

Mrs Angie Motshekga.
Minister of Basic Education



Mr Enver Surty.
Deputy Minister
of Basic Education

These Reception year (Grade R) Rainbow Workbooks form part of the Department of Basic Education's strategy to boost South African children's school performance. Research shows that for every year that children are exposed to stimulating activities before Grade 1, they perform better academically in later years – throughout their primary and secondary schooling. Hence this strong focus on learning in Grade R.

The Foundation Phase curriculum requires that Grade R learners are given the opportunity to develop their pre-reading, pre-writing and pre-mathematics skills and outlines the skills they will need to get a solid educational foundation so that they find it easier to learn in Grade 1 and beyond.

The Grade R workbooks therefore aim to assist children in developing these skills and the key initial concepts they need to lay a solid foundation for learning. They are packed with opportunities for children to develop and practise the skills that will prepare them for formal schooling.

Before children formally learn to read they need to find out how to hold a book and turn its pages, and to understand how books work. They need to understand the relationship between the words and pictures in a book and to realise that words on a page are made up of sounds and have meaning. Similarly, before children learn to write, they need to develop their fine motor coordination, to practise the formation of shapes and then to move on to forming letters. These are precisely the skills that these workbooks aim to develop.

We know that all children do not learn at the same pace the Grade R workbooks make it possible for teachers to work at the learner's individual pace and, where necessary, to go backwards and forwards in the book, in line with each child's unique development. The activities will also assist teachers in identifying barriers that children may have in learning so that these can be addressed before the child starts formal schooling.

The workbooks integrate the teaching of literacy, numeracy and life skills across 20 themes using fun and engaging ways to capture young learners' interest and attention. We hope that your learners will enjoy working through the workbook activities as they grow and learn, and that you, as their teacher, will share in their pleasure.





Rainbow WORKBOOKS

ENGLISH HOME LANGUAGE
GRADE R - BOOK 1
TERM 1
ISBN 978-1-4315-0689-7

THIS BOOK MAY NOT BE SOLD.

Grade R WORKBOOK 1

Name:

Class:

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

ENGLISH HOME LANGUAGE

Book 1

Term 1

Alphabet

Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk

Ll Mm Nn Oo Pp

Qq Rr Ss Tt Uu

Vv Ww Xx Yy Zz

BIRTHDAY CALENDER

January

February

March

April

May

June

July

August

September

October

November

December

women's day

Published by the Department of Basic Education
222 Struben Street
Pretoria
South Africa

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First published in 2012

ISBN 978-1-4315-0689-7

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Grade R workbook in ENGLISH

1	About me	2
2	My body	12
3	Keeping clean	22
4	My family	32
5	Friends	42





This book belongs to:



ENGLISH

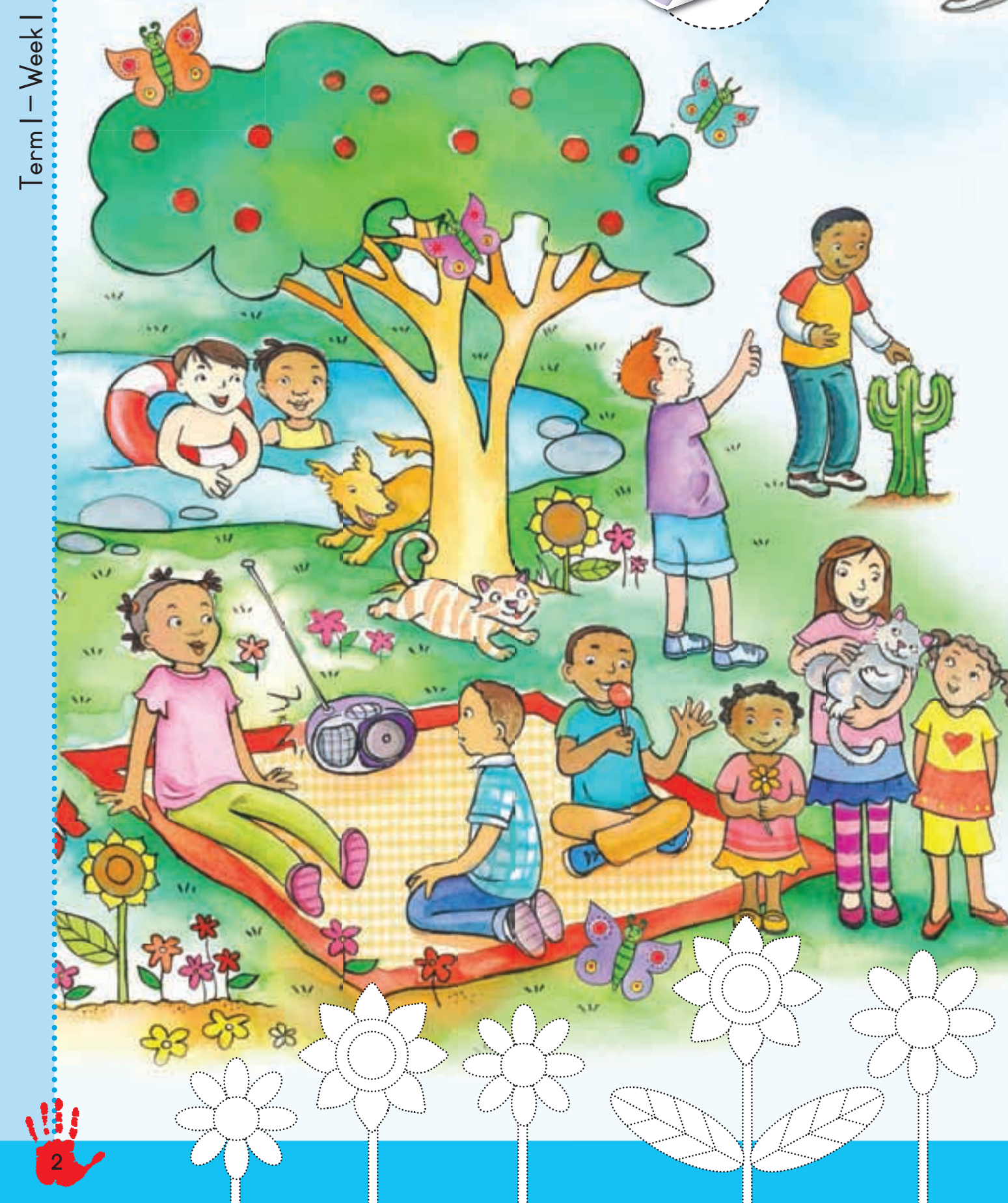
Book 1

Term 1

1

About Me

Paste the stickers in the correct spaces.



My senses

taste

see

smell

listen

feel

Let's talk

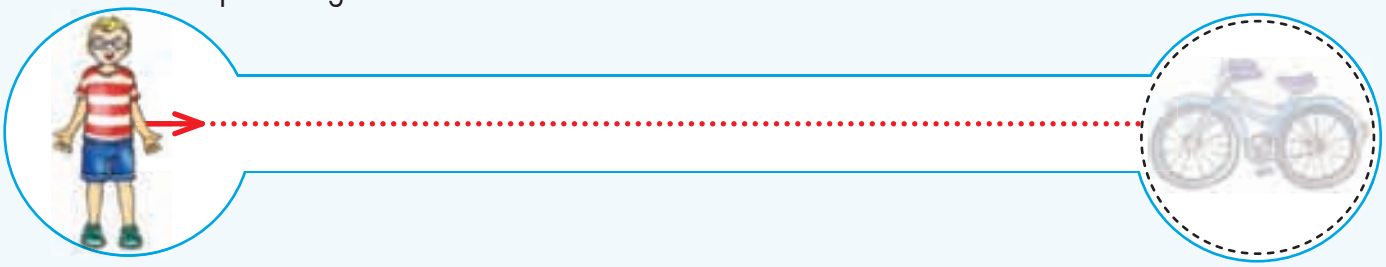
Look at the picture and talk about what you see.
How many children are there?
Which children are tall?
Which children are small?
What are they doing?
What do you like to do?
Who is touching?
Point to the children who are smelling and tasting.
Point to the children who are listening and looking.
Find all the butterflies.
Colour in the flowers in different colours.



Let's write

Paste in the stickers in the correct places. Then, trace the line with your finger and then with a pencil.

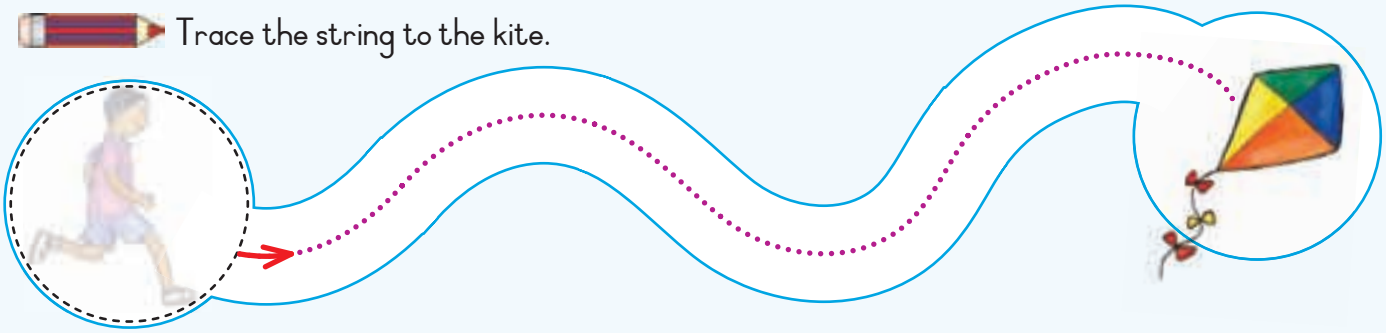
Help the boy to find his bike.



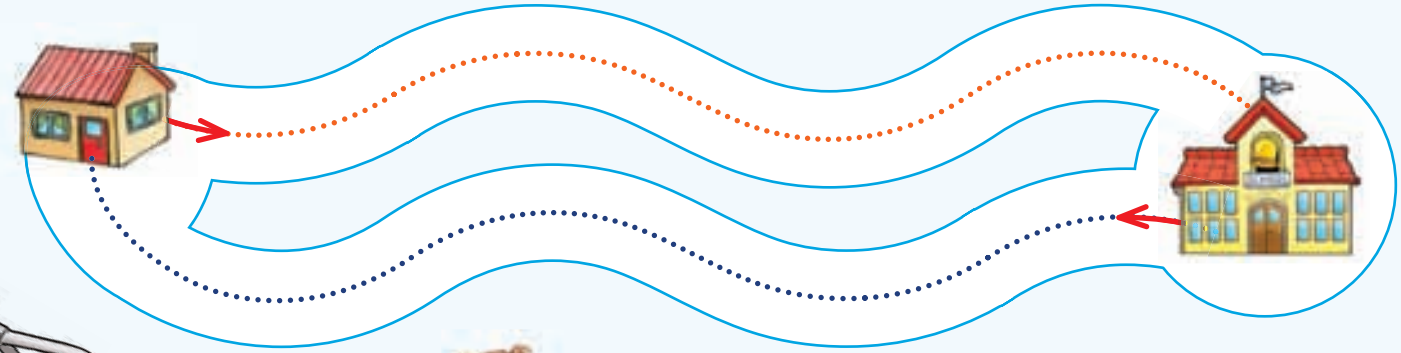
Help the girl to find her ball.

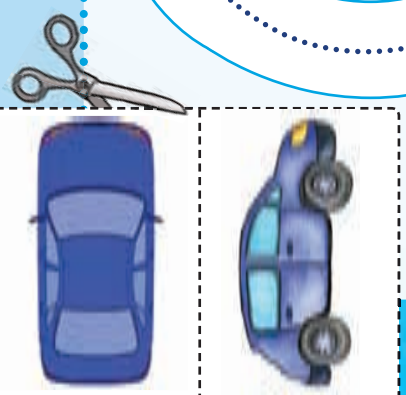


Trace the string to the kite.



Drive the car to school and then back home.







For additional practice, let learners trace over their lines a few times using different colours.



Let's do

Stand like the boy in this picture.
Which hand do you like to write with?
Which foot do you like to kick with?
Show your right hand.
Show your left hand.
Stamp your right foot.
Stamp your left foot.



front



back





left hand



right hand

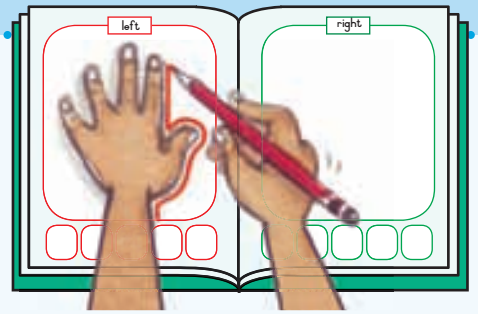
left foot

right foot



Let's write

Trace your left hand and then count your fingers.



left



Then use some lipstick or paint to fill in your finger prints.







Let's write Trace your right hand and then count your fingers.

right



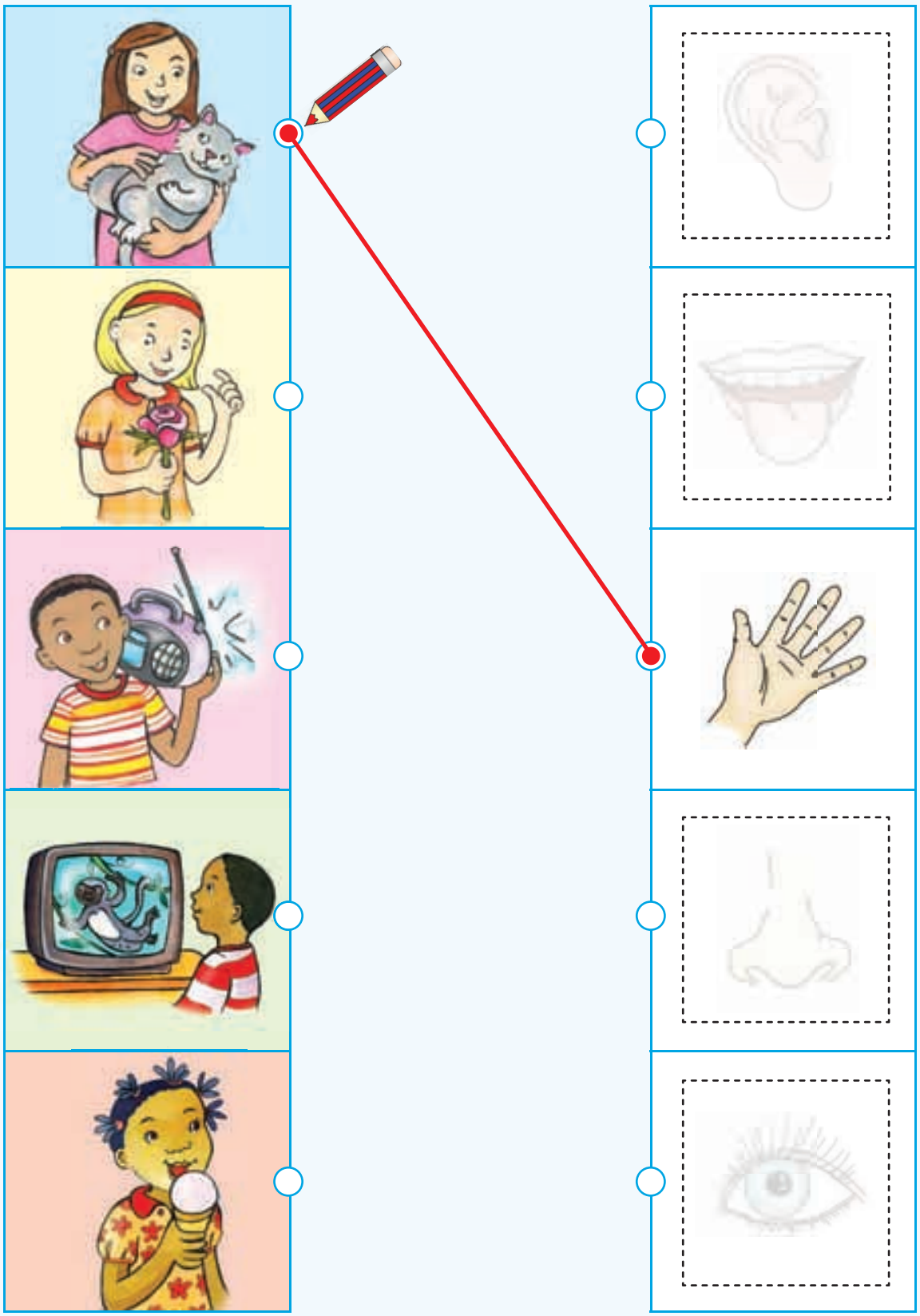
Then use some lipstick or paint to fill in your finger prints.





Let's write

Paste in the correct sticker and then draw a line to match the action to the senses you will use.





Let's do What noise does it make? Make the sound then circle the things that make loud noises.





















Let's count

Circle the blocks that have I thing. Clap your hands once each time you see I thing.



Practise the numbers.

