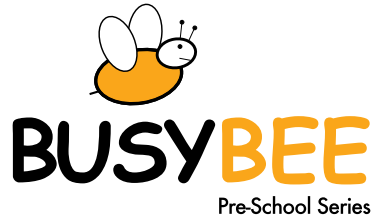


# My Language Studies

Book  
**1**

UKG **5+** years






# My Language Studies

Book  
1

UKG **5+** years

Published by   
**ABHYAS**  
Abhyas Nepal Educational Foundation Pvt. Ltd.

*"Enabling Early Education"*

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- Singular and Plural
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- He is/ She is/ It is
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### नेपाली भाषा शिक्षा

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- फूलका नामहरु
- ऐकार (ॢ) मात्राको परिचय

# Note to Teachers and Parents

Dear Teachers and Parents,

It gives us immense pleasure in introducing this new series of Pre-Primary books. Designing books for the children of early grades is a challenging, yet an exciting job. Well designed, nicely presented and age appropriate exercises help children not only to drill the academic practice but gives the deep joy of learning as well. Well designed and age appropriate books can also be extra support for teachers as well. On the other hand, teaching the young children traditionally from the text books without or with limited teaching materials is an exhausting, tiring and unproductive method. To address this delinquent situation of our context we have developed our new book series with a focus to meet the changing educational needs of the pre-primary schools of Nepal.

BusyBee pre-school series, a prime project of ABHYAS Nepal Educational Foundation Pvt. Ltd., is a widespread package for ECE programs that includes course and activity books for 3 to 5 year old children, sample of daily schedules for each grade, activity planning for the entire academic year, homework files for each child and sets of recommended games and materials for each grade. Our complete package surely helps schools to make a positive move towards quality education with Nursery and Kindergarten classes having excellent planning and resourceful teaching aids for teachers. These new series of books are tremendously fun, interactive and have followed the trend of child friendly education. This book series follows the teaching learning patterns that are developmentally appropriate for young children.

We would like express our deep gratitude to all well wishers, teachers, editors, designers, illustrators and schools; without their help this project would not have come into being.

We hope this book will be helpful in supporting the quality of early childhood education services in Nepal. Constructive feedback and suggestions from teachers, educationists and experts in the field of early childhood education and development will be highly appreciated for further improvement of this package.

Abhyas Nepal Team





**LANGUAGE  
STUDIES**

**ENGLISH**

# Rhyme Time

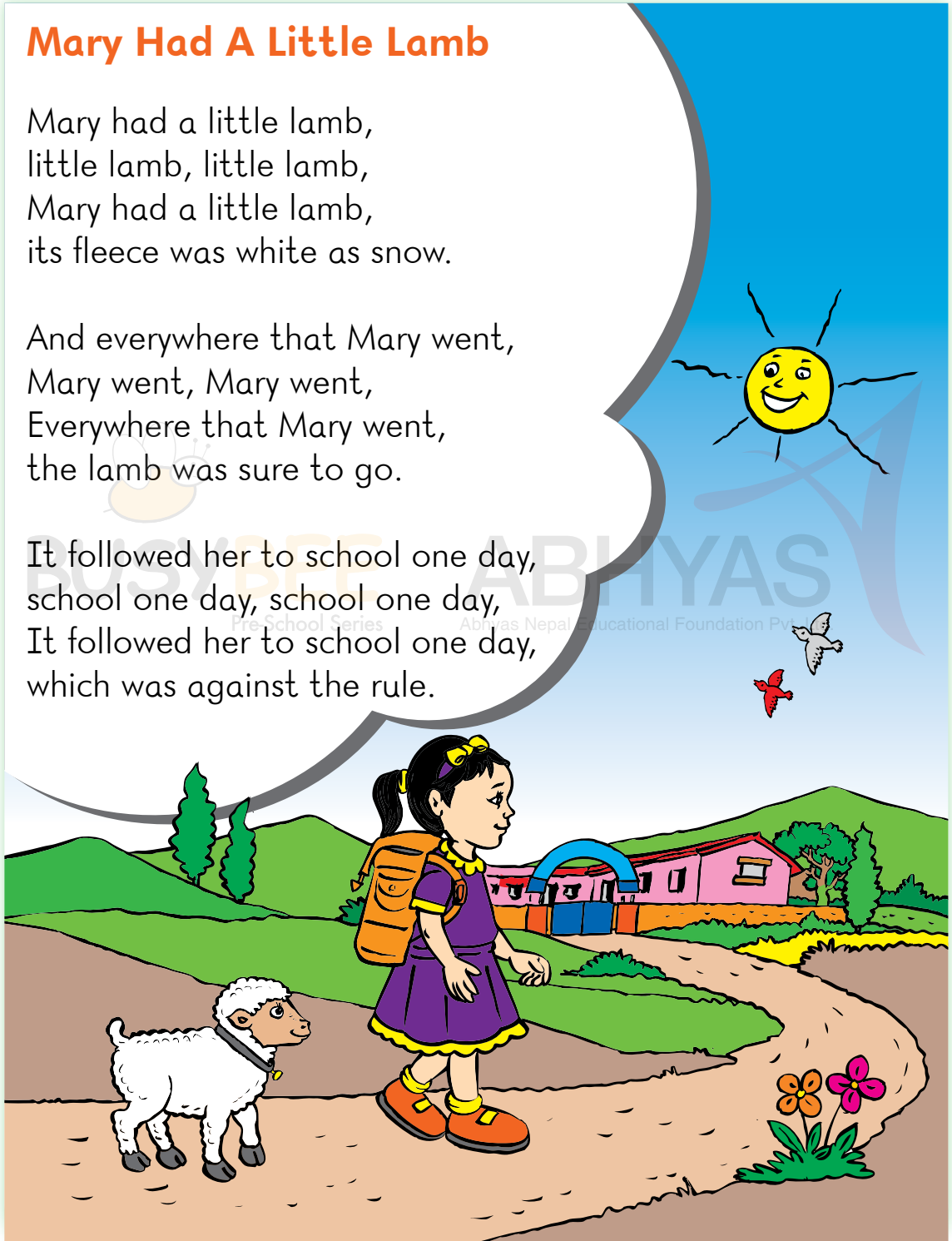
Let's sing a song.

## Mary Had A Little Lamb

Mary had a little lamb,  
little lamb, little lamb,  
Mary had a little lamb,  
its fleece was white as snow.

And everywhere that Mary went,  
Mary went, Mary went,  
Everywhere that Mary went,  
the lamb was sure to go.

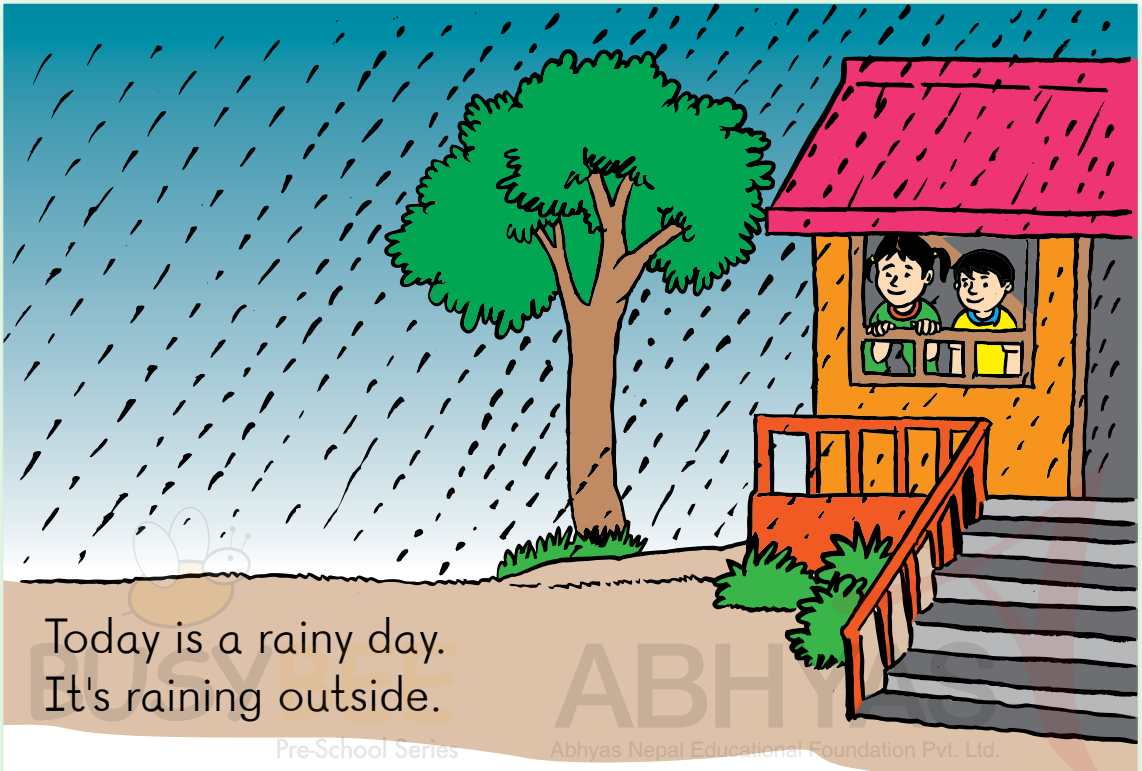
It followed her to school one day,  
school one day, school one day,  
It followed her to school one day,  
which was against the rule.





# Conversation

Let's talk about today's weather.

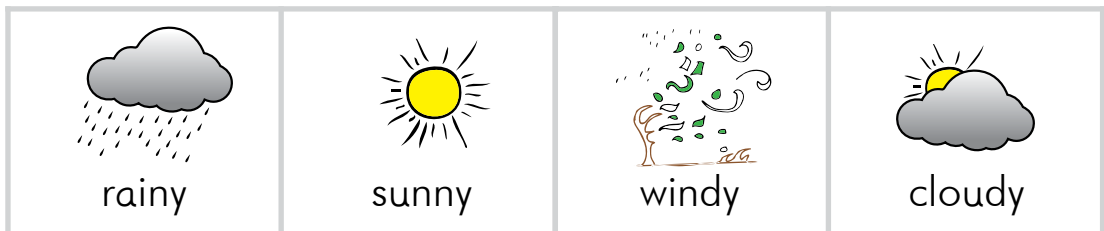


Today is a rainy day.  
It's raining outside.

Miss Thapa : How is the weather today?

