the Targets, Warm-Up and Cool Down
JANUARY	Different types of Relay races, Warm-Up and Cool Down
FEBRUARY	Introduction to Attention and Stand at ease, Warm-Up and Cool Down
MARCH	Masti ki Paathshala, Revision of second term

MONTHWISE SYLLABUS BREAKUP

YOGA

CLASS- BAL VATIKA –I (2026-27)

Month	Topics Covered
APRIL	Yogic Warm-Up Tadasana
MAY	Yogic Warm Up Ardh-Vrikshasana
JULY	Yogic Warm Up Baddha Konasana Deep Breathing (Inhale –Exhale)
AUGUST	Yogic Warm Up Marjariasana Balloon Breathing
SEPTEMBER	Yogic Warm Up Balasana
OCTOBER	Yogic Warm Up Bhujangasana
NOVEMBER	Yogic Warm Up Vajrasana
DECEMBER	Yogic Warm Up Parvatasana
JANUARY	Yogic Warm Up Paschimottanasana
FEBRUARY	Yogic Warm Up Mandukasana
MARCH	Yogic Warm Up Trikonasana