Learn English

Pupil's Book

Standard One (English Medium Schools)



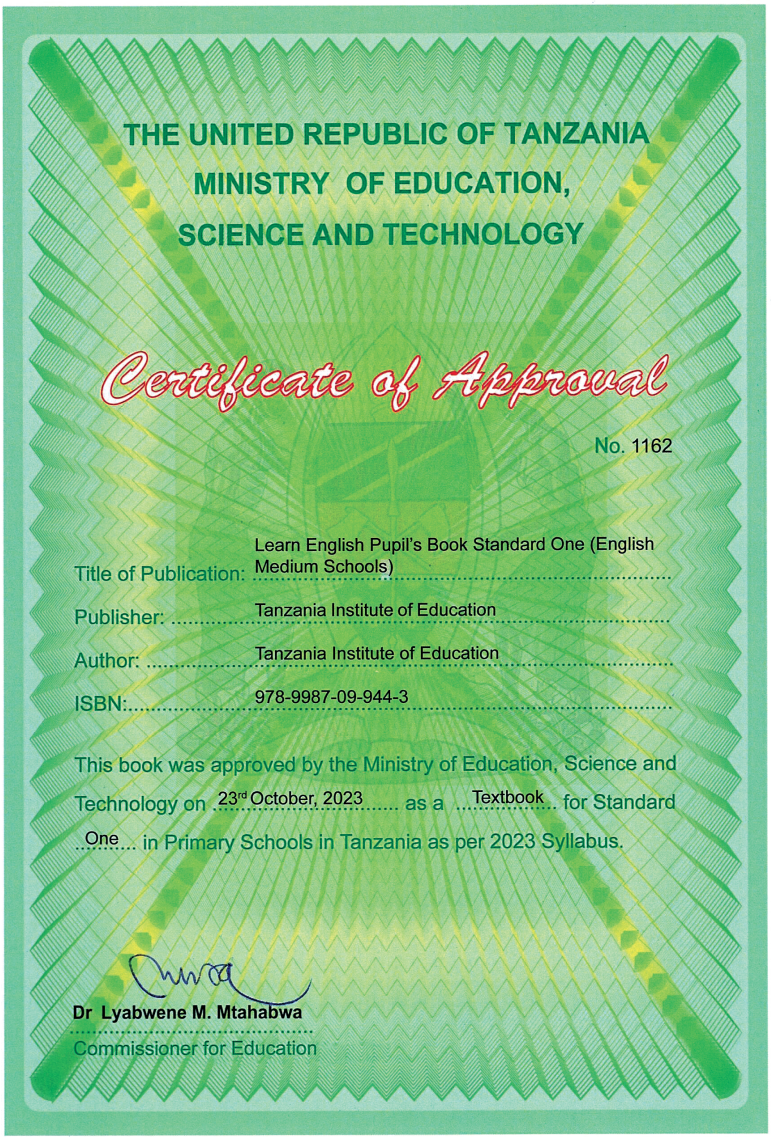
Tanzania Institute of Education

Learn English

Pupil's Book

Standard One

(English Medium Schools)



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Dr Lyabwene M. Mtahabwa

Commissioner for Education

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Dr Aneth A. Komba
Director General
Tanzania Institute of Education

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Introduction

This *Learn English* textbook has been prepared based on the 2023 *Primary Education Syllabus, Standard I–II,* prepared by the Ministry of Education, Science and Technology. It is a revised edition of *Reading Standard One Pupil's Book One* that was published in 2019 in accordance with the 2016 *Basic Education Syllabus for Standard I* issued by the Ministry of Education, Science and Technology.

The book aims to enable the child to develop competences in listening, speaking and reading by performing different learning activities through the following: imitating different sounds, relating words to familiar objects in the environment, following simple instructions given at school and home, naming parts of the body orally, pronouncing English letter sounds, recognising English sounds in various spoken words, identifying words with the same initial sounds and words with the same final sounds, combining letter sounds to form words, associating letter names to sounds, recognising numbers and talking about times of the day, introducing oneself and others, using common greetings and polite expressions, and saying goodbye to others.

Additional learning resources are available in the TIE e-Library at https://ol.tie.go.tz or ol.tie.go.tz.



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Unit One

Listening and speaking



Learning English is good and fun. Let us enjoy!

aha! aha! aha!



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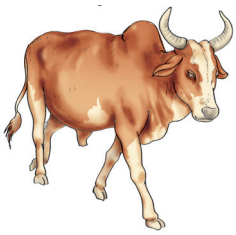
I imitate different sounds.

Animal sounds

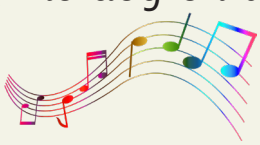
Activity 1

1. Name the animals in the following pictures. After naming them, imitate their sounds.

 (a)	 (b)	 (c)
 (d)	 (e)	 (f)

2. Sing the song about animal sounds.

The cow on the farm says moo, moo, moo
The cock on the farm says cock a doodle doo
The cat on the farm says meow, meow, meow
Moo, cock a doodle doo, meow
The duck on the farm says quack quack quack
The sheep on the farm says baa, baa, baa
The dog on the farm says woof, woof, woof


Quack, baa, woof


3. Imitate the animal sounds from the song above.

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4. Sing the song about animal sounds.

