



**Dr. Swati Popat Vats**President, Podar Education Network

#### **How to use this book:**

Childhood comes once!

It is important to cherish 'childhood' in children and not 'rush' them to grow up faster! Early child development sets the foundation for lifelong learning, behavior, and health. The experiences children have in early childhood shape the brain and the child's capacity to learn, to get along with others, and to respond to daily stresses and challenges.

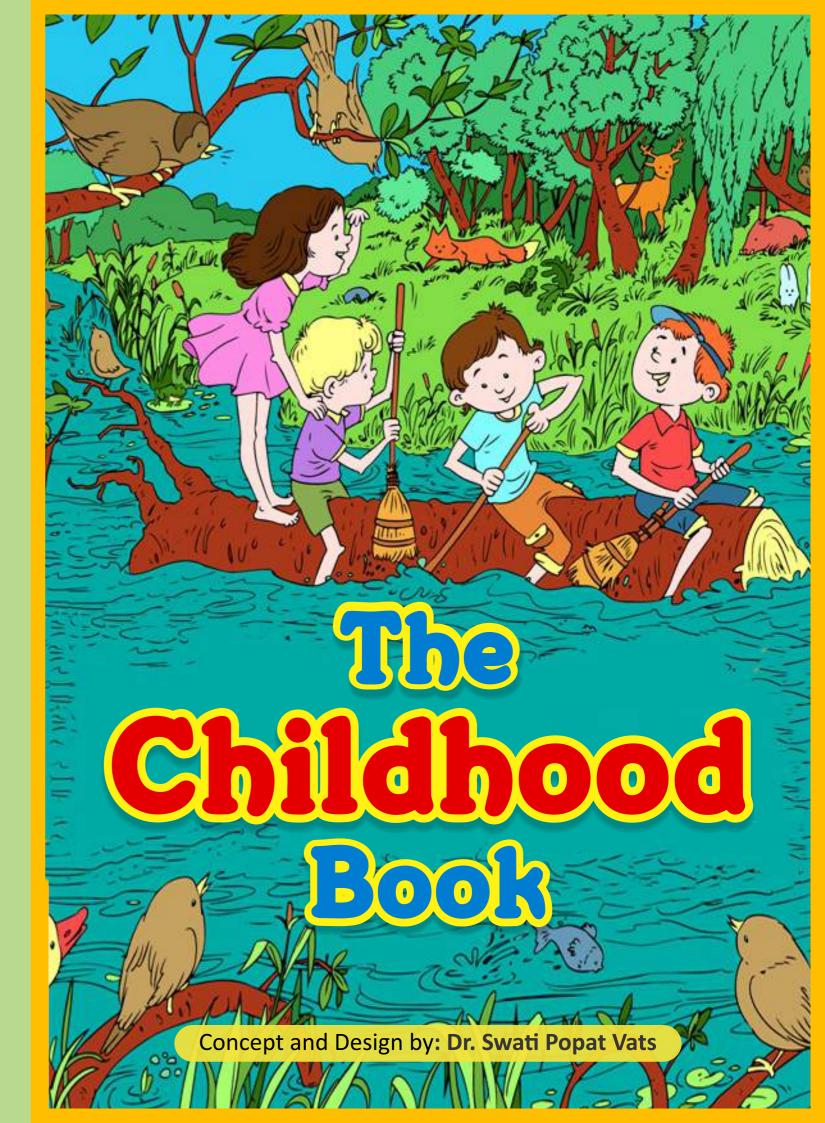
Erika Christakis is a former faculty member of the Yale Child Study Center and the author of the best-selling book The Importance of Being Little: What Young Children Really Need From Grownups. Christakis says that we've reached a perilous moment for very young kids: Increasingly we treat them as commodities and find ourselves "in danger of losing the child in childhood." Instead of imposing adult expectations, she argues, parents and teachers should try to "take their blinders off" and see the world through the eyes of young children—a change in perspective that might allow us to better understand and cultivate their unique abilities.

Podar Jumbo Kids celebrates childhood and this Children's day we have released this special book on Childhood for children, titled 'The Childhood Book'. This book talks about how all animals are active, energetic during their childhood and every species thrives on play, family and attachment. Share this book and its activities with your child and help them cherish and celebrate their childhood...remember it comes only once!

Happy Children's Day to your child, lets make it memorable.

Warm regards,
Dr. Swati Popat Vats
Director
Podar Jumbo Kids preschools and daycares

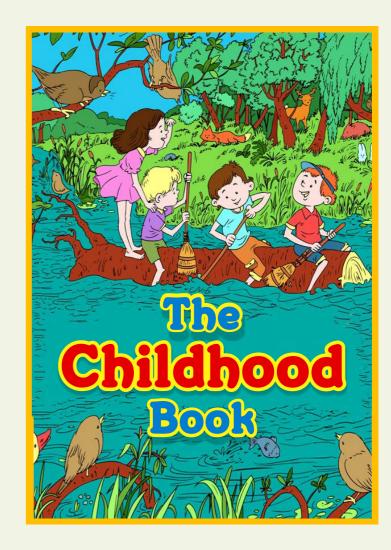




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Cubs enjoy spending time playing with their parents and siblings all day long. Human babies also like to play with their parents and siblings. Play is fun!



A male lion is called a lion.



A female lion is called a lioness.

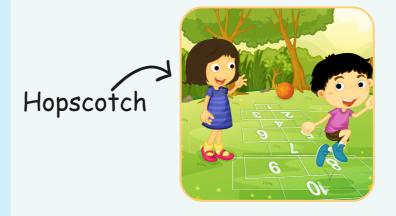


A baby lion is called a cub.

# Activity time

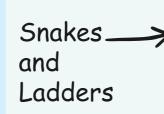
What's your favourite activity with your family? Talk about the various fun activities that you like to play with your parents and siblings.

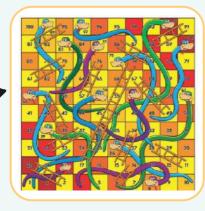
Look at the pictures of various games given below. Use your pointer finger to circle the games that you have never played and wish to play them with your family!



Stone,
Paper and
Scissors

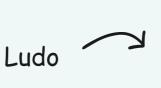






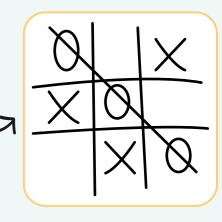
Hide and Seek







Tic-Tac-





An owlet sleeps in the day and stays awake in the night, but human babies need to sleep at night. Sleep keeps you healthy and happy.



A male owl is called an owl coco.

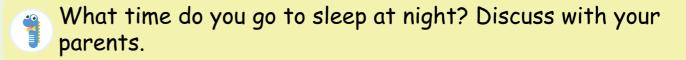


A female owl is called an owl hen.



A baby owl is called an owlet.

# Activity time



From the clock pictures given below, point to the clock that shows the time you go to sleep at night.









Did you find the right clock? If you did not then it means you are not sleeping at the right time.

Sleep on time!





Swans are white birds that can swim in the water and even fly! In fact, they are one of the largest flying birds. Human babies can also do so many fun physical activities. Which activity is your favourite?



