

# Survival English

## Book 3

### For 4- to 7-year-olds

Screen-free learning resources that build multiple skills and basic English Vocabulary.



Content Partners

## My Emotions

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

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



Happy

Sad

Confused

Angry

Scared



# Week 1 Overview



**Project**

**Act it Out**

Become an actor  
over the week!

**Skit**

Create a short skit!

5

**Imitation Game**

Imitate your friends and  
let them guess who!

4

**Moving Bot**

Direct a bot to  
accomplish a mission!

3

**Talk-a-thon**

Who can speak the longest  
on a given topic?

1

2

**Inside Outside**

Time to ground ourselves  
through a sensory activity.

## Materials Needed

- Paper
- Pen/Pencil
- Cloth (to blindfold)
- Any household object



## Act it Out

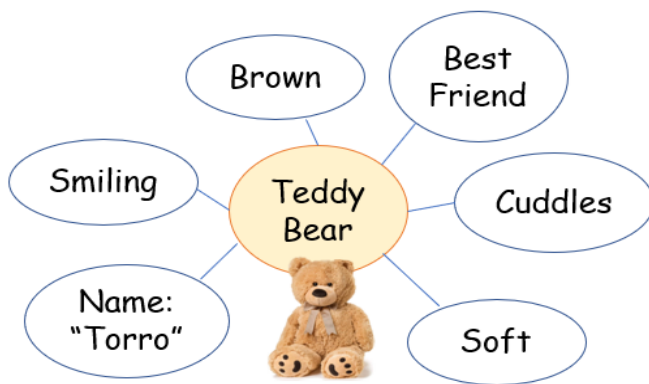
How can a drama communicate an idea?

### 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.

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?



## 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!

## 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

What are our five senses?



touch



smell



taste



hearing



sight

Walk around and fill in the table below. Try to write English words.

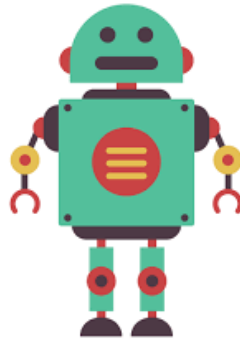
What can you see?			
What can you hear?			
What can you smell?			
What can you taste?			
What can you touch?			

Ask your partner to guess the English words you may have written. You get 1 point for a correct guess.

**The person with the most points wins!**



## MOVING BOT

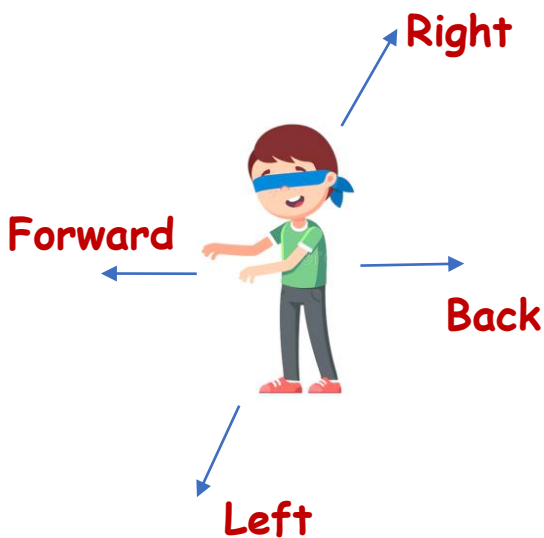


*Minimum 3 players*

## How to Play

- Player 1 is the **BOT**. Blindfold them.  
Player 2 is the **DIRECTOR**.
- Mark a start point. Keep an object somewhere.
- **DIRECTOR** tells the **BOT** how to reach the object.  
The **BOT** follows the instructions exactly.

Players take turns to be directors and bots.



Go forward 2 steps.  
Turn left.  
Move 1 step back.  
Turn right.



The fastest team to reach the object wins!

## Act it Out

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



happy



angry



sad



calm



sick



tired



thirsty



shocked

## Speaking with Emotions

Say each sentence out loud using the 4 different emotions.

What are some differences you notice?



happy



sad



angry



confused

- I am hungry.
- Where did you go?

## IMITATION GAME

- Act like your friends **without talking**.
- Others have to guess who it is and get **1 point for every correct guess**.