Old MacDonald had a farm

Old MacDonald had a farm. Ee i ee i oh!
And on that farm he had some chickens.
Ee i ee i oh!
With a cluck-cluck here, and a cluck-cluck there
Here a cluck, there a cluck, everywhere a cluck-cluck
Old MacDonald had a farm,
Ee i ee i oh!
Old MacDonald had a farm. Ee i ee i oh!
And on that farm he had some dogs. Ee i ee i oh!
With a woof-woof here, and a woof-woof-woof there.
Here a woof, there a woof, everywhere a woof-woof
Old MacDonald had a farm,
Ee i ee i oh!
Old MacDonald had a farm. Ee i ee i oh!
And on that farm he had some cows.
Ee i ee i oh!
With a moo-moo here, and a moo-moo there
Here a moo, there a moo, everywhere a moo-ooo
Old MacDonald had a farm,
Ee i ee i oh!

Source: https://lyrics.lyricfind.com/

5. Imitate the animal sounds from the song above.

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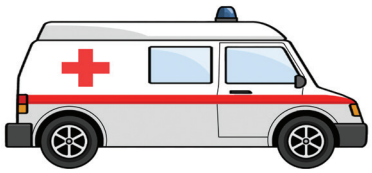
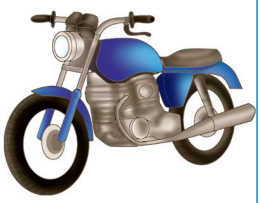
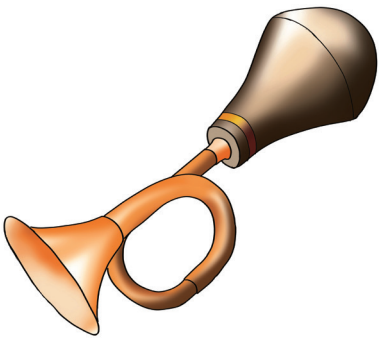
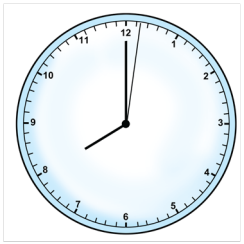
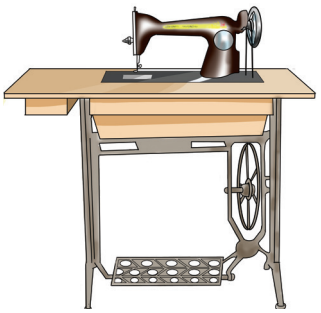
6. Imitate sounds of other animals you know.

Sounds of various objects

Activity 2

1. Name the objects in the following pictures.

 (a)	 (b)	 (c)
 (d)	 (e)	 (f)
 (g)	 (h)	 (i)

2. Imitate the sounds of the objects above.
3. Name other objects and imitate their sounds.

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4. Play the **What-is-that-sound** game instructed by the teacher.

Sounds produced by actions

Activity 3

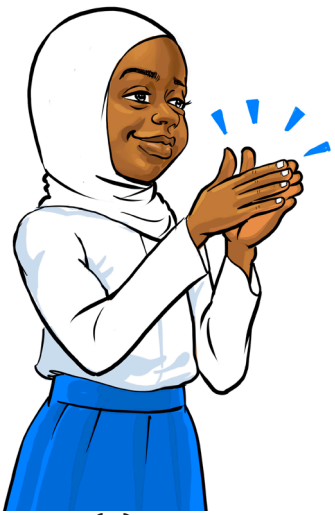
1. Mention the actions done in the following pictures.



(a)



(b)



(c)

2. Imitate the sounds which the actions above can make.

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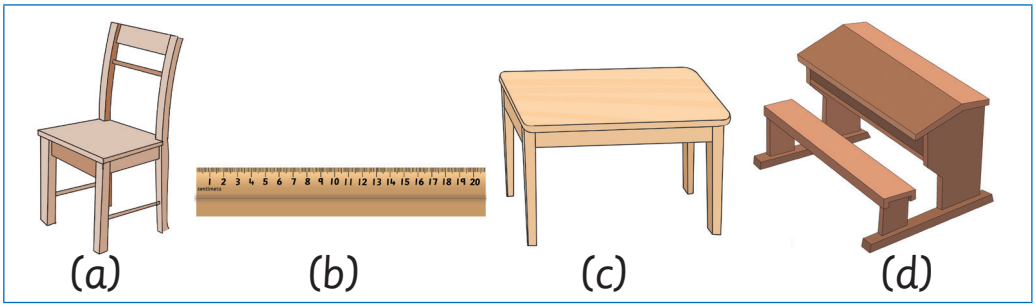
I relate words to objects in the environment.