A male swan is called a cob.

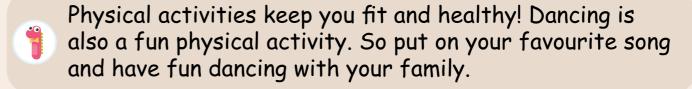


A female swan is called a pen.



A baby swan is called a cygnet.

# Activity time



Below are some fun activities that you can do at home.

Ask your parents to click your photo while you are doing these physical activities.

Jump up high.



Crawl like a baby.



Wiggle your body.



Clap your hands.



Flap your arms to fly like a bird.



Hop like a bunny.



Tap your knees with both hands.



Nod your head.





It's amazing to know that a chick can remember over 100 different faces of people or animals! Human babies also have a good memory. Eat healthy, exercise daily, and stay happy to make your brain stronger!



A male hen is called a cock or rooster.

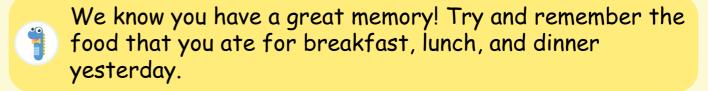


A female hen is called a hen.

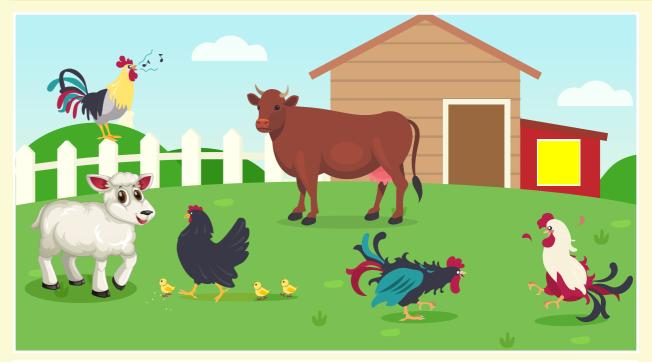


A baby hen is called a chick.

# Activity time



Look at the farm scenes given below. Spot 5 differences between them and circle it using your pointer finger. As you identify each difference, keep counting it till you reach number 5!









Koalas are marsupials not bears! They live on trees and their baby is called a joey. A joey stays in their mother's pouch. Human babies live in a house with their families.

Staying with family is blissful!



A male koala is called a buck.



A female koala is called a doe.



A baby koala is called a joey.

# Activity time

- What does your house look like? Talk to your parents about it.
- Below is a picture of a house with different rooms.

  Identify the objects given below the house. Using your pointer finger take each object to the room in the house it belongs.

bedroom

bathroom

kitchen

living room





Rhinoceros is a huge animal that loves to spend time in the water. They have a strong sense of smell and hearing. Human babies have 5 senses. Do you know the 5 senses?







is called a bull.

A male rhinoceros A female rhinoceros A baby rhinoceros is called a cow.

is called a calf.

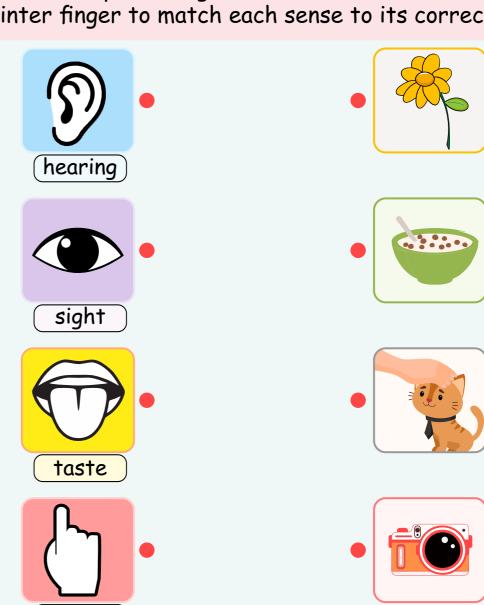
# Activity time

touch

smell

Humans have 5 senses through which we explore the world around us. Close your eyes for 2 minutes, and listen to all sounds in your environment. Guess the object that makes that sound.

Look at the pictures given below. Draw a line using your pointer finger to match each sense to its correct picture.









A horse shows what they are feeling by making different facial expressions. Yes! That's true. Human babies also feel different emotions and they express it using their facial expressions.



A male horse is called a stallion.



A female horse is called a mare.

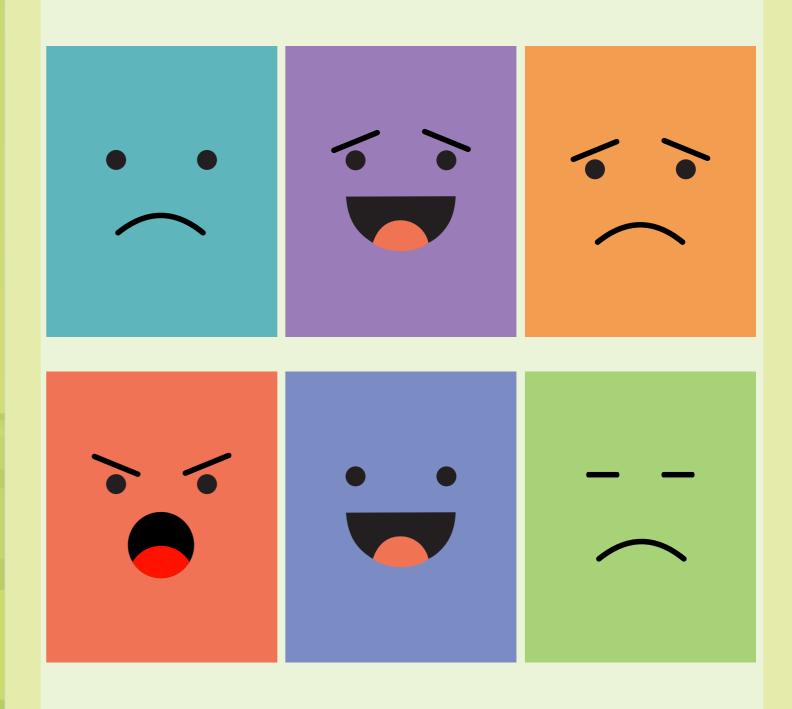


A baby horse is called a foal.

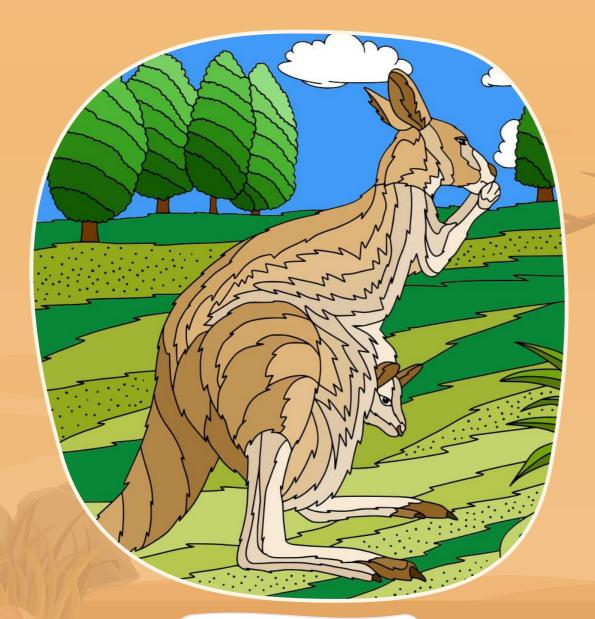
# Activity time

Look in the mirror and make a happy, sad, angry, crying, shocked, and excited face. It was fun right!

Look at the various emotions given below. Can you identify them? Then make the same emotion and ask your parents to click a picture. Have fun!







Kangaroos don't walk, they jump! That is how they walk! Human babies can walk, run, jump, skip, and hop too!



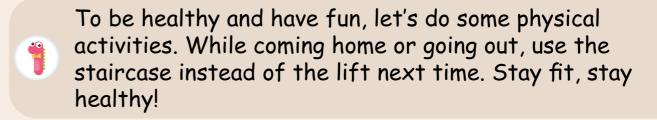
A male kangaroo is called a buck or boomer.



A female kangaroo is called a flyer or doe.



A baby kangaroo is called a joey.







Jump and go from one end of the room to another.



Slither like 5



1 Stand on one foot like a flamingo.



Walk on a straight line.



Hop like a kangaroo.



('Chirp and fly like a bird.







Pandas are big eaters! Every day they fill their stomach by eating for up to 12 hours of the day. Human babies also fill their stomach by eating food 3 times a day. Eating healthy food makes us strong!



A male panda is called a boar.

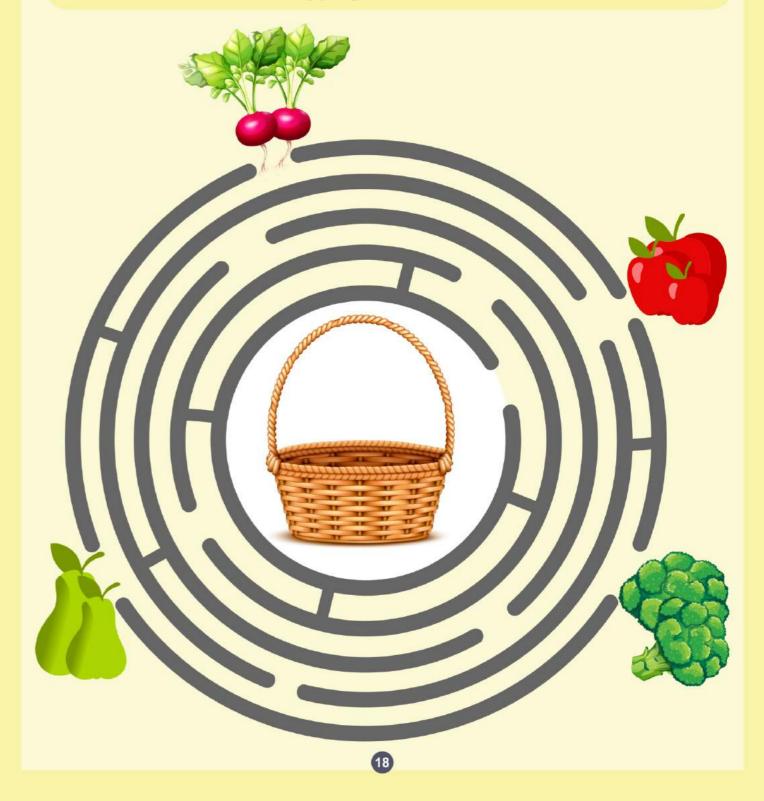


A female panda is called a sow.



A baby panda is called a cub.

- Which vegetables and fruits are your favourite? Discuss it with your parents.
- Below are some fruits and vegetables. Use your pointer finger and take each one of them to the shopping basket. Have fun while shopping in the food maze!







Cats love to keep themselves clean. They do this by licking their fur. So, how do human babies keep themselves clean and away from germs? Yes! By having a bath daily.



A male cat is called a tom.

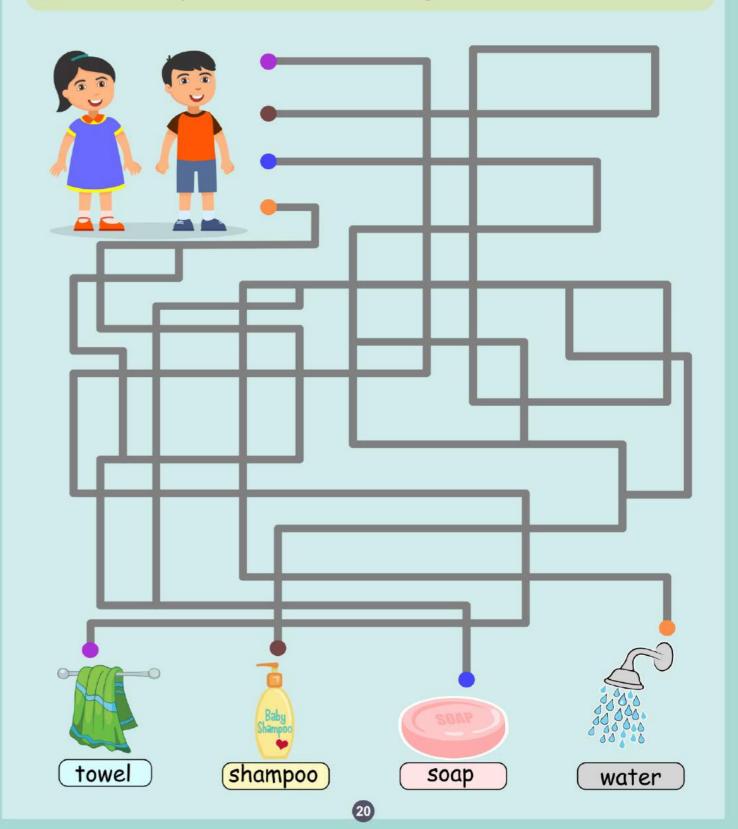


A female cat is called a queen.



A baby cat is called a kitten.

- Having a bath daily to keep clean is fun too! Name all the items that you use during bath time.
- Using your pointer finger, take the children to the things that they will need while bathing.





Have you seen a zebra? It has black and white stripes on their body. Though all the zebras look the same, each one has a different pattern of stripes. Human babies don't have stripes but they do have unique fingerprints on their fingers and toes. Look at your fingerprints today!



A male zebra is called a stallion.



A female zebra is called a mare.