- Now, add **dialogues**.
- **Note:** Add what they frequently say and imitate their voice too!

**Who scored the most points? They win!**

## Let's Reflect

What difference did it make when you used voice and dialogues?



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

I bought  
this shirt.



# 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

## Voice Box

Do some fun breathing and vocal exercises.

3

## Stories

Read short stories and answer question in English.

1

2

## Practise Your Play

Think about how you want your play to be and get started!

## Materials Needed

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

## Put Up A Play!

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



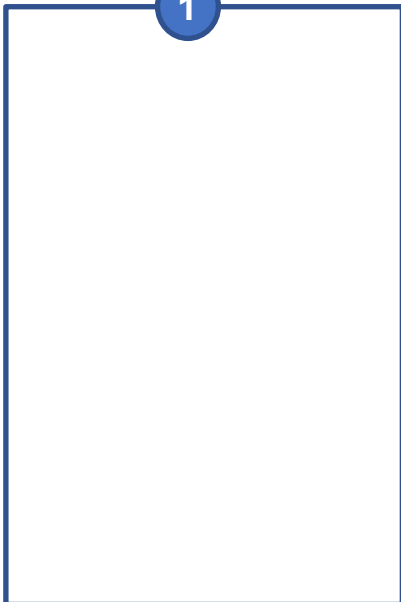
2



3

You will perform a skit in this project. Start by drawing or the events of your story.

1



2



3



Ahmed has a big cat.  
The cat has a red hat.  
The cat sat on a mat.  
Ahmed likes the cat.

Read and answer the  
questions in English.



1. Ahmed's cat is \_\_\_\_\_ (big / small).
2. The cat wears a \_\_\_\_\_ (red / blue) hat.
3. What did the cat sit on?
4. Does Ahmed like his cat?
5. Which animal do you like?



John went for a bike ride.  
He round around his home.  
He met his friends.  
They all rode to the park.  
John enjoyed the day.

1. John rode on his \_\_\_\_\_ (bike/ car).
2. Who did John meet?
3. Where did they ride to?
4. Where would you ride to?

## Act it Out



## Practise Your Play

Think of your story and how you will act it out with friends.



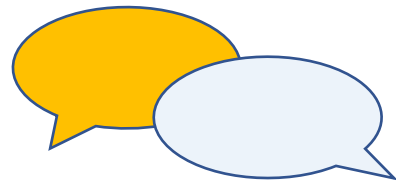
Who are the **characters**?

What do they say to each other?

Use at least 3 English sentences!

Practise the scene.

Select the costumes.



Speak with emotions  
and the right volume!



## Put Up A Play

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



**INVITATION**

Dear \_\_\_\_\_, → Name

*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.**

# Voice Box

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?**

happy

bored

\_\_\_\_\_

(Something else)

sad

angry

calm

fresh

I don't know!

## 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?**



## 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?



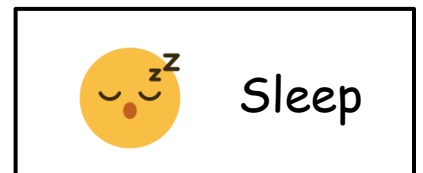
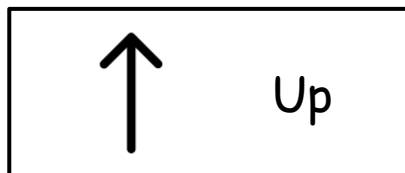
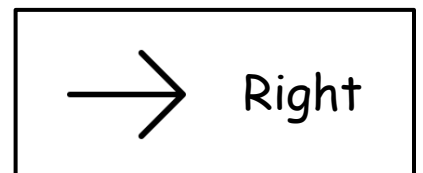
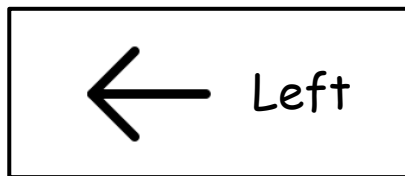
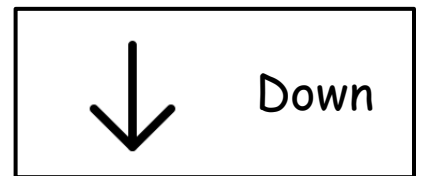
As an actor, I must think on my feet! Wait and watch - I will be the best King ever.