Objects found in the classroom

Activity 1

1. Name the objects shown in the following pictures.



2. Name the objects found in your classroom.

Objects found outside the classroom

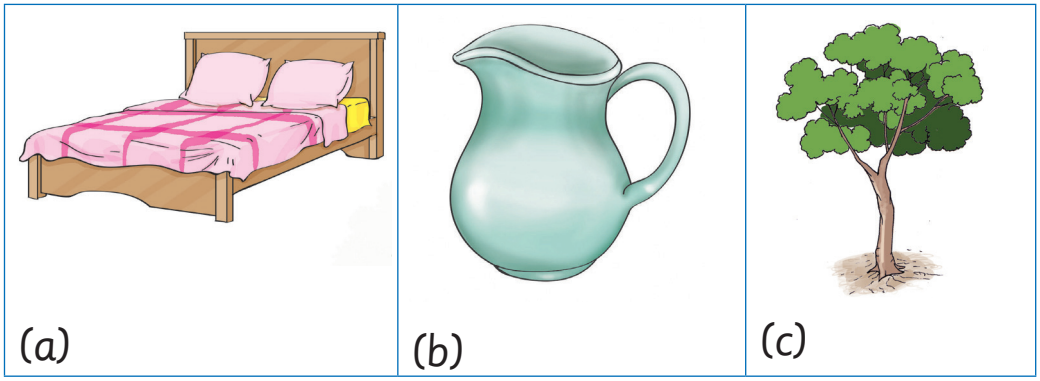
Activity 2

1. Identify various objects around your school environment.
2. Tell your fellow pupils what you have identified outside.

Objects found at home

Activity 3

1. Name the objects in the following pictures.



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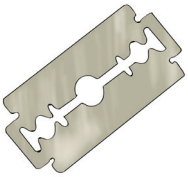
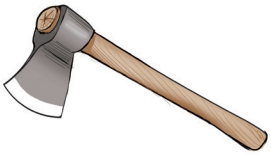
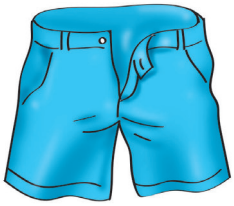
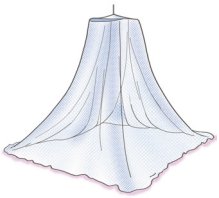
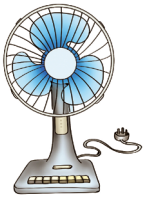
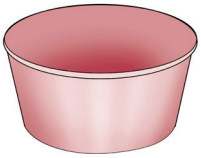
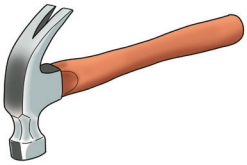
(d) 	(e) 	(f) 
(g) 	(h) 	(i) 
(j) 	(k) 	(l) 
(m) 	(n) 	(o) 
(p) 	(q) 	(r) 
(s) 	(t) 	(u) 

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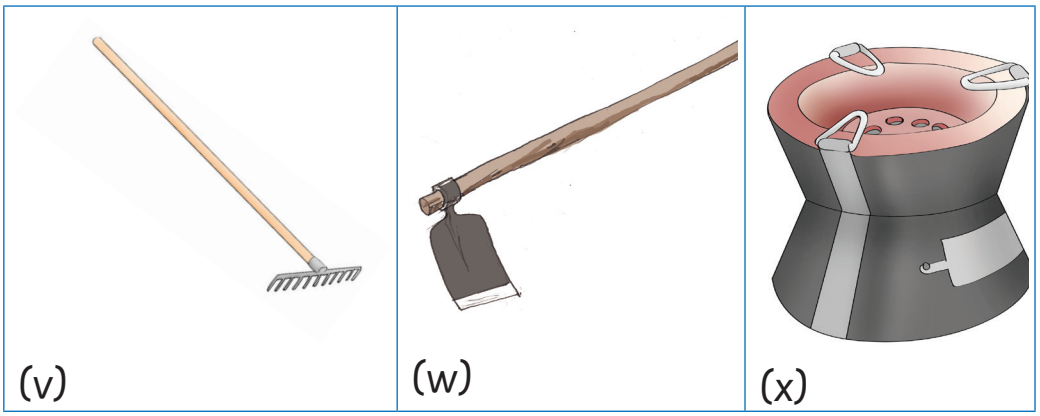
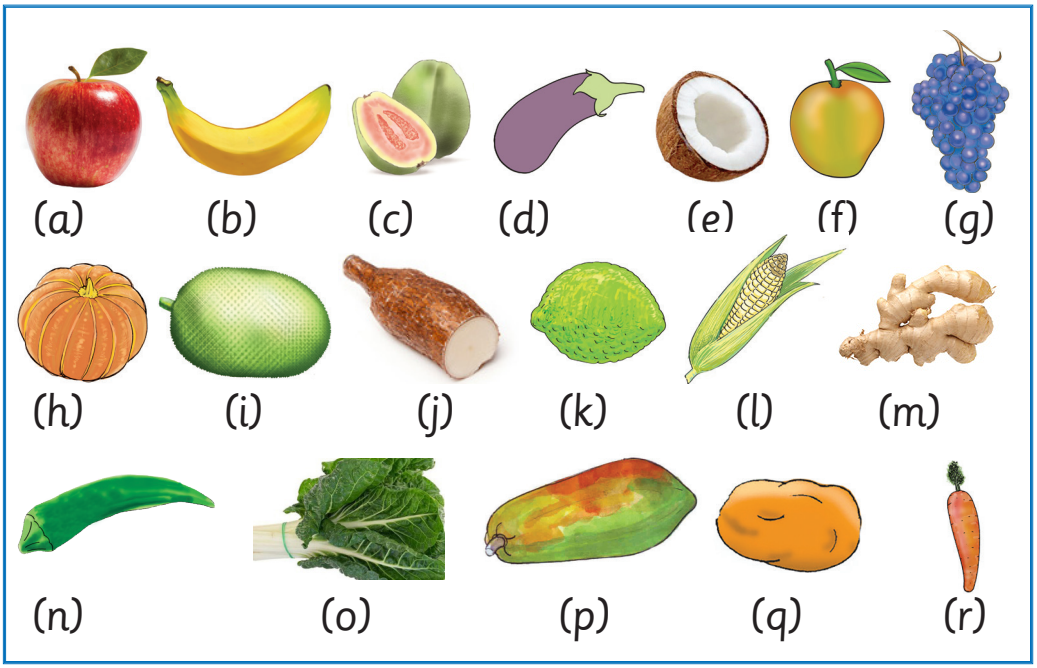


2. Name other objects found in your home environment.

Things found at the market

Activity 4

1. Name the things in the following pictures.



2. Name other things found at the market.

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I follow instructions at school and home.

Sing the Stand up, sit down song.

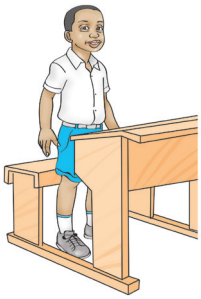


Stand up, sit down,
Stand up, sit down,
Jump, jump, jump,
Stand up, sit down.

Instructions given at school

Activity 1

1. Respond to the following instructions.

Instructions	Actions in pictures	Oral responses
Stand up.		I am standing up.
Raise your hands.		I am raising my hands.

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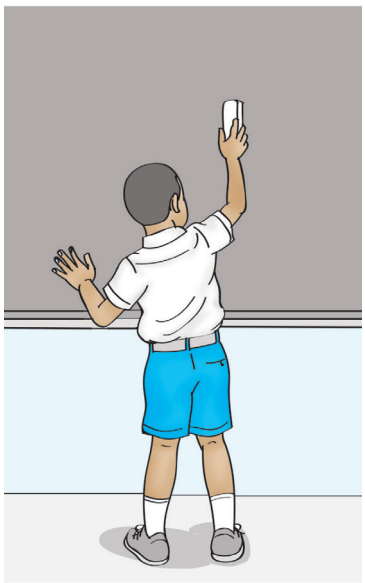
Instructions	Actions in pictures	Oral responses
Open your book.		I am opening my book.
Clean the board.		I am cleaning the board.
Sweep the floor.		I am sweeping the floor.

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Instructions	Actions in pictures	Oral responses
Water the garden.		I am watering the garden.
Lock the classroom door.		I am locking the classroom door.
Carry the books.		I am carrying the books.

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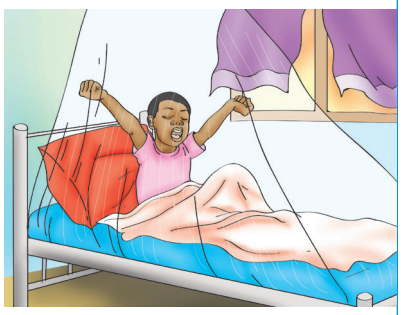
Instructions given at home

Activity 2

1. Respond to the following instructions.

Instructions	Actions in pictures	Oral responses
Wake up.		I am waking up.
Brush your teeth.		I am brushing my teeth.
Wash your face.		I am washing my face.

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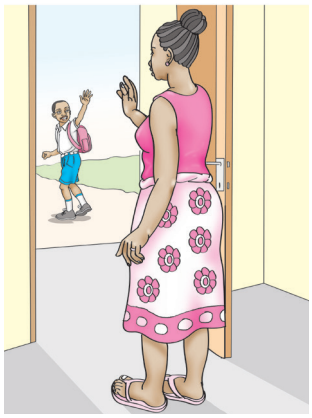
Instructions	Actions in pictures	Oral responses
Open the door.		I am opening the door.
Close the door.		I am closing the door.
Go to school.		I am going to school.
Mop the floor.		I am mopping the floor.

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Instructions	Actions in pictures	Oral responses
Do your homework.		I am doing my homework.
Comb your hair.		I am combing my hair.
Make your bed.		I am making my bed.

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I introduce myself.

Activity 1

1. Sing a self-introduction song.

A song about me

My name is Nisi.

I am six years old.

I am in Standard One.

What's your name?

I would like

to know you.



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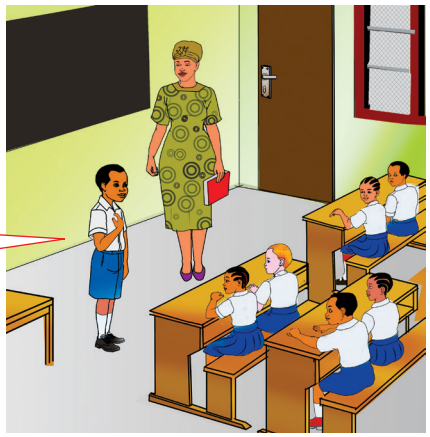
2. Learn how to introduce yourself.



My name is Bakari.
I am six years old.

My name is James.
I am seven years old.
I live in Bagamoyo.



Hi! My name is Jane.
I am six years old.
I live in Kunduchi.
I am in Standard One.
I like reading and singing.

Hi! I am Musa.
I am six years old.
I live in Tegeta.
I am in Standard One.
I like reading too and playing football.



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Hi! My name is Masati.
I am seven years old.
I live in Mawelewele.
I am in Standard One.

Hi! I am Asha.
I am six years old.
I live in Mtwivila.
I am in Standard One.



3. Introduce yourself.

Hello! My name is .....
I am a ..... (boy/girl).
I am ..... years old.
I am in Standard .....
I live in .....

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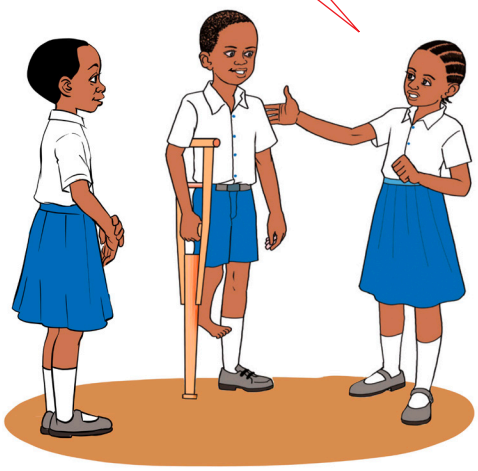
I introduce others.

Activity 1

1. Practise introducing others.

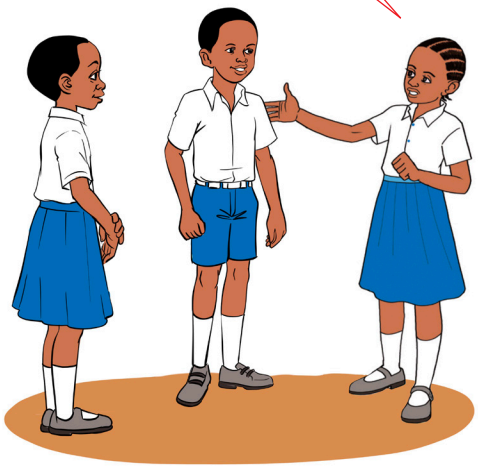
Hello! I am Natalia.
This is my friend.
His name is Chris.



Hello! I am Baraka.
This is Stella.
She is my friend.



This is Yusuf.
He lives in
Mbekenyela Village.



This is Joyce.
She is in Standard One.



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2. Introduce other people.

Please meet my friend.....

She/he is ..... years old.

She/he lives in .....

She/he likes .....

I name parts of the body orally.

Activity 1

1. Sing the **I know my body parts** song.

I know my body parts

Sinde, hello dear
I say come here
Look at my body parts
I know them all
This is my head.
Shake head, head head. Stop!
This is my hand.
Shake hand hand hand. Stop!
This is my waist.
Shake waist, waist waist. Stop!
This is my leg.
Shake leg, leg leg. Stop.