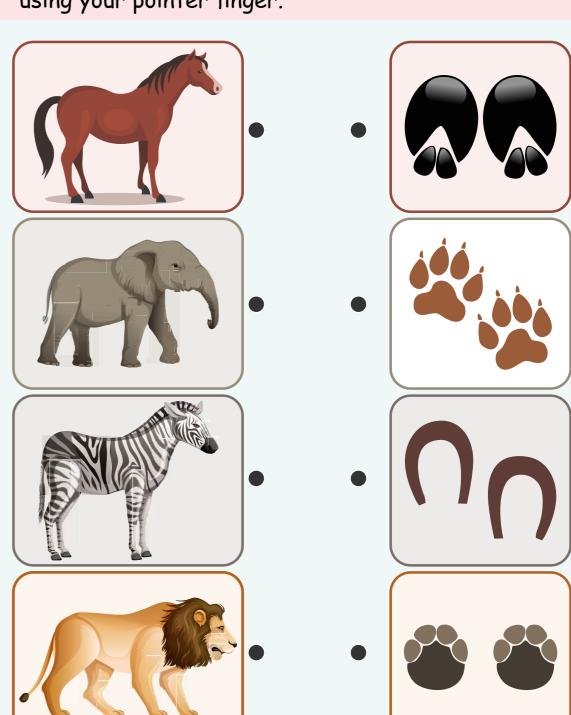


A baby zebra is called a foal.

# Activity time

Did you know that our fingerprints are unique? Look closely at your finger prints to find how each finger print is different!

Look at the footprints of animals given below. Identify which animal it belongs to and match to its correct animal using your pointer finger.





An otter has very thick fur on their body to keep themselves warm. Human babies also feel cold during winter. They keep themselves warm by wearing warm clothes or snuggling inside a blanket!



A male otter is called a boar or dog.



A female otter is called a sow or bitch.



A baby otter is called a pup.

# Activity time

We feel hot during summer and cold during winter! Which is your favourite season? Discuss with your parents?

Look at the pictures given below. Imagine it is winter season and you are feeling very cold! Point at only the objects that you will need to keep yourself warm during the winter season.



muffler



(winter cap)



vest



earmuffs



raincoat



woolen gloves



headphones



(swim suit



(winter boots)



(woolen coat)



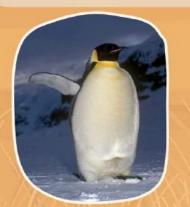
( slippers



(duppatta)



Penguins are flightless birds with flippers on the sides of their body. They have short legs and can walk long distances. The flippers on their body help them balance their body as they walk. So, how do human babies balance as they walk? There is a part called cerebellum in the human brain that helps in movement and balance control.



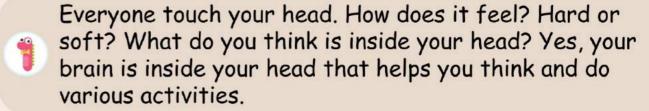
A male penguin is called a cock.

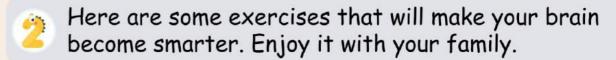


A female penguin is called a hen.



A baby penguin is called a chick.







Make 5 big circles
using your hand
movements. First
with your right
hand and then with
your left hand.



Hop on left foot)
then right foot.
Hop alternatively
times on each foot.



Clap and then cross your hands to touch your ears. Do this 10 times.



Act like you are riding a bike.



Jog in your place Increase and decrease your speed.



Lay on your back and pedal your feet. Pedal your feet 10 times







Wolves are caring and playful. They take care of their babies and live with their family. Human babies also like to be taken care of and enjoy living with their family. Who is there in your family?



A male wolf is called a dog.



A female wolf is called a bitch.



A baby wolf is called a pup.

- Living with your family is the best! Think about the things that you like to do together as a family.
- Look at the pictures given below. Identify what each family is doing together.

















Have you heard a fox howl? Howling is one of the 40 sounds that a fox can make! Human babies can make many different sounds too. Have you tried making different sounds?



A male fox is called a dog.



A female fox is called a vixen.



A baby fox is called a cub.

# Activity time

Each one of us has a unique voice. We use our vocal cords to talk and make different kinds of sounds. Record your voice by singing your favourite song on your parents' phone and then enjoy listening to it.



Let us have some fun making different kinds of sounds.



Say meow like a cat.



Bleat like



Howl like a fox.



Bark like a dog.



a goat.



Laugh just like yourself.



Say hoop, hoop like a monkey.



Cry like a baby.



Hee-haw like a donkey.







There are over 60 species of deer's present all across the world. Humans also live in different countries across the world. Which country do you live in?



A male deer is called a buck.



A female deer is called a doe.



A baby deer is called a fawn.

- Sit with the map of the world with your parents and then identify the country you live in on the map. Have fun searching!
- Look at the flags and children from different countries given below. Using your pointer finger, match each child to the country flag he/she belongs to.





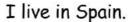














I live in Japan.



I live in South Africa.



I live in India.



I live in South Korea.



I live in Mexico.







Porcupines have big front teeth for chewing wood. Human beings have eight teeth for chewing and grinding their food called the premolars. Fruits and vegetables keep your teeth and gums strong!



is called a boar.

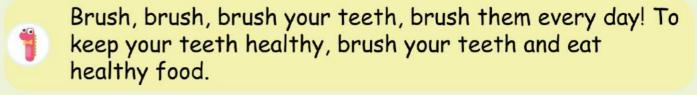


A male porcupine A female porcupine is called a sow.



A baby porcupine is called a porcupette.

# Activity time



From the pictures given below, identify and circle using your pointer finger the items that help you keep your teeth strong and healthy.









spinach







A cheetah usually lives in a group that comprises of mother, father, cubs and siblings. This group is called a coalition. Human babies also live in a group called family. Usually a family would have mother, father, brother, sister and grandparents. It is fun and lovely to stay together.







A male cheetah is

A female cheetah is called a male cheetah. called a she cheetah. is called a cub.

A baby cheetah

# Activity time



Go hug your family members and tell them how much you love them.



Rearrange the letters given below and identify the family member. Now use your pointer finger and match each word to its correct picture that are shown on the right side.



reftha



pagarnd









Chimpanzees are among the most intelligent animals on Earth. They use tools to catch food like sticks to find termites and rocks to crack open nuts. They can learn new things really fast! Human babies are also very intelligent and every day they learn new things both at home and school.



A male chimpanzee is called a black back.



A female chimpanzee is called a empress.



A baby chimpanzee is called an infant chimpanzee or a baby chimpanzee.

- Our brain is a very powerful part of our body that helps us think and learn new things. Think of all the things that makes you feel happy and share it with your parents.
- Look at the picture given below. Now cover the picture with your hand and try to name all the objects that you can recollect from the picture.







Monkeys mostly live on trees in the jungle. They are very social with a friendly attitude towards humans. Human babies learn to be friendly too. They learn to use manners, especially the three magic words. Do you know what are they?



A male monkey is called a male monkey.



A female monkey is called a female monkey.



A baby monkey is called an infant.

# Activity time

- The three magic words are -Thank you, Sorry and Please.

  Do you remember when did you use these three magic words? Discuss it with your parents.
- Look at the 3 pictures given below. Identify the magic word that you will use for each picture.







Thank you



Please





Hedgehogs are found in Europe, Asia, Africa, and New Zealand. Depending on where they live, they may nest under small bushes or rocks or dig burrows in the soil. Human babies also live in different parts of the world and they also look different from each other!