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?

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

# Week 3 Overview



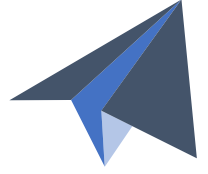
## Project

### My Weekly Diary

Make a diary that shows what you did in a week!

### Send A Wish!

Send someone a good day wish!



5

### Action!

Learn different action words in English!

4

### All Aboard!

Learn the correct order of the days of the week.

3

### Telling Time

Practise telling time through a clock!

1

2

### Jumping Days

Play a fun game to learn the days of the week.

### Materials Needed

- Paper
- Pen/Pencil
- Thread / Stapler



## My Weekly Diary

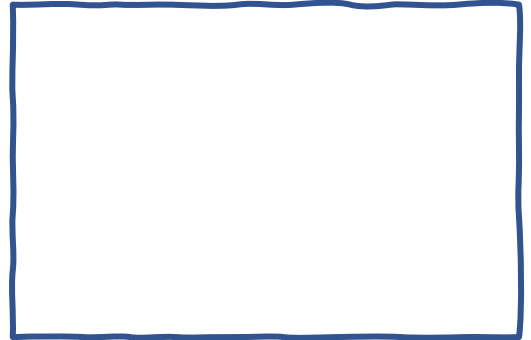
Trace each word.

Draw what you did yesterday at each time.

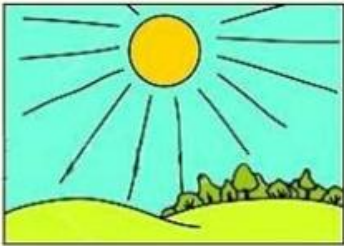
Morning



morning  
morning



Afternoon



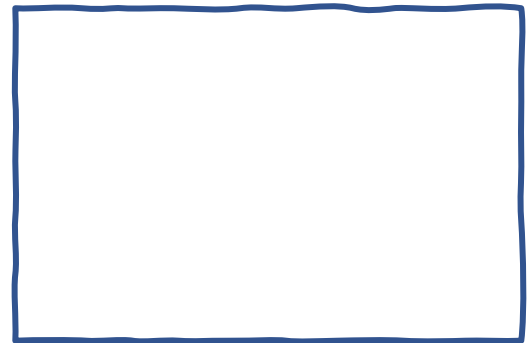
afternoon  
afternoon



Evening



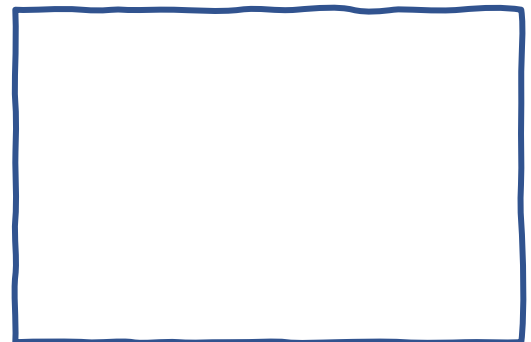
evening  
evening



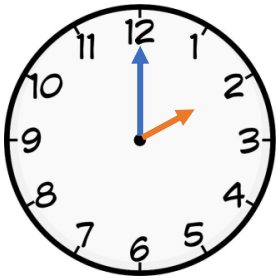
Night



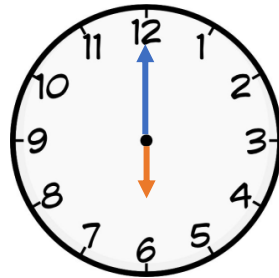
night  
night



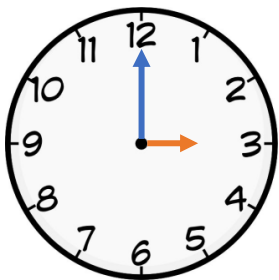
Fill in the blanks by reading the clock.



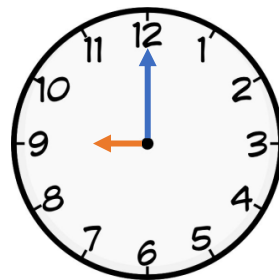
It is 2 o'clock.



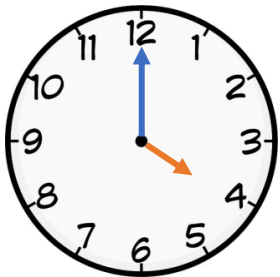
It is \_\_\_\_ o'clock.



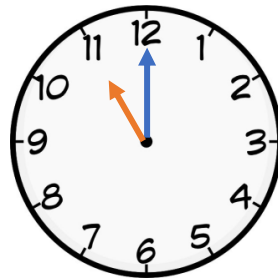
It is \_\_\_\_ o'clock.



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

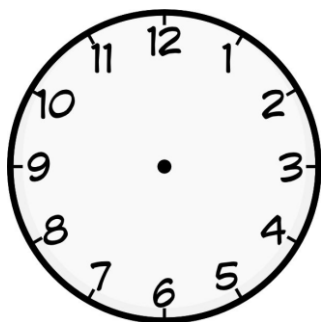


It is \_\_\_\_ o'clock.

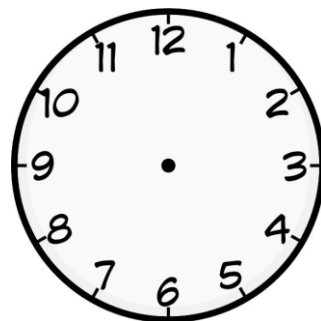


It is \_\_\_\_ o'clock.

Fill in the blanks and draw the hands on the clock.



I wake up at  
\_\_\_\_ o'clock.



I go to bed at  
\_\_\_\_ o'clock.

What is the time now?

Is it morning, afternoon, evening, or night?

## My Weekly Diary

Learn this song about the  
Days of the Week!



Days of the Week,

Days of the Week,

There's *Sunday* and there's *Monday*,

There's *Tuesday* and there's *Wednesday*,

There's *Thursday* and there's *Friday*,

And then there's *Saturday*!

Days of the Week,

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.

# JUMPING DAYS

1. All players stand in a line.
2. Ask any player to name a day of the week (in English).  
*Eg: Thursday*
3. When you call out the **next day** (*Friday*), players should jump **forward**.
4. When you call out the **previous day** (*Wednesday*), players should jump **backward**.
5. Any player who jumps incorrectly is out of the game.  
Say the names of the days fast to make it more challenging!
6. Repeat rounds by asking players for different days.



**The last player standing wins!**

## My Weekly Diary

Let us start creating our weekly diary!

Create a page for all the days of the week as shown and tie them together to make a book:

Date: _____	SUNDAY
Morning	
Afternoon	
Evening	
Night	
I feel _____.	

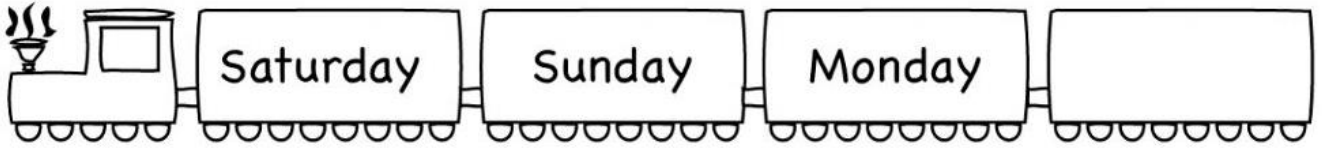
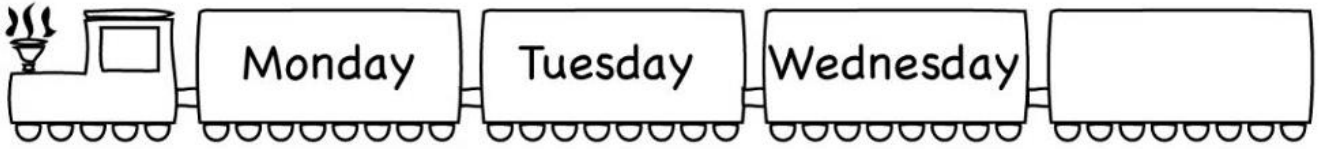
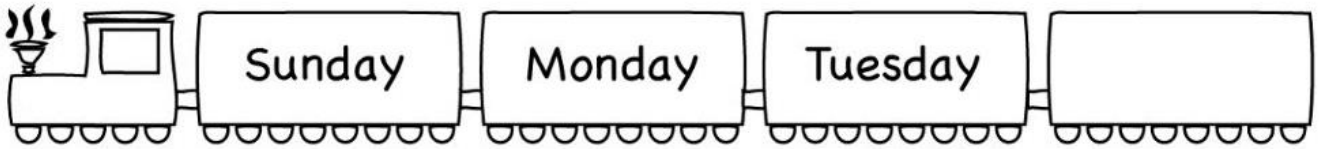
**Which day of the week is it today?**

Fill up the page for that day.

