

Games and activities for Grade 1 Children

CBSE, EVS, Grade 3, Lesson 2

The human body is a fascinating machine that works continuously with many processes occurring inside at very high speeds. A lot about the human body and its potential remains unknown. An average adult body has 600 muscles, blood vessels with a total length of one-lakh km, 13000 million cells and 206 bones. The heart pumps 2000 million times during a life time; pulse rate ranges between 70 to 82 beats per minute; lungs purify 4.5 litres of air per minute; eyes can identify 17000 shades of colour accurately; there are 3000 sweat glands in one sq. inch area of skin, nerves transmit messages at a speed of 300 feet per second.

How do we encourage our children to tap this potential, care for their bodies through a balanced lifestyle of nutrition and exercise? As the age old Tamil saying goes, there cannot be a painting without a wall... To reach great heights in life, having a fit body is essential.

We are witnessing a generation growing up glued to video games and TV shows with little involvement in physical activities. The easy way to inculcate healthy habits is through games that require a lot of physical movement. Younger children can be engaged in games and activities that help nurture their skills, leading to an overall development. In this article, we have shared a few activities that can be tried with children of Grade 1.

1. Moving Rice

Materials: Tray, 2 small bowls, tweezers



Preparation - Place the 2 small bowls on the tray, one containing the rice and one empty, along with the tweezers. Present to child.

Demonstration: Set tray on work surface. User tweezers to move each grain of rice to the previously empty bowl until all the rice has been moved. Now let the child try.

Purpose: This activity helps develop the child's patience with practicing the manipulation of small objects, and tunes their fine motor skills.

2. Folding Washcloths

Materials: Basket, 10 square washcloths



Preparation: Present the activity with all the washcloths in the basket.

Demonstration: Set the basket down at the work area and pull out one cloth. Fold the cloth in half, lining up the edges. Now fold it in half again, once again lining up the edges. Place folded cloth to the side and fold the next one. Place it on top of the previously folded cloth to form a neat stack. Continue for a stack of 5, and then start a new stack. When you are finished with all the cloths you should have 2 neat stacks of washcloths piled 5 high. Reset the activity by messing up all your washcloths and putting them back in the basket. Now let the child try.

Purpose: In this activity, the child learns a life skill while developing concentration and patience. It also teaches to take care and maintain the surroundings well.

3. Wrapping a Gift

Materials: Tray, small box, pieces of wrapping or newspaper, tape.



Preparation: Prepare for the activity by pre-cutting the paper to fit the box. Place all the items on the tray. Set the tray in the work area.

Demonstration: Lay the paper out flat and place the small box in the center. Raise the side of the paper up so that the edge meets the center of the top of the box. Place a piece of tape there to hold it. Raise up the edge of the paper on the opposite side to meet the center of the top where the previous paper edge is, and tape it there. Now turn the present so that an unfolded end is facing you. Fold down the top edge of paper until it meets the box and tape. Fold in the 2 side edges of the paper and tape. Next, fold up the bottom edge and tape. Spin the present around so the last unfolded side faces you. Repeat the steps you previously did for the other side. Reset the activity by ripping the paper from the package until the box is bare once again.

4. Pin Punching

Materials: Paper with printed shape, colour paper, puncher, corkboard



Demonstration: The child uses pushpin to punch holes along a line on a piece of paper. After the whole picture is done, gently punch out shape and glue it on colour paper.

Purpose: Direct – punch out shape; indirect - fine motor skills, preparation for pencil grip and writing.

5. Walking a Line with a Bell

Materials: Small basket, masking or duct tape to create the “line”, bell with striker attached



Preparation: Create a line on the floor approximately the width of a child’s shoe with the masking or duct tape.

Demonstration: Practice walking on the line once without anything in your hands and no shoes. Next take the bell out of the basket and hold in one hand. While balancing the bell out to your side, walk the line. Invite the child to take off their shoes and try it.

Purpose: This activity helps the child learn concentration, balance, calmness and grace. It also aids in the development of gross motor skills.

6. Changing a Paper - towel Roll

Materials: Tray, paper - towel roll holder, used paper - towel roll, new paper - towel roll



Preparation: Place all items on the tray.

Demonstration: Remove old paper - towel roll from holder but do not discard. Place new roll on paper - towel roll holder. Reset the activity by placing old roll back on holder and all items back on the tray.

Purpose: Teaches the child a life skill and supports motor skill growth and logic development.

7. Pouring water

Materials: Tray, 2 identical glasses (1filled half way with water; 1 empty), sponge/ towel, apron

Preparation: Prepare for this activity by placing all items on the tray.

Demonstration: Show the child how to lift the water glass gently. Then show her also how to angle it over the empty glass. Pour the water out into the empty glass and vice-versa. A sponge or towel can be used to wipe up the spills.

Purpose: This activity involves the use of practical life materials that will develop your child's fine motor skills. Through it is simple, it helps child's hand-eye coordination, concentration, gracefulness, patience and independence. Repetition is important; encourage her to repeat the exercise a few times. It will help master the skills involved and allows her to gain more confidence in herself as well. It will also build the strength and dexterity necessary to hold a pencil appropriately in the future. Don't forget to have her clean up!

The purpose of planning such activities in classroom would be to develop -

- Social skills – Kids learn to take turns and wait patiently. They learn to compromise “okay this time you can have the red piece, but next time I will.”

• Fine and gross motor skills – Games have small pieces that kids must manipulate. Some games encourage kids to use larger muscles as well as fine muscles



- Being a good sport – How to be supportive of other players and accept losses graciously.
- Verbal skills – it's hard to play a game without talking and interacting with others.
- Math skills – Counting how many spaces to move forward.
- Reading – Some games have words that kids must read.
- Listening skills – to be able to follow the rules, kids need to listen when they are explained.

As Bharathiyar wrote in his poem, children should be given enough time to play. Let us teach through games! Let us maintain and protect our children's health!

(Games are taken from the book 'Montessori – at home guide by A.M.Sterling)



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