



# How I Have Grown



## Points to Know :

- I Am Growing Up
- My Favourite Things



## Getting Started

Presently, Rishi is seven years old. His mother had gifted him a blue jeans on his fifth birthday. He loves to wear it all the time. Today, he has to go to Rohit's birthday party. He tries to wear the jeans, but it doesn't fit him anymore. What may be the reason?



Paste your picture when you were a baby

Paste your latest picture

To see, how a child grows up with age, look at the given pictures.



## Bigger and Taller

As the years pass by, we all grow taller. As we grow up, our body parts like hands, legs, feet, fingers and toes, all grow bigger.



### Activity 1

Compare the two photographs which you have pasted on the previous page. Notice the changes since you were a baby? Find out and note down the following :

Your weight when you were born :

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Your present weight :

---

How tall you were on your first birthday?

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How tall you are now?

---

As we grow up, we also learn many new things. Some new things learnt by Rishi and his friends are :



Rohan can  
skate



Jahanvi can ride  
her bicycle



Shyama can  
sing



Rishi can speak  
on stage.



Devika can solve  
puzzles faster.



### Things to Know

- ◆ A baby is born with more than 300 bones, but as it grows older, some bones fuse together and so, an adult has a total of 206 bones.





## Activity 2

Make a list of some things which you have learnt lately :

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## My Favourite Things

Different people like different games, colours, books, foods, activities, etc. They have their own 'likes' and 'dislikes'. Any activity which one likes to do the most is called his/her 'favourite'.

Any activity which one enjoys doing the most in his/her free time is called one's **pastime** or **hobby**.



## Activity 3

Write down some of your favourite things :

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Words to know

- Presently** : At present  
**Favourite** : Something which one likes doing the most.  
**Pastime** : Activity which one enjoys doing the most.





## Revision

- ❖ Presently, Rishi is seven years old.
- ❖ As the years pass by, we all grow taller.
- ❖ As we grow up, our body parts grow bigger.
- ❖ We all like to do some activities the most. These are called our hobbies.

## Exercise



### A. Tick (✓) the correct answer :

1. What is Rishi's present age?  
 (a) Five years       (b) Six years       (c) Seven years
2. As the years pass, we all grow :  
 (a) Shorter       (b) Taller       (c) None of these
3. As we grow up, our body parts grow :  
 (a) Thinner       (b) Bigger       (c) None of these
4. Different people have different :  
 (a) Likes       (b) Dislikes       (c) Both of these
5. An adult has a total of :  
 (a) 205 bones       (b) 206 bones       (c) 207 bones

### B. Fill in the blanks with words from the Help Box :

taller, bigger, jeans, blue, different

1. Rishi's mother gifted him a \_\_\_\_\_ jeans.
2. He tries to wear the \_\_\_\_\_ but it doesn't fit him anymore.
3. As the years pass by, we all grow \_\_\_\_\_.
4. As we grow up, our body parts grow \_\_\_\_\_.
5. Different people like to do \_\_\_\_\_ things.

### C. State whether True or False :

1. Rishi had a red jeans. \_\_\_\_\_
2. The jeans did not fit on Rishi. \_\_\_\_\_
3. As years pass by, we stay the same. \_\_\_\_\_
4. As we grow up, our body parts grow bigger. \_\_\_\_\_



**D. Answer the following questions :**

1. How do we grow as years pass by?
2. What new things we learn as we grow up?
3. What do you understand by 'hobby'?
4. Write atleast 2 hobbies of yours.



**Activities**

**❖ In the information card given below, fill in the information about yourself so that we know you better :**

1. Your father's name : \_\_\_\_\_
2. Your mother's name : \_\_\_\_\_
3. Your brother's/sister's name : \_\_\_\_\_
4. Your address : \_\_\_\_\_
5. Colour of your eyes : \_\_\_\_\_
6. Colour of your hair : \_\_\_\_\_
7. Your weight : \_\_\_\_\_
8. Your height : \_\_\_\_\_