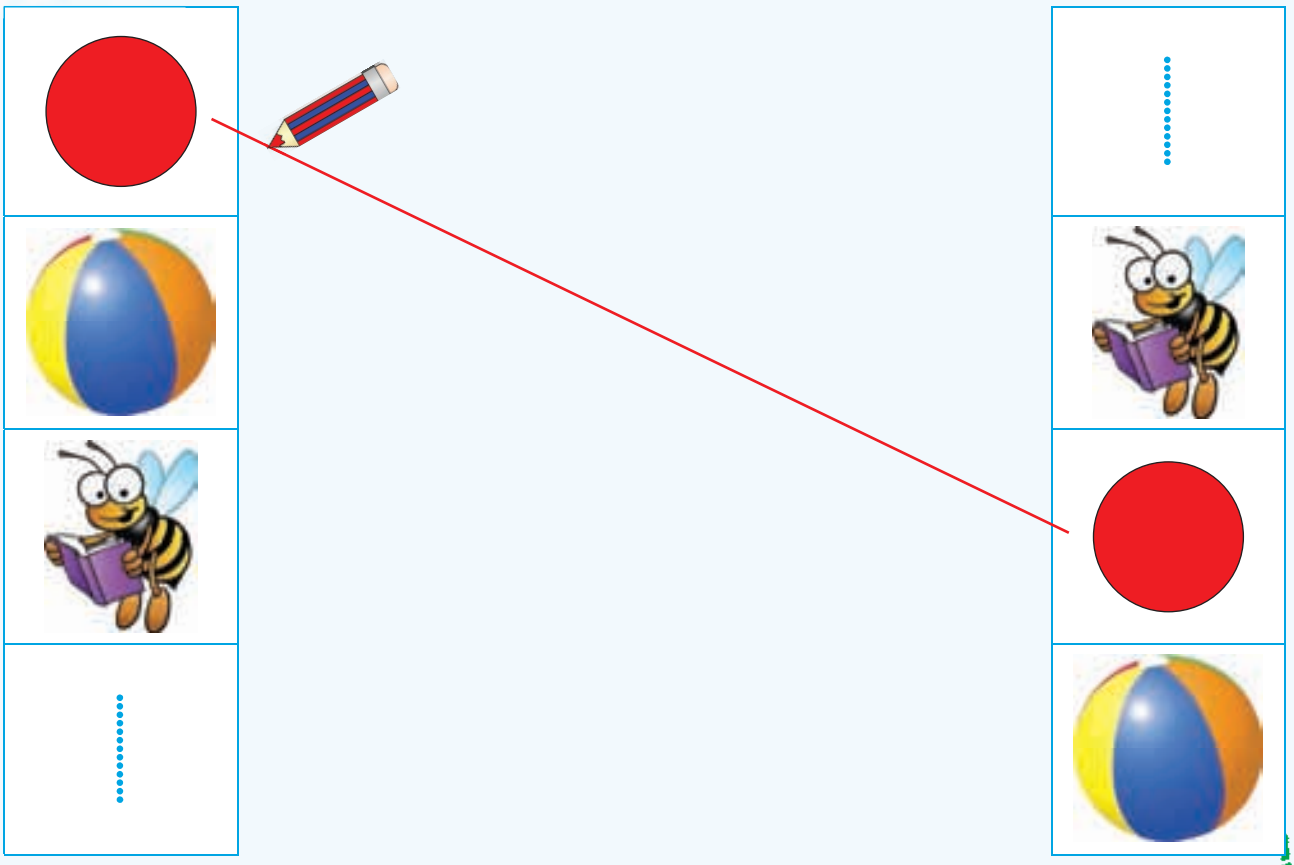


Let's write Trace the number. Find and circle all the number 1s.

1	1	5	1	1	2
	2	2	2	2	3
	1	3	2	1	5
	2	4	1	2	4

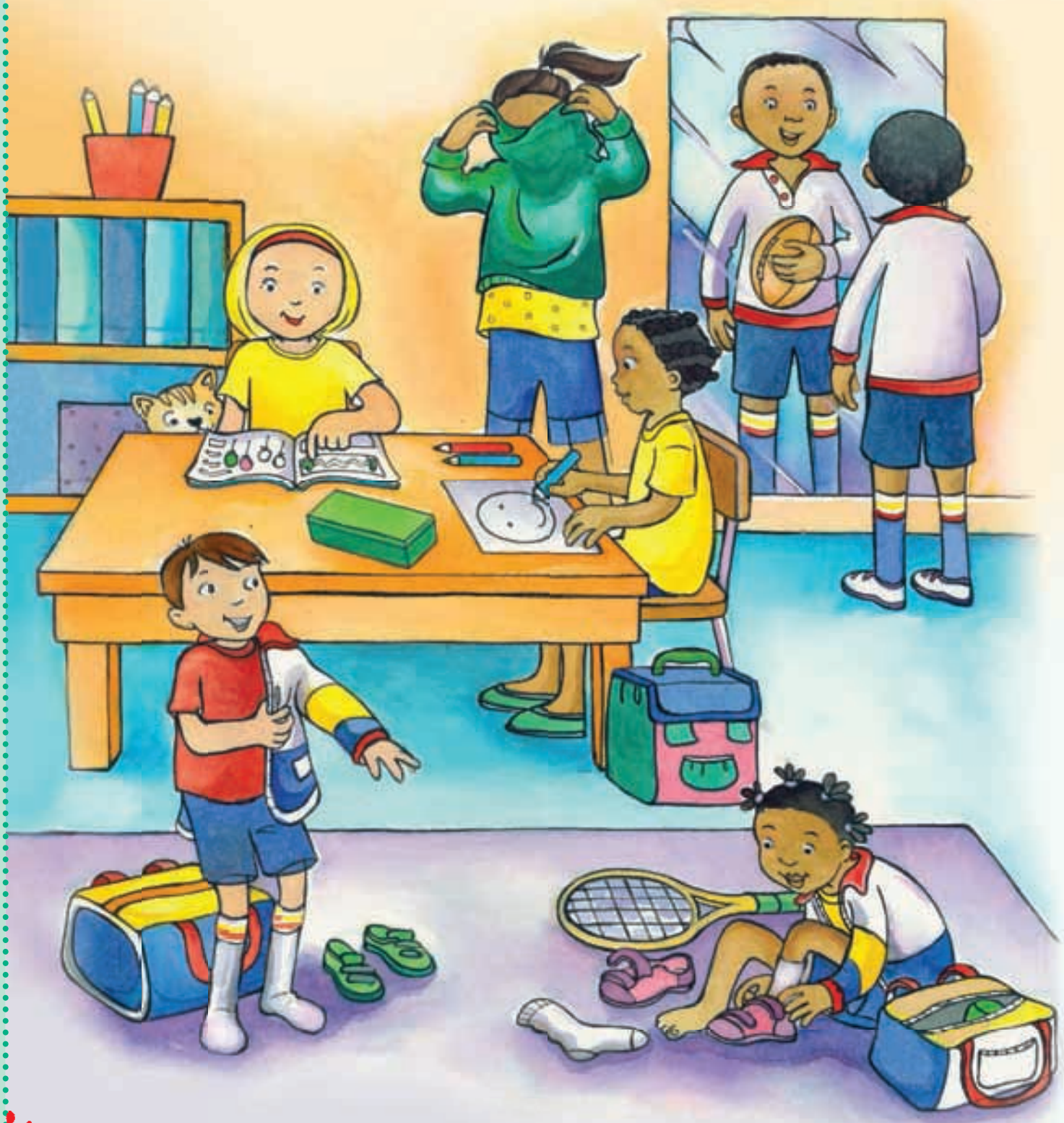


Let's write Match the pictures.

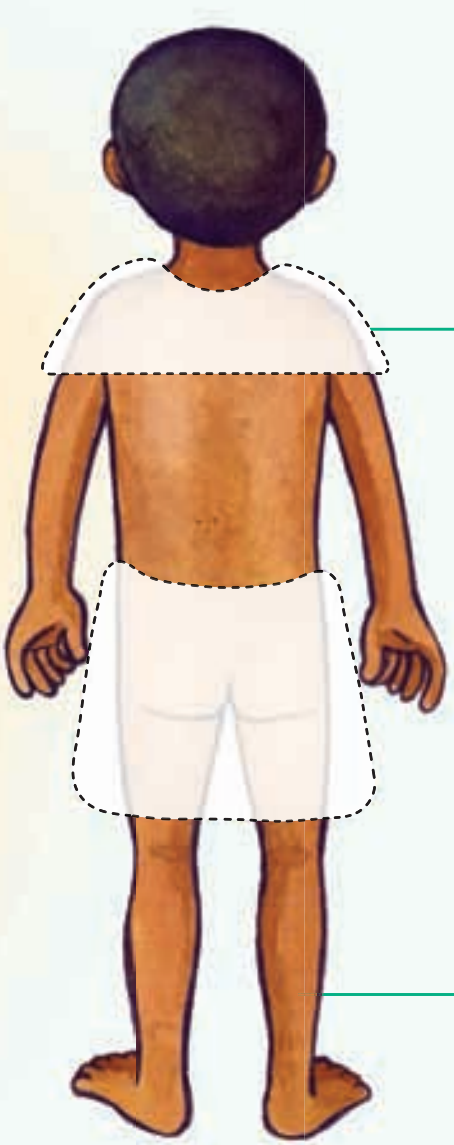


2

My body



Paste the stickers in the correct spaces.



head

shoulders

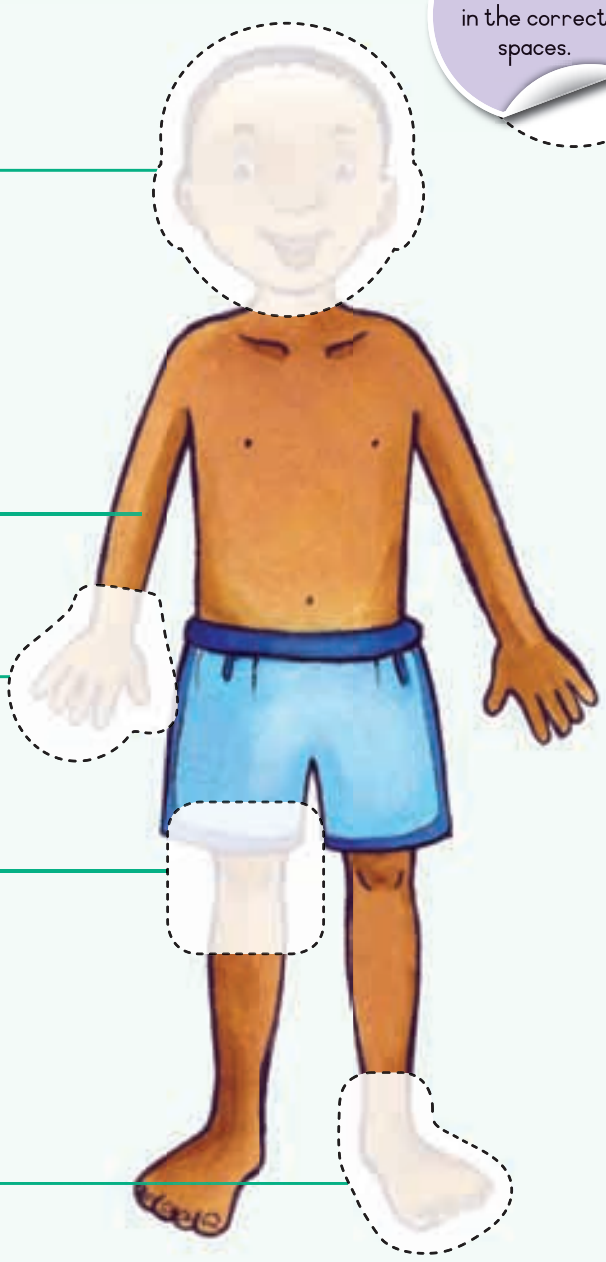
arm

hand

knee

leg

foot





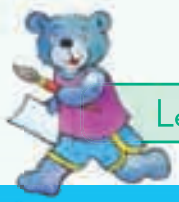
Let's talk

Look at the picture and talk about what you see.
Point to your head, shoulders, knees and toes.
Now point to them in the picture.
What body parts do you have one of?
What body parts do you have two of?



Let's write Draw yourself. Point to your head, arms, legs and body.

Write your name:

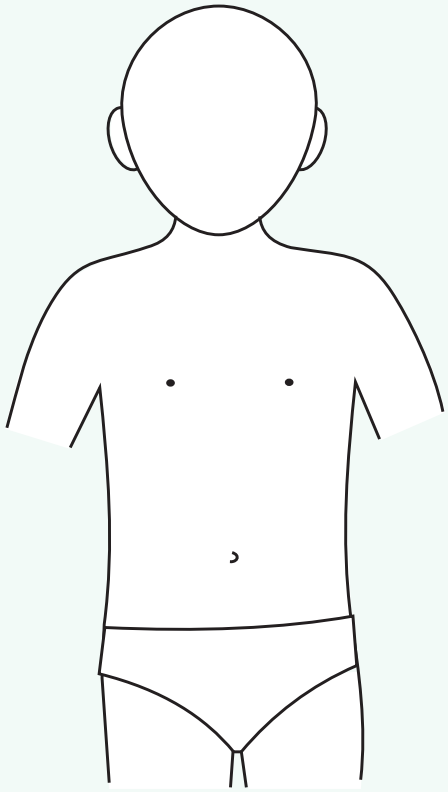


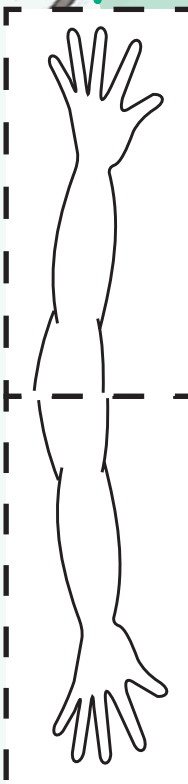
Let's do Clap your name according to the sounds.

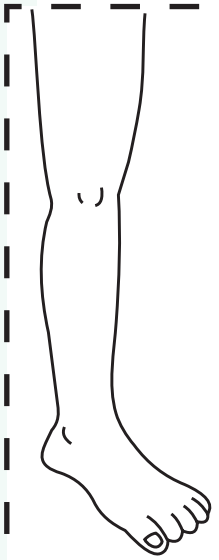


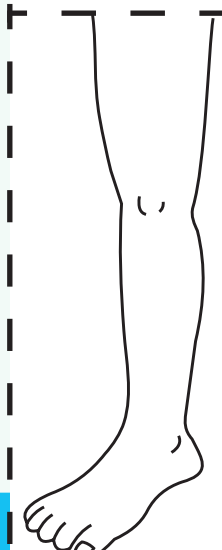
Let's write

Cut out and then paste in the arms and legs to complete this picture. Then colour in your picture.









Let's sing





Heads, shoulders,
knees and toes,
knees and toes.
Heads, shoulders,
knees and toes,
knees and toes.
Eyes and ears and
mouth and nose.
Heads, shoulders,
knees and toes,
knees and toes.

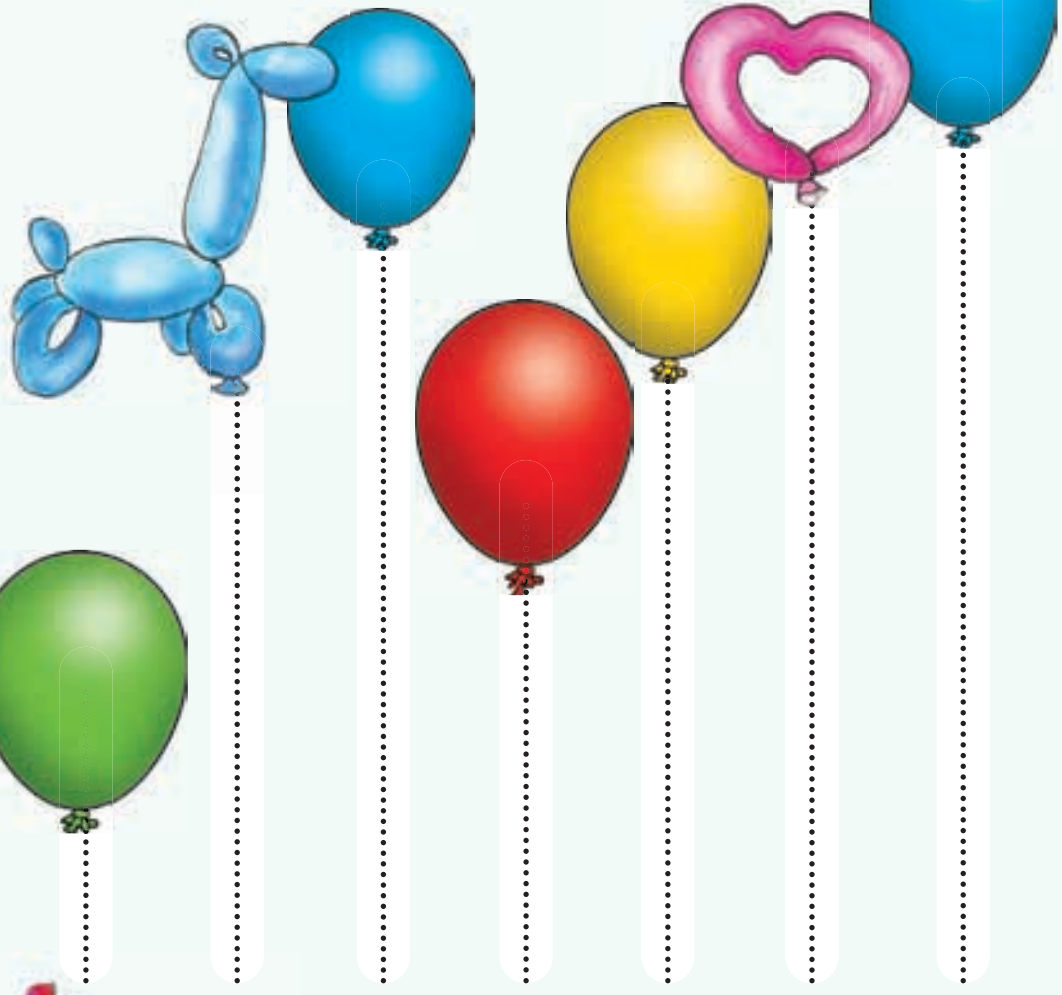




Let's write

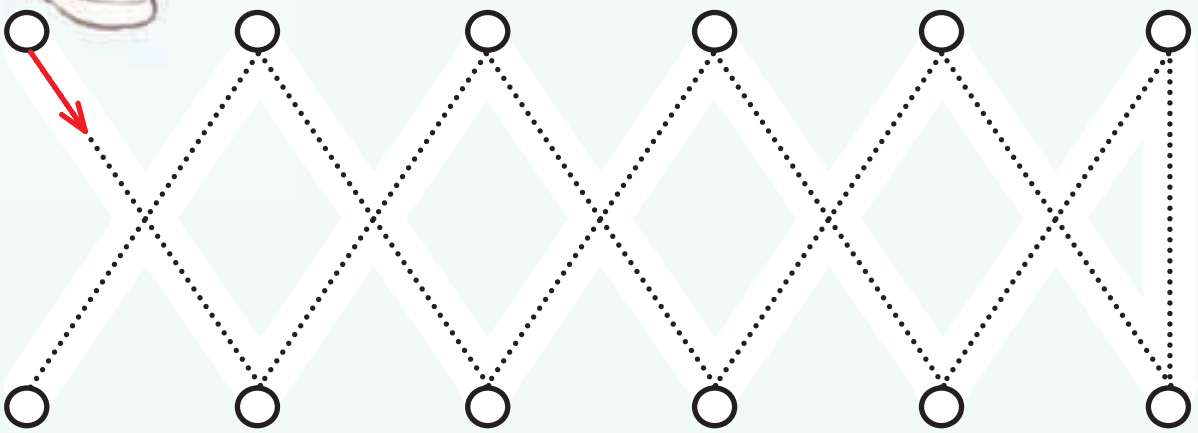
Draw strings for the balloons.
Which balloon has the shortest string?
Which balloon has the longest string?







