

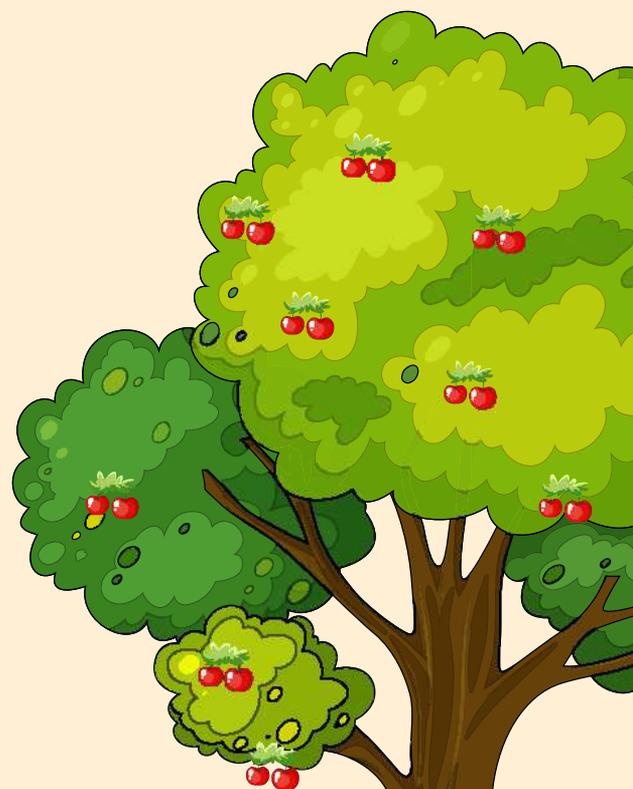
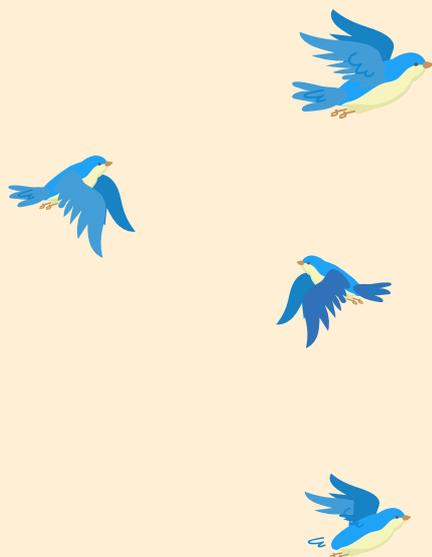


सत्यमेव जयते

MINISTRY
OF EDUCATION
Government of India

Ek Ped Maa ke Naam

CODE
11.1P



A Tree for Maa! A Hug for Earth!