Children : It is a rainy day.

Look outside. What is the weather like today?



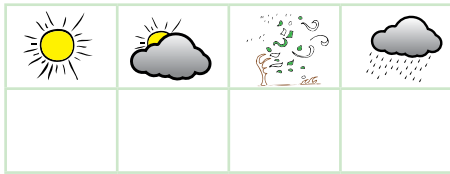
Today is a \_\_\_\_\_ day.

# Activity

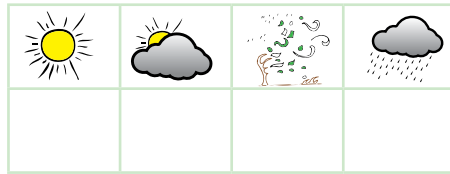
## (Weather update)

I can check the weather throughout the week and make a tick on correct picture.

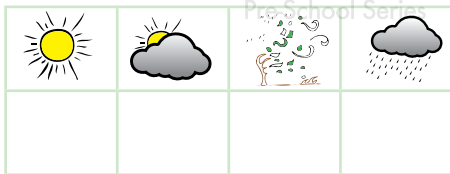
### Sunday



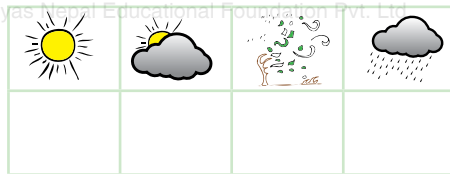
### Monday



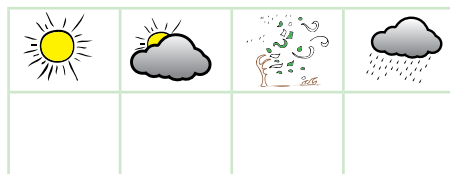
### Tuesday



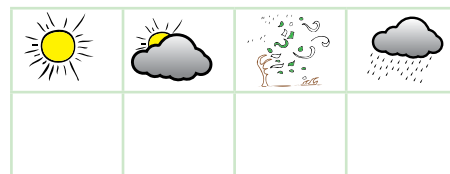
### Wednesday



### Thursday



### Friday



# Alphabet Chart

Let's review the alphabet chart given below.

A	B	C	D	E
F	G	H	I	j
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z				

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a	b	c	d	e
f	g	h	i	j
k	l	m	n	o
p	q	r	s	t
u	v	w	x	y
z				

# Vowels and Consonants

Let's review the 26 alphabets by dividing into 5 vowels and 21 consonants.

**Vowel letters are**

a e i o u



**Consonant letters are**

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	—	b	c	
d	—	f	g	h
—	j	k	l	m
n	—	p	q	r
s	t	—	v	w
	x	y	z	

# Vowel and Consonant Letters

I can colour the Vowel letters blue and Consonant letters red in the box.

a

b

c

d

e

f

g

h

i

j

k

l

m

n

o

p

q

r

s

t

u

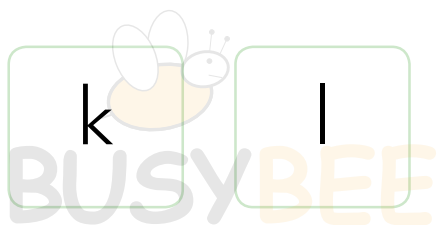
v

w

x

y

z



Animal  
Plant

# Beginning Sound

Let's read the beginning letter sound of the pictures given below.



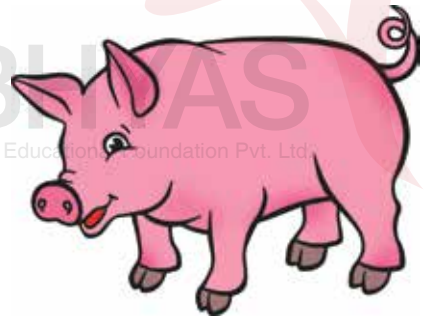
bag



jam



dog



pig



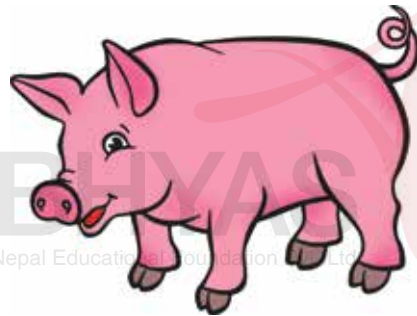
bun



leg

# Beginning Sound Activity

I can write the beginning letter sound of the given pictures.



# Middle Sound

Let's read the middle letter sound of the pictures given below.



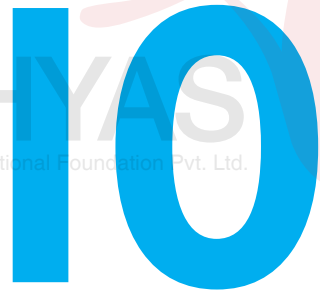
hat



sun



fox



ten



fig

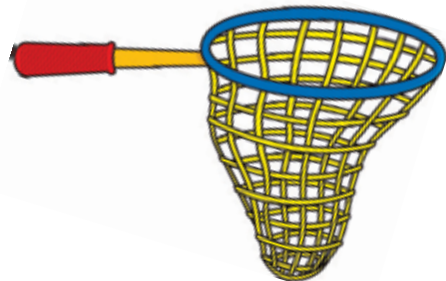
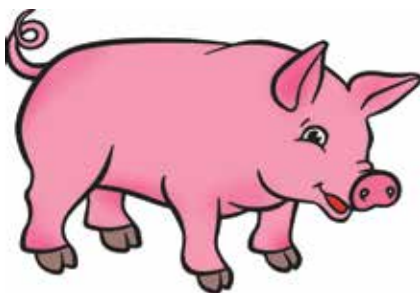


mug



# Middle Sound Activity

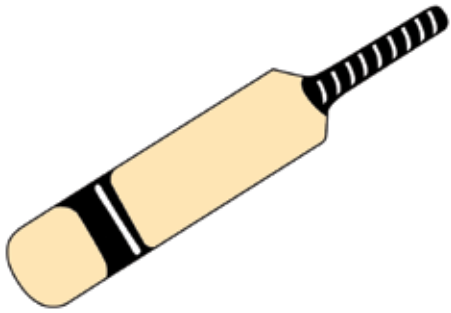
I can write the middle letter sound of the given pictures.



Animal Q&A  
Plant Q&A

# Ending Sound

Let's read the ending letter sound of the pictures given below.



bat



cap



dog



tub



bin



jam

# Ending Sound Activity

I can write the ending letter sound of the given pictures.



10

# Reading Sentences

Let's read the sentences given below.



A fat cat with a hat sat on a mat.

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A pet met a vet on a jet.

# Reading Sentences

Let's read the sentences given below.



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Tin-tin got a pin in a bin.

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A nun run under the sun for fun.

# Introducing Vowel Team

When two vowels go walking, the first one does the talking, and says its name as in.



A

ai rain  
ay hay



E

ee bee  
ea read



U



ue blue



I

ie tie  
igh night



O

oa coat  
ow crow

When two vowels in a word are beside each other, the first vowel in the word is the one that makes its long vowel sound.

**Teachers Note:** 'igh' and 'ow' are classified as a vowel team because the letters together make one vowel sound. The vowel teams give above make one sound.

# Vowel Team 'ai'

Let's read the words with 'ai' vowel team as in...



rain

r ai n



nail

n ai l



hair

h ai r



train

tr ai n

## Word List

mail

pain

fair

snail

chair

chain

train

paint

brain

pair

sail

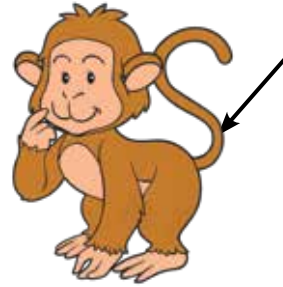
faint

# Vowel Team Activity

I can write 'ai' to complete the name of the given pictures.



sn \_\_\_\_ l



t \_\_\_\_ l



n \_\_\_\_ l



p \_\_\_\_ nt



r \_\_\_\_ n

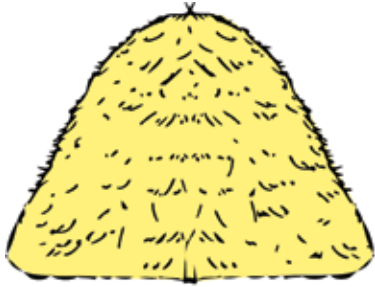


tr \_\_\_\_ n



# Vowel Team 'ay'

Let's read the words with 'ay' vowel team as in...



hay

h

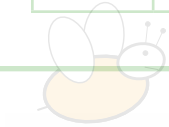
ay



play

pl

ay



way

w

ay



pray

pr

ay

## Word List

pay

ray

day

may

tray

clay

play

pray

stay

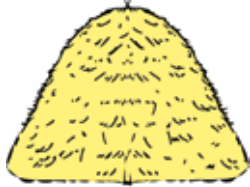
may

lay

bay

# Vowel Team Activity

I can write the correct letters and complete the words.



ay

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.



ay

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

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ay

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.



ay

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

pl

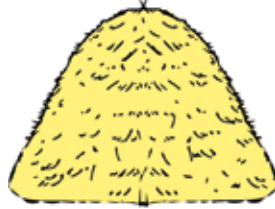
h

w

pr

# Vowel Team Activity

I can write the words with 'ai' and 'ay' vowel team with the help of given picture clue.



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ai

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ay









# Vowel Team 'ee'

Let's read the words with 'ee' vowel team as in...



tree

tr

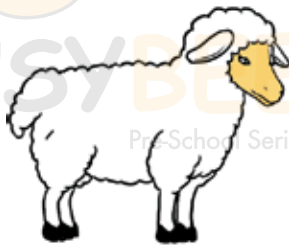
ee



bee

b

ee



sheep

sh

ee

p



teeth

t

ee

th

## Word List

feel

meet

fee

green

see

cheese

queen

sweet

three

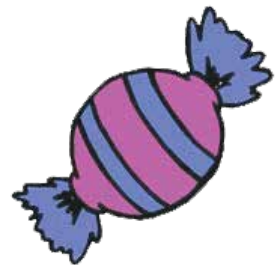
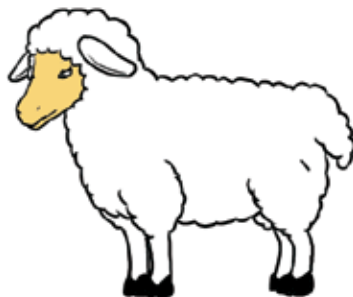
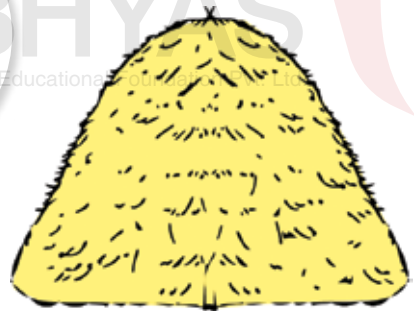
wheel

free

cheek

# Vowel Team Activity

I can circle the objects that have 'ee' sound and join them to 'ee'.