Trace the lines without lifting your pencil to lace this shoe.





Let's write Find the faces that show the same emotion as the emotion in the first picture.

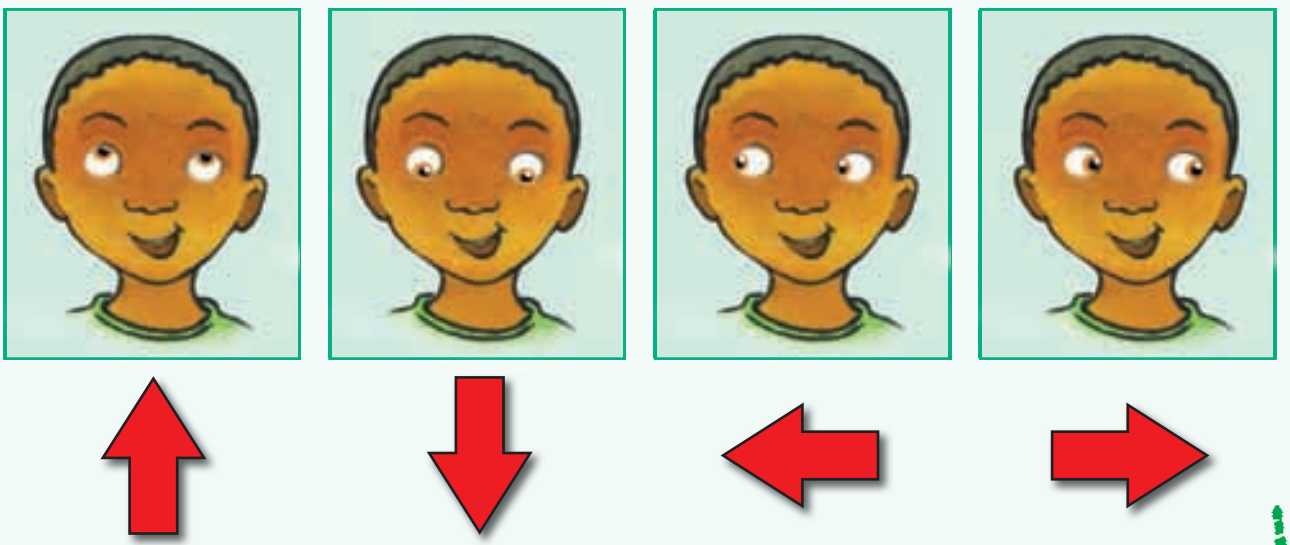




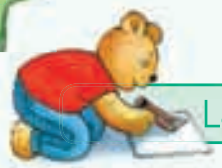




Let's do Where is this boy looking? <u>Without moving your head</u>, move your eyes so that you look in the same direction that the boy is looking.



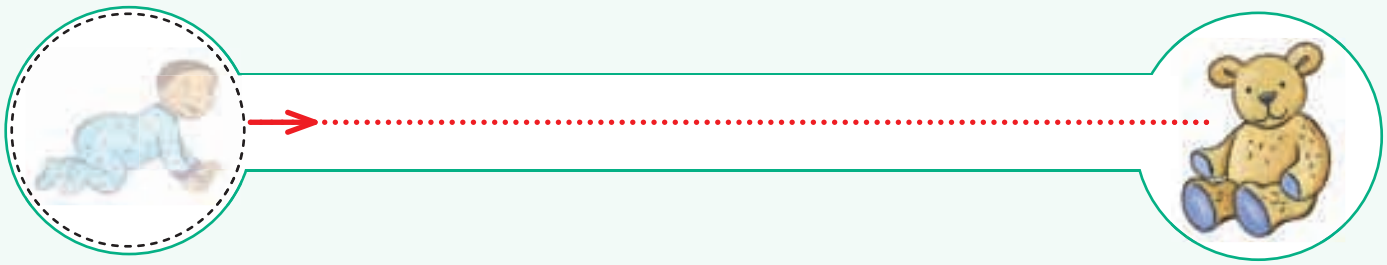
Paste the stickers in the correct spaces.



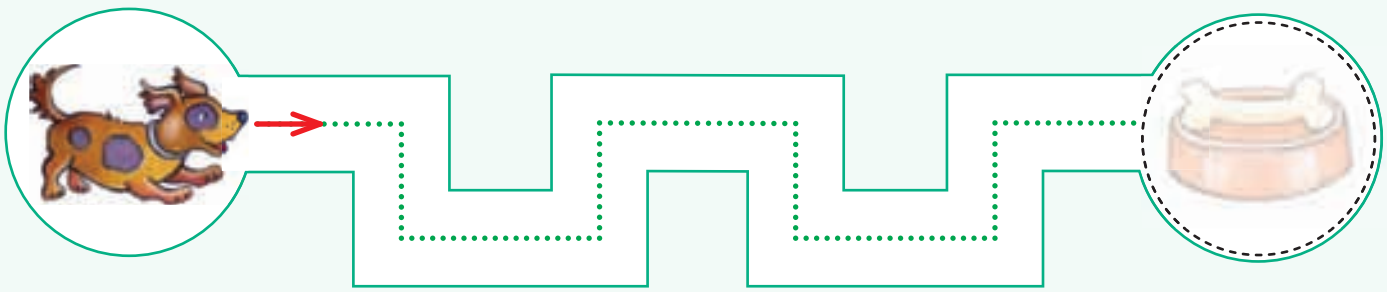
Let's write

Paste in the stickers in the correct places. Then, trace the line with your finger and then with a pencil.

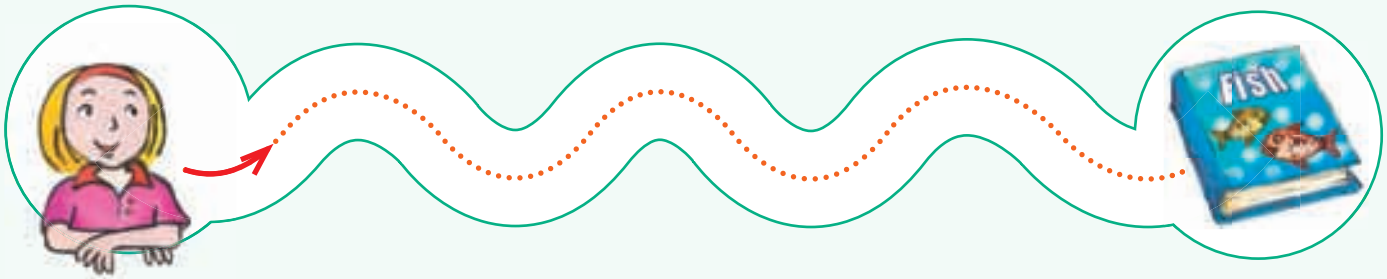
Help the baby find his teddy bear.



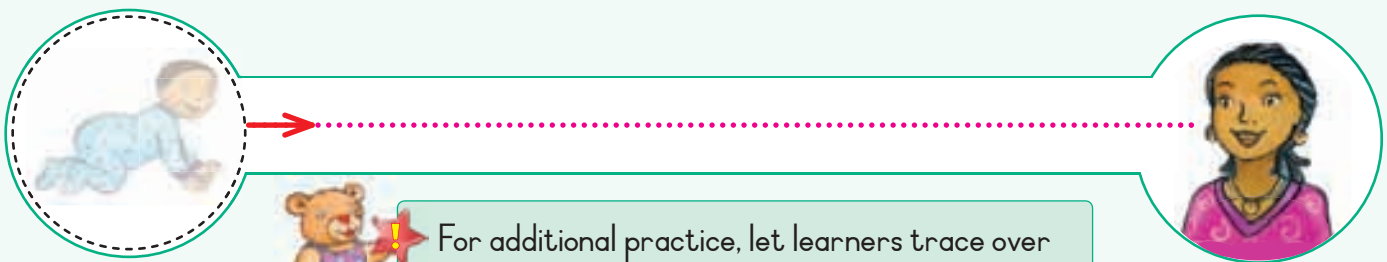
Help the dog to find its bone.

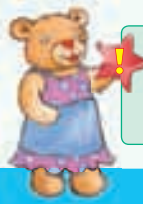


Help Ann to find her book.



Help the baby to crawl to her mother.





For additional practice, let learners trace over their lines a few times using different colours.

Let's do Do what these children are doing.

hands on hips 	touch your knees 	touch the opposite foot 	touch the opposite shoulder
cross your arms 	touch your tummy 	touch your nose 	touch your toes 
put up two arms 	touch your head 	touch your shoulders 	put out your arm 



Let's count

Circle the blocks that have 2 things in them.
Clap each time you see 2 things.



Practise the number 2.

2 2 2



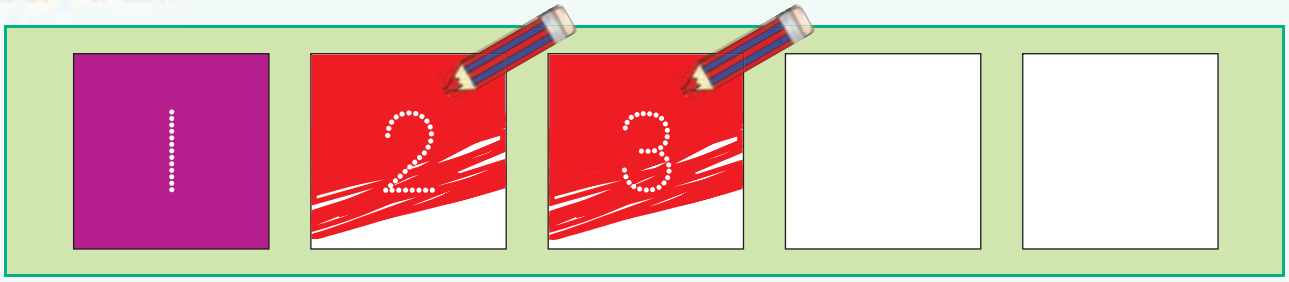
Let's write Trace the number. Find and circle all the number 2s.

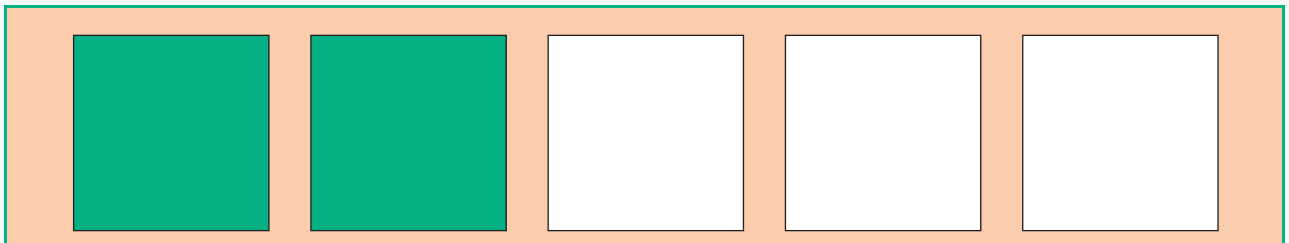
2

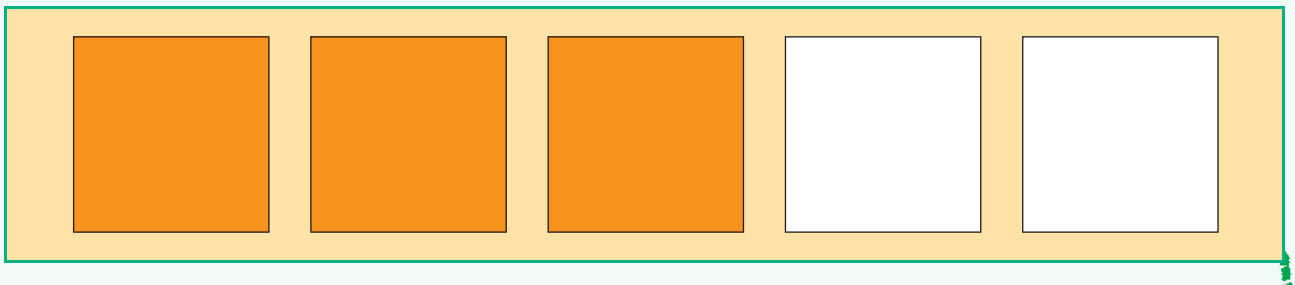
2	3	1	2	1
2	1	2	1	3
1	3	2	1	2
2	4	1	2	4



Let's write Colour in 2 more blocks in each row and then count the coloured blocks.







3

Keeping clean



Paste the stickers in the correct spaces.





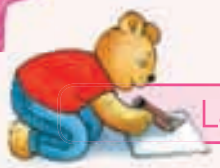


Let's talk

Look at the picture and talk about what you see.
Point to the child who is:

- washing hands
- brushing his teeth
- washing his ears
- washing her hair
- getting dressed
- drying

Can you find the duck?



Let's write

Trace the line to find out what these children do to stay clean.



















Let's write Cut out the puzzle and put it together again.



Let's write Build the puzzle.





Let's write Draw a picture of what you do to stay clean.



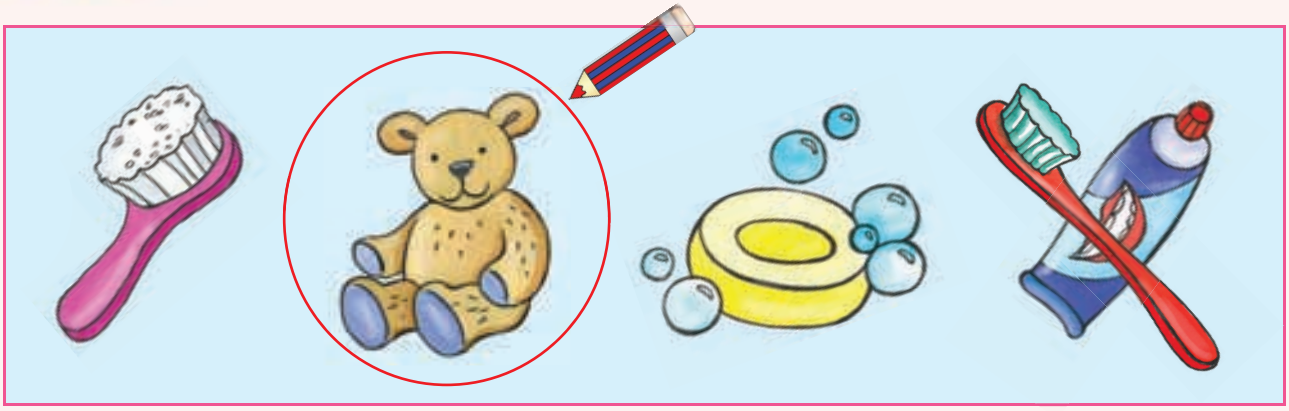
Let's write

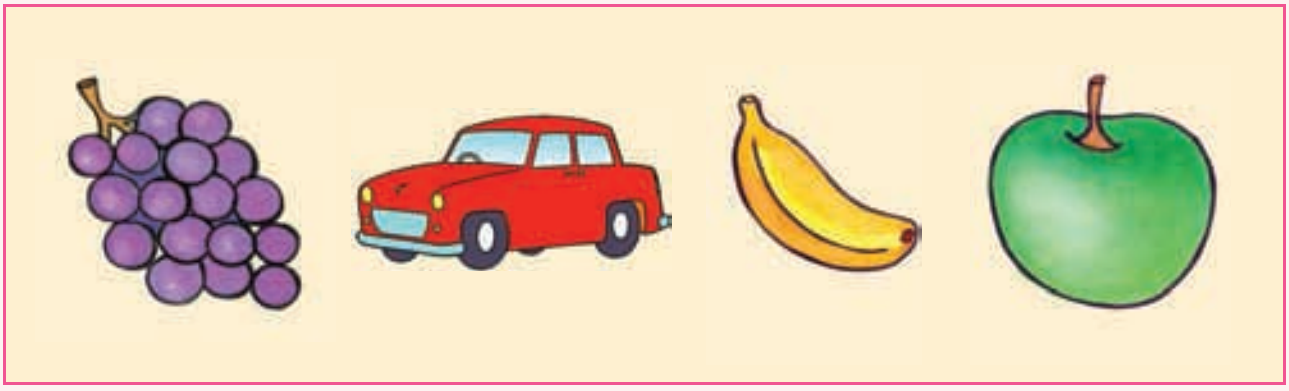
Can you find the toothpaste in this picture? Colour it in red.
Trace the lines and count how many other items you can see.