Celebrating the Initiative with
a Special Module for **Preparatory Stage**

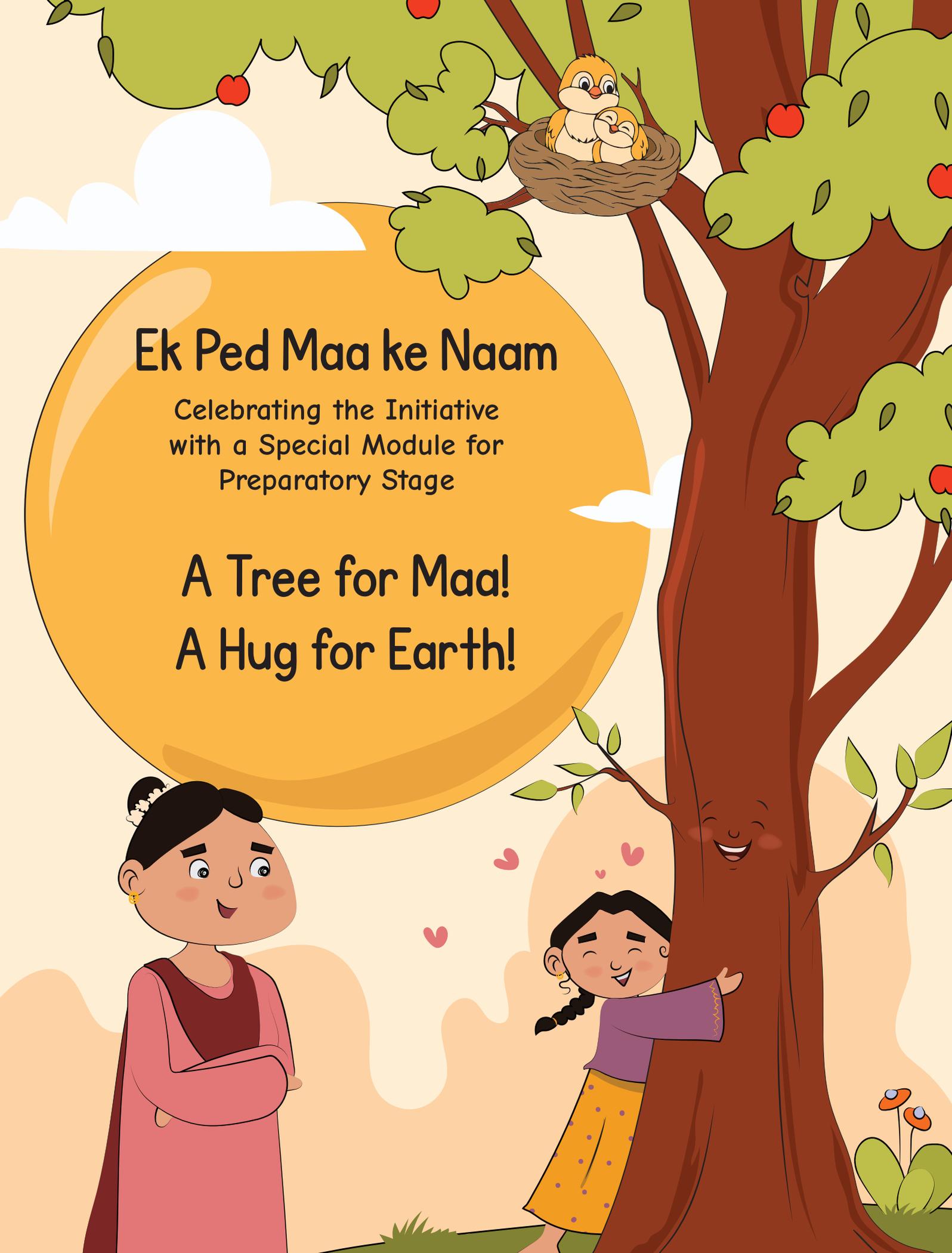


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Ek Ped Maa ke Naam

Celebrating the Initiative
with a Special Module for
Preparatory Stage

A Tree for Maa!
A Hug for Earth!

Ms Bhoomi teaches her young students a new subject 'The World Around Us' by connecting the textbook content to real-life experiences. Her engaging, student-centered approach encourages active participation in learning. She used to tell stories to develop the curiosity and creativity of her students. She made sure to teach her students about climate change, becoming responsible citizens and **vasudhaiva kutumbakam**.

Inspired by the Prime Minister Narendra Modi's initiative, Ek Ped Maa Ke Naam, Ms Bhoomi invited her students — Prakriti, Shri Ravi, Kadambari and Tara — to create a story based on the prompt; **One day, Earth had a fever...**

Let us read the story created by Prakriti, Ravi, Kadambari and Tara.



One night, the Moon looked down and gasped!

Oh no!
The Earth
has a fever!

The rivers are
dying! The air
feels hot and
sticky.



On Earth...

Little Prakriti was playing under a tree. The tree gently whispered,

The Earth has a fever! Can you please help?

She ran to her mother.

Mom, the Earth has a fever. How can I help it?

My mother always told me... The easiest way to help Earth is to plant a tree.

The next day, Prakriti got a little sapling. She dug a small hole in the soil. She placed the plant gently inside and watered it with care.



Soon, her friends joined her!
Ravi planted another sapling,
Kadambari planted a flowering plant
and Tara planted a mango plant.

We're planting
trees for our
Mother Earth!



My mother told me
something special...

The Earth is like our Mother.
She gives us everything and
also keeps us safe.



Just then, Prakriti's mother arrived.
She saw the children with muddy hands and big smiles.

What are you little ones doing?



We're planting saplings to help the Earth!



Yes, Maa!

She looked at Kadambari and asked,

Are you planting a flowering plant?



Yes!

Maa, her tree's name is Kadambari too! Just like you!

Everyone laughed and clapped.



Prakriti and her friends not only just planted the saplings, they took care of their plants by regularly watering it and ensuring they were safe.

As Prakriti watered the Kadambari plant she fondly remembered her mother.

And as time passed...





*The Earth became greener.
The trees started dancing.
The forests became denser.
The children became
happier.*

*It appeared, as if the
Mother Earth, was blessing
all those who planted 'Ek
Ped Maa ke Naam'*

*And thus, children were the
heroes.*



As Honoube Prime Minister Shri Narendra Modi said in Mann Ki Baat, "Just like a mother, a tree nurtures us silently, selflessly, and unconditionally—expecting nothing but love in return."