- Draw or write what you did in the morning, afternoon, evening and night.
- Draw or write how you feel at the end of the day.
- You can decorate your page or add more details too!

# ALL ABOARD!

Which day comes next? Write and complete the train.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## 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.

## 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?



Write the correct action below each picture.

rip

trip

sit

cry

run

sleep

read

eat

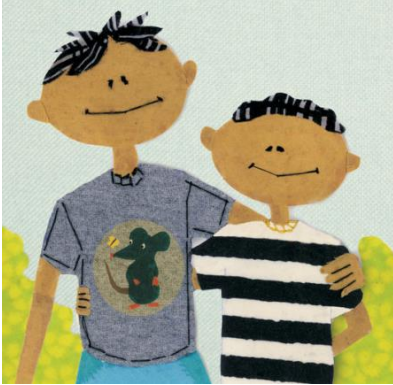
skip





## MY BROTHER AND I

Written by Kanchan Bannerjee



I am Ali. I am in Class 1.

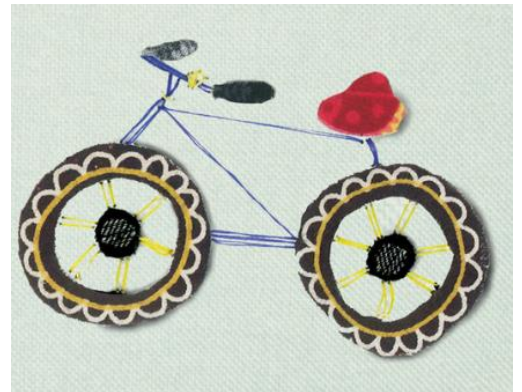
My brother's name is Samir. He is in class four. He is my best friend too!

Every morning, we get ready for school. I button my \_\_\_\_\_.



Samir helps me put on my \_\_\_\_\_.

He takes me on his \_\_\_\_\_ and I ring the bell!



Samir reads big \_\_\_\_\_. He writes with a pen. I write with a pencil.



I have a small \_\_\_\_\_.  
Inside it, are two pencils.



After school, we play cricket.  
Samir's three friends play with us.

Then, Samir buys me an \_\_\_\_\_.  
It is really tasty!



It is 5 O'clock. It is time to go  
to our \_\_\_\_\_.

- Who are the characters in this story?
- Is your day similar to or different from Ali and Samir's? How?
- Retell the story in Pashto/Dari using at least 4 English words.

# SEND A WISH!

- Think of someone who made your day a little better today.
- Make a card below wishing them a good morning, afternoon, or night. You can add or draw more details.



(Date)

\_\_\_\_\_

(Day)

\_\_\_\_\_



(Your Name)

\_\_\_\_\_

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

*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!

## Months and Seasons

Play a game to revise months and seasons!

5

### Let's Shop!

Think of items you will need for a particular month.

4

### All Aboard!

Learn the sequence of months in a year.

3

### Let's Learn!

Learn all about the different months in a year.

1

2

### 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!

--	--	--

How many months are there in one year? Count below:

JANUARY

APRIL

JULY

OCTOBER

FEBRUARY

MAY

AUGUST

NOVEMBER

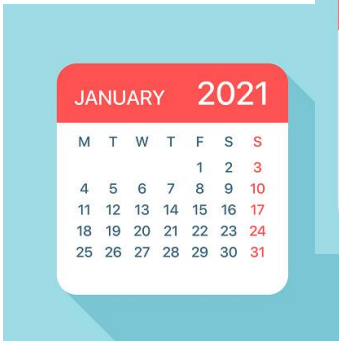
MARCH

JUNE

SEPTEMBER

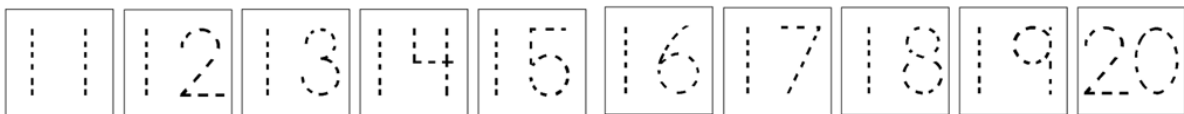
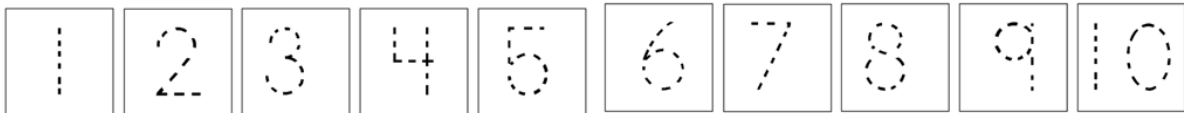
DECEMBER

Each month has 30 or 31 days.



February is special because it has 28 days and sometimes 29!

Practice writing numbers from 1 to 31 by tracing each number.



## My Calendar

### How many days in a month?

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

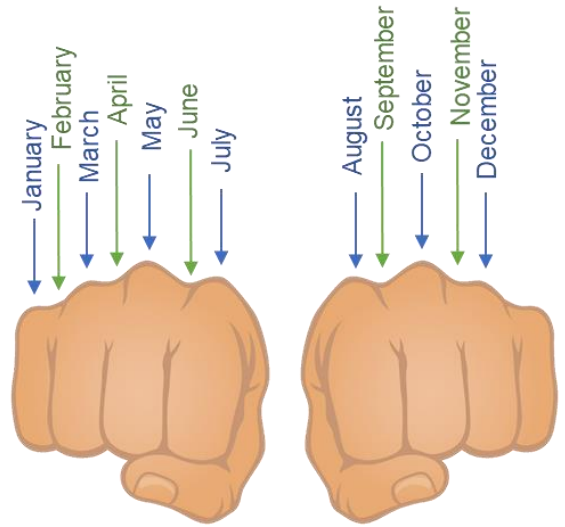
Start with the first raised knuckle for January 31.

The ridge has 30 days.

The next knuckle has 31 days.

**You will notice 2 special cases:**

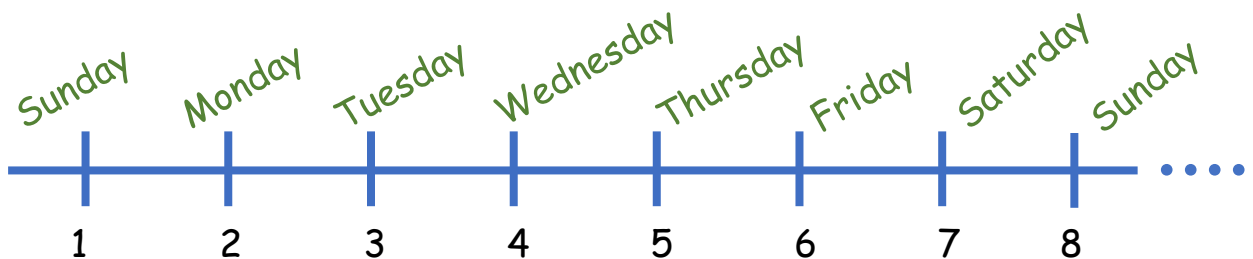
1. February always has 28 or 29 days.
2. August has 31 days and comes after July which also has 31 days.



### 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				
1	2	3	4	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
31				

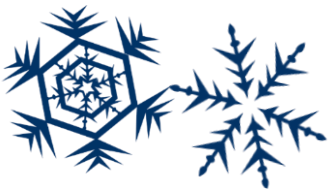
On each page:

- Write the English name of the month
- Write the number of days in that month in English.  
(Use your knuckles to find out!)