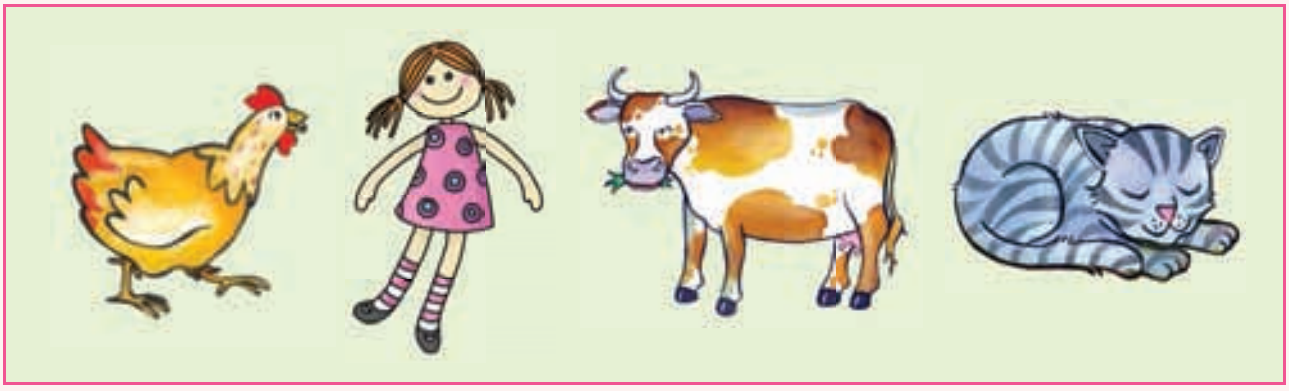


Let's write

Circle the picture that does not belong in each row.
Tell your friend why this picture does not belong.







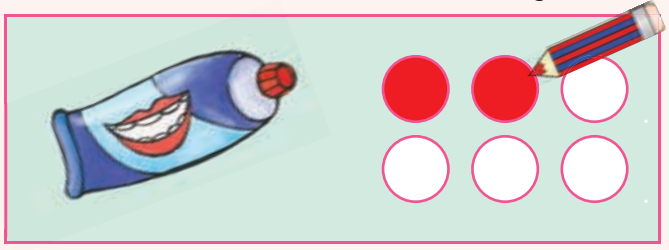


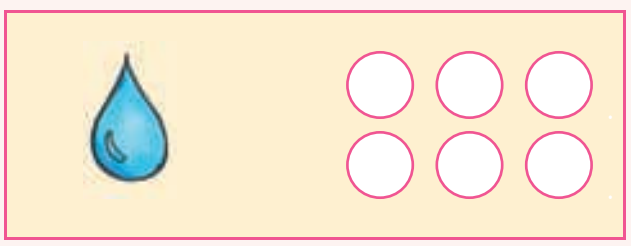


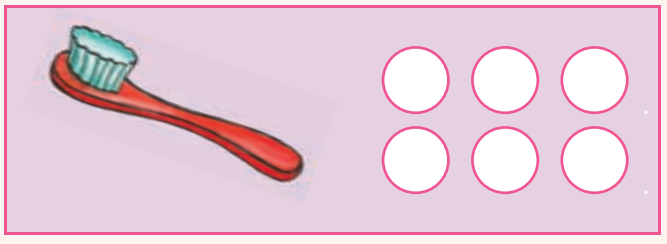
Let's count Count how many of each item there are.



Now colour in the dots to show how many there are of each thing.







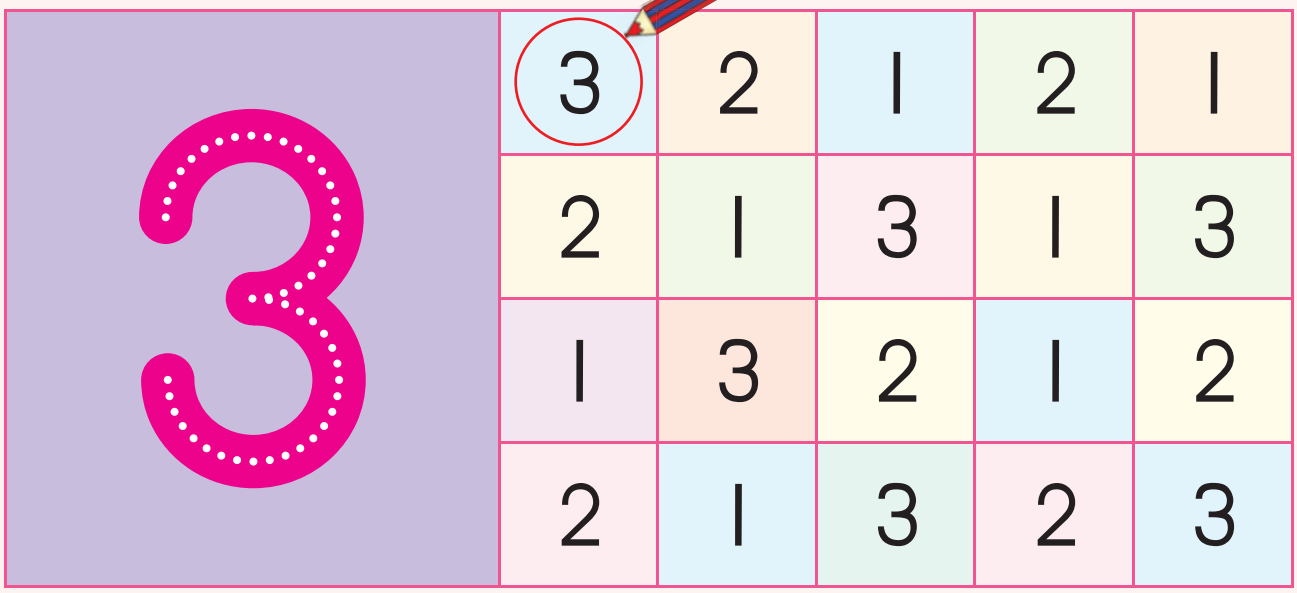


Practise the number 3.

3 3 3



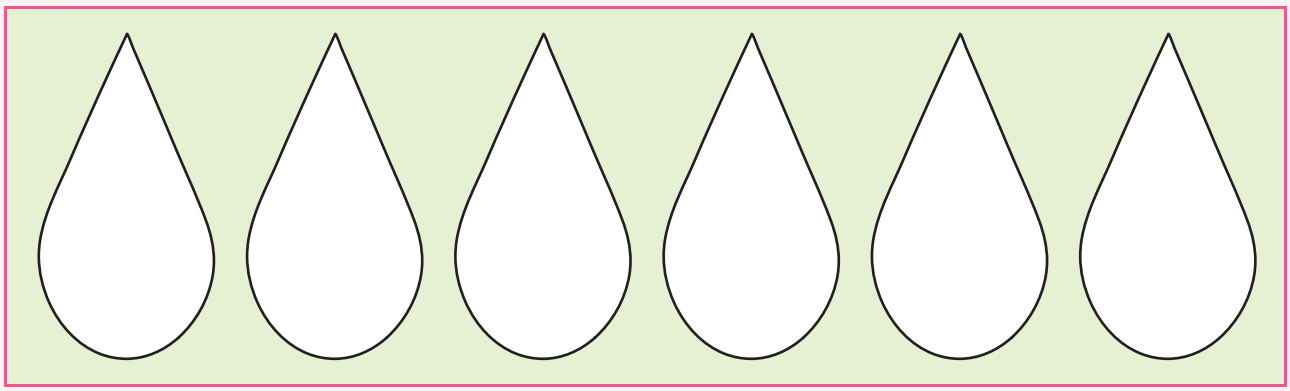
Let's write Trace the number. Find and circle all the number 3s.

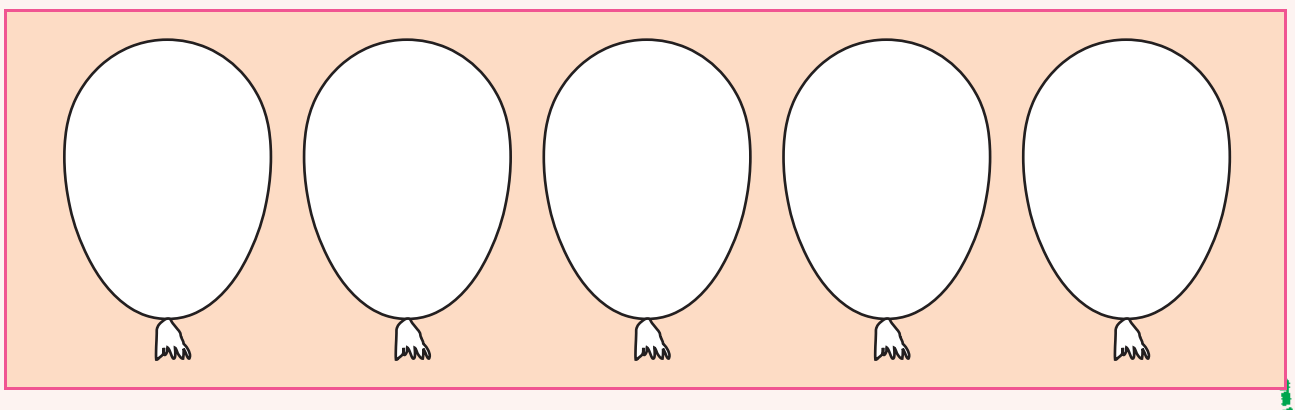


3	2	1	2	1
2	1	3	1	3
1	3	2	1	2
2	1	3	2	3



Let's write Colour 3 in each row.





4 My family



Paste the stickers in the correct spaces.





Let's talk

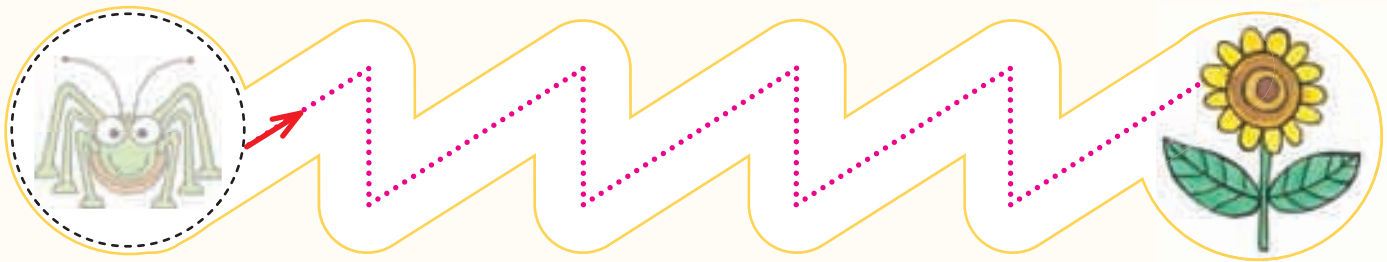
Look at the picture and talk about what you see.
Point to the people and say who they are.
What is each person in the picture doing?
Who is eating?
Who is playing?
Who is washing dishes?
Point to all the boys in the picture?
Point to all the girls in the picture?



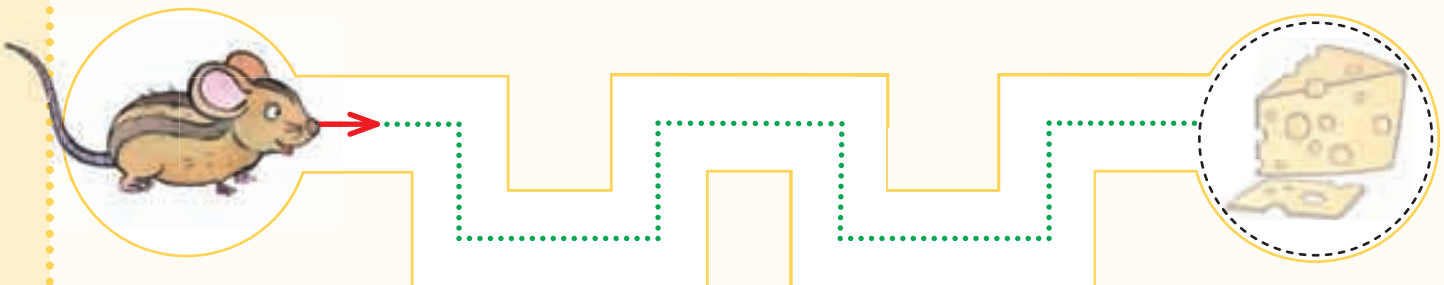
Let's write

Paste in the stickers in the correct places. Then, trace the line with your finger and then with a pencil.

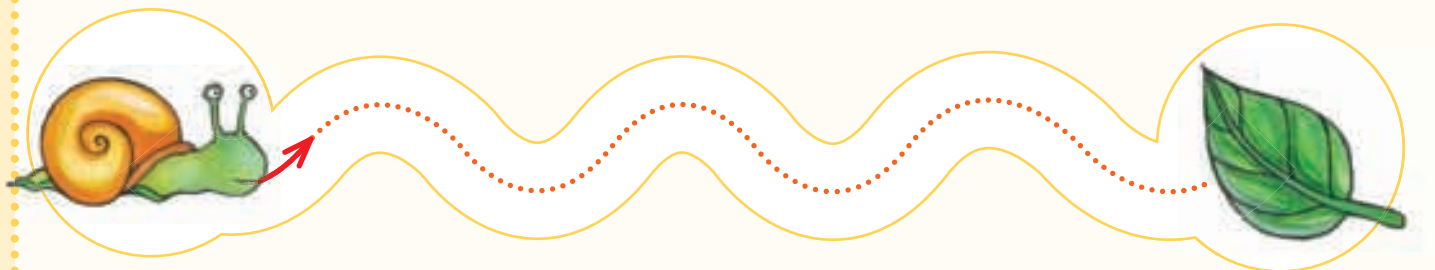
Help the grasshopper to jump to the flower.



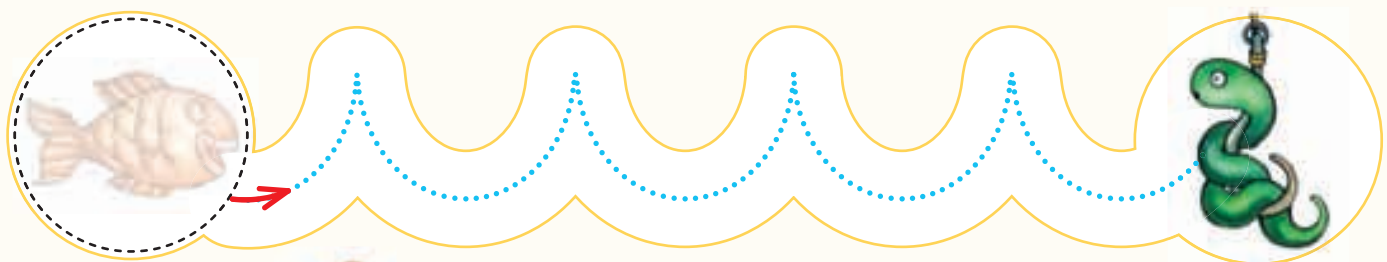
Help the mouse to find the cheese.



Help snail to find the leaf.



Help the fish to find the worm.





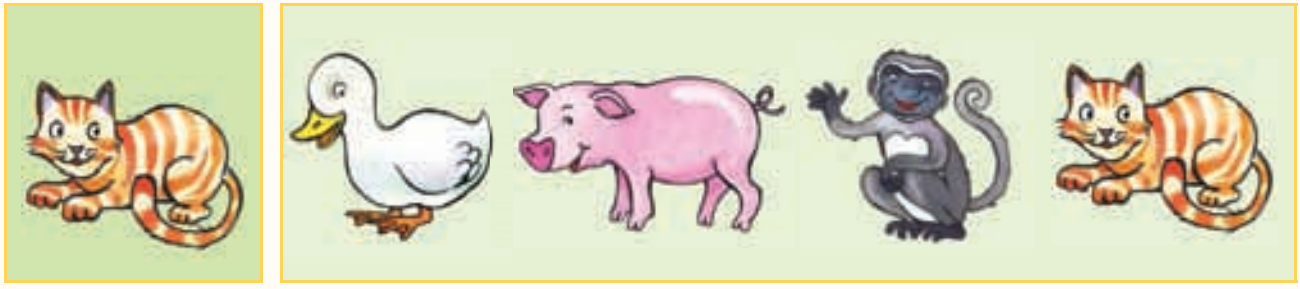
For additional practice, let learners trace over their lines a few times using different colours.



