

CLASS 1

MATHS

NCERT SOLUTIONS

NCERT Solutions for Class 1 Maths Chapter 10: How do I Spend my Day? – Free PDF Download

Chapter 10 of Class 1 Joyful Mathematics, How do I Spend my Day?, introduces the concept of time by following a child through a typical day, and also touches on the four seasons.

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What this chapter teaches.

The four broad parts of a day — morning, afternoon, evening, and night — and which everyday activities happen in each; putting daily activities in the correct time order (sequence of events); and recognising the four seasons (summer, winter, spring, and monsoon) through pictures.

Activity 1 — A Day in the Life.

The book follows a child from waking up in the morning (exercise, brushing teeth, bathing, breakfast), through school and lunch in the day, playing with friends and homework in the evening, to dinner and bedtime at night. Children match each activity to the correct part of the day.

Activity 2 — Put It In Order.

Given a jumbled set of daily activities, children arrange them in the order they usually happen — for example, waking up comes before breakfast, which comes before going to school.

Activity 3 — Spot the Season.

Children look at pictures showing different weather and clothing and identify which season is shown — summer (hot, light clothes), winter (cold, warm clothes), spring, or monsoon (rain).

Why This Chapter Matters

Understanding the parts of a day, sequencing daily events, and recognising seasons builds the everyday vocabulary and awareness of time that later becomes clock-reading and calendar skills in higher classes.

How to Use These Solutions

Talk through your own child's daily routine using the words morning/afternoon/evening/night, and discuss the current season and how it differs from others. Download the full chapter from our [Class 1 Maths NCERT book page](#), or browse the [Class 1 hub](#).