A male hedgehog is called a boar.

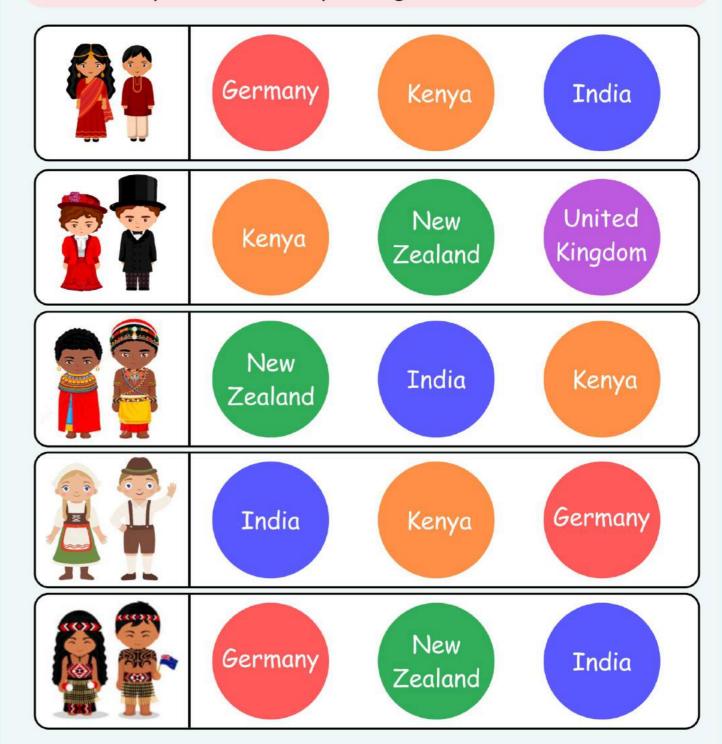


A female hedgehog is called a sow.



A baby hedgehog is called a hoglet.

- Human beings live in different countries all around the world. What is the name of the country that you live in?
- Look at the pictures of the children given below in each row. Using your pointer finger, identify and match to the country name that they belong.







An interesting fact about elephants is that they use their trunks not only to pick up things or drink or eat, but they also use their trunks as a snorkel while swimming! Human babies need to wear a snorkelling gear when they wish to swim underwater.



A male elephant is called a bull.



A female elephant is called a cow.

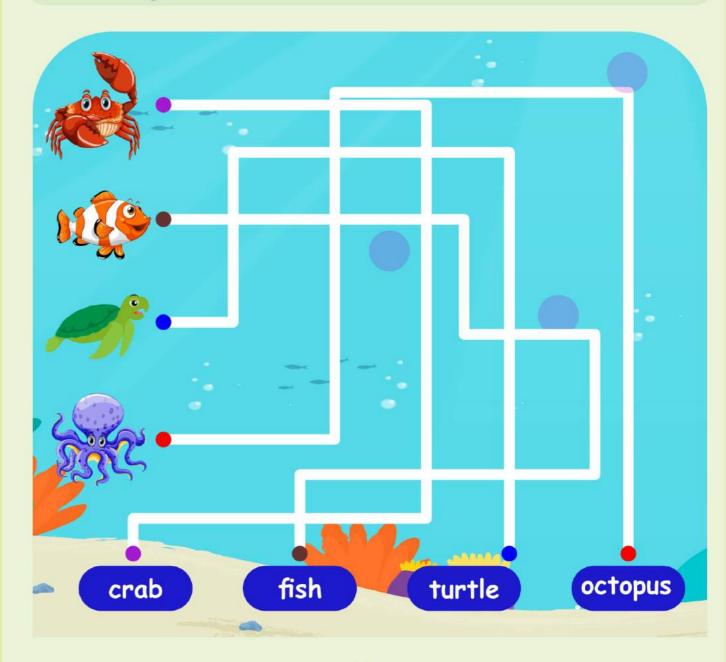


A baby elephant is called a calf.

# Activity time

Have you ever taken a dive with your float and snorkelling gear inside a sea or an ocean? What did you see? Close your eyes and imagine you are under water in the ocean. How does the water feel? Is the water hot or cold? What do you see around you? Which sea creatures do you see? Do you see plants? What colours do you see?

Look at the various sea creatures that you can find under the ocean. Identify their name and then match it to their word given below.







Peacock is the national bird of India. It has beautiful feathers on its body with four toes on each foot! Human babies have 5 toes on each foot. Have fun counting them!



A male peacock is called a peacock.

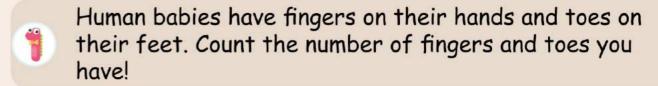


A female peacock is called a peahen



A baby peacock is called a peafowl or a peachick.

# Activity time



We are now going to have some fun with perspective drawing. Ask an adult to read steps given below and you will draw each step on paper at home.

Place your palm on paper facing down.

Using a crayon or pencil draw an outline of your palm.

Draw the eye of the peacock on the inside of your drawn thumb outline.

Draw the feathers of the peacock on the inside of your fingers outline.

Colour the peacock to complete it!







Cows are colour blind to red and green colour. So, when the cows are grazing, they are not biting the grass but instead curling their tongues around it. Human babies can identify different colours. Can you name some of the colours you know?



A male cow is called a bull.



A female cow is called a cow.



A baby cow is called a calf.

- Human babies can identify and name the different colours that they see in their environment. What is your favourite colour? Discuss it with your parents.
- Look at this picture given below. Identify and name all the colours that you can see.







Lemurs have two tongues! One tongue is used for tasting and eating food while the second tongue is hidden under the first to help remove the hair that comes in between their teeth. Human beings have only one tongue which is important for tasting, eating, chewing, and swallowing food. Your tongue is important for speech too!



A male lemur is called a gorilla.



A female lemur is called a princess.



A baby lemur is called a pup.

# Activity time

- Stick out your tongue and look at it in the mirror. What colour is it? Is it soft or hard?
- Here is a tongue twister for you to practice along with your parents. Keep saying it aloud till you are able to say it correctly and quickly. Get, set, and go!

I feel a feel a funny feel, a funny feel I feel, if you feel the feel I feel, a funny feel you feel.



How many snacks
could a snack stacker stack,
if a snack stacker
snacked stacked snacks?



A big black bug bit a big black dog on black nose!





A walrus has tusks that grow continuously throughout their life. They work hard swimming, diving and moving chunks of ice around. So, when it's time for rest, they can catch a nap just about anywhere including floating in water! Human babies keep themselves busy and active through play.



A male walrus is called a bull.



A female walrus is called a cow.



A baby walrus is called a cub or pup.

- What keeps you busy the whole day? Think about the various things that you do during the day.
- Identify the letters given below and then discuss your favourite activity with your parents that begin with that letter.







A crane sleeps on one leg with its head under its wing and the other leg drawn up to its body. Human beings sleep lying down on the bed or on the floor. Sleep is important and keeps you healthy too.



A male crane is called a roan.



A female crane is called a mare.



A baby crane is called a colt.

- What time do you sleep? Where do you sleep in your house? Do you remember what you dreamt last night? Discuss it with your parents.
- When it is bedtime, avoid things that keep you away from falling asleep. Go through the maze using your pointer finger and find your way to a good night sleep!







Tigers are powerful swimmers and have been known to swim great distances. Human babies also love to swim and play in water.



A male tiger is called a tiger.



A female tiger is called a tigress.



A baby tiger is called a cub.

- Think of animal that are good swimmers. Do you like swimming? Discuss with your parents.
- Help the boy and girl pack their bag with all the objects that they will require to go for swimming. Drag the objects in their bag using your baby finger.







nose clip

(woolen coat)











swim tube s

(swim suit)

сар

shoes









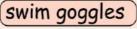
swim cap

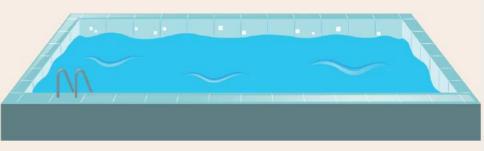
swim trunks

headphones

swim fins











Do you know why they are called Grizzly bears? It is because their brown fur can be tipped with white and that gives them a "grizzled" look, especially when sunlight falls on them. Every human baby also has a unique name and that name has a meaning. What is your name?



A male grizzly bear is called a boar.



A female grizzly bear is called a sow.



A baby grizzly bear is called a cub.

# Activity time

- Do you know the meaning of your name? Talk to your parents and find out.
- Each one of us is unique. Identify the things that describe you the best.





brown black golden







Seals are usually found in the oceans of the Polar region. The deeper the seal goes inside the ocean, the colder it gets. To keep warm, seals have a thick layer of fat called blubber that acts like a big blanket under the seal's skin. Human babies too have skin on their body but to protect themselves from extreme cold weather they need to wear warm clothes.



A male seal is called a bull.



A female seal is called a cow.



A baby seal is called a pup.

# Activity time

What seasons do you experience in your country? Discuss with your parents.

Think you are in the Polar region. How do you feel? Very cold? Yes! Point to the clothes that you will need to wear in the Polar region to keep yourself warm from the pictures given. Happy dressing to keep warm!







Rabbits are white and furry animals. They have large ears, soft fur, large feet, and springy legs as well as a small tail. They are herbivorous animals and love eating vegetables. Human babies also eat vegetables as they are healthy and make you strong.



A male rabbit is called a buck.



A female rabbit is called a doe.



A baby rabbit is called a kit.

# Activity time

Enjoy singing the vegetable song with your parents!

#### The Good Food Song

Tune: (Old MacDonald Had A Farm)

Vegetables are good for me, EE I EE I O

And so I eat them happily, EE I EE I O

(Children name all the vegetables that you like)

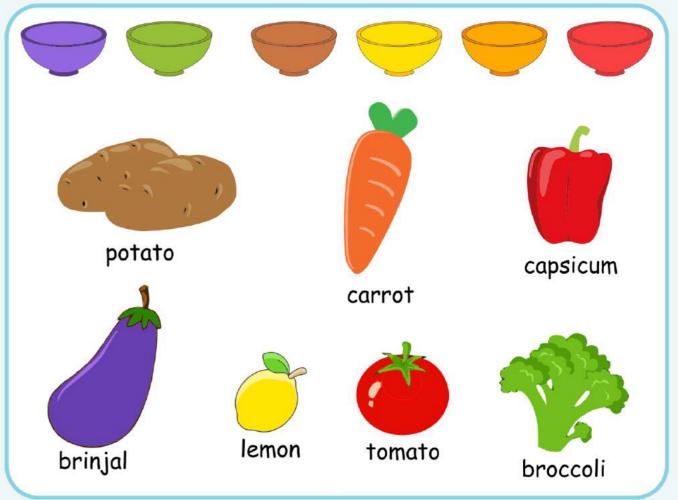
With a carrot, carrot here,
and a carrot, carrot there

Here a carrot, there a carrot

Everywhere a carrot, carrot,

Vegetables are good for me, EE I EE I O.

Identify and name the vegetables given below. Arrange the vegetables in the bowls by colour using your pointer finger.







A turtle has a shell on its body that is made up of more than 50 bones! It is a part of their skeleton. A skeleton gives shape and support to our body. The human adult has 206 bones and a human baby has 300 bones in their body!



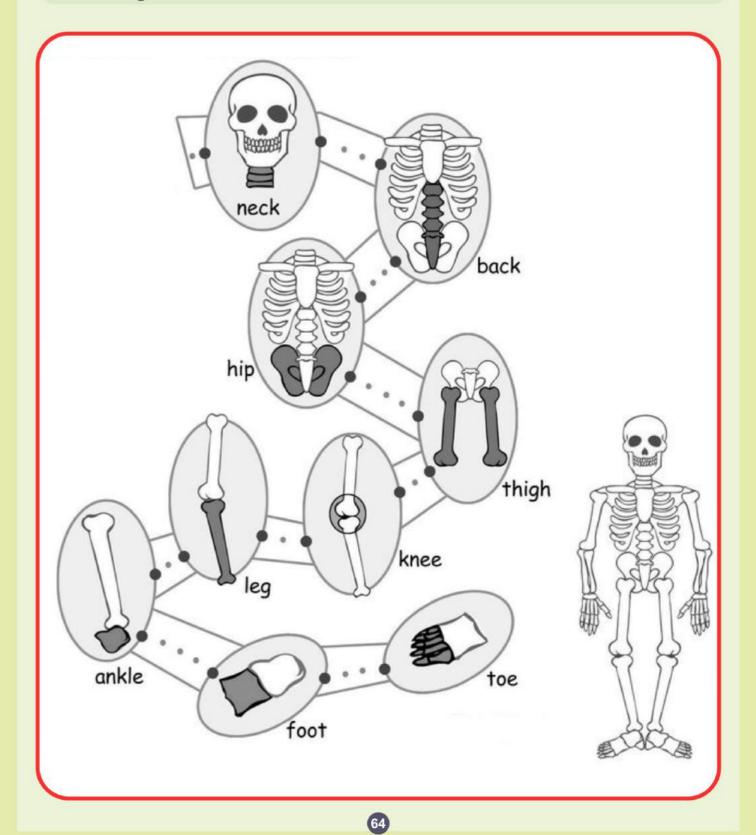




A male turtle is called a turtle.

A female turtle A baby turtle is is called a turtle. called hatchling.

- Do you know which is the strongest bone of your body?
- Connect each step to make a skeleton using your pointer finger.







Gorillas walk quadrupedally (on all fours) and use their knuckles to carry the weight of their head and torso. In the same way before human babies can walk, they crawl on their hands and legs just like the gorilla!



A male gorilla is called silverbacks.



A female gorilla is called gorilla.



A baby gorilla is called infant.

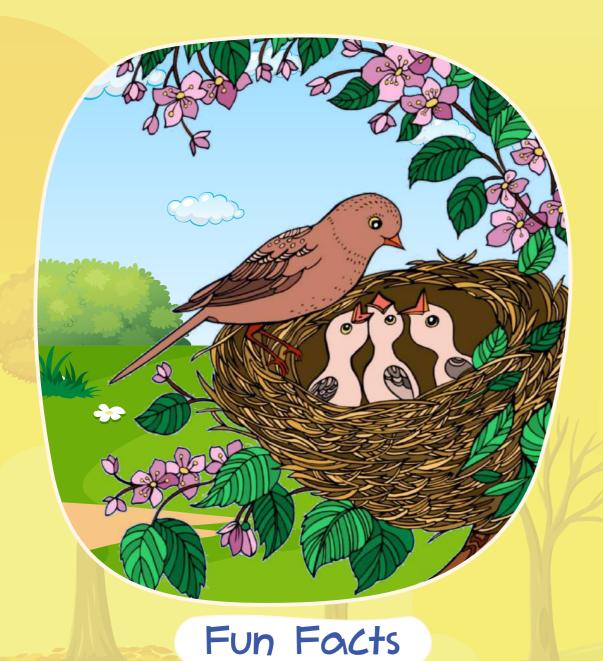
# Activity time

How many legs does a gorilla have? How many do you have? Think of an animal that has 4 legs and draw it on paper. Have fun!

Look at the Jungle pictures given below. Spot and identify the animals that you can find. Then have fun walking and making sounds like each one of them.







Sparrows are very small birds. They can reach 4 to 8 inches in length and 0.8 to 1.4 ounces in weight. Human beings can be tall and short in height but the average height of human beings is around 5 feet.



A male sparrow is called a cock.



A female sparrow A baby sparrow is is called a hen.



called a chick.

- Do you know your height and weight? Today measure your weight using weighing scale and also height using a measuring tape. Discuss the same with your parents.
- Look at all the objects given below. Identify and point to all the items that will help you measure weight.







Sloths are drowsy tree-dwellers that sleep up to 20 hours a day! Even when they are awake, they barely move at all. They live in the tropical forests! Human beings sleep for 8-9 hours per day. Sleep is important for them to grow and stay healthy.



A male sloth is



A female sloth is called a male sloth. called a female sloth.



A baby sloth is called a cub.

- Early to bed and early to rise makes us fit and healthy. Discuss your sleep routine with your parents.
- Human babies sleep in different positions. Look at these positions given below and point to your favourite sleep position.







Dolphins don't chew their food, they swallow their food as a whole. They use their teeth only to catch their prey. Chewing food using teeth is important for human babies. In fact, you need to chew your food 32 times for easy digestion.



A male dolphin is called a bull.



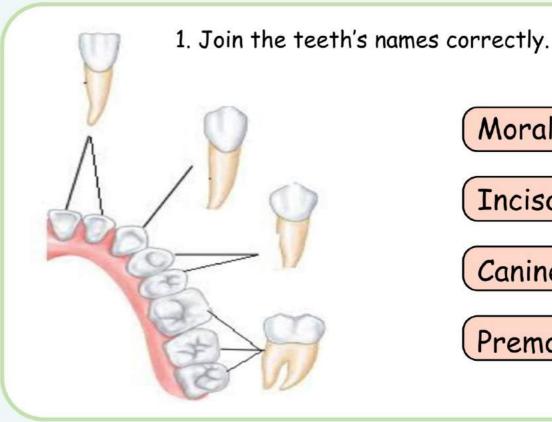
A female dolphin is called a cow.



A baby dolphin is called a calf.

# Activity time

How many teeth do you have? Have you ever counted them? Count the number of teeth present in your mouth using your tongue. Happy counting!



Morals

**Incisors** 

Canine

Premolars

2. Look at the pictures for brushing teeth given below. Put them in it's correct order.





Put toothpaste on your toothbrush



Turn off the tap Take your toothbrush







Dogs have a great sense of smell and hearing. In fact a dog's sense of smell is more than 1 million times stronger than that of a human baby and sense of hearing is more than 10 times more accurate than that of a human baby.



A male dog is called a dog.

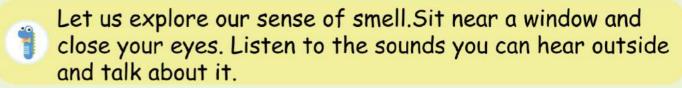


A female dog is called a bitch.



A baby dog is called a puppy.

# Activity time



Identify all the items that smell good using your pointer finger.























New born piglets learn to run towards their mothers' voice and they constantly communicate with each other by making sounds. In the same way human babies also communicate by making sounds like blabbering, crying, laughing, and even gestures before they learn to speak.



A male pig is called a boar.

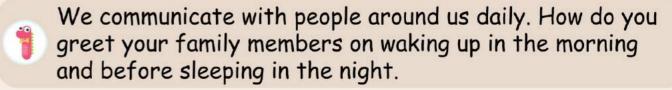


A female pig is called a sow.



A baby pig is called piglet.

# Activity time



Let us play the gesture game!

Look at the pictures given below and communicate each gesture to your parents without using words!



I am thirsty.



I am hungry.



I am sleepy.



I am bored.



I am happy.





When human beings listen to music, their heartbeat sync with the rhythm. Do you like listening to music?



A male human is called a man.



A female human is called a woman.



A baby human is called a child.

# Activity time

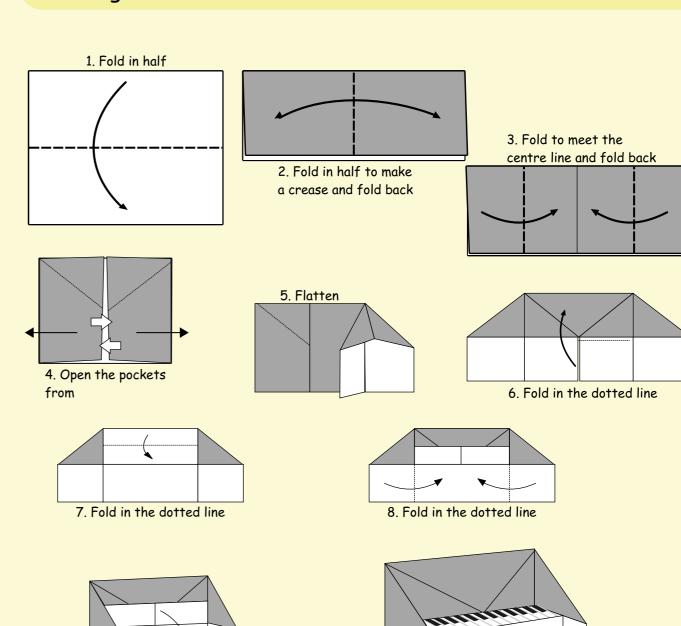
9. Lift down



Listening to music is so much fun! Sit with your parents and listen to your favourite song. Happy listening!



Keep ready a square shape paper with you. Look at the paper folding steps given below to create your own origami Piano. Have fun!