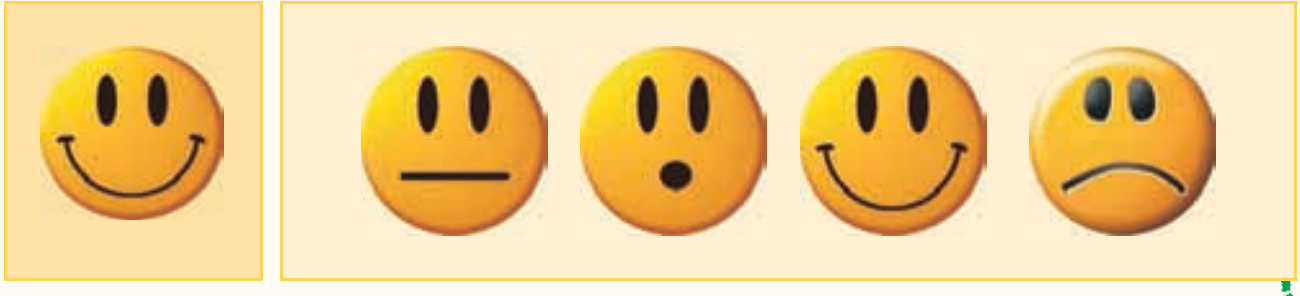
Let's write Find and circle the pictures that are the same as the pictures in the first box.













Let's write



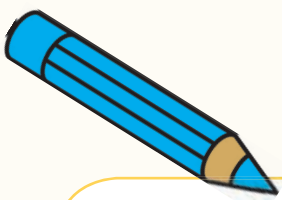
Draw a red apple in the box.



Draw an orange orange in the box.



Draw a green balloon in the box.

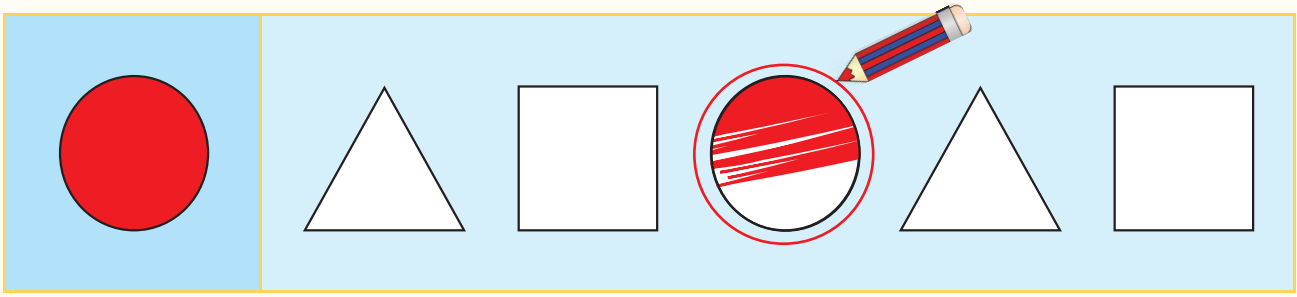


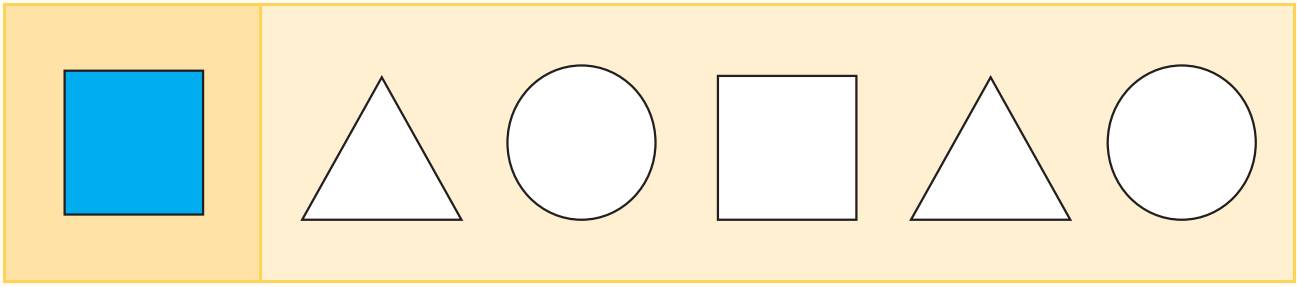
Draw a blue pencil in the box.

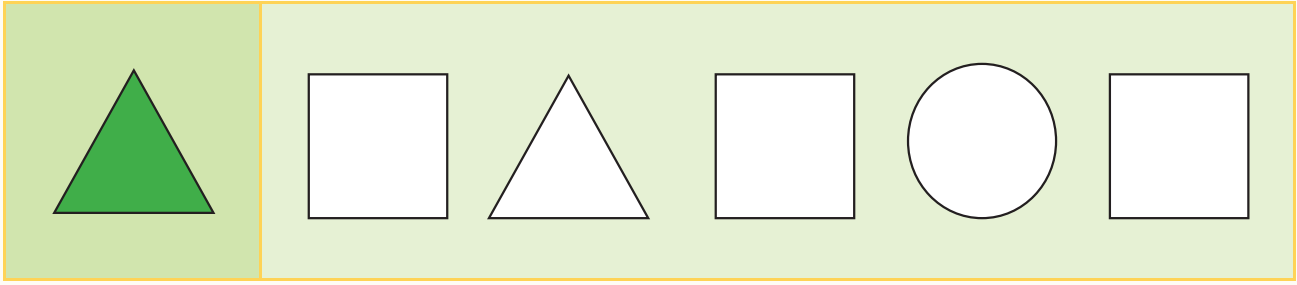


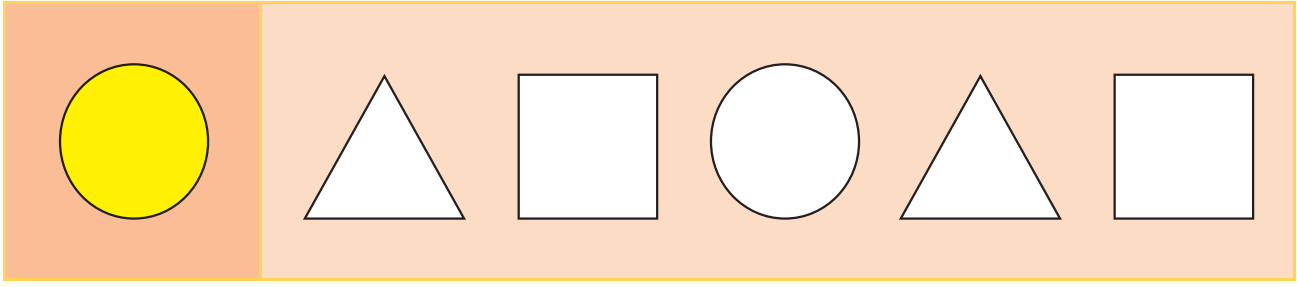
Let's write

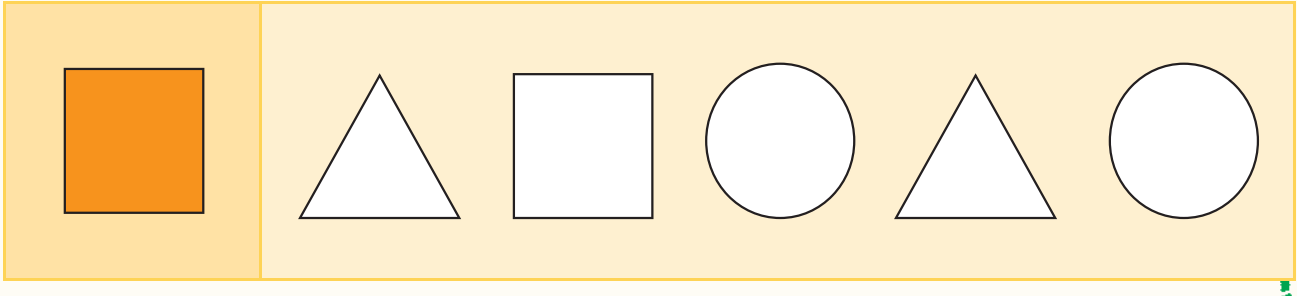
Find the shape that is the same as the one in the first box.
Colour it in the same colour.













Let's write Draw a picture of your family and then tell your friend who each of the people in your picture is.



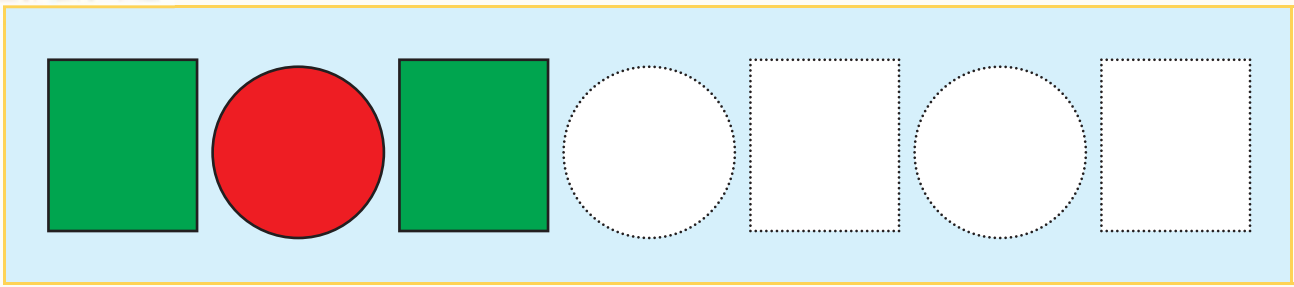


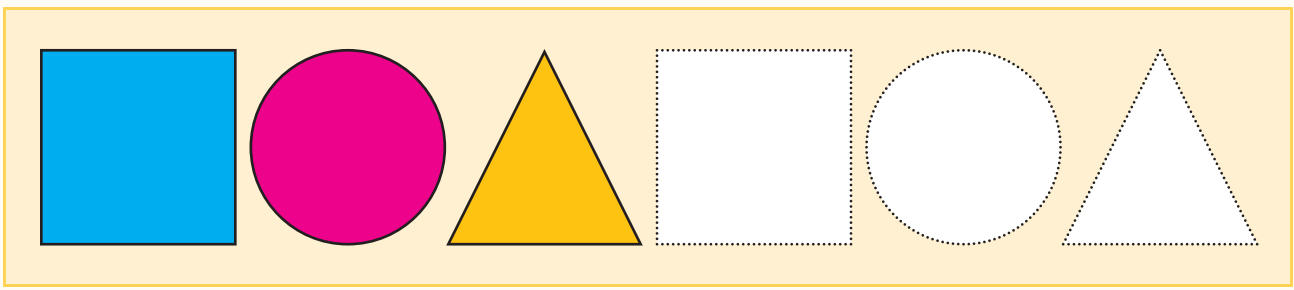
Let's write Find and circle the first letter of your name.

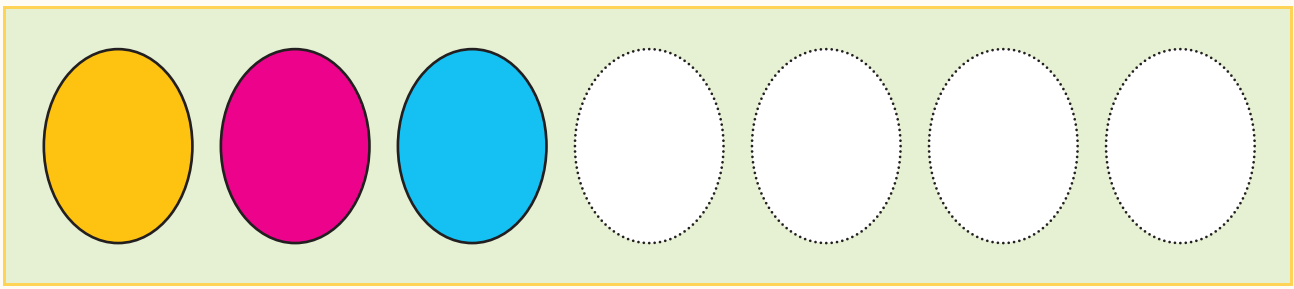
A B C D E F G H I J K L M

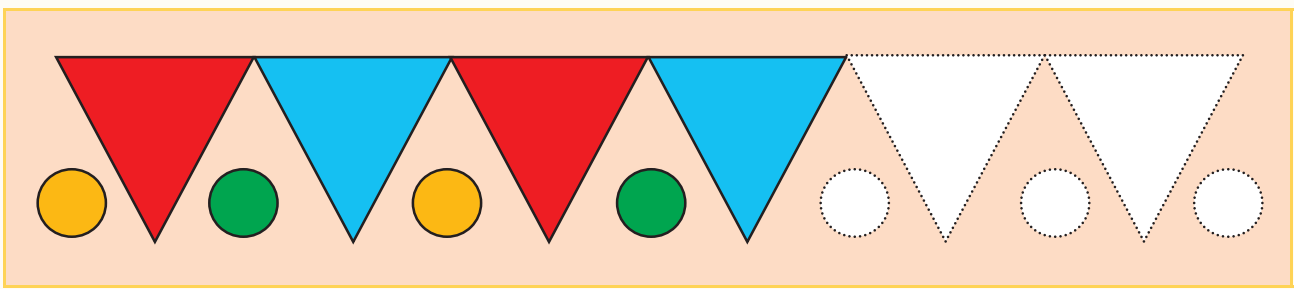
N O P Q R S T U V W X Y Z

Let's write Trace and colour in the shapes to complete the patterns.







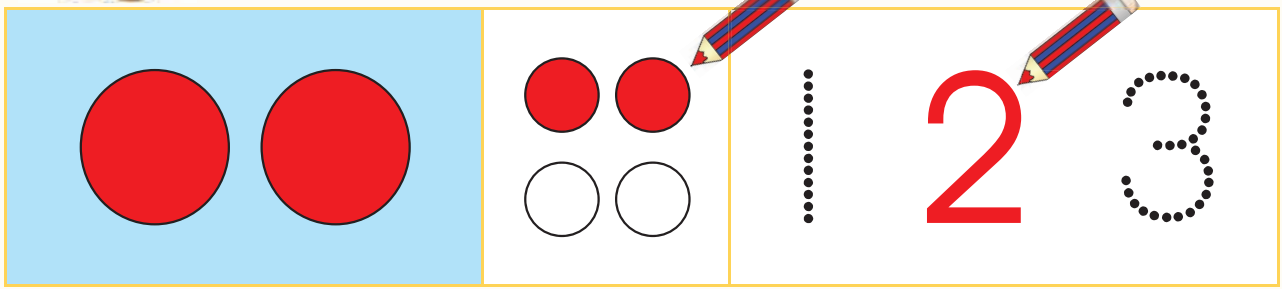


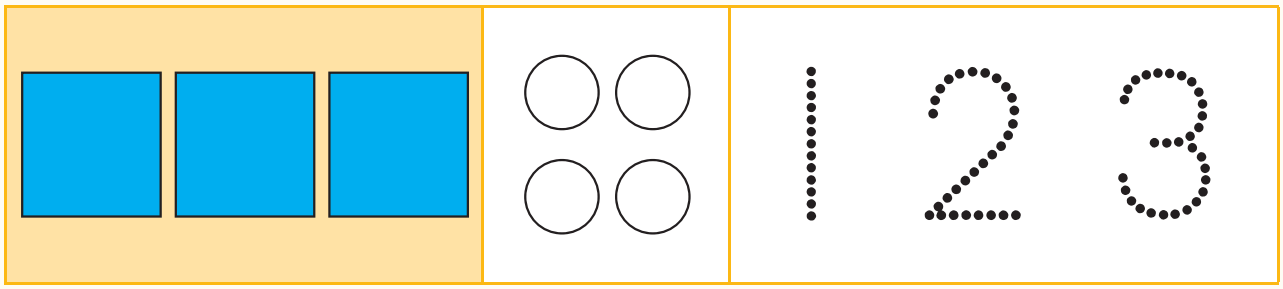
Can you make your own pattern?

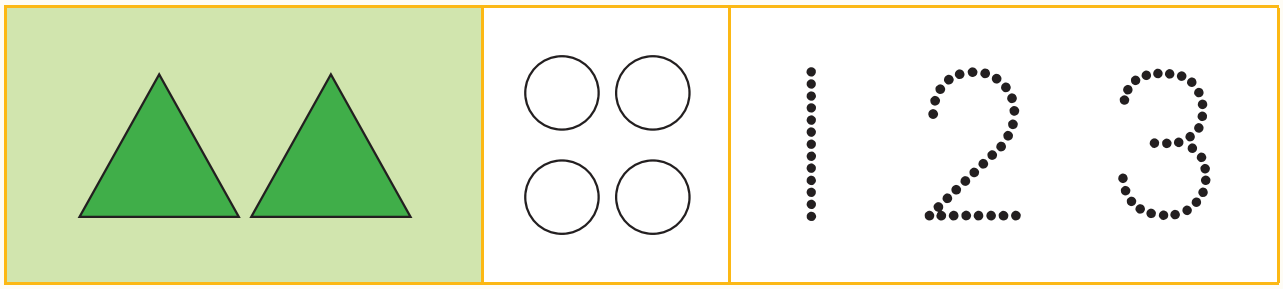


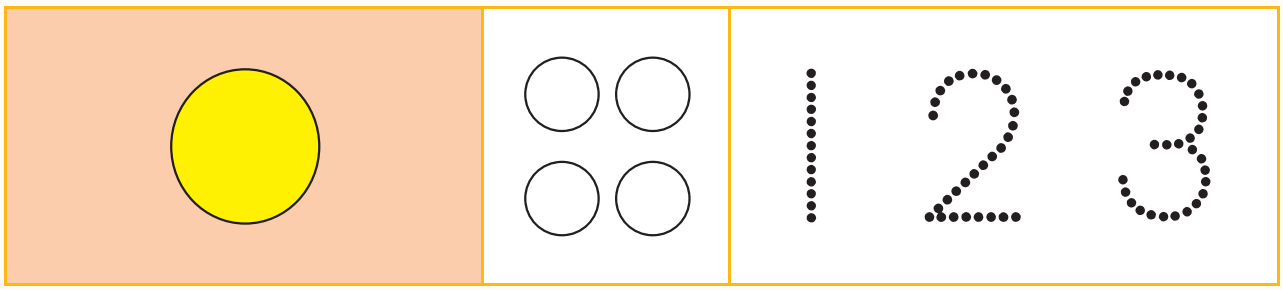
Let's count

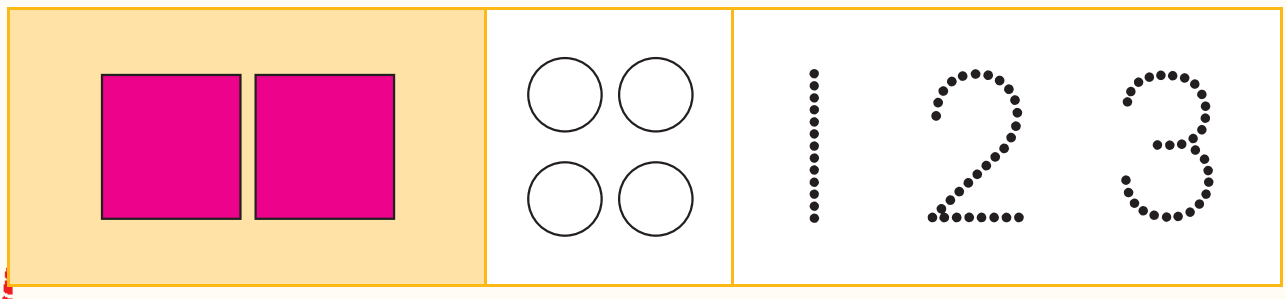
Count the shapes and then colour the correct number of dots. Then trace the correct number.









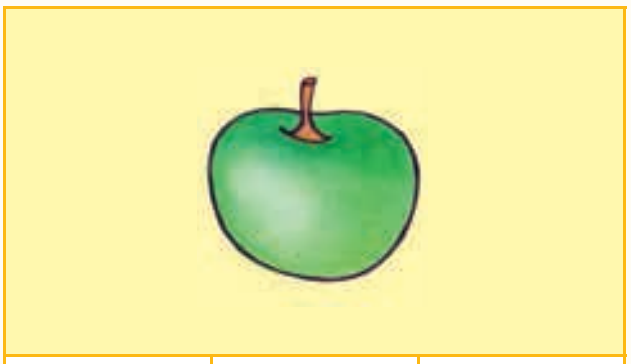




Let's count Count the items and circle the correct number.



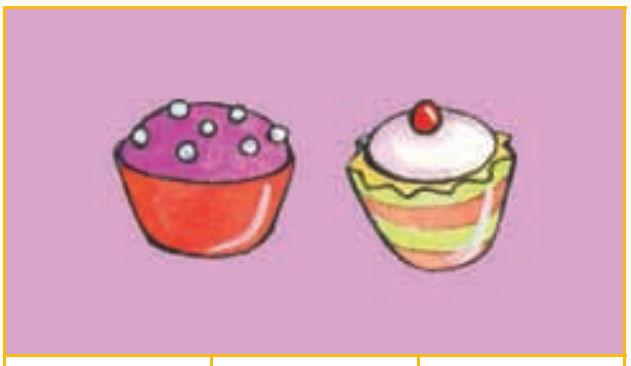
1	2	3



1	2	3



1	2	3



1	2	3



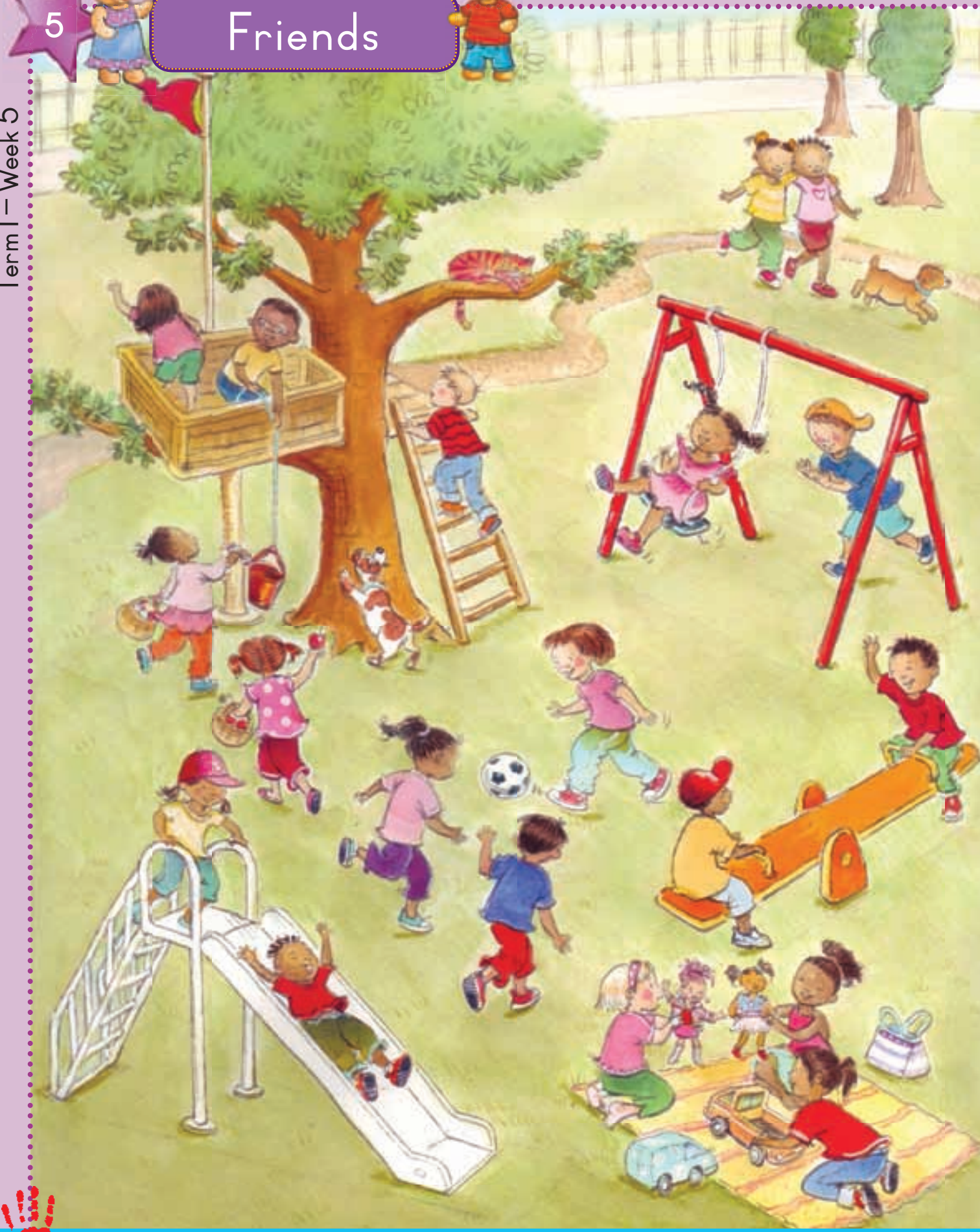
1	2	3



1	2	3

5

Friends



Paste the stickers in the correct spaces.

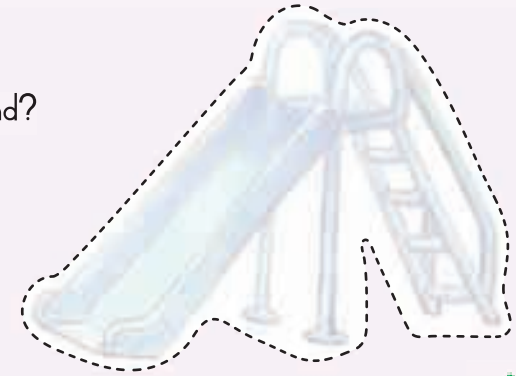






Let's talk

Look at the picture and talk about what you see.
Point to the children who are playing with their friends.
What makes a good friend?
Do you have a good friend?
What do you play with your friend?
Who is on the swing?
Who is on the slide?
Who is in the treehouse?
Who is climbing?
Who is running?
Can you do these things?





Let's write

Colour in this picture. Copy the colours from the small picture.

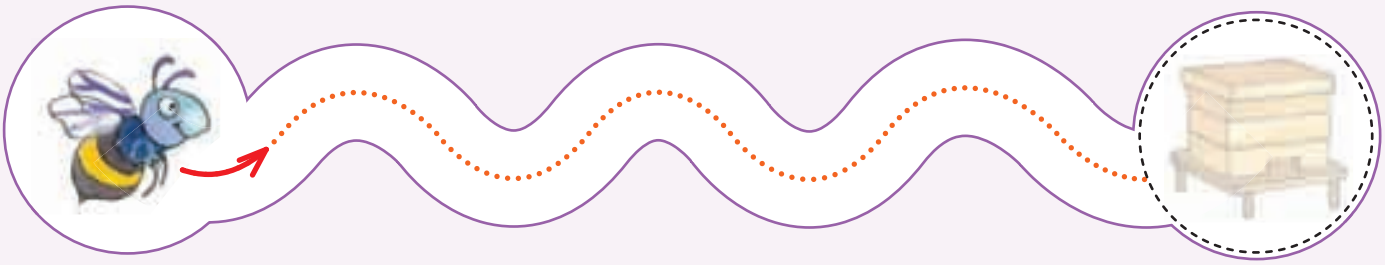


Paste the stickers in the correct spaces.

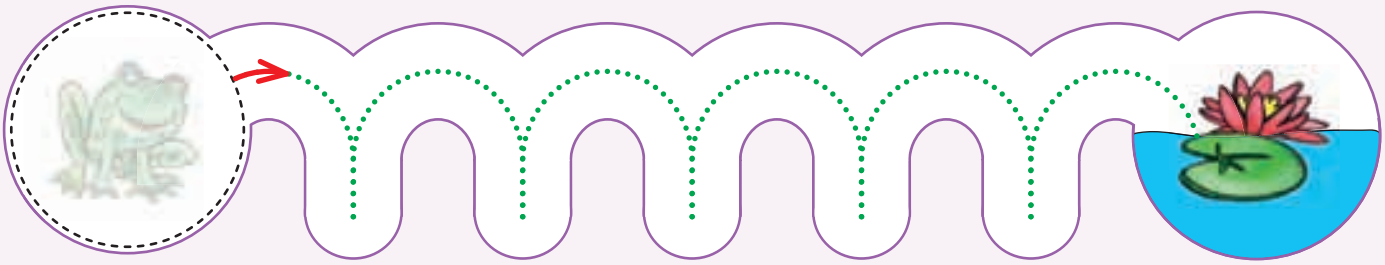
Let's write

Paste in the stickers in the correct places. Then, trace the line with your finger and then with a pencil.

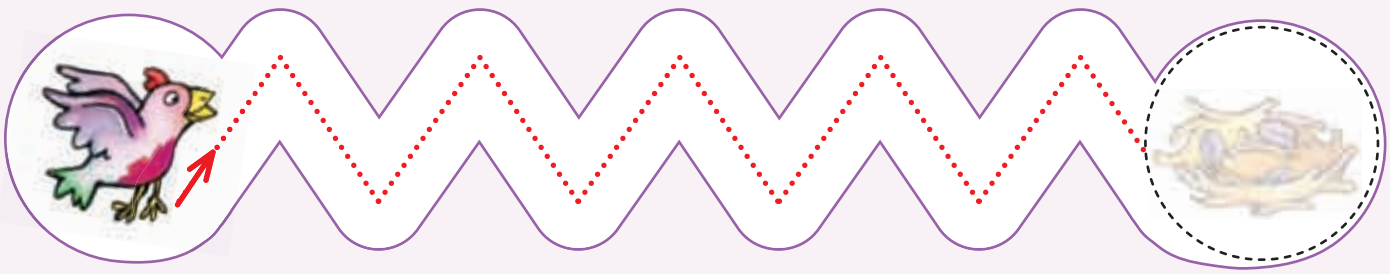
Help the bee find its hive.



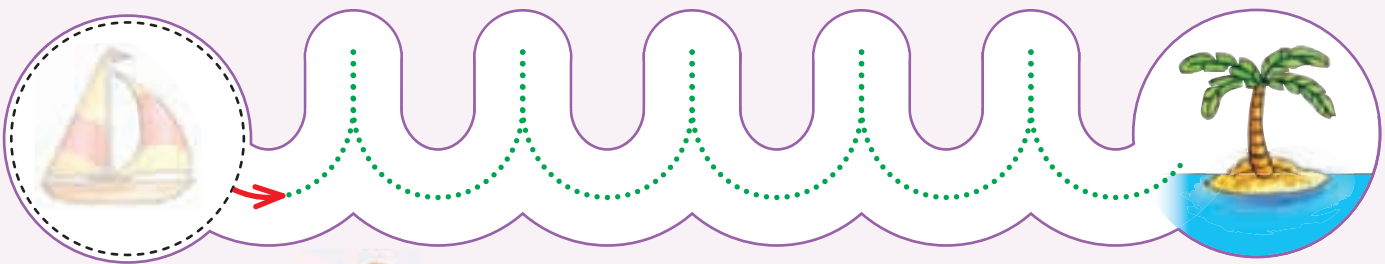
Help the frog find the pond.



Help the bird find its nest.



Help the boat to get to the island.

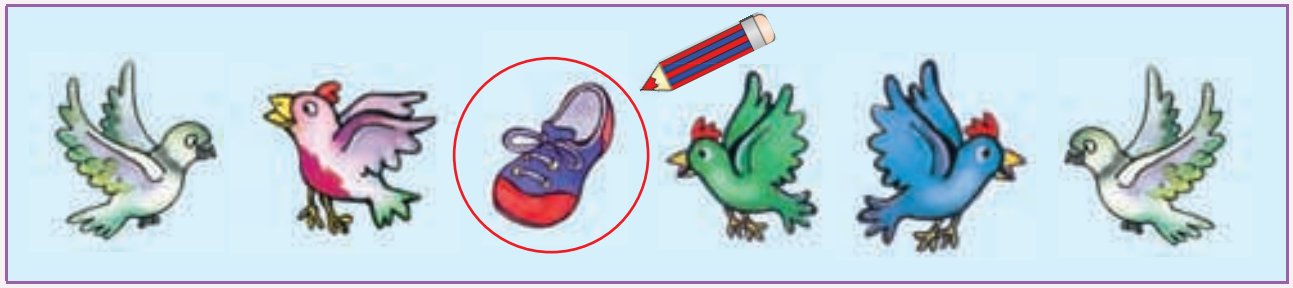


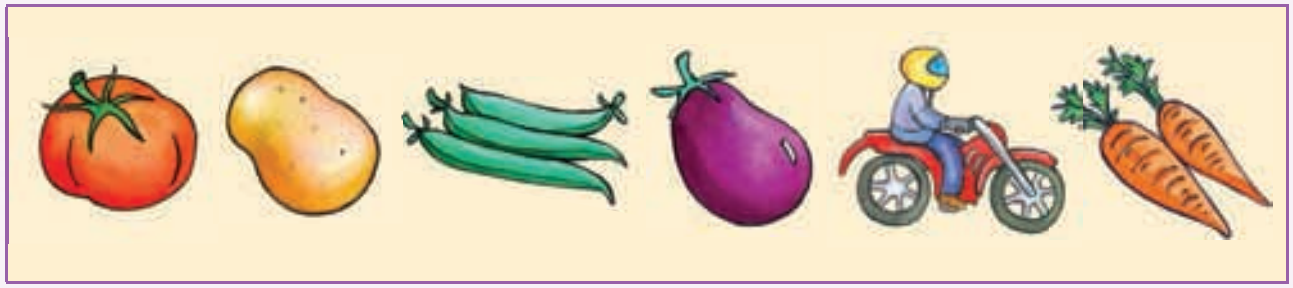
For additional practice, let learners trace over their lines a few times using different colours.



Let's write

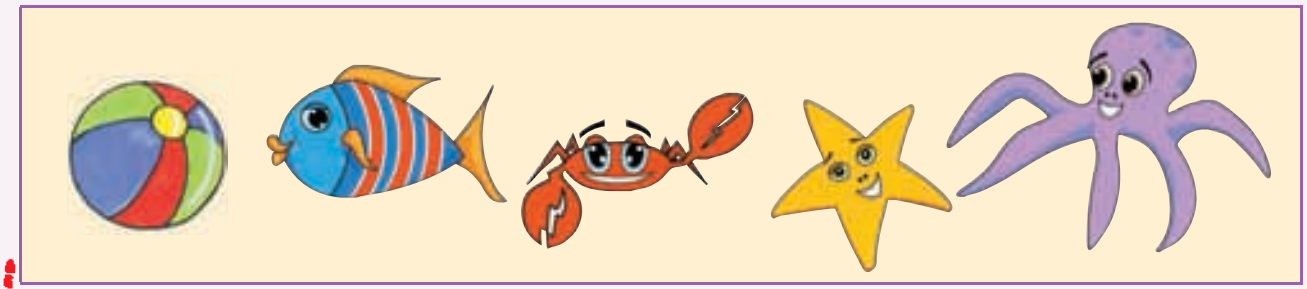
Circle the picture that doesn't belong in each row. Tell your friend why this picture does not belong.













Let's do Do what these children are doing.

sit





jump

skip



run



hop



fasten your shoe



roll



walk



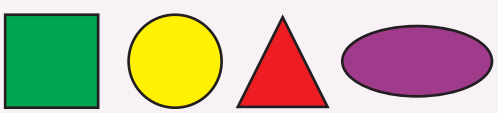
Let's write Circle the picture that looks the same as the first picture in each row.

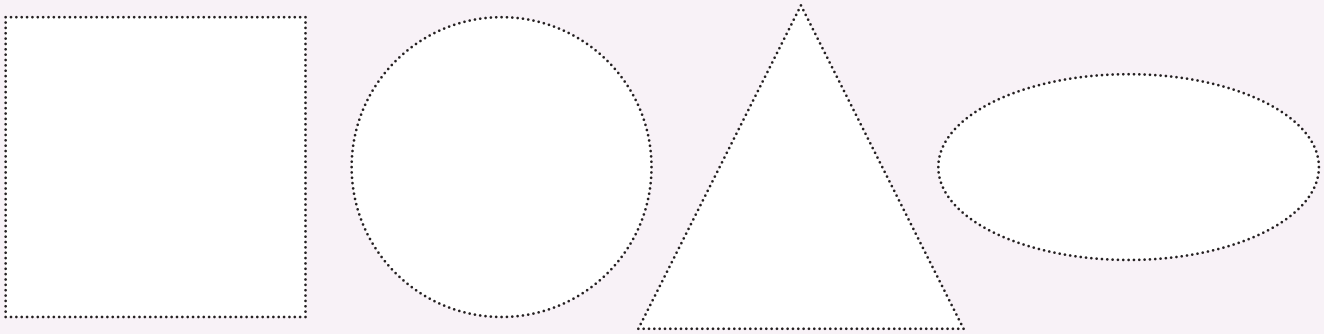






Let's write Trace the shapes and colour them in like the pictures.



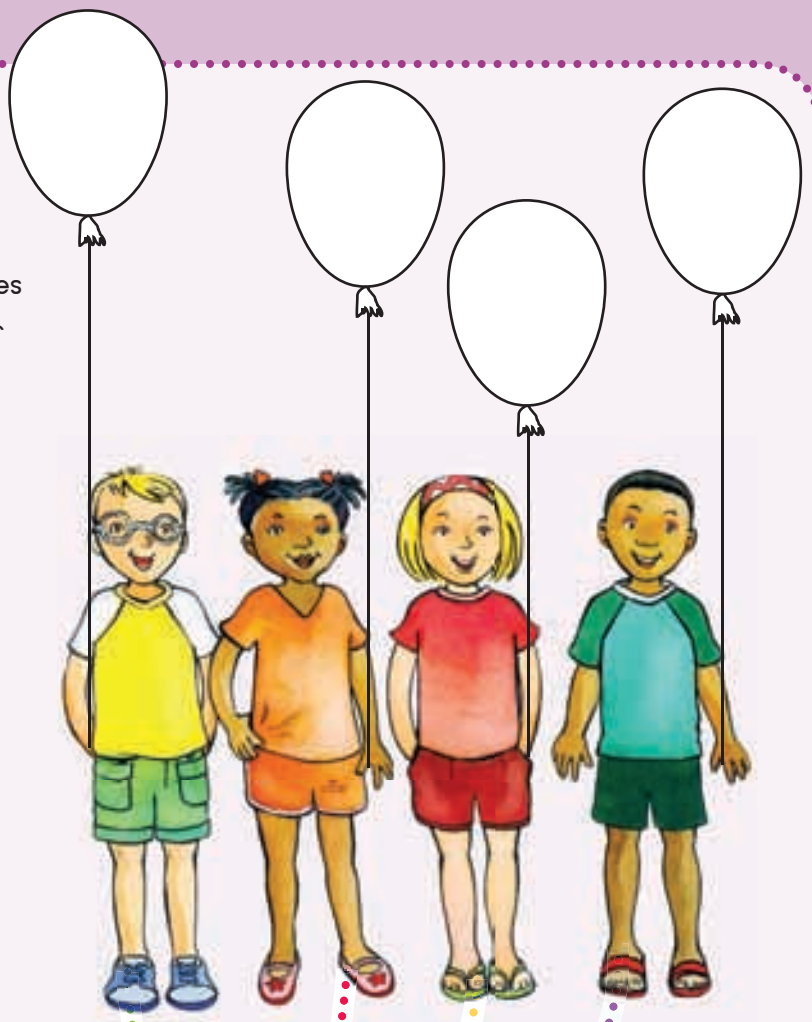




Let's do

Trace the lines to find their favourite clothes and then colour the balloon to match.













Let's do

Trace the dots to complete the picture and then colour it in. Find the correct shaped stickers and paste them to complete the drawing.

Paste the stickers in the correct spaces.



Make some zig zag books. Cut on the solid lines and fold on the dotted lines.

Numbers





one



two



three

Pets





dog



cat



fish

4



four

5



five

6



six

7



seven



lizard



bird



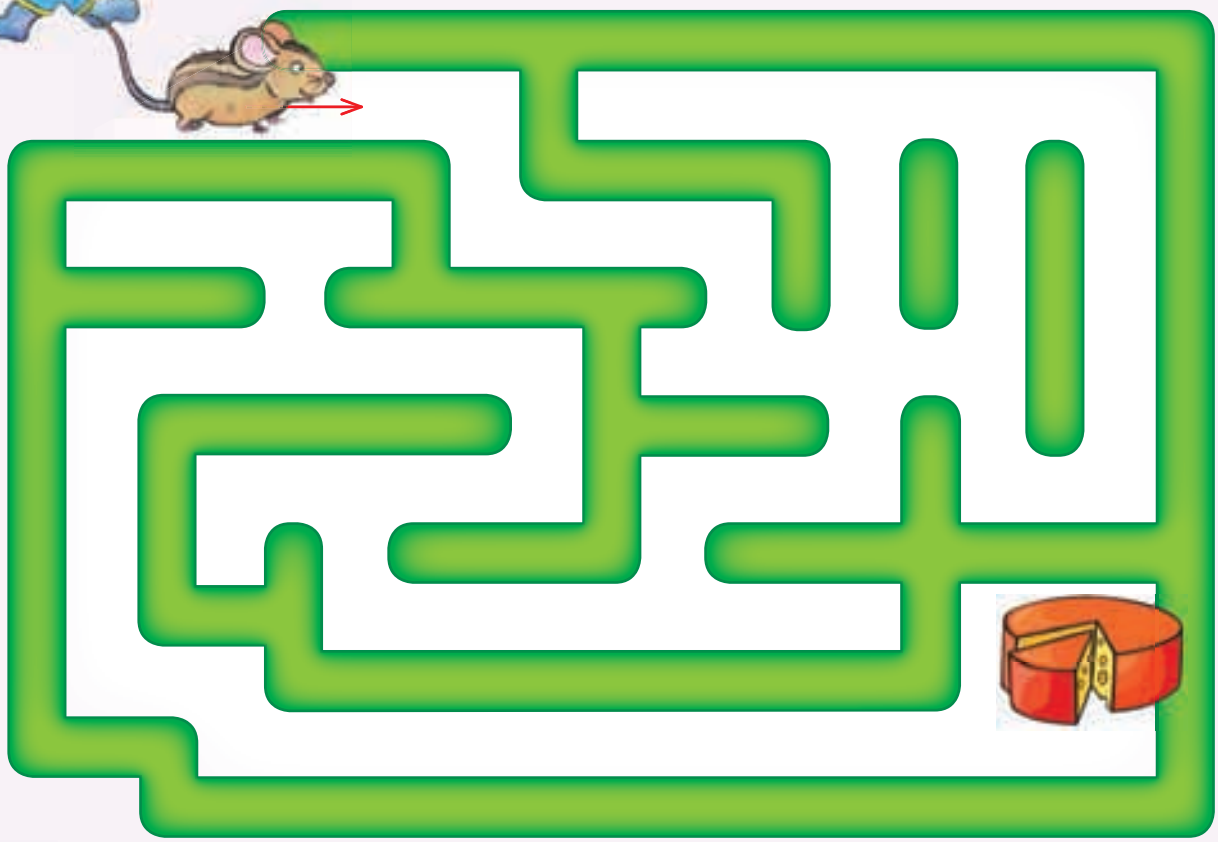
hamster





elephant

Let's do Help the mouse to find the cheese.



Let's do Look at the two pictures and circle the differences.





Cut outs

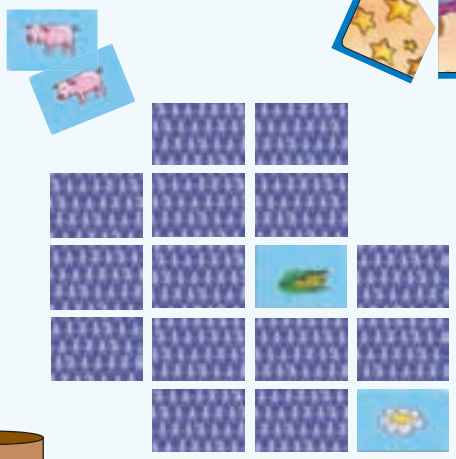


Finger puppets:
Choose 1 animal and write the first letter of your name on its t-shirt. Then write the first letters of 4 of your friends' names on the others.

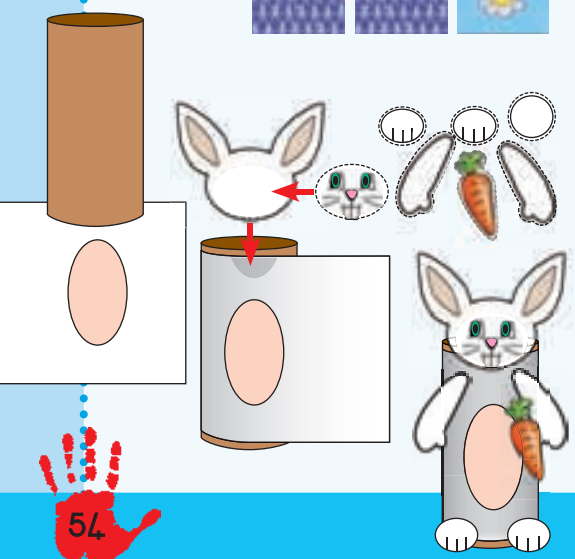


Number Puzzles:
Cut along the dotted lines to make number-matching cards. Then match the pictures with the correct numbers, or with the correct number of dots. You can use the shapes to help you.

Puzzle:
Use the backs of the picture dominoes and build the puzzle. It helps to build the outside border first.



Memory Game:
Shuffle the cards and pack them out face down on the table. Then, turn 2 cards at a time and see if they match. If they do, put them aside. If they don't put them back. See if you can remember where you put them. The first one to find all the matching pairs is the winner.
You can also play snap with these cards.



Toilet roll animals:
Find some empty toilet rolls. Cut out the rectangles and then glue the large rectangular pieces around the toilet rolls to cover the tubes. Now cut out the heads and stick it on the rolls at the top. Use the animal stickers and paste the faces on the heads as you like it. Paste the arms, legs and tail of each animal on the rolls. You can also draw and make your own animals.



MY CUT OUTS



Let's do

Cut the page off on the dotted line at the top and then glue the page to the back cover to make a pocket. Keep your cut outs here so that it doesn't get lost.

GLUE HERE

GLUE HERE

GLUE HERE

GLUE HERE

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
0 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
FOLD
1
2
3
4
5
1
2
3
4
5

GLUE HERE

GLUE HERE

GLUE HERE

GLUE HERE

GLUE HERE

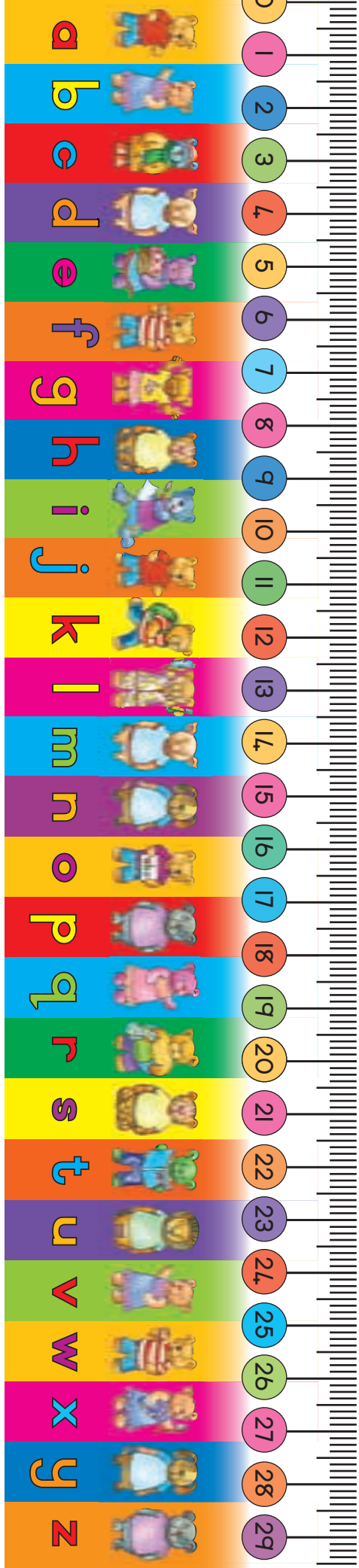
GLUE HERE

GLUE HERE

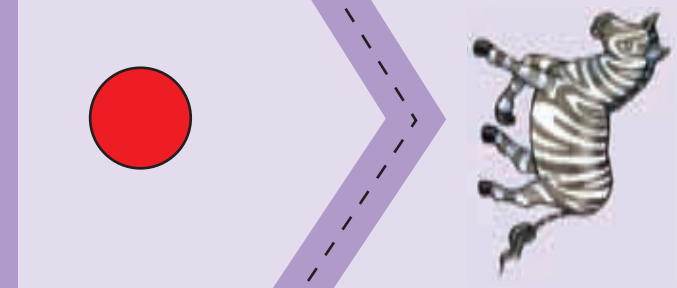
GLUE HERE

GLUE HERE

GLUE HERE



1





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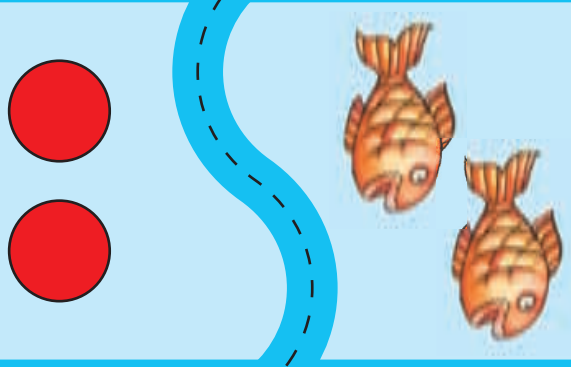



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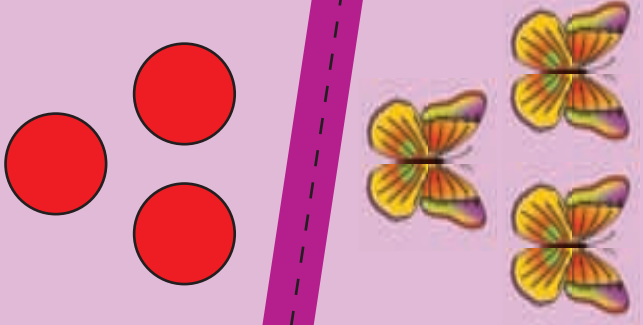



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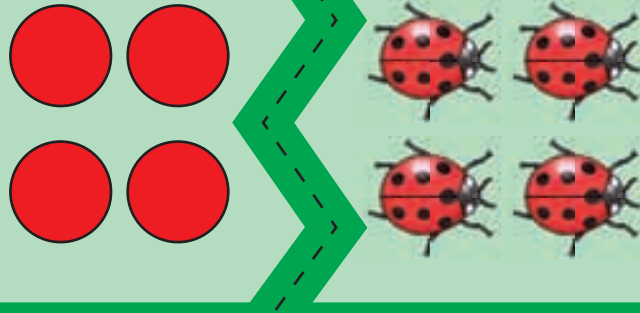



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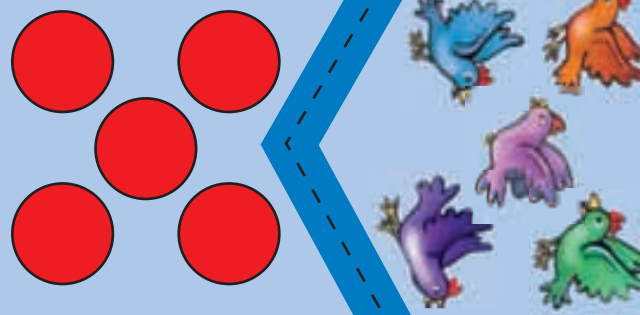