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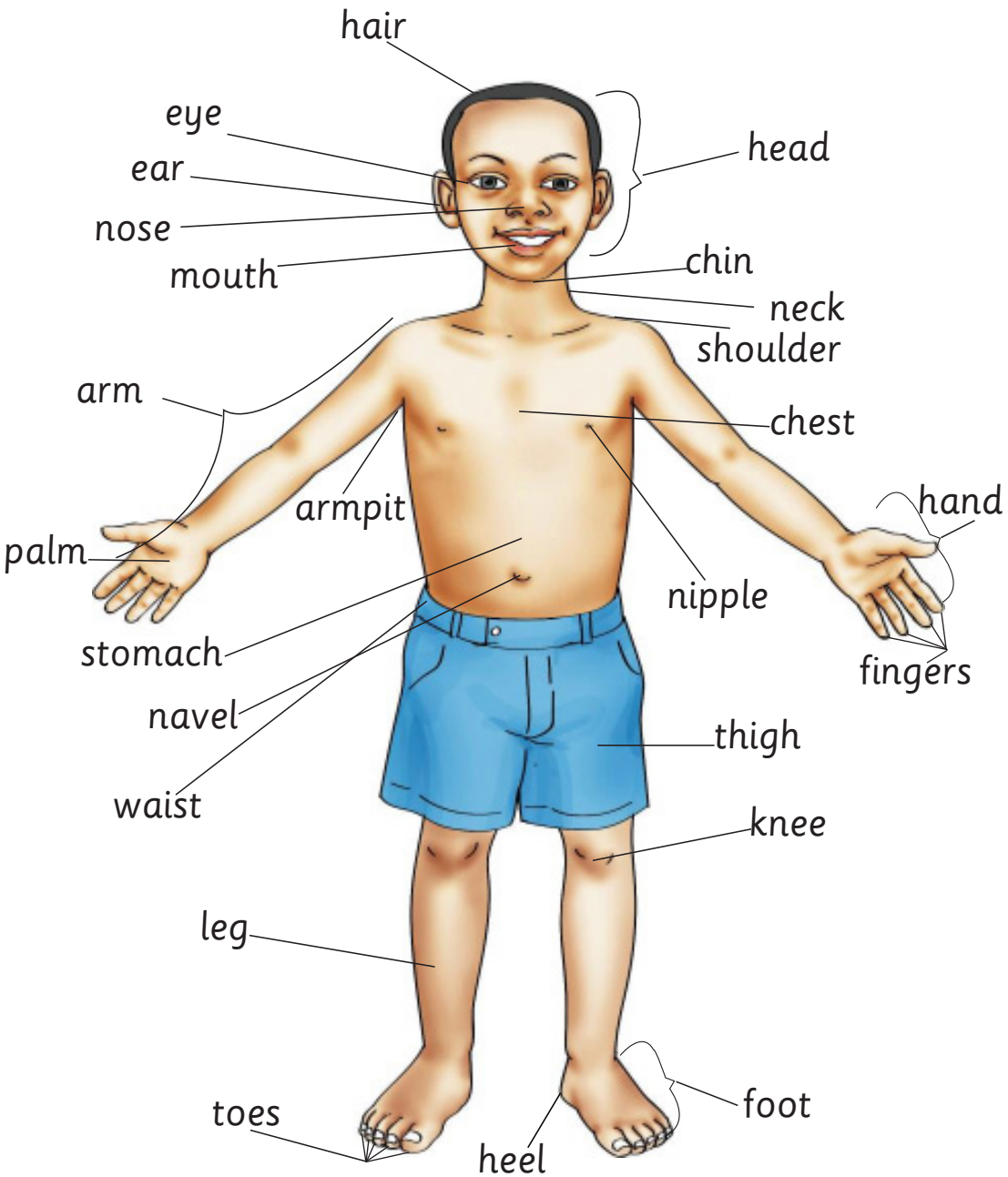
2. Name the parts of the body orally.



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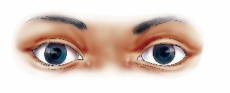
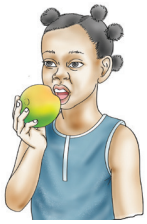
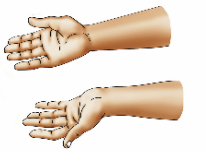
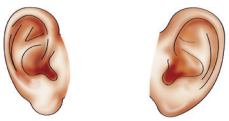
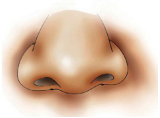
3. Match the body parts with their uses orally.

Example: (i) - eyes. It matches with letter (e). Eyes are used for reading.

Parts of the body	Uses
 (i)	  (a) (b)
 (ii)	   (c) (d) (e)
 (iii)	  (f) (g)
 (iv)	  (h) (i)
 (v)	 (j)
 (vi)	

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I use common greetings.

Activity 1

1. Sing the song about greeting people.

Good morning x 2
Good morning, how are you?
I am fine x 2
I am fine, thank you.



Good afternoon x 2
Good afternoon, how are you?
I am fine x 2
I am fine, thank you.



Good evening x 2
Good evening, how are you?
I am fine x 2
I am fine, thank you.

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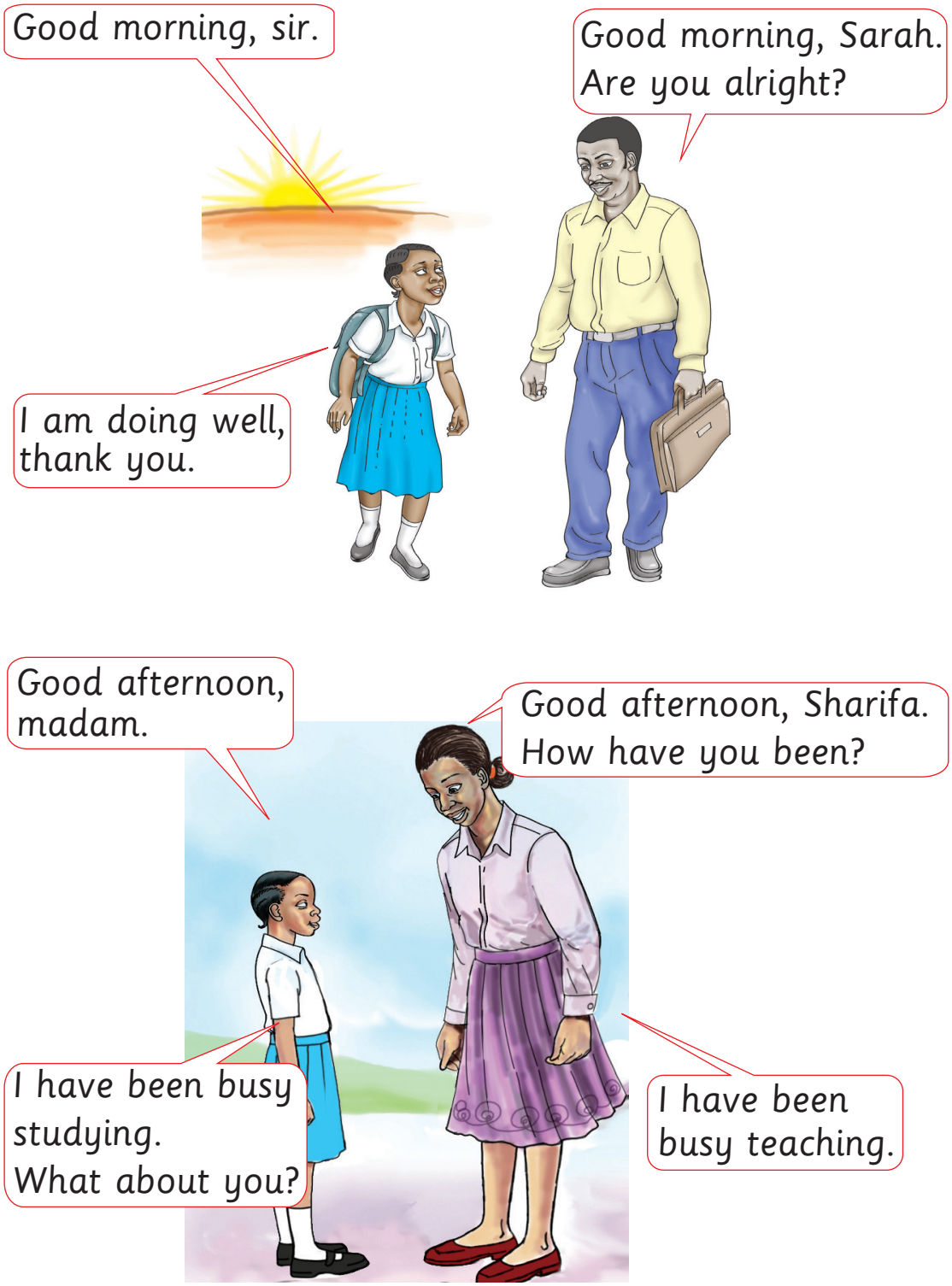
2. Practise greeting your teachers.



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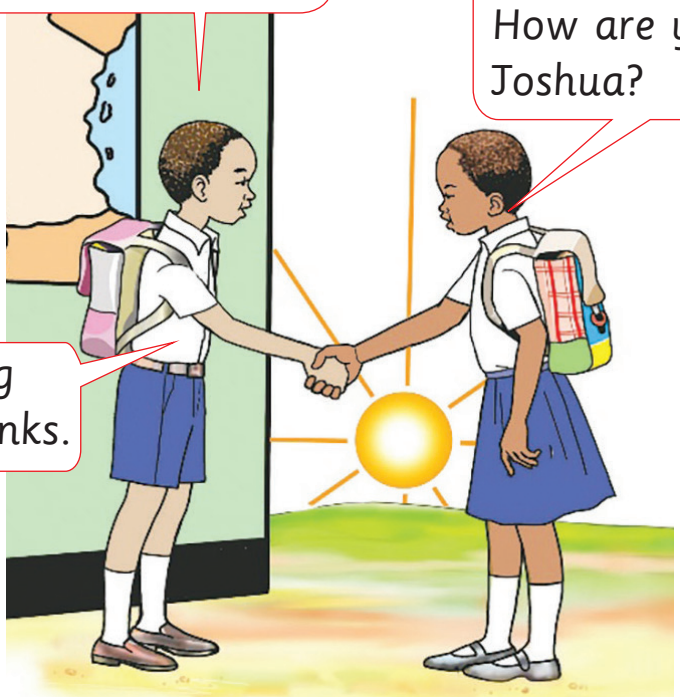
3. *Practise greeting your friends.*

Hello Rehema! Great to see you again. How are you?

I am okay, thanks. How are you doing, Joshua?



I am doing great, thanks.

Good evening, Ali.

Good evening, Edith. How is your day?



It is great. Thank you for asking.

