

NIKHIL AND JAY
THE STAR BIRTHDAY

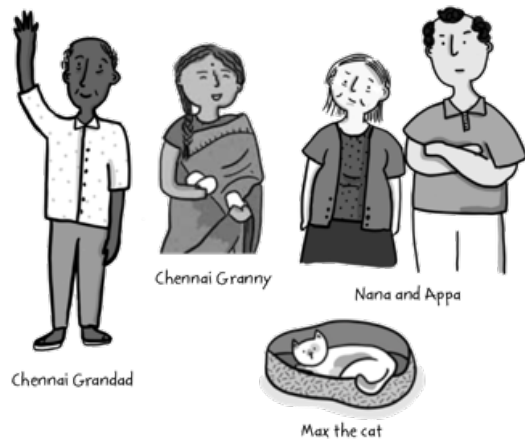
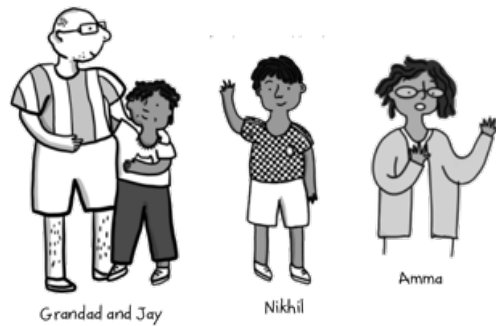


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Illustrated by Soofiya



Activity Guide for Ages 5+
Created by Chitra Soundar

This is my family!



Just like Nikhil and Jay have drawn their families in this book, ***draw and label everyone in your family.***

Don't forget your pet or your teddy!