10. Draw keys and

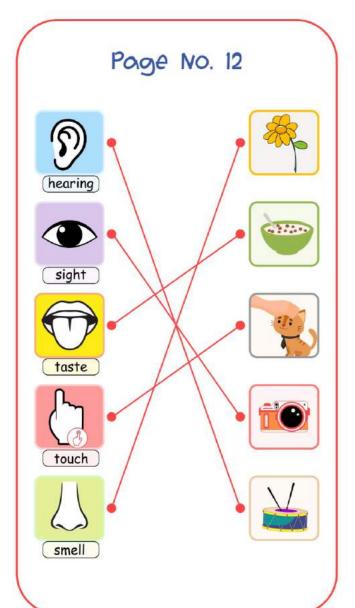
finished

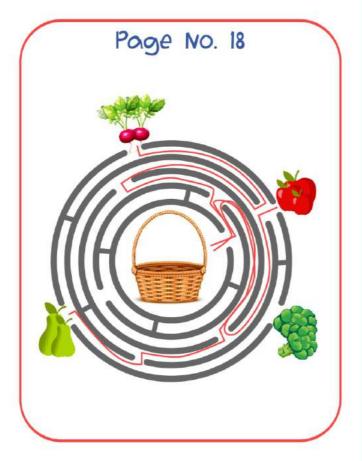


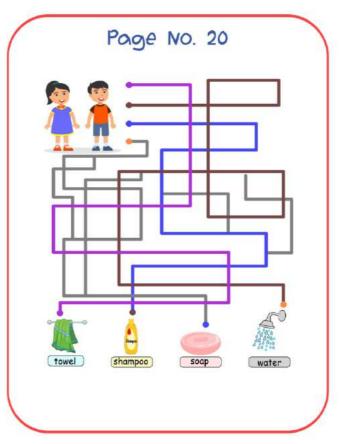
#### Answer Keys

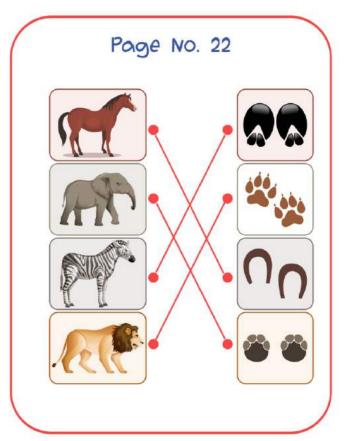








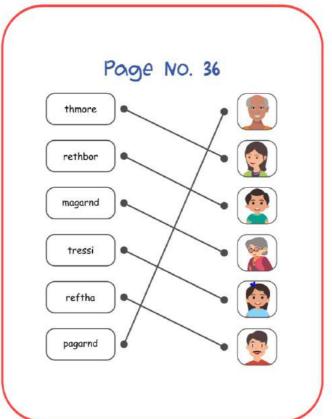


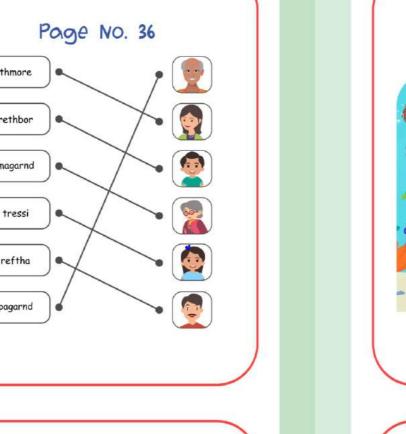


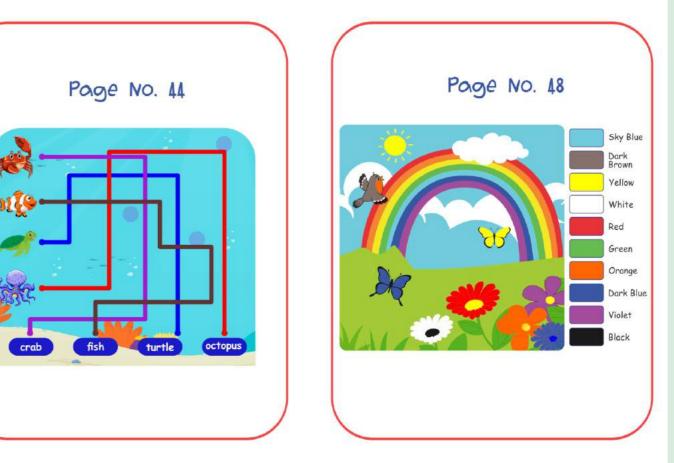




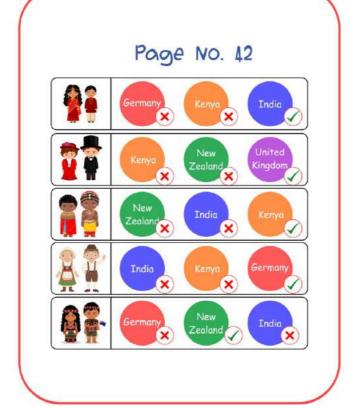


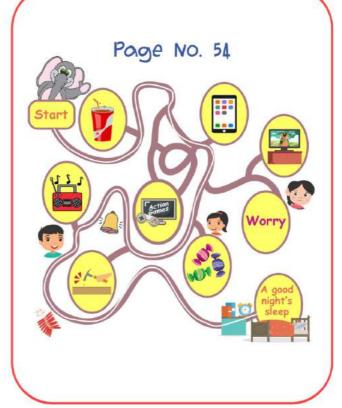


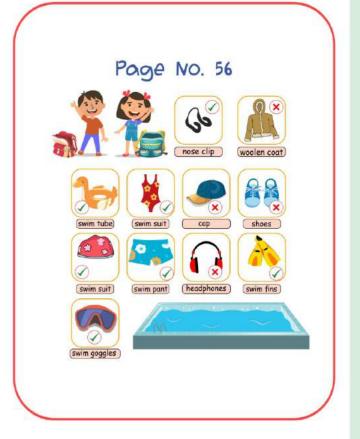




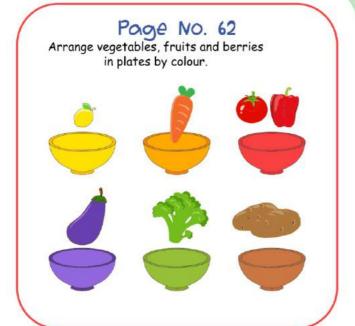








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# A collection of our other story books for children available on Amazon



Red riding hood and the wolf.. Who Liked Healthy Food



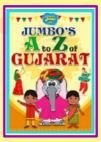
Lappu and the magic of paani



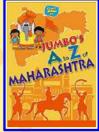
The New Lion and The Mouse



My Diwali Story



A to Z of Gujarat



A to Z of Maharashtra



Growing up with Mahatma Gandhi



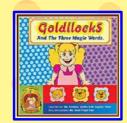
Hansel and Gretel and the lovely old lady



Three little pigs..
Love the earth



Yipes! Why does Zelda need stripes?



Goldilocks
And Three Magic Words



Goldilocks and the 3 'Covid' Smart Bears



The Three
Billy Goats Gruff
find out why the
Troll is angry!