**Note:** Calendars also have days but for now, let's just have the months and dates!

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

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



Snowflakes



Scarf



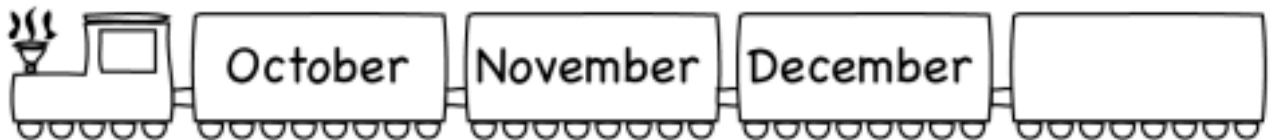
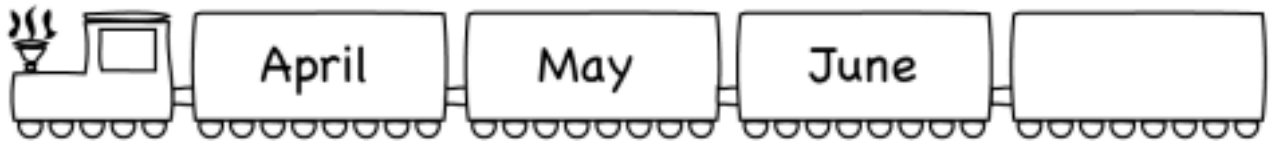
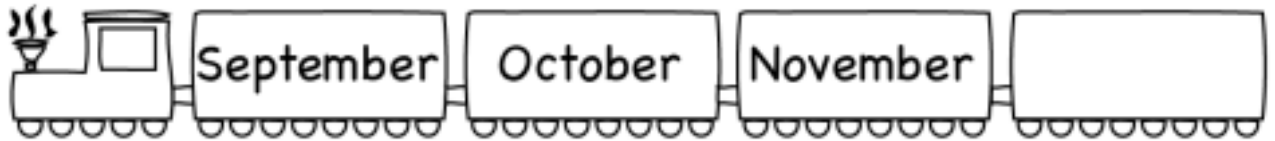
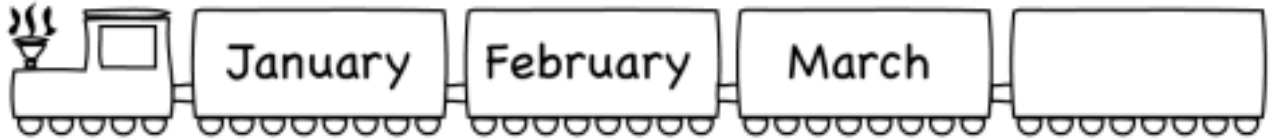
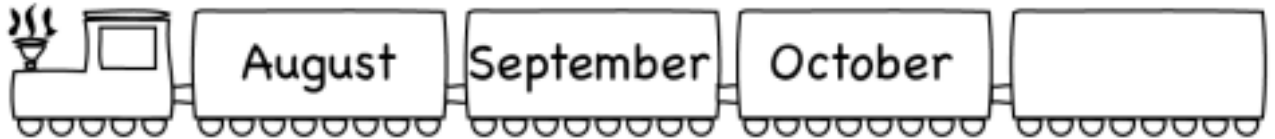
Coat



Boot

# ALL ABOARD!

Which month comes next? Write and complete the train.



January

February

March

April

May

June

July

August

September

October

November

December

## My Calendar

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

*Do not forget to add drawings!*

### 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

## LET'S SHOP!

Imagine that you are asked to go shopping for the month of **July**. Draw 10 to 15 items in the shopping cart below:



**Discuss in Pashto/Dari why you picked those items for July. Example:**

I will buy ice because it will be summer,  
and I want to drink cold juice.



## MONTHS AND SEASONS

4 or more players

1. Say the months in a year from January to December.
2. Think of the different seasons you experience in different months.

Write it on a chart  
and stick it on a wall.

**Example:**



3. Allot an action for each season. For example: Spring → Jump
4. A volunteer will say the name of a month. The players must identify the season in that month and then do the action. They must say the name of the season too.
5. If the action is incorrect, the player is out of the game. The last player remaining wins the game!

December



Winter

March



Spring

# Weekly Reflection

Did I enjoy learning this week?



What are some new things I learned?

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



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**Pg. 6 , 7:** These activities have been designed by Dream A Dream, India.

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