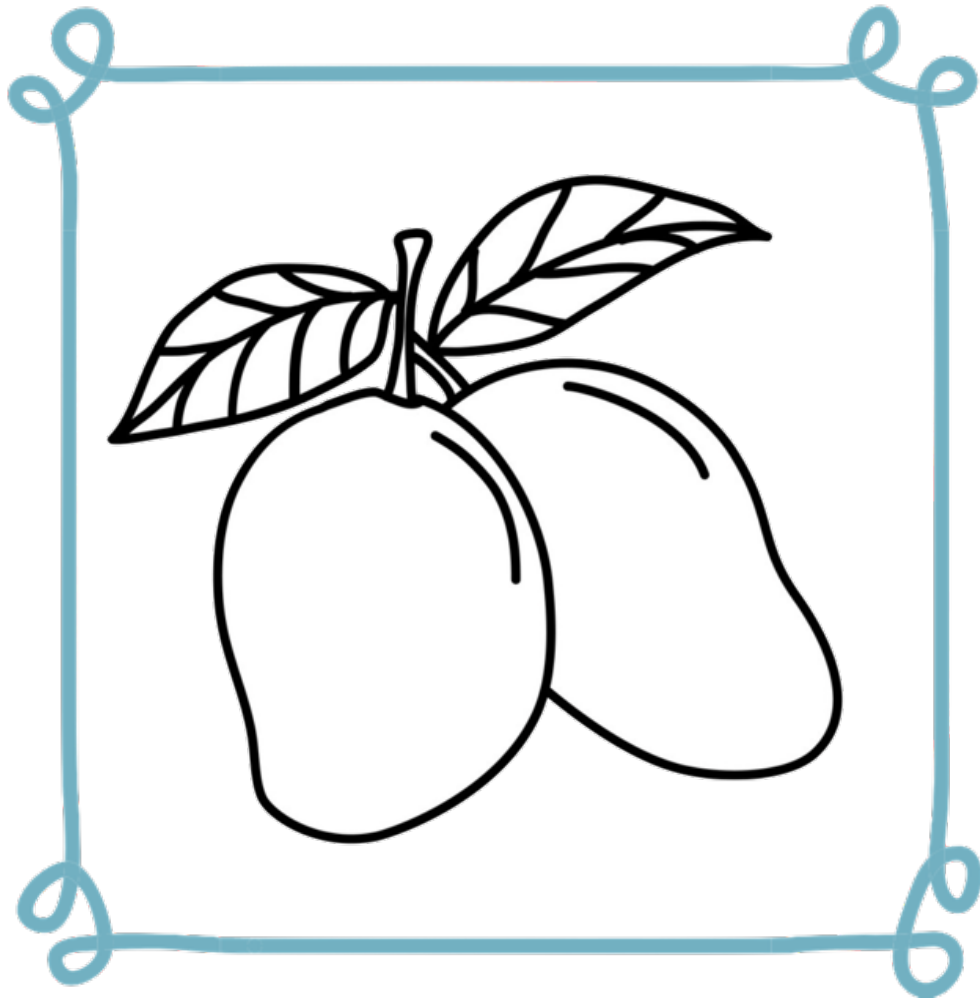
Grandparents

In this picture, you see Nikhil and Jay's grandparents - their mum's parents and dad's parents. Their mum's parents live in Chennai, in India. Their dad's parents live in a different city.

Write about your grandparents.

Where do they live? Do you often visit them? Do they visit you? What's your favourite thing to do with your grandparents? Do they have pets?





Mango Madness

Nikhil and Jay love eating mangoes.
Have you tried a mango yet?

Colour in this bunch of mangoes?

Why don't you ***draw a bowl*** full of
mangoes and colour it in too?



Favourite Fruit and Vegetables

Nikhil and Jay go to the market to buy Indian fruits and vegetables.

Write about your favourite fruit and vegetables? Draw them and colour them in too!



USE THE TEMPLATE ON THE NEXT PAGE!

Healthy Fruit and Vegetables

Fruit and vegetables are full of vitamins and minerals.

Can you find out what vitamins and minerals are in your favourite fruit and vegetables?

Ask an adult to help you look it up!

Healthy Fruit and Vegetables

My favourite fruit is _____

It contains the following vitamins and minerals.

My favourite vegetable is _____

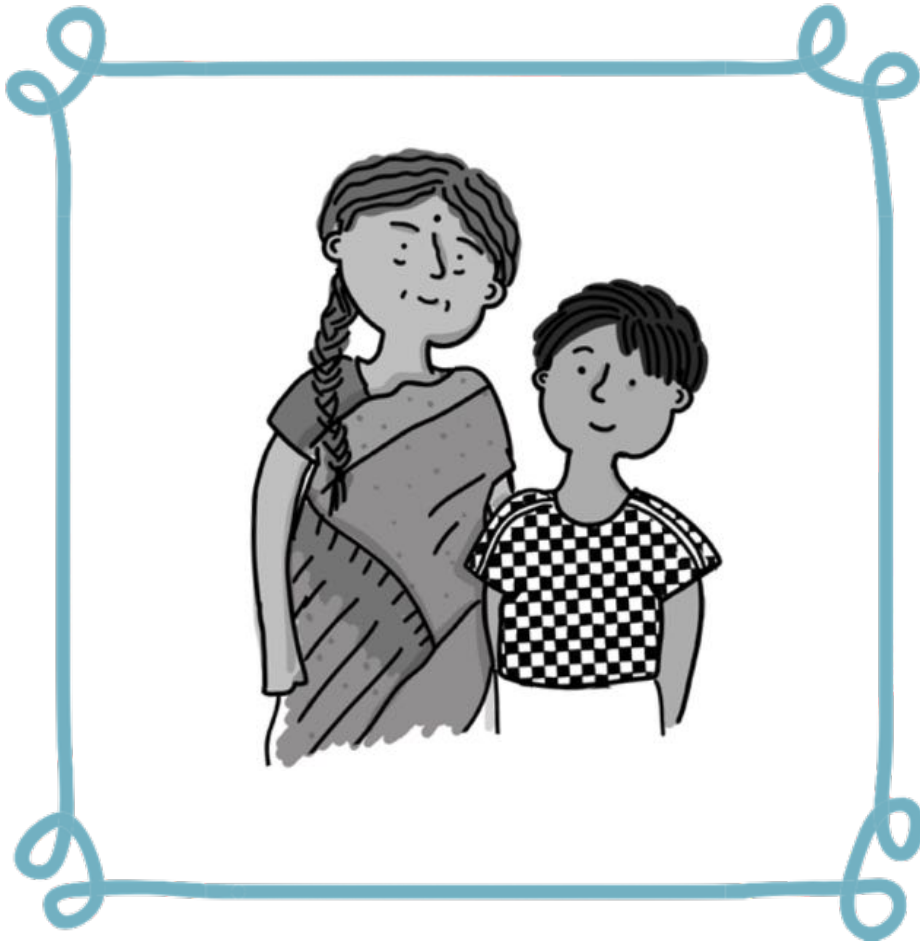
It contains the following vitamins and minerals.

My least favourite fruit is _____

It contains the following vitamins and minerals.

My least favourite vegetable is _____

It contains the following vitamins and minerals.



Star Birthday

In this story, Nikhil's Granny shows him how to celebrate his birthday, the way they do in Chennai.

How do you celebrate your birthday? Is it different from how your grandparents used to celebrate?

Write about your recent birthday celebrations. Tell us about what you ate, who came to wish you and if you enjoyed it.

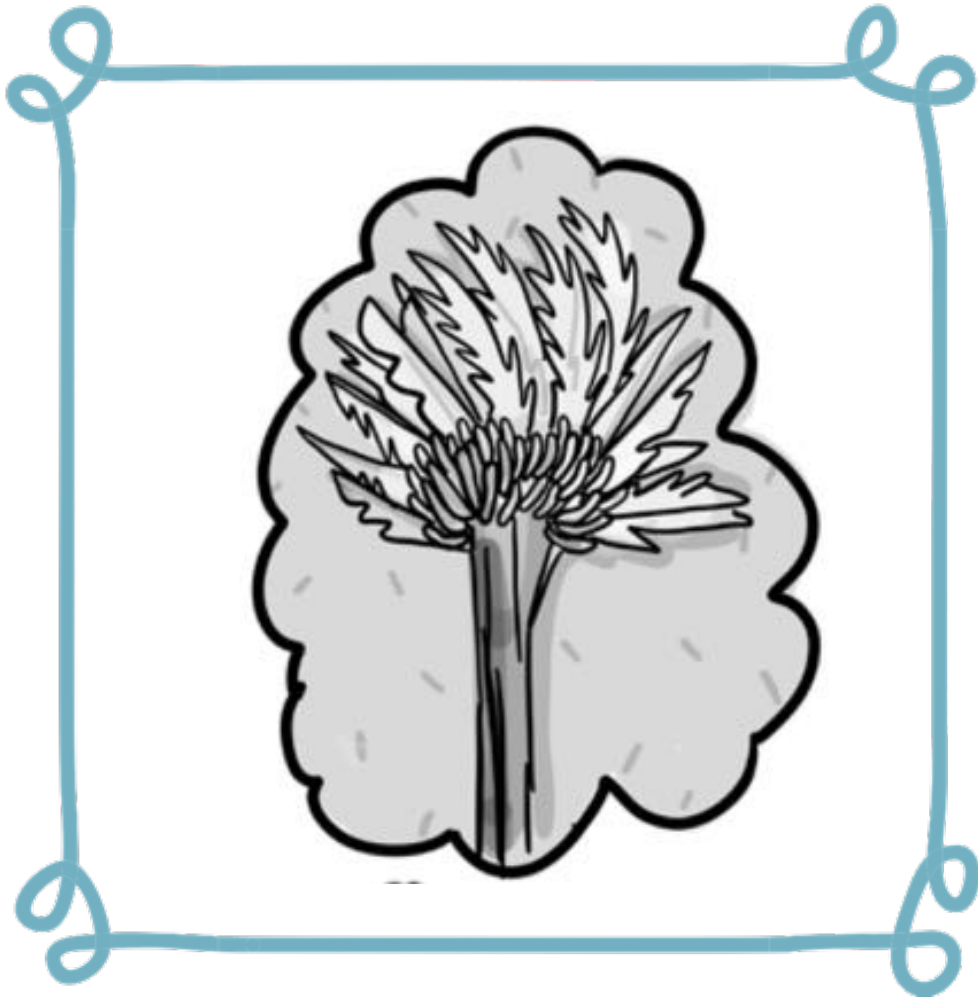
Birthday Presents!

Chennai Granny gives Nikhil a five-pound note for his birthday and her blessings.

Write about what presents you got for your last birthday?

Draw one of the presents too.



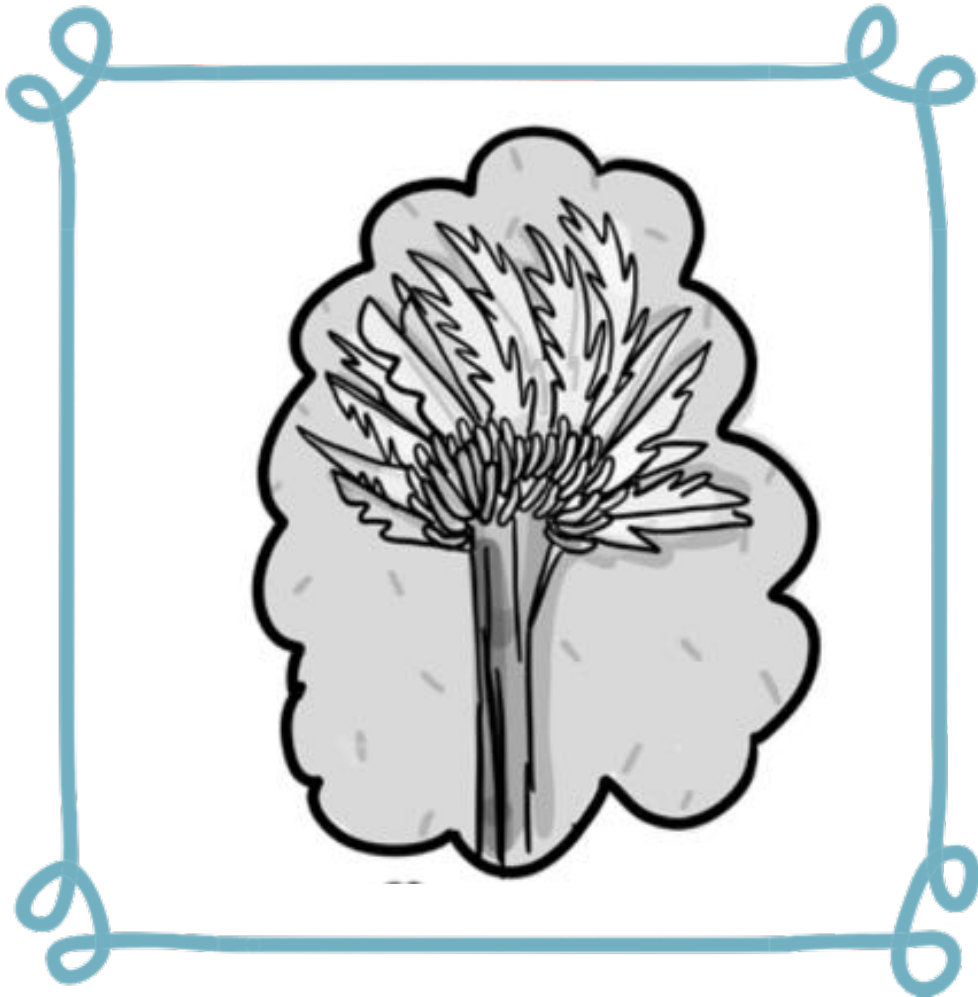


Banana Feast

Nikhil and Jay discover all about the banana plant when they go to the fruit and vegetable market.

Can you write down three things we can use from the banana plant?

Can you draw a banana tree and colour it in?

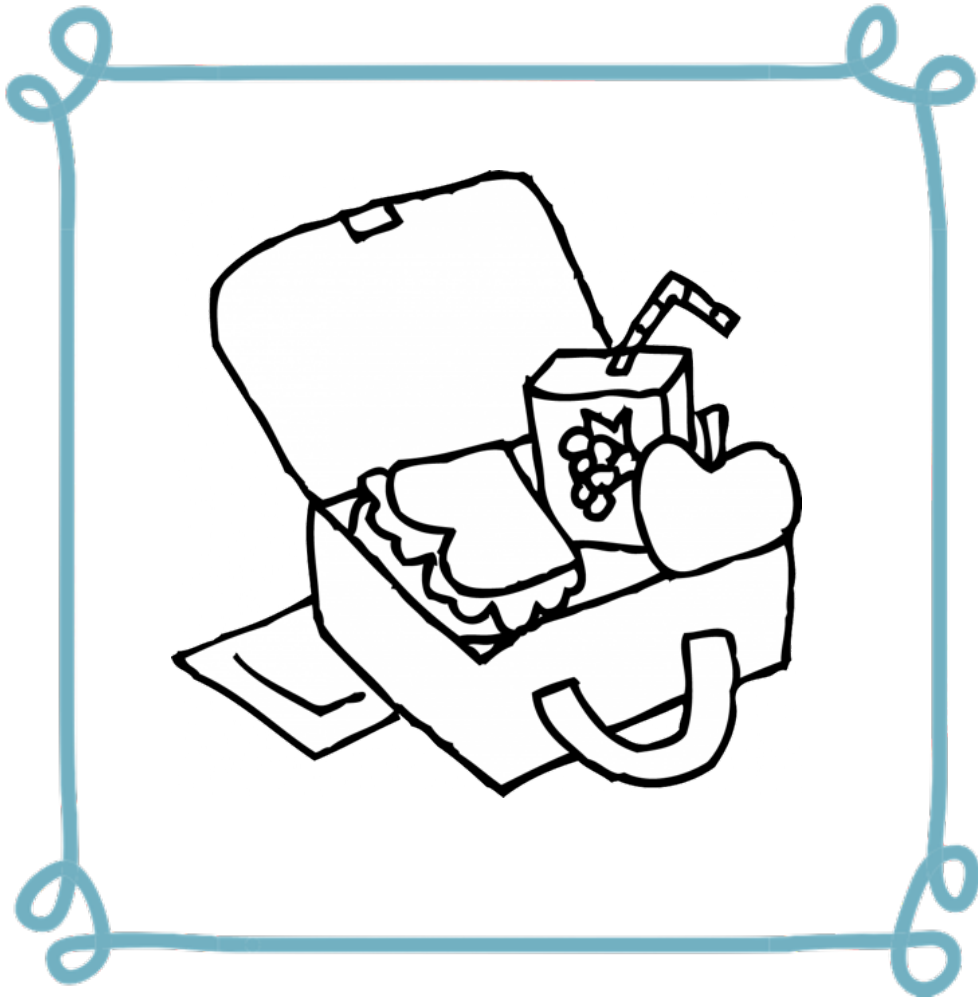


Do not waste!

All parts of the banana tree can be used for food or packaging.

Do you know of any other tree where you can use all of its parts?

Draw the tree, label its parts and write about how each of those parts are used.



Food Packaging

Nikhil and Jay learn that they can pack their lunches in banana leaves.

What other ways can you carry your food without using plastic?

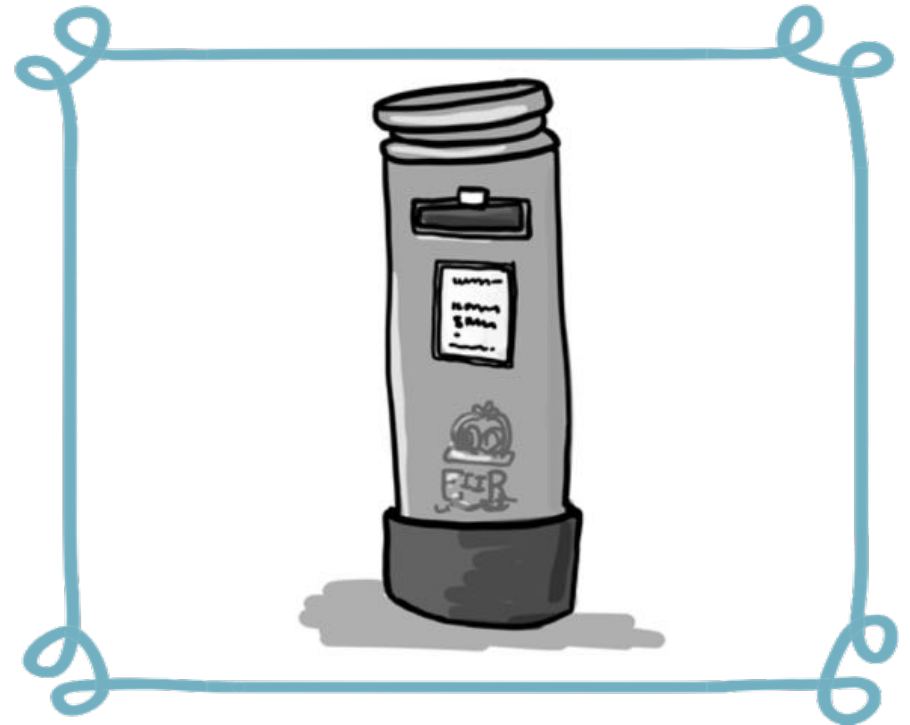
Draw a lunch-box or a picnic basket with your favourite food!

Writing Letters

Nikhil and Jay want to write letters to their grandparents who live far away in another continent.

Write a letter to your grandparents (even if they are only nearby) and post it to them?

Remember – you can write and draw in your letter.

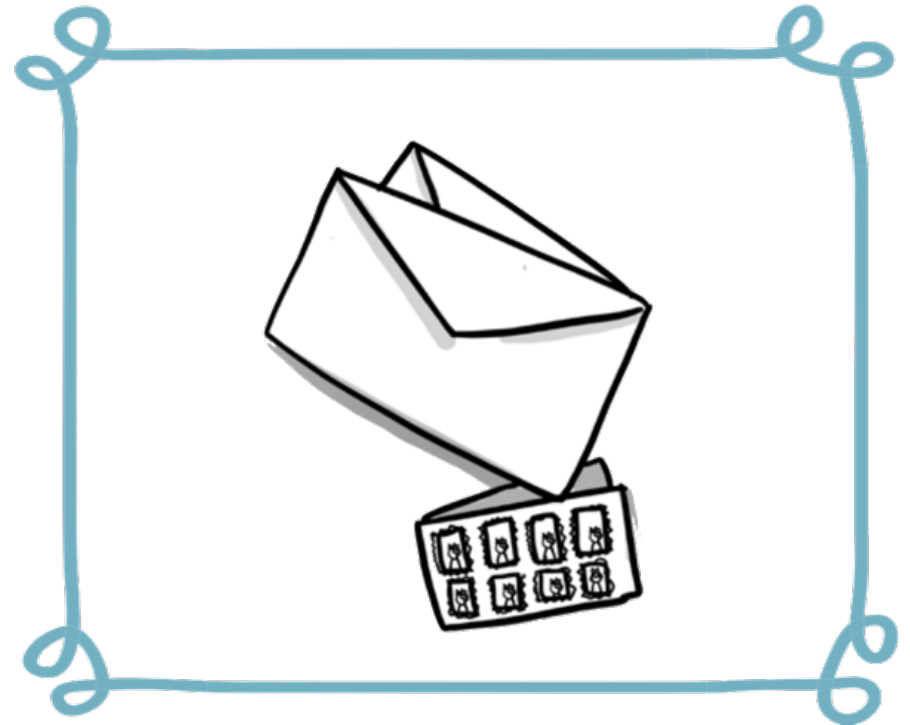


Stamps

Did you know that stamps have different pictures on them? Some pictures celebrate a special occasion. Others have the face of the Queen.

Find out more about different stamps here - <https://shop.royalmail.com/special-stamp-issues>. Ask an adult to help you find out more about stamps.

Write about which was your favourite stamp design.



Design a Stamp

The Postal Museum says there are only two stamp rules:

- It must have the head of the queen or king
- It must show the postage value

Design your own stamp.

What picture will you draw? Will your stamp be a rectangle or a square? What will be the value of your stamp?