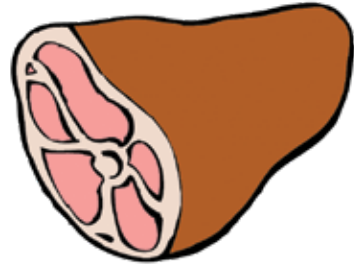
# Vowel Team 'ea'

Let's read the words with 'ea' vowel team as in...



leaf

l ea f



meat

m ea t



pea

p ea



tea

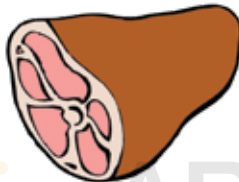
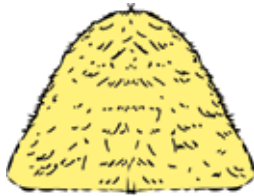
t ea

## Word List

heat	cream	peach	read
beach	team	steam	eat
speak	seat	bean	treat

# Vowel Team Activities

I can circle the pictures that makes the sound 'ea' as in meat.



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I can rewrite the sentence given below. Nepal Educational Foundation Pvt. Ltd.



A cat eats meat with peas.

Blank writing area with a solid top line, a dotted middle line, and a solid bottom line.

Blank writing area with a solid top line, a dotted middle line, and a solid bottom line.

# Vowel Team 'ie'

Let's read the words with 'ie' vowel team as in...



pie

p

ie



die

d

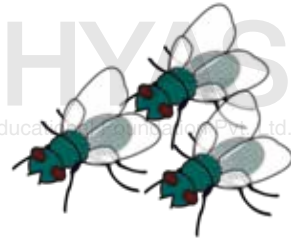
ie



tie

t

ie



flies

fl

ie

s

## Word List

cried

tried

fried

tied

dried

skies

lie

fries

untie

quiet

spies

tries



# Vowel Team Activity

I can write 'ie' words and re-write the sentence.



Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.



Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.

Blank handwriting practice box with a dotted midline.



I like pies and fries.

Blank handwriting practice box with a dotted midline for re-writing the sentence.

Blank handwriting practice box with a dotted midline for re-writing the sentence.

# Long Vowel Team 'igh'

Let's read the words with 'igh' vowel team as in...



night

n igh t



right

r igh t



light

l igh t



fight

f igh t

## Word List

high	sight	might	flight
tight	fright	thigh	bright
height	light	alright	tonight

# Vowel Team Activity

I can make the words with 'igh'.

t


r


l

**igh** + **t**


n


f




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Free Phonics Series + Abhyas Nepal Educational Foundation Pvt. Ltd.

# Vowel Team 'oa'

Let's read the words with 'oa' vowel team as in...



boat

b oa t



coat

c oa t



soap

s oa p



toad

t oa d

## Word List

oat

road

coal

toad

goal

coach

loaf

soak

loan

float

oath

foam

# Vowel Team Activity

I can connect the letter to 'oa' vowel team to make words and write the words.

g t

c t

s p

b t

**oa**

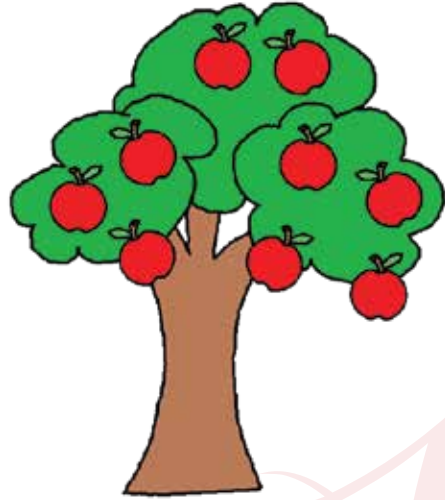
BUSY BE ABHYAS  
Pre-School Series Abhyas Nepal Educational Foundation Pvt. Ltd.

# Reading Sentences.

Let's read the sentences given below.



A snail on a chair.



I see a green tree.



We need light at night.



A goat in a coat.

# Vowel Team 'ow'

Let's read the words with 'ow' vowel team as in...



crow

cr

ow



snow

sn

ow



bow

b

ow



slow

sl

ow

## Word List

own

grow

row

crow

throw

show

low

know

blow

glow

pillow

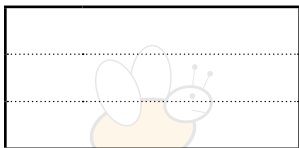
below

# Vowel Team Activity

I can write 'ow' words and re-write the sentence.

crow





snow




grow




BUSYBEE ABHYAS

Pre-School Abhyas Nepal Educational Foundation Pvt. Ltd.



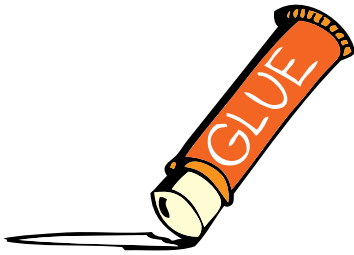
A crow with a bow.





# Vowel Team 'ue'

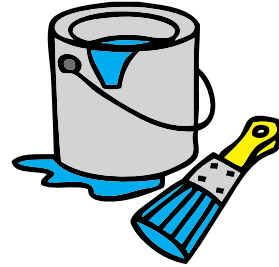
Let's read the words with 'ue' vowel team as in...



glue

gl

ue



blue

bl

ue



barbeque

barbe

que



tissue

tiss

ue

## Word List

cruel

rescue

argue

glue

tissue

true

argue

blue



# 'a' and 'an'

Let's read sentences using 'a' and 'an'.

When writing sentences we use 'a' for words that begin with all the letters of the alphabet except for vowels.

A hat.

This is a hat.



A pencil.

This is a pencil.



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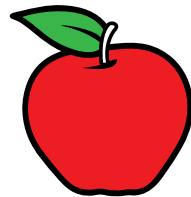
Pre-School Series

Abhyas Nepal Educational Foundation Pvt. Ltd.

The words that begin with a vowel (a, e, i, o, u) we use 'an'.

An apple.

This is an apple.



An umbrella.

This is an umbrella.



**Teachers Note:** (We use 'a' and 'an' to denote singular name.)

# 'a' and 'an' Activity

I can colour the correct bubble and write it in the blank.

a

an



\_\_\_ elephant

a

an



\_\_\_ book

a

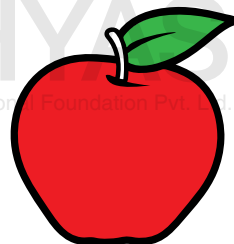
an



\_\_\_ tiger

a

an



\_\_\_ apple

a

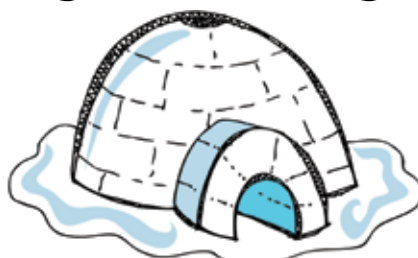
an



\_\_\_ duck

a

an



\_\_\_ igloo

# Singular and Plural

Let's learn to make singular names into plural names by adding 's' to the end of the words.

## Singular



chair



book



cake



bee

## Plural



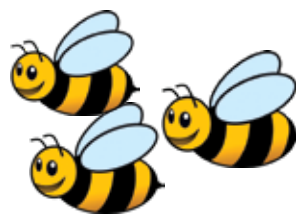
chairs



books



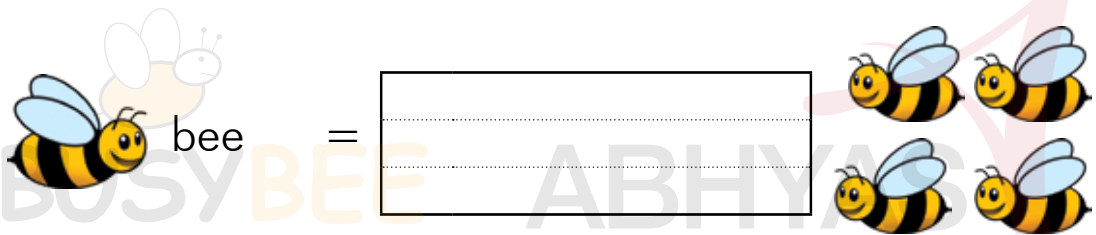
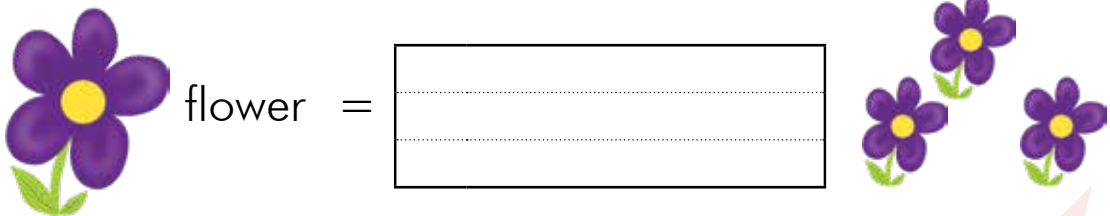
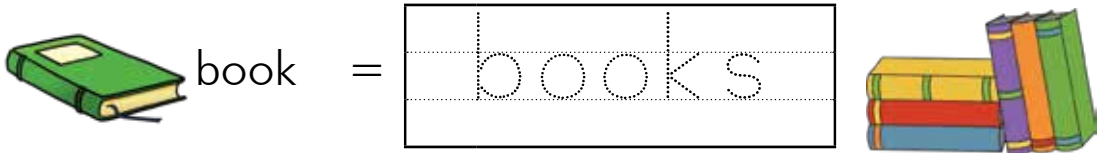
cakes



bees

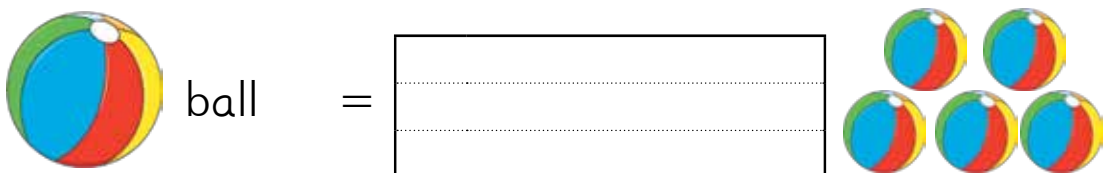
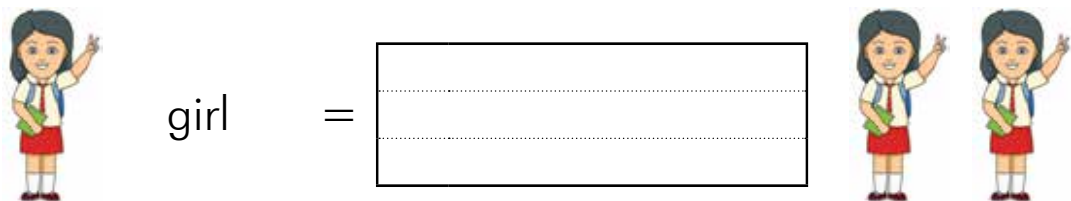
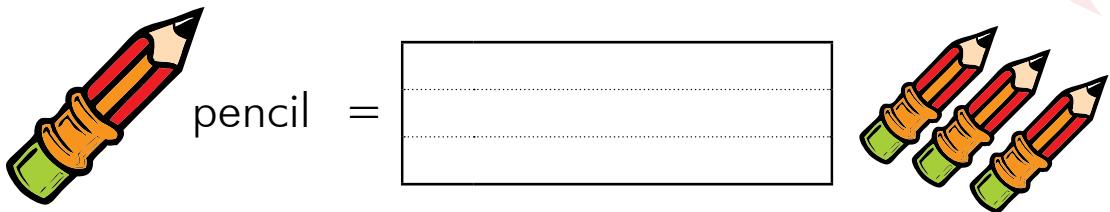
# Singular and Plural Activity

I can write the plural form of.



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# "This is" and "That is"

We use 'This is' to talk about a person or thing near us.



This is my toy.



This is my eye.

We use 'That is' to talk about a person or thing which is far from us .



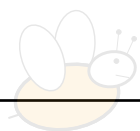
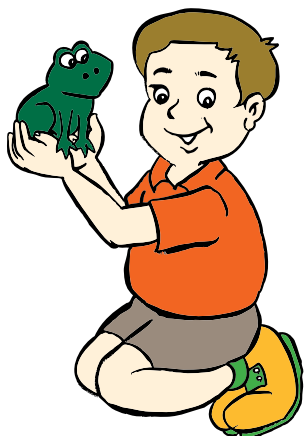
That is my school.



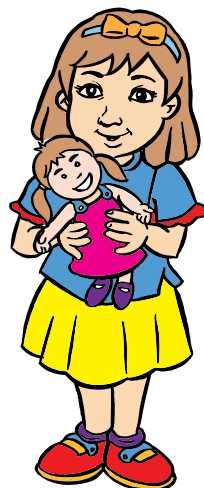
That is a bird.

# "This is" and "That is"

I can write sentences using "This is" and "That is".



\_\_\_\_\_ a frog.



\_\_\_\_\_ a doll.



\_\_\_\_\_ a ball.

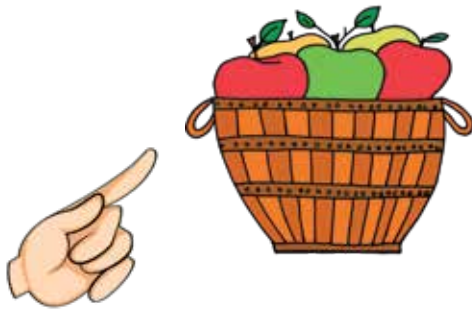


\_\_\_\_\_ a plane.



# "These are" and "Those are"

We use 'These are' to talk about people or things near us.



These are apples.

These are cats.

We use 'Those are' to talk about people or things that are far away from us.



Those are rabbits.



Those are birds.

# 'This/That/These/Those'

Look at the pictures and write the sentences using 'This/That/These/Those'.



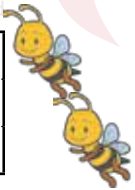
This is a rabbit.



These



That



This



# 'I am' and 'You are'

Let's read sentences using 'I am' and 'You are'.

I am a boy.  
You are a girl.



You are Sam.  
I am Maya.

I am a Doctor.  
You are a Teacher.

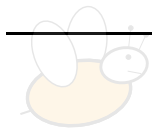


# "I am" and "You are"

I can write sentences using 'I am'.



\_\_\_\_\_ a girl.



\_\_\_\_\_ a teacher.



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I can write the sentences using 'You are'.



I am a boy.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

girl.



I am tall.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

fat.



# He is/ She is/ It is

Let's read sentences using He is/ She is/ It is.



Ram is a boy.  
He is five years old.  
He is happy.  
He is tall.



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Pre-School, School, and Higher Secondary Education



Gita is a girl.  
She is cheerful.  
She is kind.  
She is pretty.



This is a cat.  
It is black.  
It is very fat.

# He is/ She is/ It Activity

I can tick on correct box.



He

She

It



He

She

It



He

She

It



He

She

It

I can choose the correct words to complete the sentences.

a. He \_\_\_\_\_ (am/is/are) from Birgunj.

b. She \_\_\_\_\_ (is/am/are) a student.

c. It \_\_\_\_\_ (are/am/is) black.

# More Sight Words

Let's memorize the sight words given below.

she has have this

are that the and

his her out with

these those above under

beside behind yours who

what was him why



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# Writing Sight Words

I can look, cover and write the given sight words.

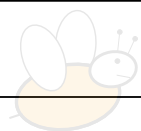
they

what

when

your

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



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that

this

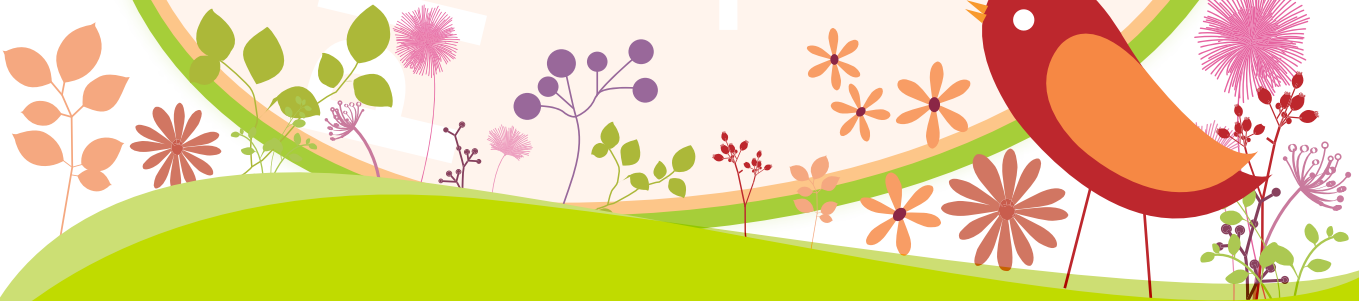
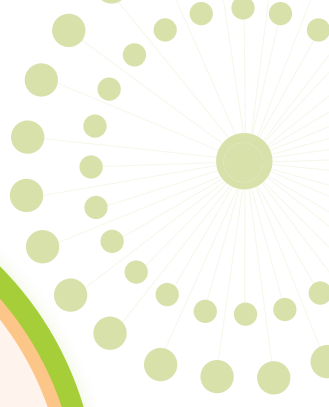
there

were

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



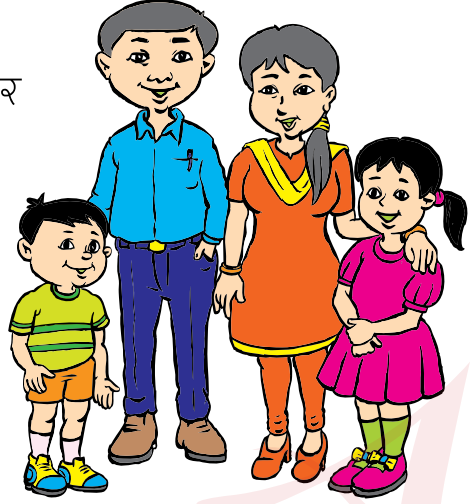
भाषा शिक्षा  
नेपाली



# बालगीत

अब हामी सबै मिली गीत गाऔं ।

सानो सानो सानो हाम्रो सानो परिवार  
बाबा, आमा, भाइ र म चार जनाको



सानो सानो सानो हाम्रो सानो छ घर  
अघि पछि नापी मिलाई बनेको

ठूलो ठूलो ठूलो परिवार बन्छ कसरी  
बाजे, बजे, काका, काकी थपिरपछि



## स्वरवर्ण र व्यञ्जनवर्ण

अ	आ	इ	ई	
उ	ऊ	ऋ	ॠ	ऌ
औ	औ	अं	अः	

क	ख	ग	घ	ङ
च	छ	ज	झ	ञ
ट	ठ	ड	ढ	ण
त	थ	द	ध	न
प	फ	ब	भ	म
य	र	ल	व	श
ष	स	ह	क्ष	त्र
		ब्र		

# व्यञ्जनवर्ण लैखन अभ्यास

म खाली ठाउँ भरी 'क' देखि 'क्ष' सम्मको क्रमलाई पूरा गर्न सक्छु ।

क

ग

ङ

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द

प

ब

य

ल

ष

ह

क्ष

# स्वरवर्ण पहिचान अभ्यास

म 'अ' देखि 'अः' सम्म पछ्याउँदै अनितालाई अम्बासम्म जानै बाटो देखाउन सक्छु ।



क

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अं

अः



# ढुई अक्षरका शब्दहरु

ढुई अक्षर मिली बनेका शब्द र वाक्यहरु उच्चारण गरौं ।



घ र

घर



व न

वन



ज ल

जल



म ह

मह

ढुई अक्षर मिली बनेका केही वाक्यहरु :

बस चढ

जल मर

तल ऀर

घर लगा

मह मन

रथ चढ

# तीन अक्षरका शब्दहरू

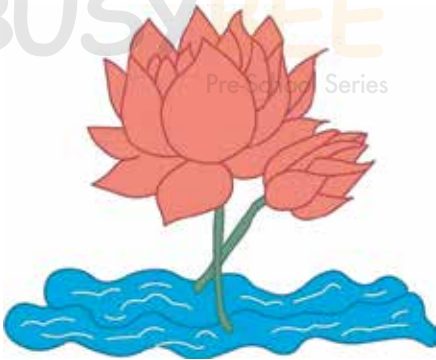
तीन अक्षर मिली बनेका शब्द र वाक्यहरू उच्चारण गरौं ।



स	ह	र
सहर		



म	ल	म
मलम		



क	म	ल
कमल		



क	ल	म
कलम		

तीन अक्षर मिली बनेका कैही वाक्यहरू :

अमर मखन भन ।

उदय महल पस ।

अजय खबर पढ ।

पवन नगढ जन ।

## चार अक्षरका शब्दहरू

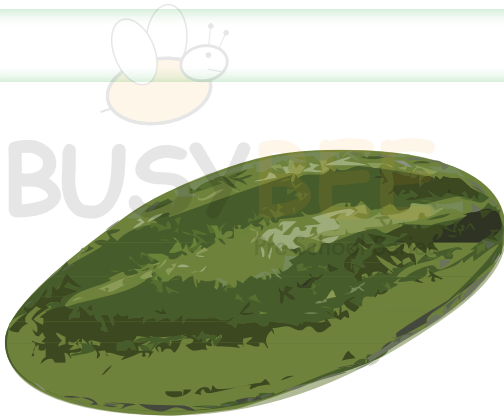
चार अक्षर मिली बनेका शब्द र वाक्यहरू उच्चारण गरौं ।



ढमकल



सलगम



परवर



थरमस

चार अक्षर मिली बनेका कौही वाक्यहरू :

अमर कसरत गर ।

अजय थरमस भर ।

सलगम हतपत नखन ।



# शब्द निर्माण अभ्यास

म तल दिइय्की शब्दजाल पुरा गर्न सक्छु ।

प	क	न	क	त्र	ब्र
ल	ख	ह	स	च	ऊ
ड	र	ध	र	त	न
च	थ	ज	त	ध	छ
क	ल	श	अ	उ	ज
भ	न	क	ट	ह	र

रथ

पलङ

कसरत

कटहर

कलश

ऊन

# शब्द-चित्र अभ्यास

म तलका चित्र र शब्दकी जोडा मिलाउन सक्छु ।



ढमकल



नङ



थरमस



फल



मकल



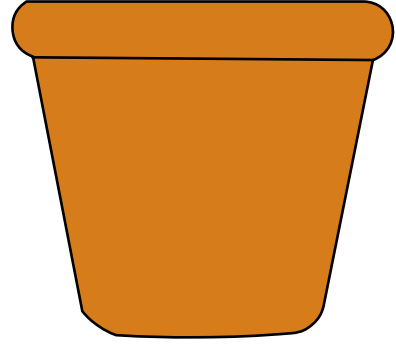
बयर

# आकार ( ठ ) मात्राकी प्रयोग

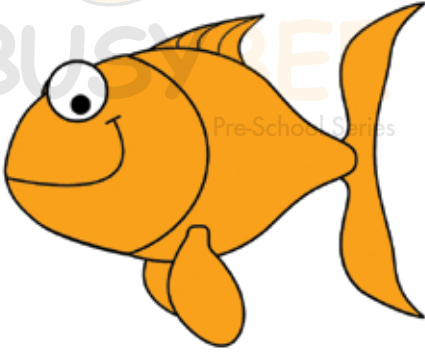
आकार ( ठ ) मात्रा प्रयोग भएका शब्दहरु उच्चारण गरौं ।



आमा



गमला



माछा



माला

आकार ( ठ ) मात्रा प्रयोग भएका केही वाक्यहरु :

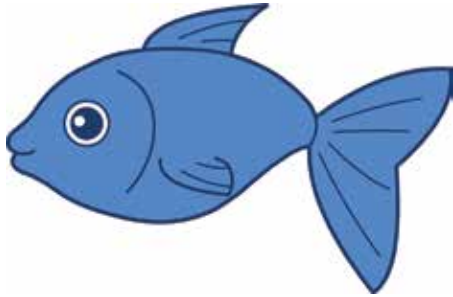
तालमा माछा छ ।

थालमा मात छ ।

पसलमा चाचा छ ।

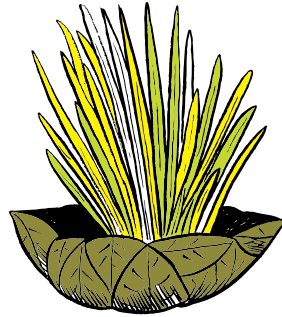
# लेखन अभ्यास

म चित्रको नाम लेख्न सक्छु ।



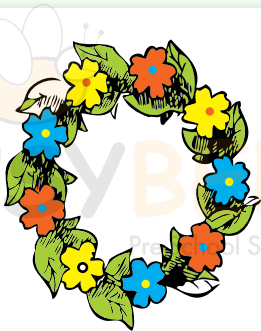
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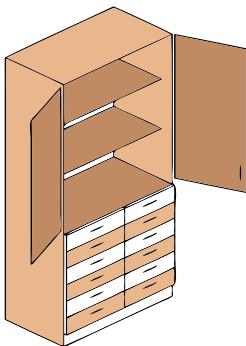
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# लेखन अभ्यास

म तलका शब्दहरूको प्रयोग गरी चित्रहरूको सहायताले वाक्य बनाउन सक्छु ।

खाना

माछा

आमा

छाता



राम ..... खाऊ ।



..... पानीमा छ ।



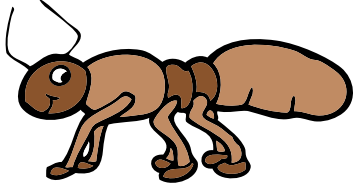
..... लिएर जाऊ ।



..... माला लगाऊ ।

# ह्रस्व इकार ( ि ) मात्राको प्रयोग

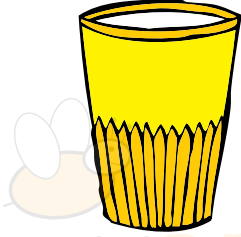
ह्रस्व इकार ( ि ) मात्रा प्रयोग भएका शब्दहरू उच्चारण गरौं ।



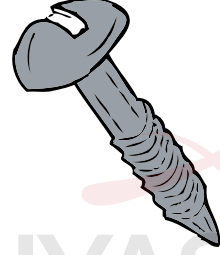
कमिला



वकिल



गिलास



किला

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ह्रस्व इकार ( ि ) मात्रा प्रयोग भएका केही वाक्यहरू :

रबिन बाहिर नजाऊ ।

महिमा गितार बजाउ ।

सागर हिस्साब सिकाउ ।

किसान पसिना बगाउ ।

भरिया किताब उठाउ ।

## ( ि ) मात्राकौ अभ्यास

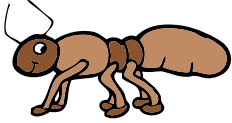
म तलका शब्दहरूकौ प्रयोग गरी वाक्य पूरा गर्न सक्छु ।

गिलास

गितार

किला

कमिला



..... नमार ।



राम

.....

बजाऊ ।



सीता

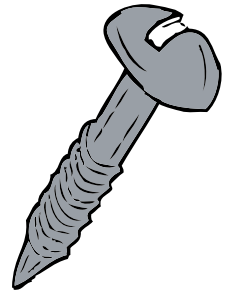
.....

मा जल भर ।



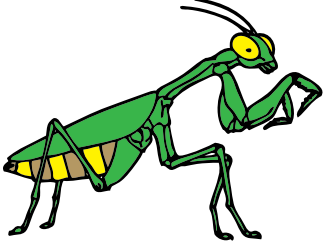
.....

नचलाऊ ।



# दीर्घ ईकार (ी) मात्राको प्रयोग

दीर्घ ईकार (ी) मात्रा प्रयोग भएका शब्दहरू उच्चारण गरौं ।



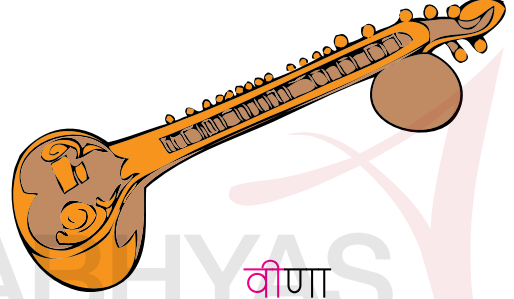
कीरा



घडी



नदी



वीणा

Pre-School Series

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दीर्घ ईकार (ी) मात्रा प्रयोग भएका केही वाक्यहरू :

नानी बारीमा पानी हाल ।

काकी चिठीपत्र लिस्न आइन् ।

चरी चिरीबिरी गीत गाउँछ ।

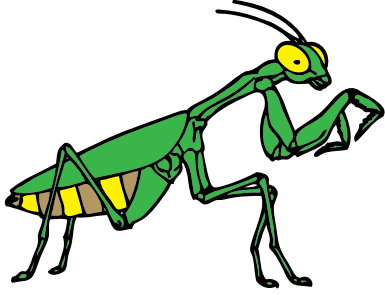
चिनी र ढही मिलास्न खाऊ ।





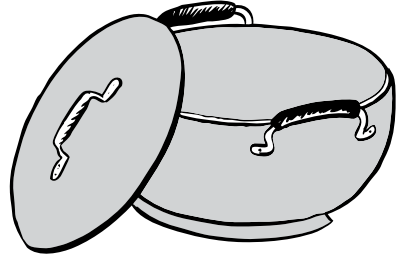
# ( १ ) मात्राको अभ्यास

म तल ढिइयका चित्रहरुको नाम लेख्न सक्छु ।



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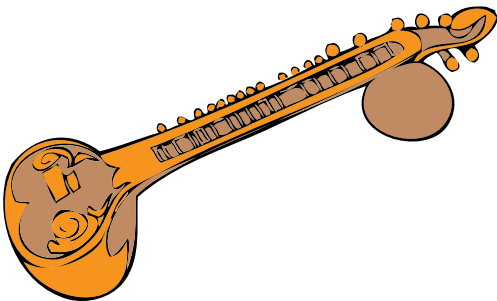
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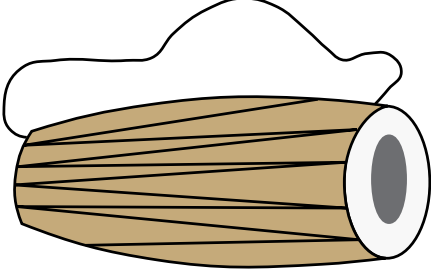


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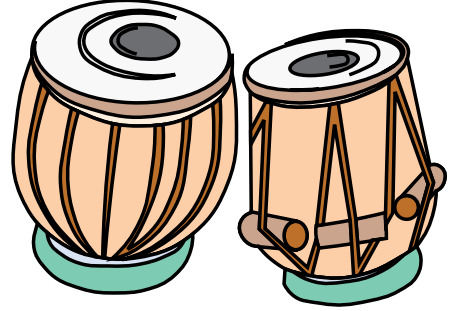
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# बाजा हरुकौ परिचय

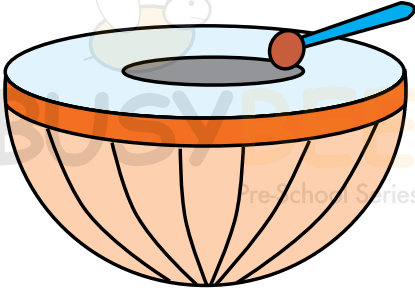
अब हामी कैही बाजाका नामहरु पढौं ।



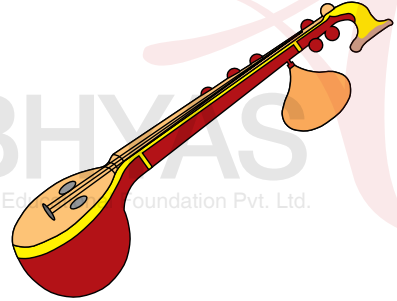
मादल



तबला



ढमाहा



सितार



गितार



सुकतारै

# ह्रस्व उकार ( उ ) मात्राको परिचय

ह्रस्व उकार ( उ ) मात्राको प्रयोग गरी अक्षरलाई मात्रासँग मिलाएर उच्चारण गरौं ।

उ = उ

म उकार मात्रा हुँ ।

मेरो उच्चारण गर्दा 'उ' आउँछ ।

जस्तै: मुख, चुरा, कुल

कु

खु

गु

घु

ङु

चु

छु

जु

झु

ञु

टु

ठु

डु

ढु

णु

तु

थु

दु

धु

नु

पु

फु

बु

भु

मु

यु

रु

लु

वु

शु

षु

सु

ह्यु

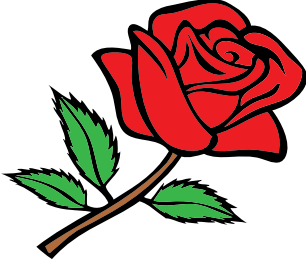
क्षु

त्रु

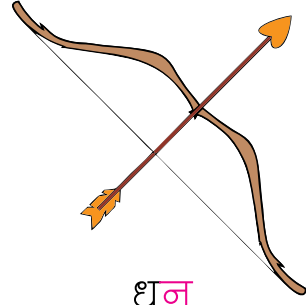
क्षु

# ह्रस्व उकार ( ु ) मात्रा प्रयोग

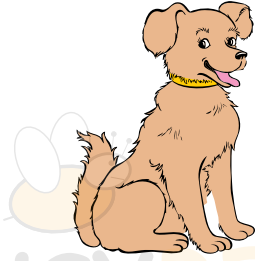
तलका चित्र हेरी ह्रस्व उकार ( ु ) मात्रा प्रयोग भएका शब्दहरु उच्चारण गर्ने अभ्यास गरौं ।



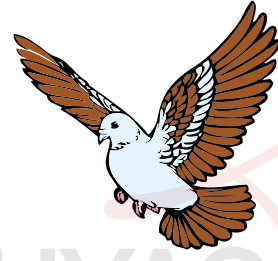
गुलाब



धनु



कुकुर



ढुकुर

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ह्रस्व उकार ( ु ) मात्रा प्रयोग भएका केही थप शब्दहरु :

भालु

आलु

कालु

सालु

बुनु

नानु

भानु

मायालु

छुरा

हजुर

गजुर

नुन

कुना

टुना

भुरा

कुरा

पुरी

मुना

मुजुर

मिनाजु

# ह्रस्व उकार ( ु ) मात्रा प्रयोग भएका शब्द र वाक्यहरू

तलका चित्र हेरी ह्रस्व उकार ( ु ) मात्रा प्रयोग भएका शब्दहरू उच्चारण गर्ने अभ्यास  
गरौं ।



उखु



पुतली



भालु



आलु

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ह्रस्व उकार ( ु ) मात्रा प्रयोग भएका वाक्यहरू :

आलुमा नुन हाली खाउँ ।

धनु कुनामा छ ।

मुना मायालु छिन् ।

भानु र कालु कुरा गर ।

मिनाजु उखु खानुहुन्छ ।

# जौडा मिलाउने अभ्यास

म तलका चित्र र शब्दको जौडा मिलाउन सक्छु ।



आलु



धनु



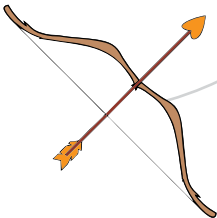
मालु



उखु



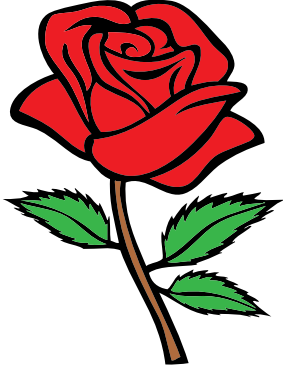
गुलाब



पुतली

# ( ु ) मात्राकाँ अभ्यास

म तलका खाली ठाउँ भरी शब्द पूरा गर्न सक्छु ।



..... लाब



ग ..... र



आ .....



..... गा



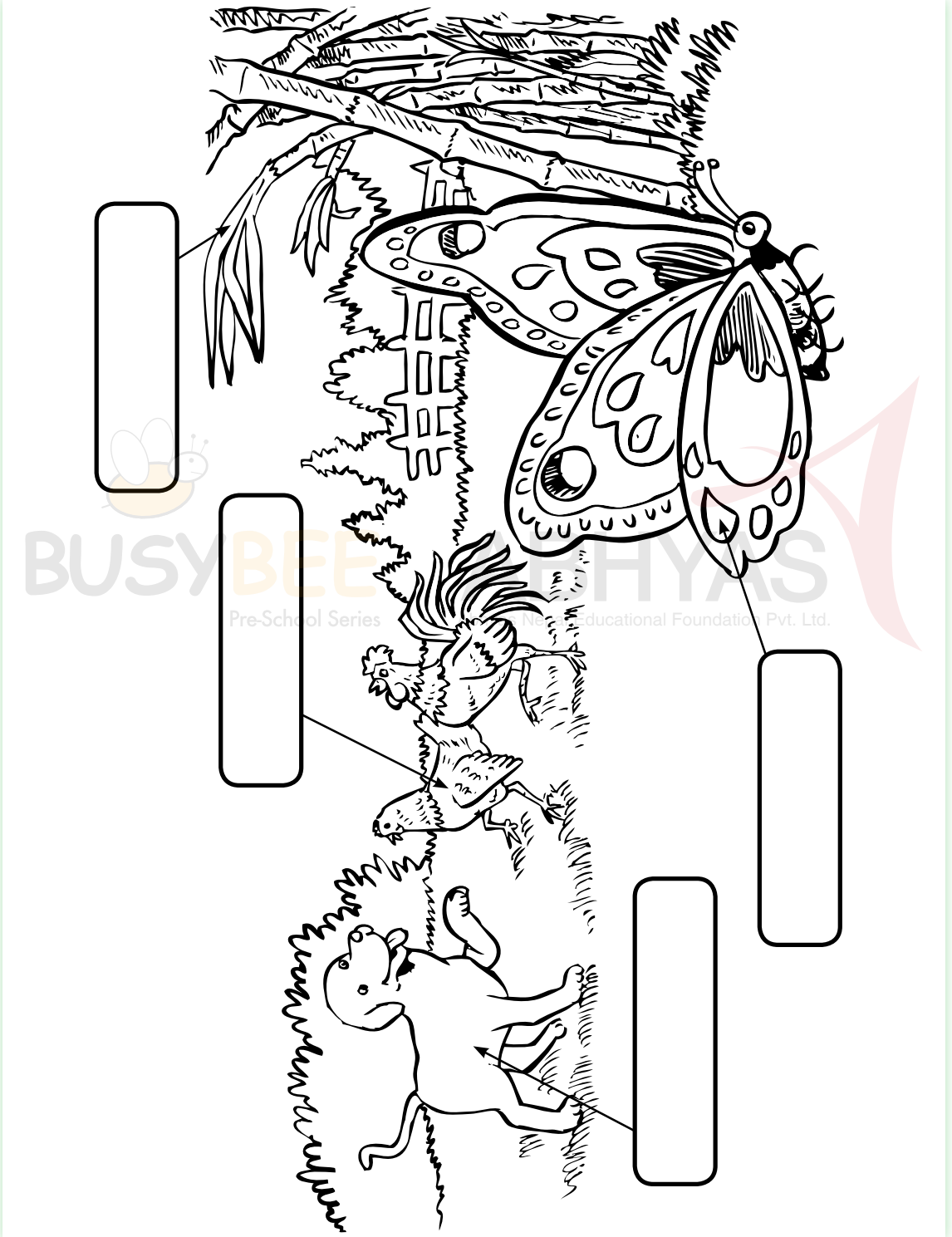
मा ..... रा



..... कूट

# रङ्ग भर

म तलकी चित्रमा रङ्ग भरी उकार मात्रा लागीका शब्दहरु लेख्न सक्छु।





# दीर्घ ऊकार (ू) मात्राको परिचय

दीर्घ ऊकार (ू) मात्राको प्रयोग गरी अक्षरलाई मात्रासँग मिलाएर उच्चारण गरौं ।

ऊ =



म ऊकार मात्रा हुँ ।

मेरो उच्चारण गर्दा 'ऊ' आउँछ ।

जस्तै: ऊन, धूप, फूल

कू

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पू

फू

बू

भू

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यू

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वू

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हू

क्षू

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झू

# दीर्घ ऊकार (ू) मात्राको प्रयोग

तलका चित्र हेरी दीर्घ ऊकार(ू) मात्रा प्रयोग भएका शब्दहरु उच्चारण गर्ने अभ्यास गरौं ।



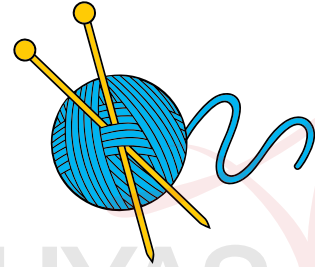
दूध



सूर्य



मूसौ



ऊन

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दीर्घ ऊकार(ू) मात्रा प्रयोग भएका केही थप शब्दहरु :

मूल

पूजा

रूप

आरु

बूढा

साहू

रुख

धूप

नून

थारु

ठूला

रुची

रूपक

सूचना

बूढी

राजदूत

त्रिशूल

भूमिका

माउजू

माइजू

# दीर्घ ऊकार(ू) मात्रा प्रयोग भएका शब्द र वाक्यहरु

तलका चित्र हेरी दीर्घ ऊकार(ू) मात्रा प्रयोग भएका शब्दहरु उच्चारण गर्ने अभ्यास  
गरौं ।



धूप



फूल



जून



मूला

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ऊकार मात्रा लागेका अरु केही शब्दहरु :

पूजामा धूप बाल ।

पूजामा फूल राख ।

रमिता फूलबारीमा पानी हाल ।

जून मन ।

ढूध मात खाऊ ।

# वाक्य निर्माण

म तलका ठीक चित्रहरूका सहायताले वाक्य पूरा गर्न सक्छु ।

गमलामा ..... छ ।



बारीमा ..... छ ।



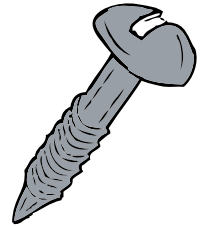
BUSYBEE

APRIL

पूजामा ..... बाल ।



..... र मात खाऊ ।



..... आकाशमा छ ।



## ( ू ) मात्राको अभ्यास

म दीर्घ ऊकार ( ू ) मात्रा लागेका शब्दहरूलाई गोलो घेरा लगाई शब्द लेख्न सक्छु ।

ढ	रु	पू	जा	धू	प
जा	ख	त	म	ख	ल
क	ध	मू	नू	ध	ढ
क	म	ला	न	सू	न
ब	र	क	न	स	ख
डू	ध	य	ग	न	क

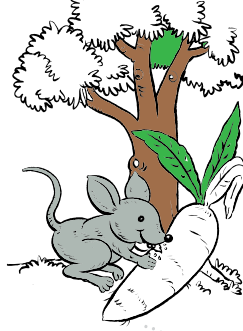






# वाक्य लेखन अभ्यास

म चित्र अनुसार वाक्य लेखन सक्छु ।



मुरो मुरा खाँदा छु ।



BUSYBEE अभ्यास  
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# ऋकार (ॠ) मात्राको परिचय

ऋकार (ॠ) मात्राको प्रयोग गरी अक्षरलाई मात्रासँग मिलाएर उच्चारण गरौं ।

ऋ =



म ऋकार मात्रा हुँ ।

मेरो उच्चारण गर्दा 'ऋ' आउँछ ।

जस्तै: गृह, मृग, वृक्ष

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त्रृ

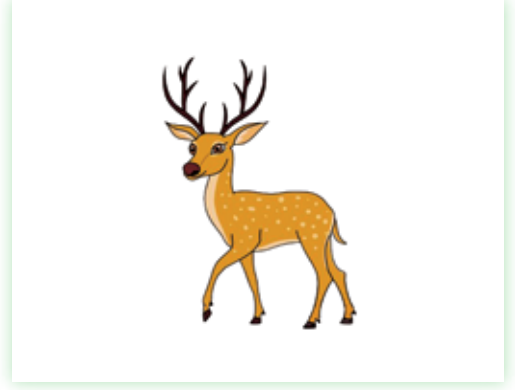
ज्ञृ

# ऋकार (ृ) मात्राको प्रयोग

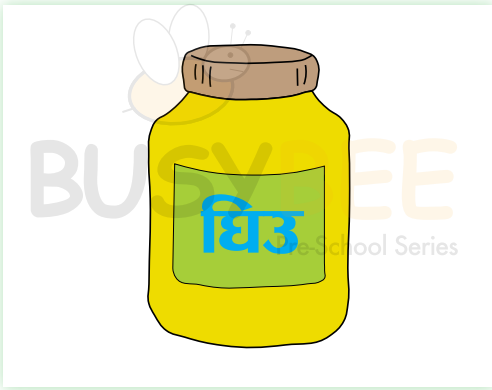
तलका चित्र हेरी ऋकार (ृ) मात्रा प्रयोग भएका शब्दहरु उच्चारण गर्ने अभ्यास गरौं ।



गृह



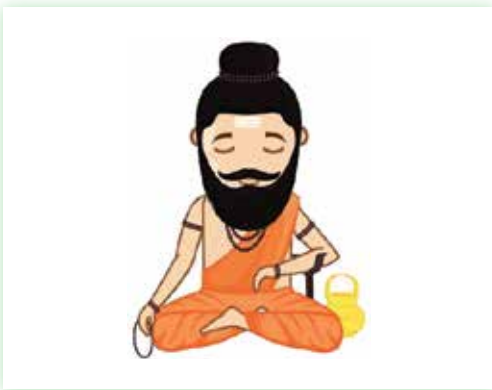
मृग



घृत



वृक्ष



ऋषि



कृषक



# कथा पढौं र छलफल गरौं

एक दिन ऋषि र मृग जङ्गलमा गए । बाटोमा उनीहरूले सानो गृह देखे । ऋषिले मृगलाई सोधे, 'मृग, यो गृह कसको हो ?' मृगले जवाफ दिए,

'ऋषि बुबा यो गृह त बाघको पो हो' । यति सुनिसकेपछि

ऋषि फटाफट कुटीतिर फर्किए । मृग पनि आफ्नो वृक्षमुनि गयो ।



● ऋषि र मृग कहाँ गए ?

- जङ्गल
- बजार
- नदी

● ऋषिले बाटोमा के देखे ?

- मानिस
- गाडी
- गृह

● गृह कसको रहेछ ?

- कुकुर
- बाघ
- मालु

● मृग पछि कहाँ गएछ ?

- वृक्षमुनि
- र्वेत
- कुटी

# ऋ मात्राको अभ्यास

म ऋकार ( ृ ) मात्रा लागेका शब्दहरूको चित्रसँग जोडा मिलाउन सक्छु ।

गृह



मृग



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वृक्ष

ABHYAS  
Abhyas Nepal Educational Foundation Pvt. Ltd.



ऋषि



कृषक



# अभ्यास

म उस्तै शब्दमा गौली घेरा लगाउन सक्छु ।

ऋषि	ऋषि	मकै	सैल
मृग	कमिला	मृग	परेवा
घृत	घृत	गजब	सलगम
ऋतु	गृह	ऋतु	वृक्ष
अमृत	अमृत	रमित	कृषक
कृषक	बल	कृषक	बगर
वृक्ष	वृक्ष	सपंना	चल
गृह	घृत	गृह	रथ

# शब्द लेखन अभ्यास

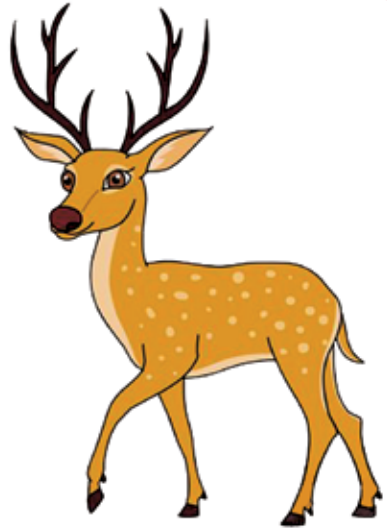
म ऋकार(ृ) मात्रा लागेका शब्दहरू लेख्न सक्छु ।










# सकार ( ै ) मात्राकौ परिचय

सकार ( ै ) मात्राकौ प्रयोग करी अक्षरलाई मात्रासँग मिलाएर उच्चारण करौं ।



स सकार मात्रा हुँ ।  
मेरो उच्चारण गर्दा 'स' आउँछ ।  
जस्तै: केरा, मेवा, परेवा

के खे गे घे ङे

चै छै जै के जै

टै ठै डै ढै णै

तै थै ढै धै वे

पै फे बे मे मै

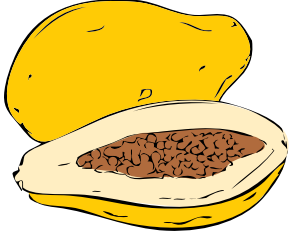
यै रै लै वै

शै षै सै ङै

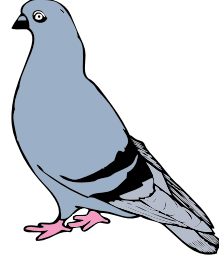
क्षै त्रै क्षै

# सकार (ऱ) ढात्राकी प्रयोग

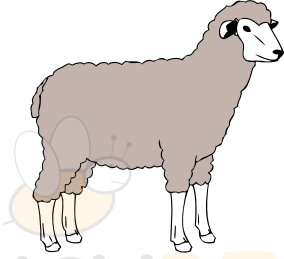
तलका चित्र हेरी सकार (ऱ) ढात्रा प्रयोग भरुका शब्दहरु उच्चारण गर्ने अभ्यास गरौं ।



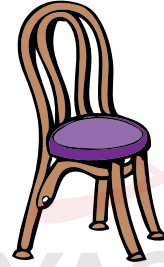
ढेवा



परैवा



ढेडा



ढेच

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सकार (ऱ) ढात्रा प्रयोग भरुका कैही थप शब्दहरु :

ढेला

रुवेल

गुडा

पेवा

कौश

सैल

तैल

पेट

कौटा

कौटी

कौरा

चैली

छेउ

ढेऊ

ढेवता

कौराउ

परैवा

ढेडा

रुवैत

ढेला

## ( - ) मात्राको अभ्यास

म स्कार ( - ) मात्रा लागेका अक्षरहरूको उच्चारण गरी बाकसभित्र रहेका ठीक अक्षरहरू जोडी शब्द बनाउन सक्नु ।

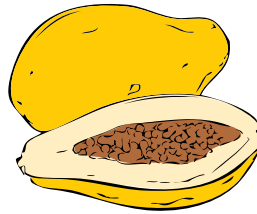
कै

ब रा



मै

वा सा



कै

टा सा



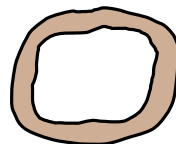
तै

र ल



सै

ल म



# अभ्यास

म तलका शब्दहरू छानेर वाक्य पूरा गर्न सक्छु ।

सैल	मैवा	रवेल	परैवा	कैश
तैलमा	.....	पकाऊ ।		
.....	रवाऊ ।			
कैटाकैटी	.....	रवेल ।		
.....	उडाऊ ।			
.....	सफा राख ।			

म उस्तै सुनिने शब्दलाई गोलौ घोर लगाउन सक्छु । Educational Foundation Pvt. Ltd.

मैडा	सैल	गैडा	रमिता
कुना	परिना	तुना	जामा
मैला	घडी	भकारी	मैला
आलु	मालु	गजुर	मानिस
करैला	परैला	मकल	सागर



# कला र सीप अभ्यास

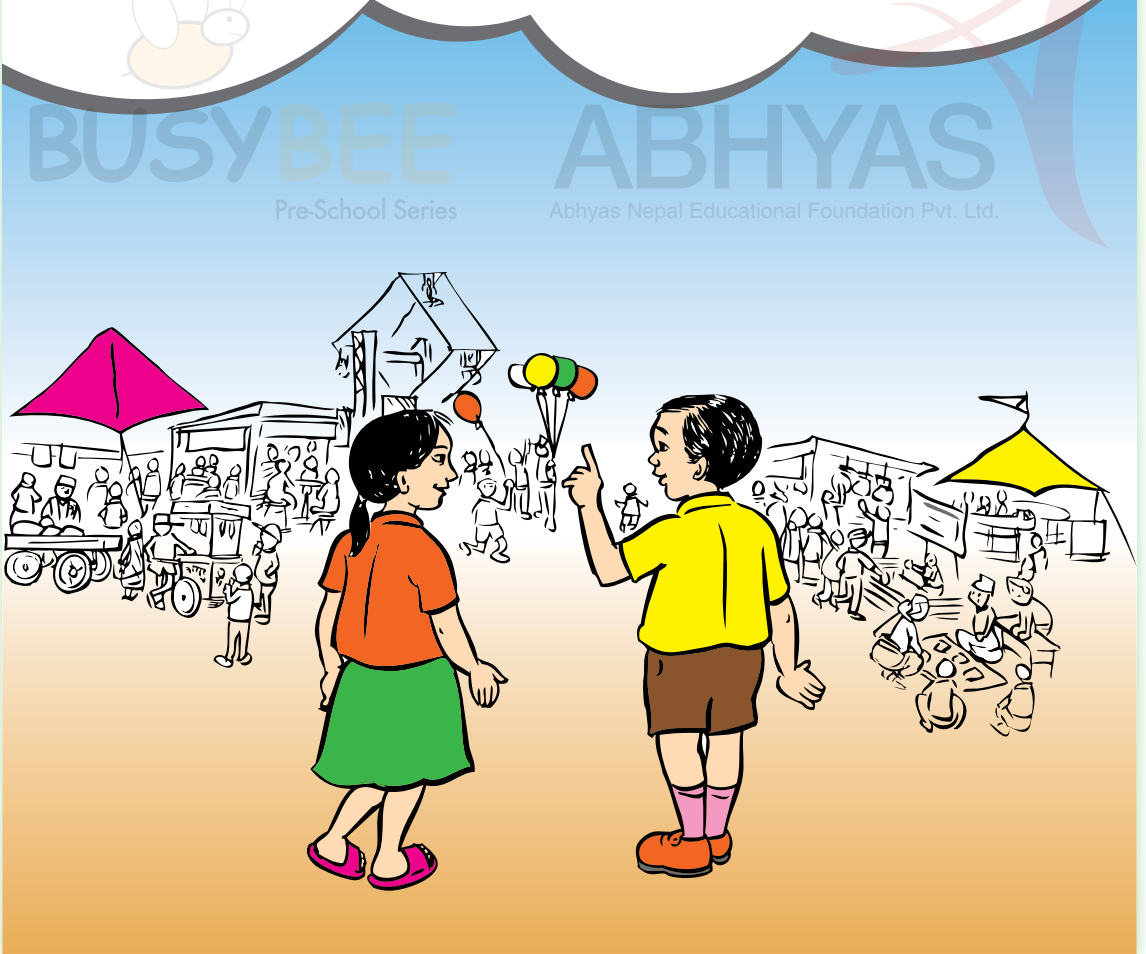
म स्कार मात्रा लागीका शब्दहरु विभिन्न पत्रिकाबाट खोजी चित्र सहित टाँस्न सक्छु ।



# रैखा र महेश

अब हामी कथा पढौं ।

रैखा खाना खाने बेलामा महेश आइपुगे । महेशले  
रैखालाई मेला घुम्न जाने भने । दुईजना मिलेर मेलामा  
घुम्न गए । मेलामा उनीहरूले कौरा किने र कौरासँग कौर  
उ खाने मेला घुमे । कौटाकौटी मिलेर मेला घुमेपछि बेलैमा  
घर फर्किए ।



# फूलका नामहरु

अब हामी केही फूलका नामहरु पढौं ।



मखमली



पारिजात



लाहुरे



लालुपाते



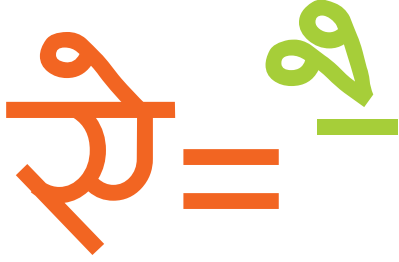
जाई



चमेली

# शैकार ( - ) मात्राकी परिचय

शैकार ( - ) मात्राकी प्रयोग गरी अक्षरलाई मात्रासँग मिलाएर उच्चारण गरौं ।

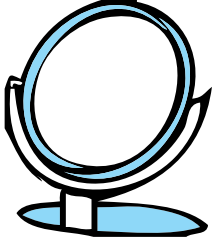


म शैकार मात्रा हुं ।  
मेरो उच्चारण गर्दा 'शै' आउँछ ।  
जस्तै: थैली, पैसा, शेना

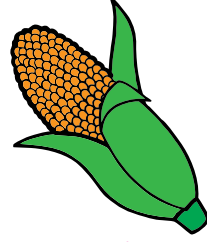
कौ	खौ	गौ	घौ	ङौ
चौ	छौ	जौ	झौ	ञौ
टौ	ठौ	डौ	ढौ	णौ
तौ	थौ	दौ	धौ	वौ
पौ	फौ	बौ	भौ	मौ
यौ	रौ	लौ	वौ	
शौ	षौ	सौ	गौ	
	ङौ	ञौ	षौ	

# रैकार (रै) मात्राकी प्रयोग

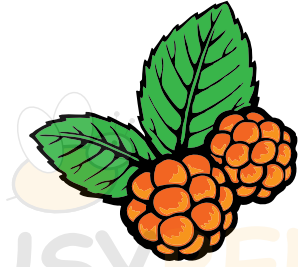
तलका चित्र हेरी रैकार (रै) मात्रा प्रयोग भरका शब्दहरु उच्चारण गर्ने अभ्यास गरौं ।



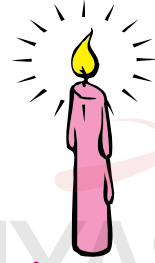
रैना



मकै



रैसेलु



रैनबत्ती

रैकार (रै) मात्रा प्रयोग भरका केही थप शब्दहरु :

मकै

मैसी

कैची

कैढ

गैडा

चैत

वैशारव

बैठक

जनै

थैली

सैनिक

बगैचा

कतै

अमै

मैदान

कैलाश

रैरावत

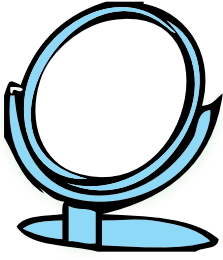
पैसा

मैना

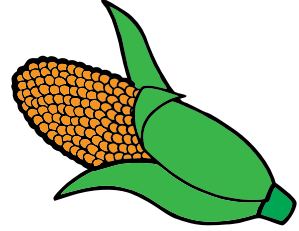
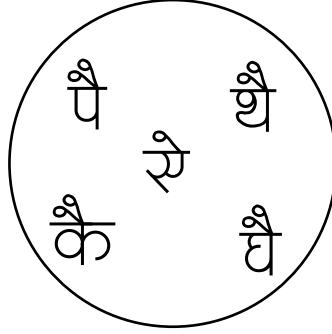
रैना

## ( - ) मात्राको अभ्यास

म गौली घैराबाट ठीक अक्षर छानेर शब्द पूरा गर्न सक्छु ।



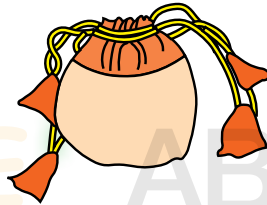
— ना



म —



— ला



— ली



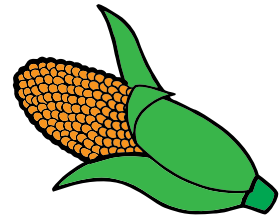
— सा

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म तलका शब्दहरूलाई चित्रसँग जोडा मिलाउन सक्छु ।



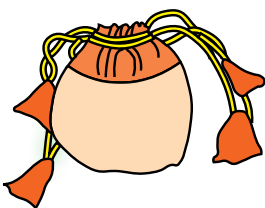
मकै



घैली

घैला

पैसा



# वाक्य निर्माण अभ्यास

म ठीक शब्द छानेर वाक्य पूरा गर्न सक्छु ।

१. .... मा खेल । (मैदान/मकै)

२. .... मा चिनी मिसाऊ । (पैदल/मैदा)

३. तिहारमा ..... खेल । (मैली/जनै)

४. .... हात जोड । (मकै/ढुवै)

५. परेवालाई ..... छर । (मैदान/मकै)



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कैलाश खुसी भए र मकै दियो । त्यसपछि दुवै रमाएर घर

तिर गए ।





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