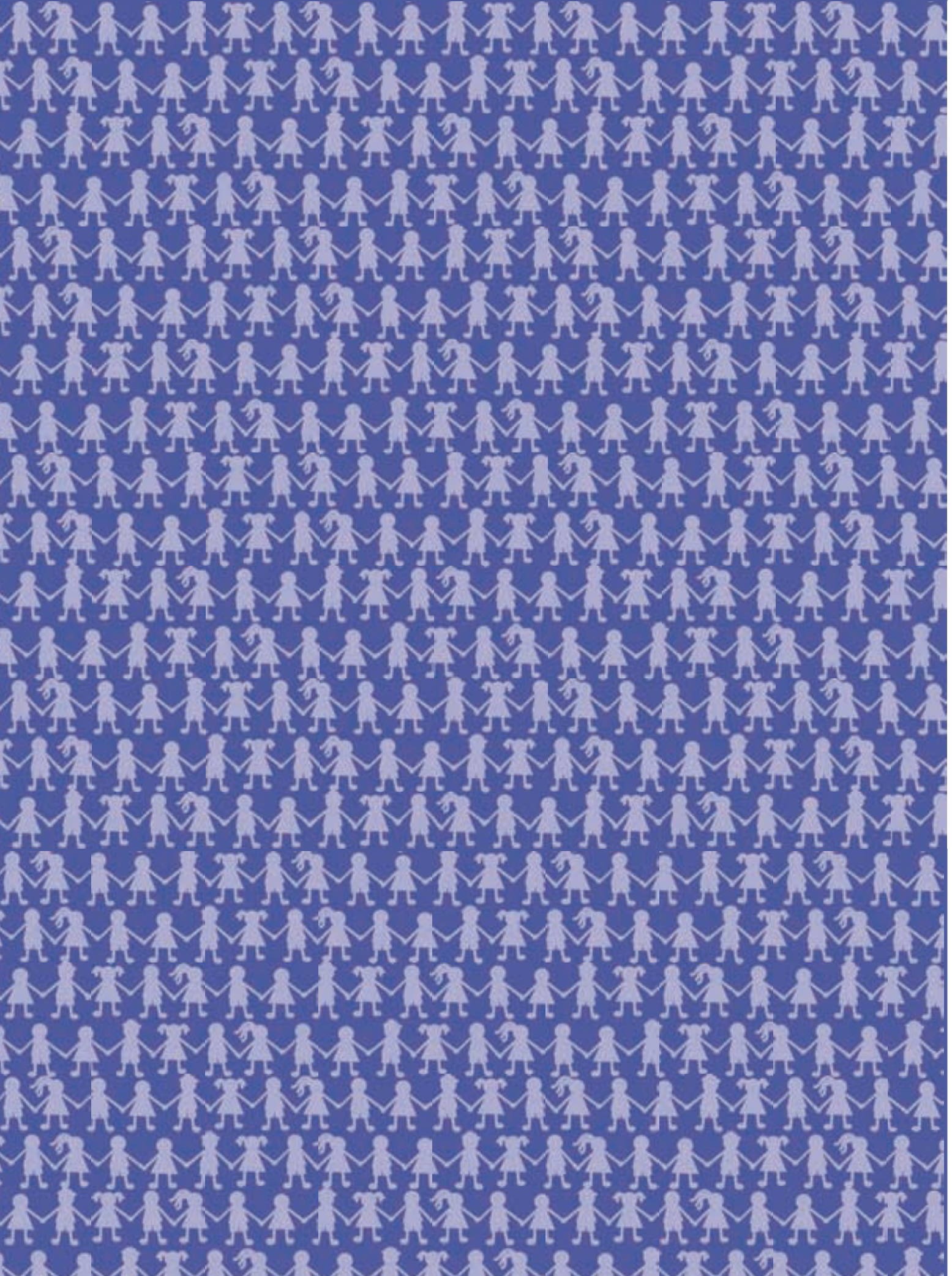






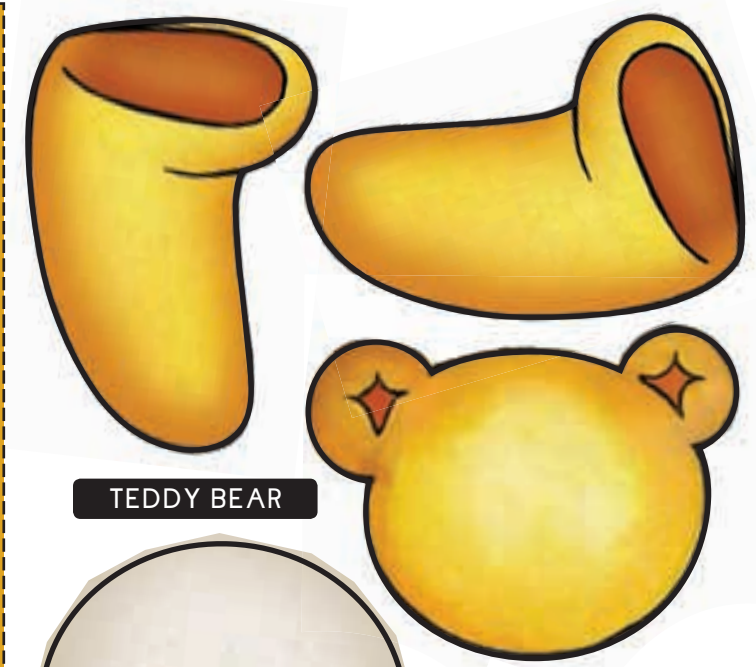




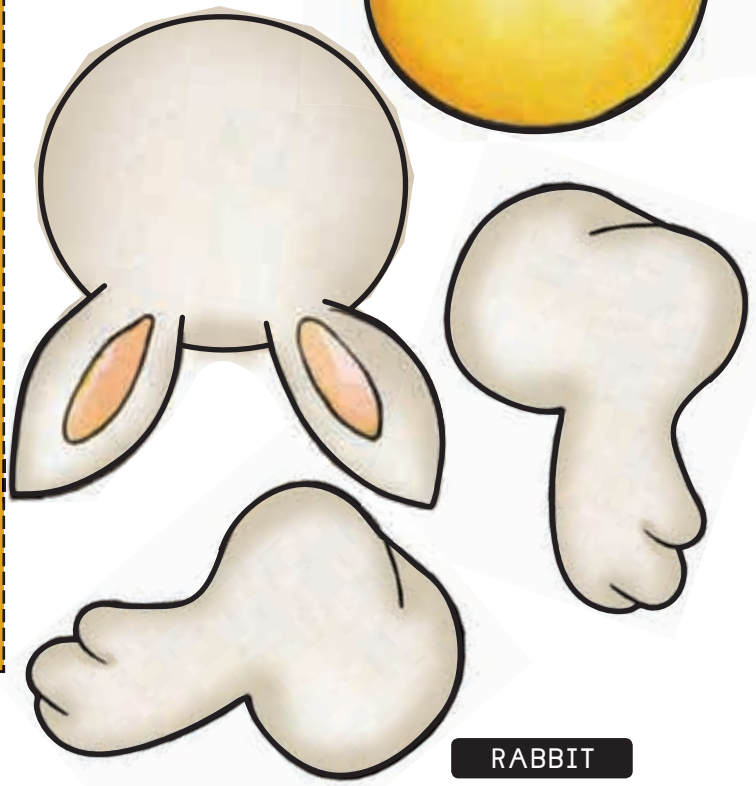



GLUE HEAD HERE

GLUE HERE GLUE HERE GLUE HERE



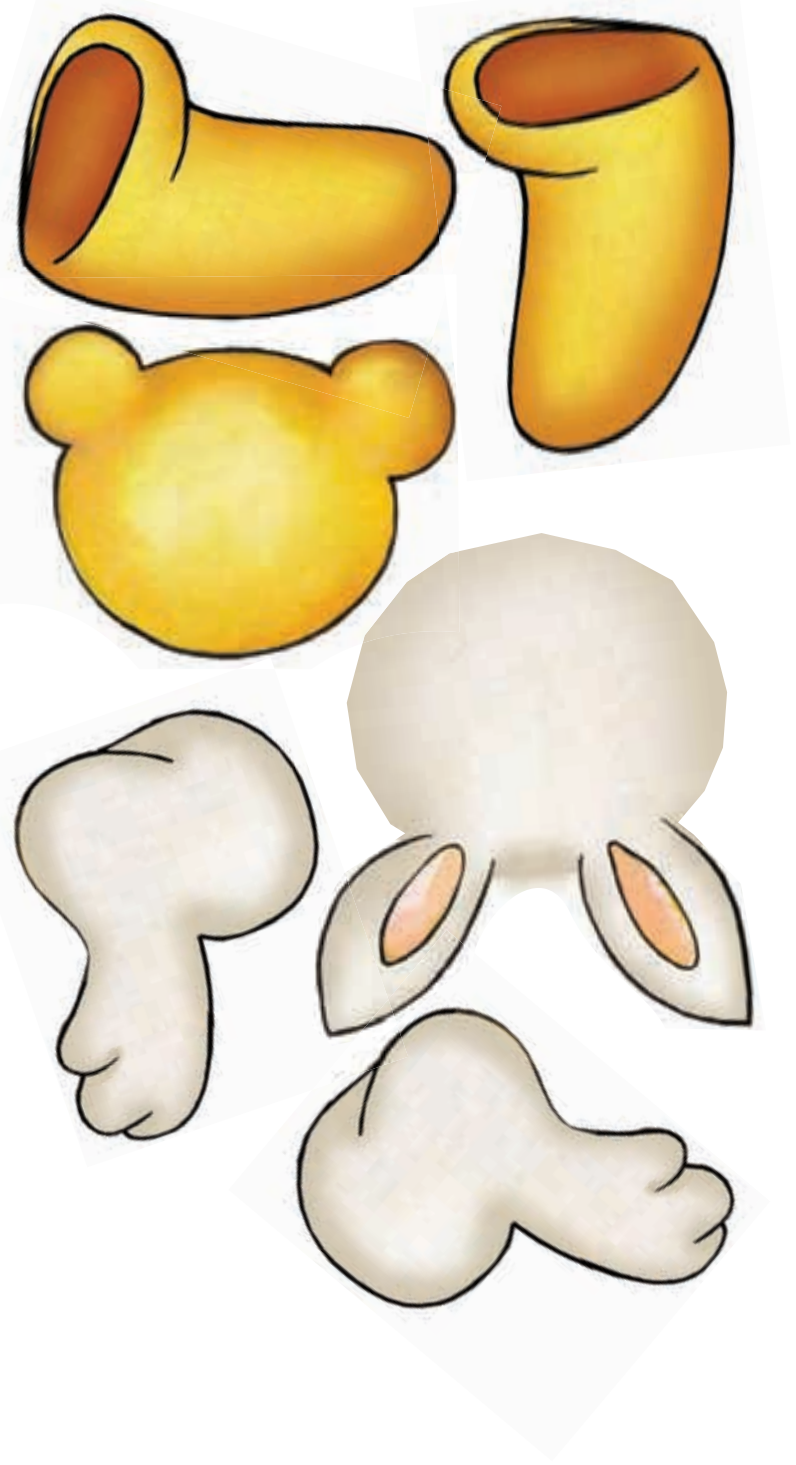
TEDDY BEAR



RABBIT

GLUE HEAD HERE

GLUE HERE GLUE HERE GLUE HERE



STICKERS

4







3













8

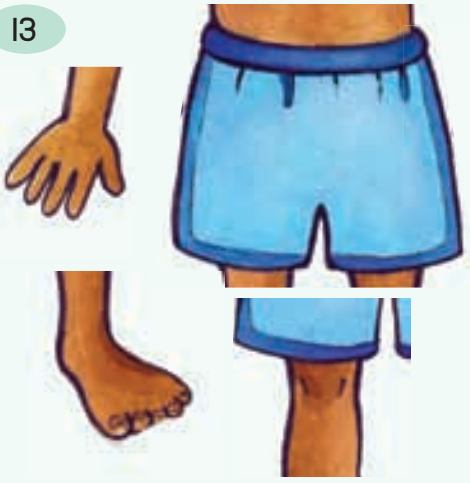








13







18







34













23















33







































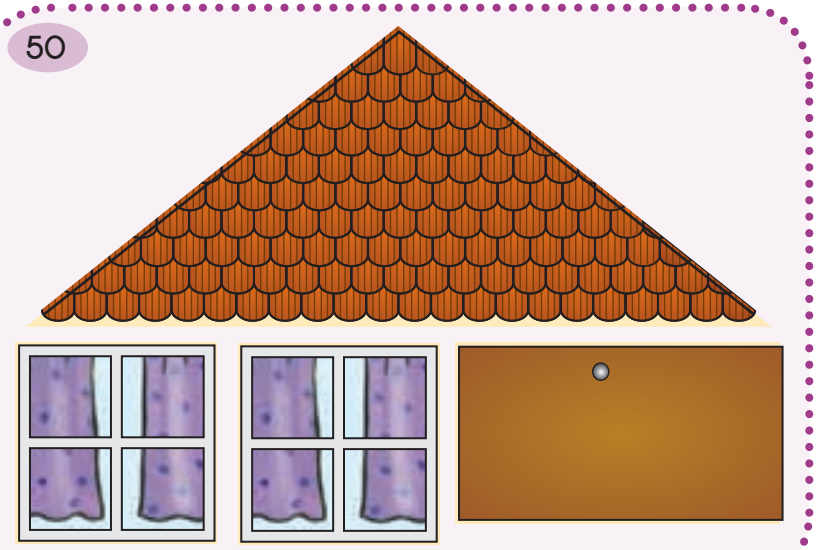
43



45



50

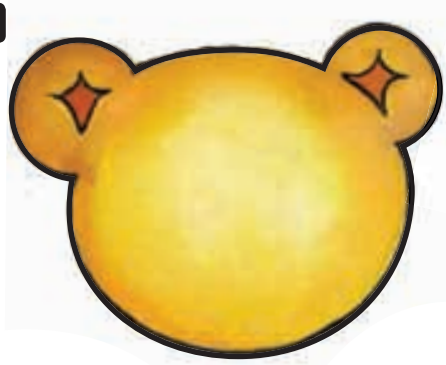


a	b	c
d	e	f
g	h	i
j	k	l
m	n	o
p	q	r
s	t	u
v	w	x
y	z	a

a	a	l	l
e	e	i	i
o	o	n	n
u	u	t	t

TEDDY BEAR



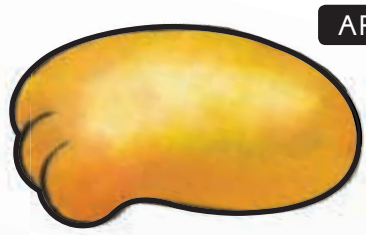


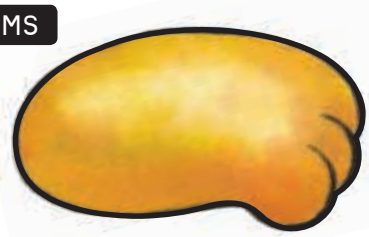
EYES





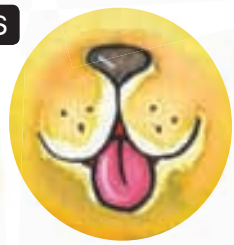
ARMS





NOSES & MOUTHS





TAILS







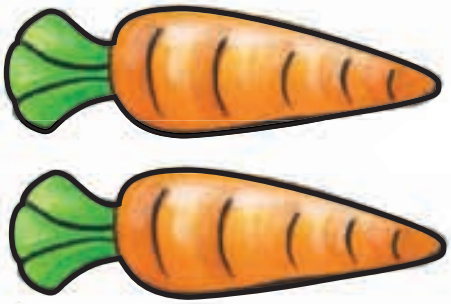


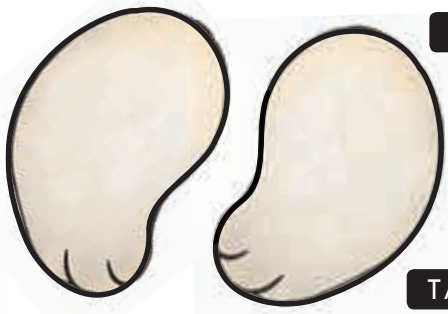
FACES





ARMS

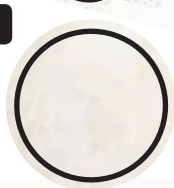






TAILS





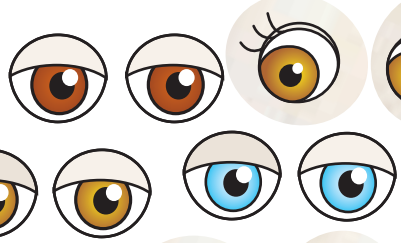
EYES

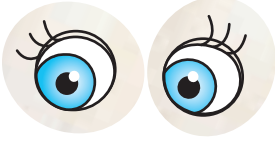




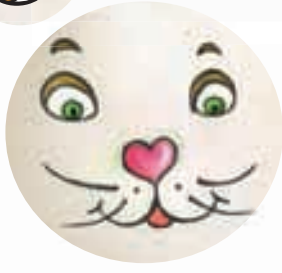








FACES





RABBIT