A Tree for Maa!
A Hug for Earth!



As Ms Bhoomi was wrapping her class she reminded her students that planting saplings is very important but we must also take care of them so that they grow to become trees...just like how our mother takes care of us and we of her!

- Like Ms Bhoomi, you too could also ask your students to develop a story with a story prompt – One day, Earth had fever...

After the students enjoyed creating this story, Ms Bhoomi helped the whole class take part in fun activities that made them kinder to nature and more curious about the planet.

Here are some activities that Ms Bhoomi did with her class.

Tracing the Bark— A Tree's Special Coat!

Materials Needed

- ✓ A4 or A5 size plain paper
- ✓ Crayons (no wrappers) – brown, gray, black, and green
- ✓ Clipboard or hard book for support

Steps

- ✓ Place your hand on the bark of the tree.
- ✓ Does it feel scratchy, soft or hard?
- ✓ Now, take your paper and crayons.
- ✓ Hold the paper flat against the tree's bark.
- ✓ Rub the side of your crayon back and forth on the paper.

What will happen?



Paste the bark trace that you made in the space provided.

Did you know?

The Miyawaki method helps grow tiny forests fast! We plant many trees close together using local plants. These forests grow quickly, become homes for birds and animals, and clean the air. It is like giving the Earth a big green hug!

My Sapling Journal

A Special Pages for My Special Sapling

Inspired by Ek Ped Maa Ke Naam

Day 1: My Sapling's First Day

- 🌱 I planted my sapling on _____.
- 🌱 My sapling's name is _____.
- 🌱 It was _____ in colour when I planted it.
- 🌱 The soil was _____ in colour.
- 🌱 There were _____ leaves on my plant.

Draw or paste a picture of your sapling here:



Date: _____ : I Checked My Sapling Today!

- 🌱 I gave my sapling some water today.
- 🌱 The water felt _____. (cold/warm/splashy)
- 🌱 I think my sapling felt _____. (happy/thirsty/loved)
- 🌱 I saw _____ new leaf/leaves on my sapling!
- 🌱 I also saw:
 - A bug
 - A bird
 - A butterfly
 - Nothing yet

Draw what you saw near your sapling:



Date: _____ : My Sapling is Growing!

🌿 My sapling looks _____. (taller/same/little big)

🌿 The leaves are:

- Green Yellow Big Round Pointy

🌿 When I sit near my sapling, I hear:

- Bird singing Leaves rusting Quiet sounds

🌿 The wind was _____ today. (gentle/strong)

Draw your sapling with today's weather:



Date: _____ : I Talked to My Sapling

🌿 I told my sapling: _____"

🌿 My sapling has _____ leaves now.

🌿 I watered it today:

- Yes No (It rained!)

🌿 I saw this animal near the sapling: _____

🌿 Today with my sapling, I felt:

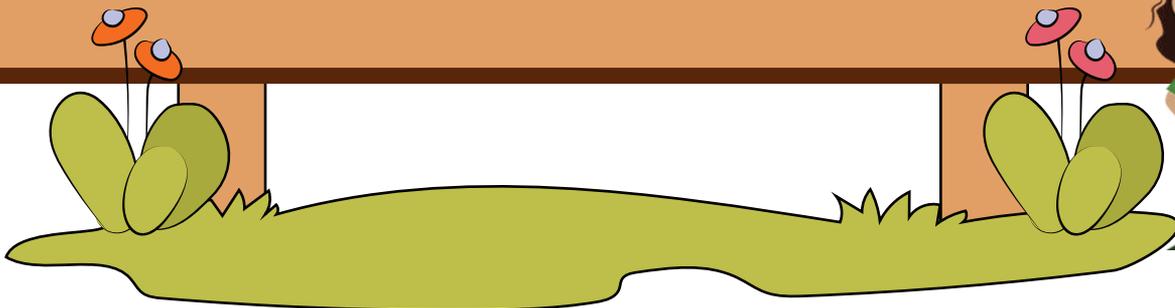
- Happy Calm Excited Sleepy

Draw your sapling with today's weather:

Use this label, when you plant a sapling for your mother.



I, _____,
dedicate my sapling to
my mother _____.





Theme **11.0** **Ek Ped Maa ke Naam**

11.1 P A Tree for Maa! A Hug for Earth!

11.2 M A Gift for the Earth

11.3 S Rooted in Love, Branching into Life



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NCERT

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NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING