



## My Emotions

Write how you feel **everyday** in your notebook.

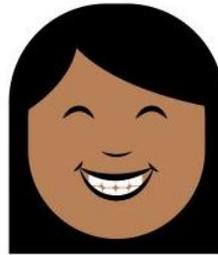
Today, I feel \_\_\_\_\_ 



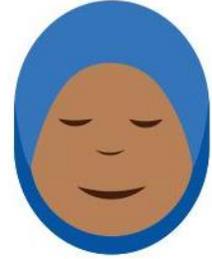
excited



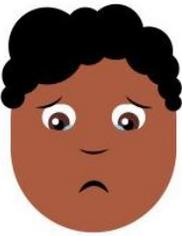
happy



joyful



calm



hurt



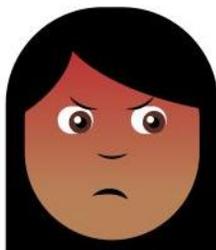
confused



anxious



lonely



annoyed



enraged

# Week 1 Overview



## Project

### Act it Out

Become an actor over the week!

## Cause and Effect

Combine 'cause' and 'effect' using linking words.

5

## Unscramble

Create simple sentences in English.

4

## Inside Outside

Practise mindfulness through this grounding exercise.

3

## Show and Tell

Use word webs to speak about an object.

1

2

## Freeze!

Perform a skit using actors from the audience!

## Materials Needed

- Paper
- Pen/Pencil

## Act it Out

How can drama communicate an idea?

- What are some words that come to your mind when you think of 'drama'?

A drama is a story that is told through dialogues between characters.

- How is drama different from reading a story?
- Which one do you think is better? Why?



## Imitation Game

1. Act like a person from your friend group **without talking**.
2. Others must guess who it is and earn 1 point for a correct guess.



After 1 round, act like a person by adding dialogues (*what they say often*).

Imitate their voice too!



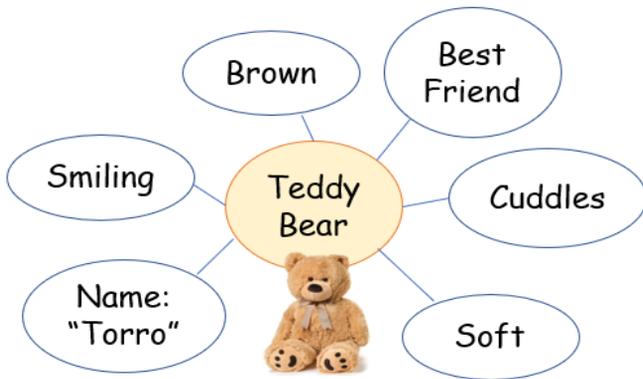
1. In what ways can we communicate?
2. What difference did it make when you used voice and dialogues?

## Show and Tell

*Invite your friends and community members to do this activity!*

Pick any English word (examples below) and draw/write a word web with all the things you want to share about the word.

<b>Shoes</b>	<b>Medicine</b>	<b>Thirsty</b>	<b>Book</b>
<b>Water</b>	<b>Paper</b>	<b>Clothes</b>	<b>Phone</b>



Think of as many describing words as you can in English!

- Using these ideas, talk about the object with your friends. Try to describe the object using English words.
- Once everyone shares about their object, others have to repeat what was said. So, listen carefully! If English words have been said, try to repeat them.

## Act it Out

1. Make a list of 5 – 10 actions you did this week.  
(*running, walking, writing, eating, sleeping, etc.*)

These are called **verbs or action words**.

2. Act out the verbs without speaking. Others must guess the word in English! Here are some example!

Sleep



Open



Clean



Laugh



Jump



Dance



Cry



Play



Each correct guess gets 1 point.

The player with the most points wins the game!

## Speaking with Emotions

Act out each emotion (without using words) and others must guess the emotion in English.



happy



angry



sad



calm



sick



tired



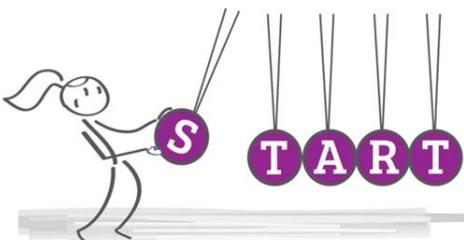
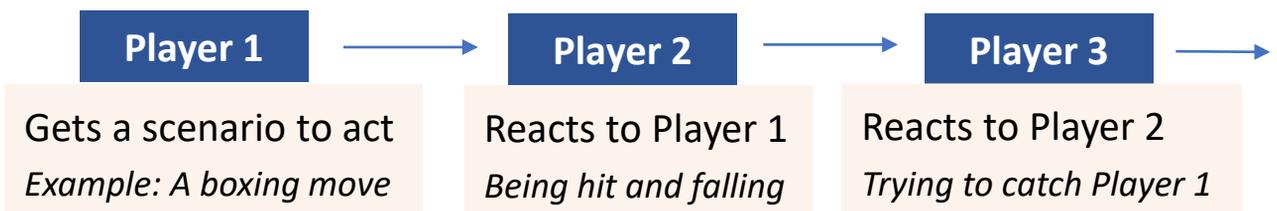
thirsty



shocked

## Freeze Activity

Actors stand in a line and act/react to each other as shown:



The game ends when all the players have acted. Then, you can unfreeze and act out a new scenario.

## Act it Out

What are our five senses?



touch



smell



taste



hearing

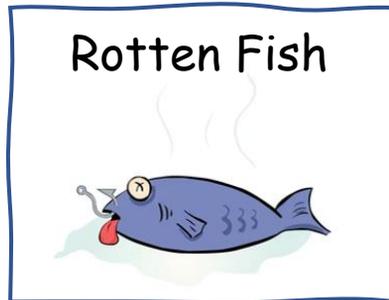


sight

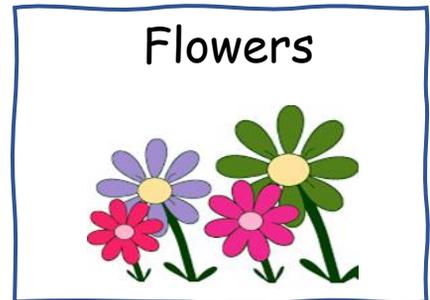
1. Draw or write at least 1 object that is pleasing and not pleasing for each sense as shown below. Cut them out into cards.



Smell



Rotten Fish



Flowers

2. Pick up each card and 'act out' the reaction. Others must guess the **sense (in English)** and **what you are reacting to**.

**Each correct guess gets 1 point.**

The player with the most points wins the game!

## INSIDE OUTSIDE

Sit comfortably and take deep breaths.

Look around you. Think of the following and fill in the blanks in Pashto/Dari.



Some 'connecting words' help us join ideas together. 'And' is one such word.

**Think of 5 things you can see.**

I see \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**Think of 4 things you can hear.**

I hear \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**Think of 3 things you can touch.**

I can touch \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**Think of 2 things you can smell.**

I smell \_\_\_\_\_ and \_\_\_\_\_.

**Think of 1 thing you can taste.**

I taste \_\_\_\_\_.

## Act it Out

## Simple Sentences

Simple sentences are made of 3 parts, usually in this order:

She

eats

her food.

Subject

Verb

Object

The person or thing  
doing the action.

Action  
Word

The person or thing  
receiving the action.

1. I love cars.
2. You found my bag.
3. Ali made dinner.
4. Zaina cleans her room.

What is the **subject**,  
**verb** and **object** in  
these sentences?



- With your partner, prepare a short skit in Pashto or Dari.
- Use at least 2 sentences that has a subject, verb, and object in English!

I bought  
this shirt.



Write the words in the correct order.  
End the sentence with a full stop (.)

plays Sarah football

---

---

---

I apples eat

---

---

---

jumping She likes

---

---

---

tired is He

---

---

---

climbed She the tree

---

---

---

They sleep late

---

---

---

## Act it Out

Say each sentence with the given emotions and notice how different it is. **Do not use hand actions.**

- Can you help me out?
- I completed my work today.
- I have to tell you something.



happy



sad



confused



annoyed



scared

Think of 2 to 3 scenarios. Below are some examples:

- *Teacher asking a student why the homework wasn't done.*
- *Doctor examining a patient.*
- *Talk-show host interviewing a famous actor.*
- *Police talking to a suspect.*



Enact these scenarios with a family member or friend with these different emotions: **bored, fearful, energetic, angry**

- How does your body language change with different emotions?
- Do our emotions affect the way we speak? How?
- Add the emotions for different dialogues to the script.

## Cause And Effect

Every event in a story or the world around us has a reason why it happens (cause) and a result of it (effect).



We use linking words to connect two sentences.

I brought an umbrella **because** it is raining.  
*Cause* *Effect*

It is raining. **So,** I have an umbrella.  
*Effect* *Cause*

List 5 events that happen around you. For each event, write its cause and effect.

Challenge yourself to combine sentences using the linking words **'because'** and **'so'**.

# Week 2 Overview



## Project

### Put Up A Play!

Create your own play and develop your acting skills!

## Story Time

Read a story about friends putting up a play!

5

## Present Your Play

Present your play to an audience.

4

## Invitation Card

Design an invitation card for your play.

3

## Talk-A-Thon

Who can speak the longest for the given topic?

1

2

## Voice Box

Do some fun breathing and vocal exercises.

## Materials Needed

- Paper
- Pen/Pencil
- Any household object/ props required for the play



## Put Up A Play

### Writing a Script

Any story has events that happen in an order.

Look at these images and say the story in Pashto/ Dari. (Use at least 1 English sentence.)



1



2



3

**Think of a story you want to enact in your play**

How do actors know what to say and how to act on stage?

**Write a script for your play has instructions and dialogues.**

- Sequence the events of the story.
- Explore the cause and effect of different events in your story.
- Who are the characters? How do they think, feel, talk, and dress?
- What are some dialogues the characters will say?  
(Use at least 5 English sentences in your play.)
- Is there a narrator for your play? A narrator gives extra information to the audience.

Let us practise our speaking skills!

Speak about any of these topics for at least 30 to 40 seconds in Pashto/Dari. Challenge yourself to say at least 2 English sentences.



1

**My Favourite Colour**

2

**My Favourite Game**

3

**My Favourite Book**

4

**My Favourite Animal**

5

**My Favourite Sport**

6

**My Best Friend**

Play a game with your friends and family to see who can speak the longest!

## Let's Reflect

- Were you able to speak continuously on a topic?
- What was easy for you? What was difficult?



## Put Up A Play

## Word Stress

The same sentence can have different meanings based on which words you stress on. Stress on the words in **blue**.

Tara bought the dress.

**Tara** bought the dress.

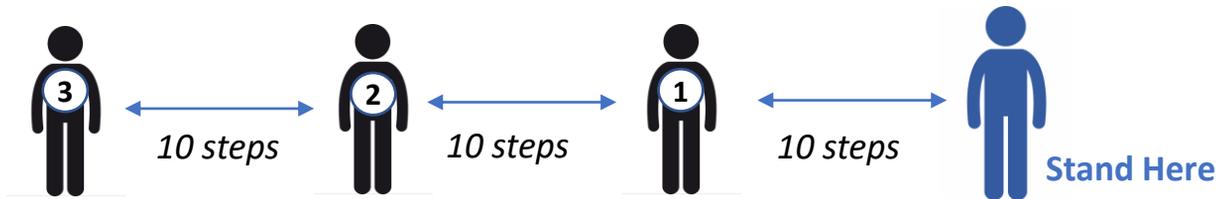
Tara **bought** the dress.

Tara bought **the dress**.

**Who bought the dress?** Tara.  
This is important here.

*Explore how the meanings change for the others.*

## Voice Exercises



- **Speak only so that Person 1 can hear you.**  
Then, Person 2 and Person 3.
- **Pretend you are sharing a secret.**  
Person 3 should be able to hear you.
- **Say something angrily.**  
Person 1 should not feel like you are shouting.



## Practise Time

1. Decide who will play the characters in your script.
2. Practise delivering the dialogues with appropriate voice qualities, emotions, and actions.

Stand with your feet slightly apart.  
Close your eyes.

- Breathe in. As you breath out, say:  
**Aaaaaaaaaaaaaaaaaa** (Repeat 3 times)
- Breathe in. As you breath out, say:  
**Oooooooooooooooooo** (Repeat 3 times)
- Breathe in. As you breath out, say:  
**Mmmmmmmmmmm** (Repeat 3 times)



*You can also try saying these sounds loudly and softly.*

### How do you feel after doing this activity?

Say the emotion in English.

## Sound Effects!

Imitate the sounds below only with your voice. Others guess them.

- |                      |                   |                  |
|----------------------|-------------------|------------------|
| • bite               | • chop wood       | • dripping water |
| • overturn a chair   | • sweep the floor | • fruit seller   |
| • a pair of scissors | • suspense        | • moving car     |

**What are we able to understand just with sound?**

**Add sounds, music, or songs to your play to make it more interesting.**

## Put Up A Play



## Practise Your Play

Practise enacting your play using the script. Make changes to it, if needed.



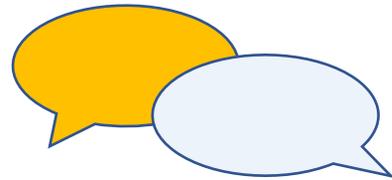
Who are the **characters**?

What do they say to each other?

Use at least 5 English sentences!

Select the costumes.

Practise the scene.



Speak with emotions  
and the right volume!

Add sound effects to make your  
play more interesting!



## Invitation Card

Make an invitation card to invite your friends to watch your play. **Your card should have the following details:**

**INVITATION**

Dear \_\_\_\_\_, → Name

*Your are invited to watch our play*  
' \_\_\_\_\_ ' → Title

on \_\_\_\_\_ . → Date

**Time:** \_\_\_\_\_ → Time

**Place:** \_\_\_\_\_ → Place

*Thank you!* → Closing

\_\_\_\_\_ → Your Name



*You can also add more details and drawings*

Decorate and distribute the invitation cards to people.

## Put Up A Play

### Presenting the Play

Invite family members and friends to watch your play.

Enact the play in front of the audience.

- Did they enjoy the play?
- What are 2 things that went well?
- What could be improved?



**Think:**

How can drama communicate an idea?

# “YES, AND THEN”

Stand in a circle and **do this activity** with your friends!



## Learner 1

Does an action

Speaks a sentence about the action.

**Eg: Yara went for a walk.**

## Learner 2

Continues the story with another action.

Says ‘Yes, and then’ and speaks about the action.

**Eg: Yes and then, Yara went found a puppy.**

Learner 3  
Learner 4, etc.

## Last Learner

Concludes the story by saying ‘At last, \_\_\_\_’

**Eg: At last, Yara took the puppy home!**

## Let's Reflect

- Did you use emotions during the story?
- Did you use facial expressions while acting?
- What was challenging about this activity?
- What did you enjoy?



## IT'S PLAY TIME

Written by Neha Singh

My friends and I are staging a play. The monkeys are getting their long, brown tails fixed.



The writers are helping the Lion and Mia remember their lines. I play the King.



The palace guards and dancers are practising their dance.

The dance teacher is helping them.

Oh no! Mia tripped over the guard's spear. The first aid team rushes in. Everyone is fine. Phew!





The audience is coming into the hall. We are so nervous! But I cannot see my family. Where are they? Oh wait! I see them!

Uh oh! My moustache is falling off. The play is about to start. What shall I do?



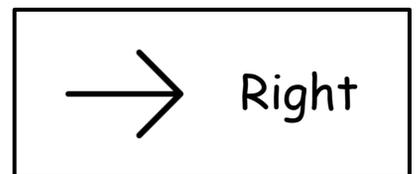
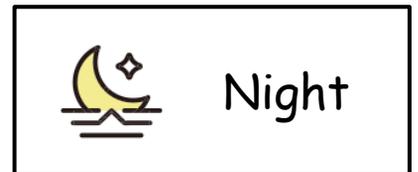
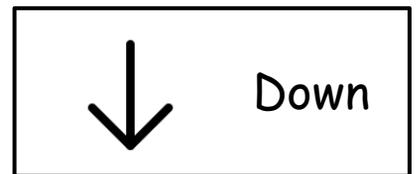
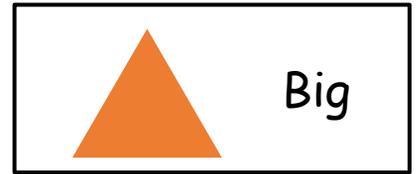
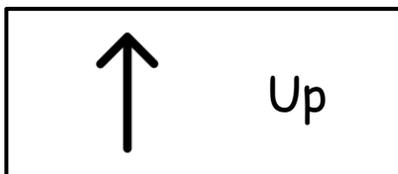
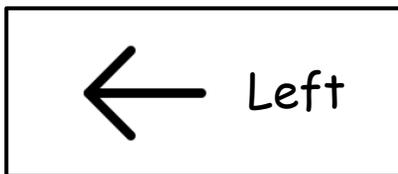
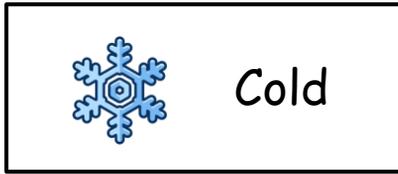
As an actor, I must think on my feet! Wait and watch - I will be the best King ever.

My hair is my moustache now!

- Circle the English words that are new to you and find their meanings.
- Who are the characters in the story?
- What is the setting?
- What do you think the play is about?
- Do you feel nervous while performing in front of people? What calms you down?

# OPPOSITES

Match the opposite words.



Write your own three pairs of opposite words.  
Challenge yourself to write them in English!

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

What did I do well?

Did I do better based on last week's learnings?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# Week 3 Overview



## Project

### My Weekly Diary

Make a diary to record and plan your week!

### Crossword

Solve a puzzle to revise the days of the week!



5

### Event Sequence

Order events using more linking words.

4

### Verb 'To Be'

Practise using the verb 'to be' and identifying verbs in different tenses.

3

### Telling Time

Learn to tell time in 12 and 24 hour clock formats.

1

2

### Game Time

Play a fun board game with your friends to practice the days of the week!

### Materials Needed

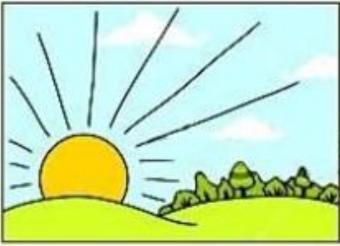
- Paper
- Thread/Stapler
- Pen/Pencil

## My Weekly Diary

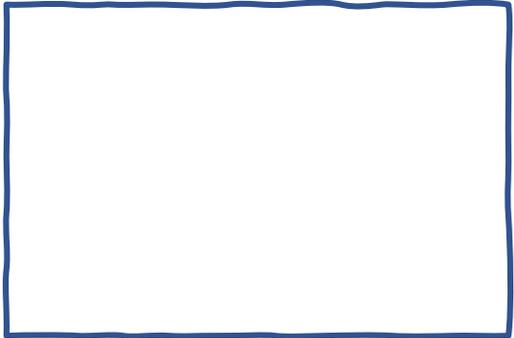
Trace each word.

Draw what you did yesterday at each time.

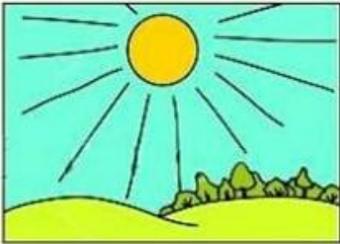
Morning



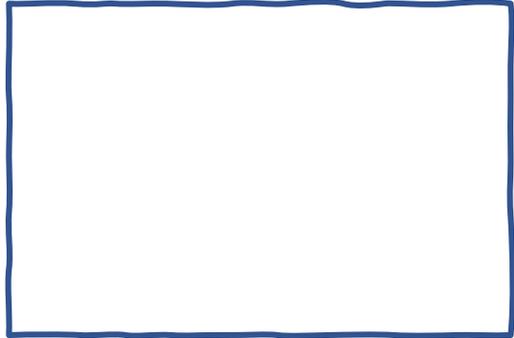
morning  
morning



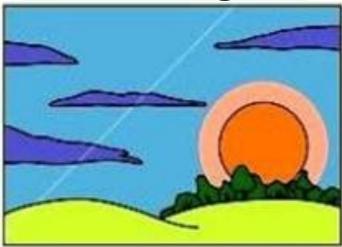
Afternoon



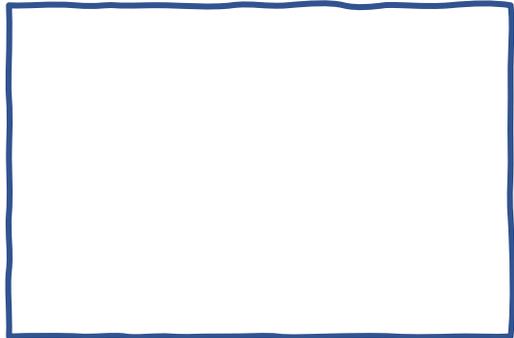
afternoon  
afternoon



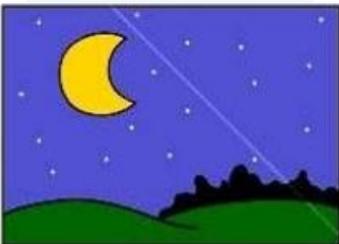
Evening



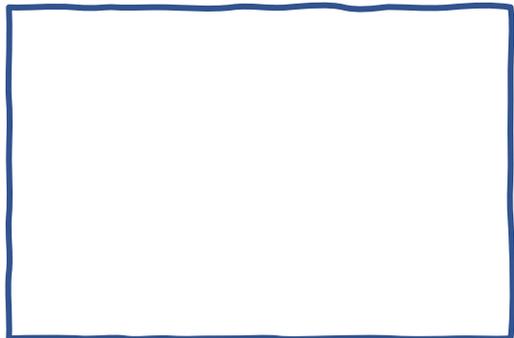
evening  
evening



Night



night  
night

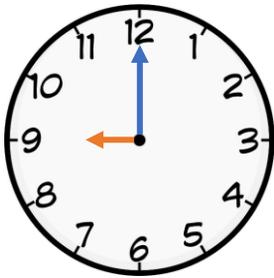


# TELLING TIME

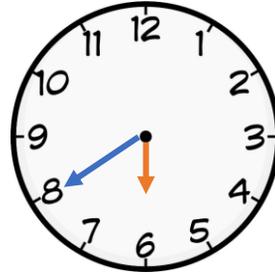
1. Write the numbers from 1-24 in English

There are 24 hours in a day. Which hours are in the morning, evening and night?

2. Fill in the blanks by reading the clock.



It is \_\_\_\_\_ o'clock.

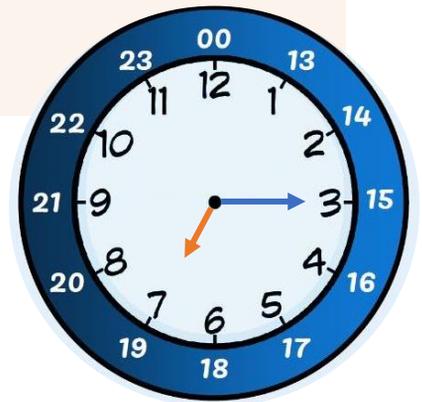


It is \_\_\_\_\_.

Time can be told in a 12 hour format and a 24 hour format.

For a 12-hour clock, we use AM and PM.

For a 24 hour clock, we only use numbers.



12 Hour Format

It is 7:15 AM.

It is 7:15 PM.

24 Hour Format

It is 7:15.

It is 19:15.

- What is 2 PM in the 24-hour clock?
- What is 00:00 in a 12-hour clock? Use AM or PM.
- What is 8 AM in a 24-hour clock?
- What is 3:30 PM in a 12-hour clock?

## My Weekly Diary

Trace the following days of the week.

Sunday	Sunday	Sunday
Monday	Monday	Monday
Tuesday	Tuesday	Tuesday
Wednesday	Wednesday	Wednesday
Thursday	Thursday	Thursday
Friday	Friday	Friday
Saturday	Saturday	Saturday

Draw a tick next to the weekends. 

Discuss in Pashto/Dari what you did on each day last week with a friend.

## Game Board

**3 or more players**

***The game board is on the next page.***

- Place your counters on 'START'.  
Roll a die and move that many spaces.
- If you do not have dice, write 1 to 6 on chits and pick one with your eyes closed.
- Answer the question on the box. If it is correct, you stay on the box. If it is incorrect, you move 1 step behind.
- The player to reach 'FINISH' wins!



You can make your own rules too (*set time limits, make sentences, etc.*)

My Weekly Diary

While writing sentences in your diary, you will use verbs (action words). To show when the actions happened, we use 'tense'. They are of 3 kinds:

**PAST** Completed Action or Past State of Being

← PAST PRESENT FUTURE →

Ken walked to school.

**PRESENT** Repeated Action or State of Being

← PAST PRESENT FUTURE →

Ken walks to school every day.

Generalizations

← PAST PRESENT FUTURE →

Ken is smart.

**FUTURE** An Action or State of Being That Will Happen

← PAST PRESENT FUTURE →

Ken will walk to school tomorrow.

Most verbs in the past tense just have 'ed' added to it. But for some of them, it is not the case. Below are some examples.

	Past	Present	Future
	Slept	Sleep / Sleeps	Will sleep
	Studied	Study / Studies	Will study
	Went	Go / Goes	Will go
	Drank	Drink / Drinks	Will drink
	Showered	Shower / Showers	Will shower
	Ate	Eat / Eats	Will eat
	Talked	Talk / Talks	Will talk
	Ran	Run / Runs	Will run
	Played	Play / Plays	Will play
	Danced	Dance / Dances	Will dance
	Did	Do / Does	Will do
	Laughed	Laugh / Laughs	Will laugh
	Had	Has / Have	Will have

**What do you notice about verbs in the future tense?**

**Write 5 sentences using the verbs above:**

- Yesterday, I \_\_\_\_\_ (past tense)
- Everyday, I \_\_\_\_\_ (present tense)
- Tomorrow, I will \_\_\_\_\_ (future tense)
- With my friend, I \_\_\_\_\_ (any tense)
- This evening, I \_\_\_\_\_ (which tense?)

Past	Present	Future
I was	I am	I will be
You were	You are	You will be
She / He / It was	She / He / It is	She/ He / It will be
We were	We are	We will be
They were	They are	They will be

**Write 3 sentences using the verb 'to be'.**

**Read what Ejaz wrote in his diary:**



Last weekend, I visited my Uncle John. He lives in a village. He lives in the village and has a big farm. My uncle likes cattle. He went to a cattle market and bought five cows! I remember that day. My aunt baked bread and it was delicious! Tomorrow, I will take the recipe from her and bake it myself. I will give it to my friends. Next Sunday, I will visit Uncle John again. I wonder if he named the new cows already!

- How many words are verbs in the past tense? \_\_\_\_\_
- How many words are verbs in the present tense? \_\_\_\_\_
- How many words are verbs in the future tense? \_\_\_\_\_

## My Weekly Diary



Let us start creating our weekly diary!

Create a page for all the days of the week (example below) and tie them together to make a book:

Date: \_\_\_\_\_ SUNDAY

Time	Activities	Done?
7 am to 8 am	Wake Up, Shower, Eat Breakfast	✓

Moments From My Day:

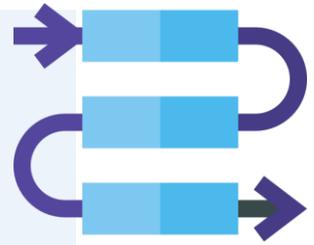
*I played with my friends. It was fun! I studied for 2 hours. I learned many new things.....*

I feel \_\_\_\_\_ because \_\_\_\_\_

- Make goals for each day. Once done, add a tick mark.
- Write about special moments in your day for today.
- Write how you feel at the end of the day.
- You can decorate your page or add more details too!

We use **certain words** to show a sequence of events too! Example:

- **First**, Haya went to her house.
- **Next**, Haya ate food.
- **Then**, Haya watched TV.
- **Last**, Haya went to sleep.



Sequence	Event
	I went to the doctor.
	I took medicine and felt better.
	I did not feel well.

Write "first", "next" and "last" in the correct order!

Write simple sentences in each box to show what you did yesterday. Use these words in your weekly diary too!

**First,**

**Next,**

**Last,**

**Then,**

## My Weekly Diary

Fill the page for today in your weekly diary!

For the rest of the days, do not forget to write or draw what you did in your diary. Tie or staple the pages together.

## My Favourite Day

Which is your favourite day? Why?

Explain it to a friend using the English words below:

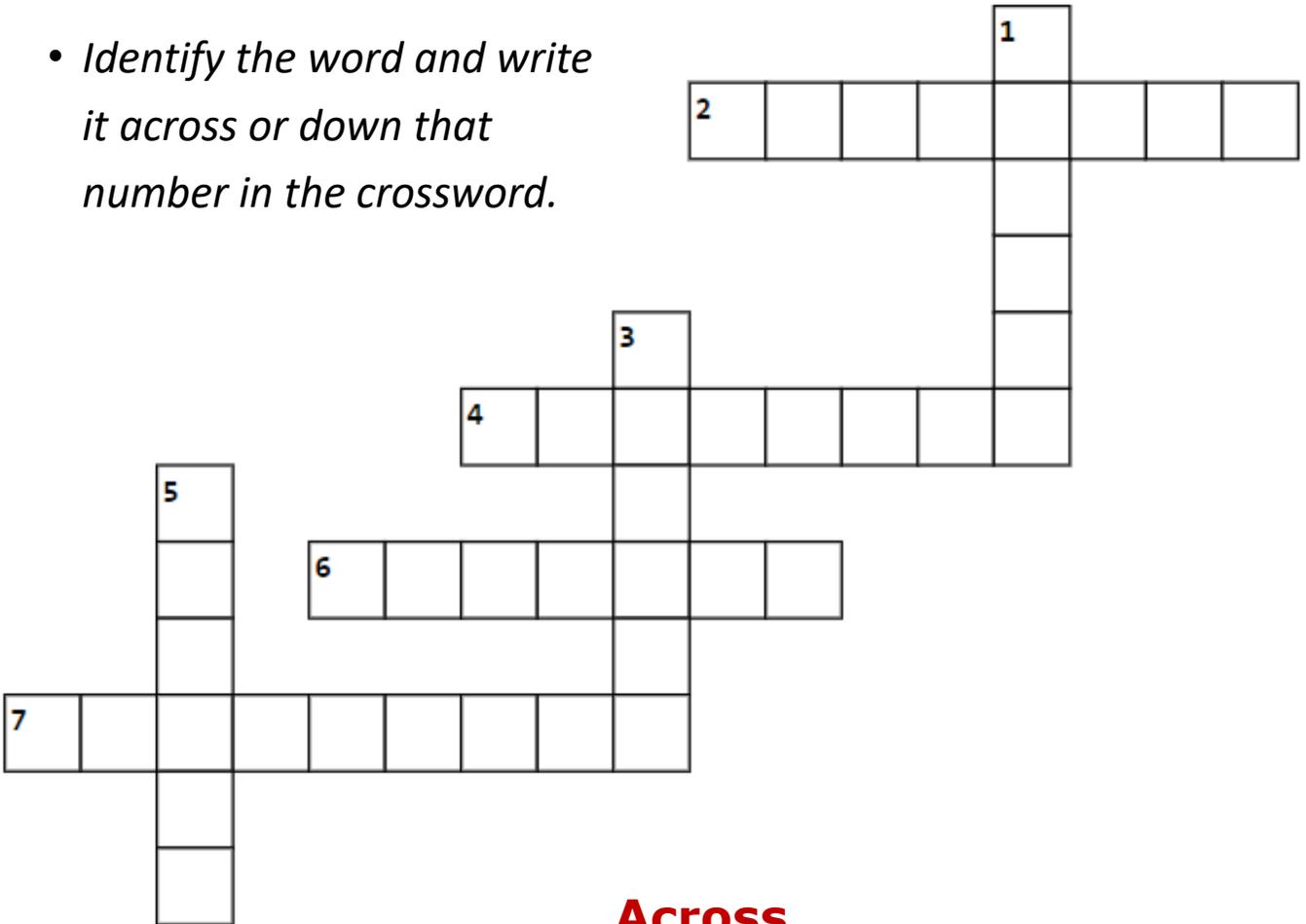
My favourite day is \_\_\_\_\_.

I like it because \_\_\_\_\_.

1. For how many days a week do people work in your country?
2. For how many days a week do children go to school in your country?
3. If you could rule the world, would you change that? Why or why not?



- Look at the clue below with its number.
- Identify the word and write it across or down that number in the crossword.



**Across**

2. What is 4 days after Tuesday?
4. What comes 2 days before Saturday?
6. What comes after Monday?
7. Which day begins with the letter 'W'?

**Down**

1. Which day begins with the letter 'F'?
3. What comes before Monday?
5. What is 2 days from Saturday?

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

What did I do well?

Did I do better based on last week's learnings?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

# Week 4 Overview



## Project

### My Calendar

Create your very own calendar and present it to people!

## Let's Connect!

Learn to use connecting words in sentences.



## Calendar Discovery

Read a calendar and answer questions.



## Quarterly Goals

Set goals for each quarter of the year.



## Let's Learn!

Learn all about the different months in a year.



## Trace It

Practise writing the names of months in English.

## Materials Needed

- Paper
- Pen/Pencil
- Thread / Stapler

## My Calendar

Which seasons does your country experience?



Spring



Summer



Winter



Fall



Rainy

- What is the weather like in each season?
- What do people usually do in this season?
- In what order do these seasons come in a year?

Which is your favourite season?

Draw 3 things you do in this season. Share it with your friend.

Use at least 3 English words!



## My Calendar

### How many days in a month?

You can use your knuckles to know if a month has 30 days or 31 days!

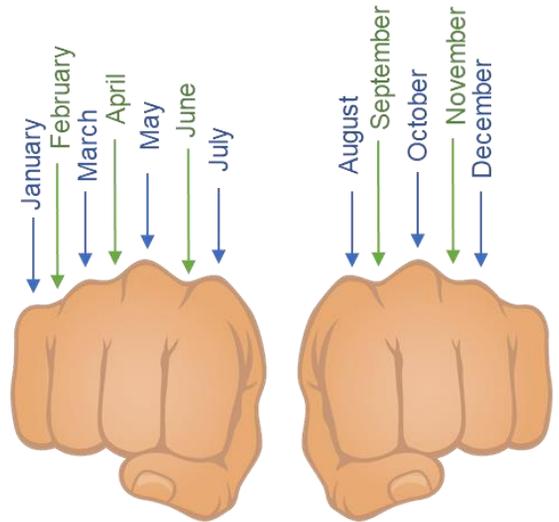
Start with the first raised knuckle for January 31.

The ridge has 30 days.

The next knuckle has 31 days.

**You will notice 2 special cases:**

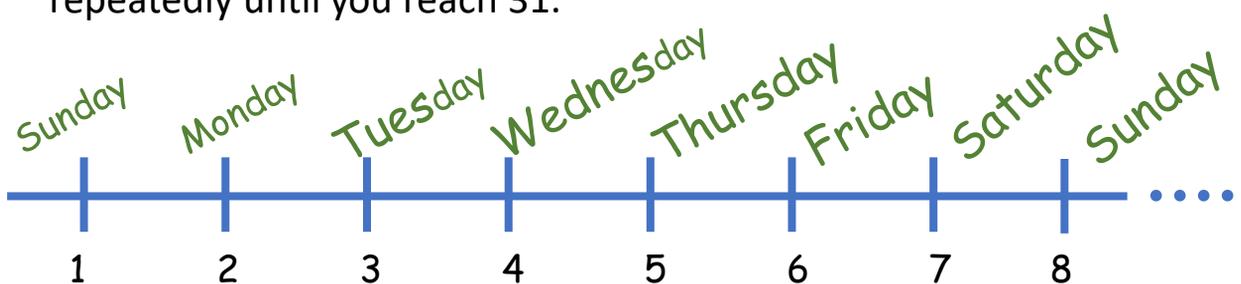
1. February always has 28 or 29 days.
2. August has 31 days and comes after July which also has 31 days.



### How many weeks in a month?

Draw a number line for numbers 1 to 31.

- How many days are in a week?
- Name them and write them on the top of the number line repeatedly until you reach 31.



How many times do the weeks repeat?

You will see that the days repeat 4 times over the 31 days.  
So, there are 4 weeks in a month and 2-3 days that remain.

Trace the names of the months.

January

January

January

February

February

February

March

March

March

April

April

April

May

May

May

June

June

June

July

July

July

August

August

August

September

September

September

October

October

October

November

November

November

December

December

December

## My Calendar

Let us make our own calendar!

January 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <small>New Year's Day</small>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <small>Martin Luther King Day</small>	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

On each page:

- Write the English name of the month and the year.
- Write the number of days in that month in English.  
*(Use your knuckles to find out!)*
- Ensure that the dates and the days are correct by referring to an actual calendar.

In the same way, make the pages for January, February, March, and April. Mark the weekends.

Decorate your calendar with drawings of the season, clothing, or food people have especially in that month. Some ideas:



Snowflakes



Scarf



Coat



Boot

## QUARTERLY GOALS

1. Divide the year into quarters (4 equal parts)
2. How many months are there in each quarter?

Write the 4 quarters down (as shown below) and 3 goals you want to achieve in each quarter. You can write your goals in Pashto/Dari.

### QUARTER 1

Months: \_\_\_\_\_

My Goals:

- 1.
- 2.
- 3.

Share your quarterly goals with a friend.

Ask them to give you feedback:

- Are the goals realistic?
- Is there a plan to achieve your goals?
- Is there a way to get back on track if you face challenges in achieving your goals?



## My Calendar

Make the pages of your calendar for May, June, July, and August.

*Do not forget to add drawings and to mark the weekends!*

### Writing Dates

This is how we generally write dates:

15 May 2022  
Day of the Month    Month    Year



Write the following dates:

Your Birth Date

Today's Date

Friend's Birth Date

Tomorrow's Date

# CALENDAR DISCOVERY

Observe the calendar  
and answer the  
questions in English.

2023						
September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <small>Labor Day</small>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- What day on the calendar is 26 September 2023?
- How many Sundays does September 2023 have?
- Amina is going on a trip to India on 17 September 2023.  
Write the day.
- Amina will leave India after 5 days. Write the day.
- How many full weeks does September 2023 have?  
How many additional days does it have?
- Write the date:
  - Four days after 5 September 2023 \_\_\_\_\_
  - The first Wednesday of September 2023 \_\_\_\_\_
  - 8 days before 23 September 2023 \_\_\_\_\_
  - 2 weeks after 2 September 2023 \_\_\_\_\_

## My Calendar

Make the pages of your calendar for September, October, November, and December.

- Tie or staple the pages of your calendar in the correct order.
- Finish decorating your calendar and mark all special occasions, events, birthdays etc. for all the months.
- Add your quarterly goals too!



Share your calendar with your friends! Talk about your favorite months and some dates that are special to you (Eg: Birthday).

### Challenge



- February has 29 days every 4 years. This is called a **leap year**. How many days will a leap year have?
- What percentage of months begin with the letter 'M'?  

$$\frac{\text{No. of Months starting with 'M'}}{\text{Total No. of Months}} \times 100$$

The car is blue.



The car is fast.

The car is blue **and** the car is fast.

'And' is a **conjunction**. It joins two matching ideas.

Mia is happy.



Ali is sad.

Mia is happy **but** Ali is sad.

'But' is a **conjunction**. It joins opposite ideas.

My dog is cute **and** he is friendly.

My dog is cute **but** he is naughty.

Try writing your own sentences using 'but' or 'and'!

Use your imagination and complete each sentence.

It's 5 AM **but** \_\_\_\_\_.

It's 5 AM **and** \_\_\_\_\_.

It is a holiday **but** \_\_\_\_\_.

It is a holiday **and** \_\_\_\_\_.

# Weekly Reflection

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