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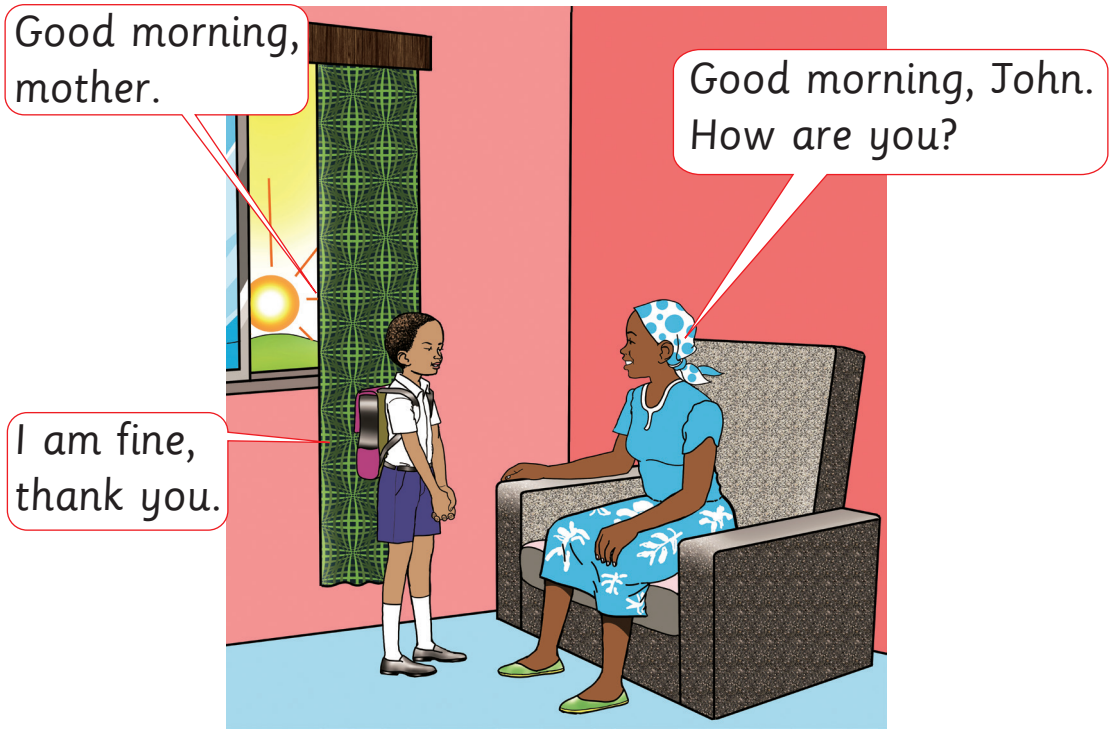
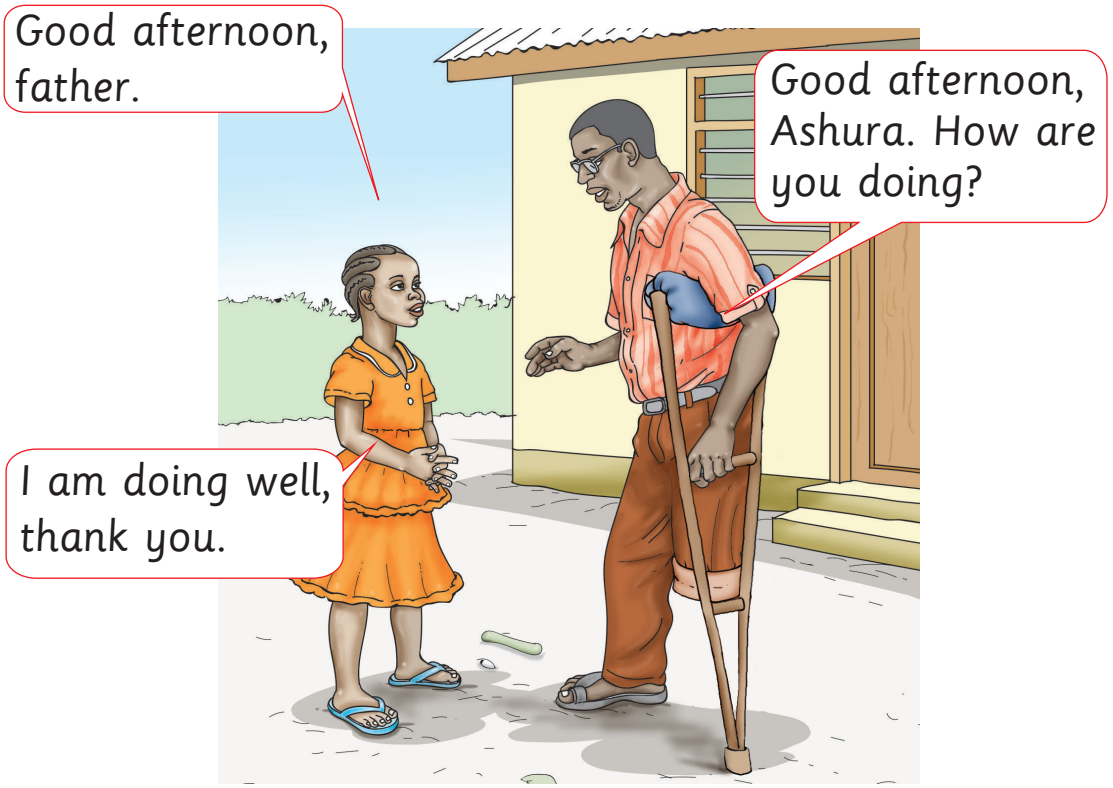
4. *Practise greeting your parents.*





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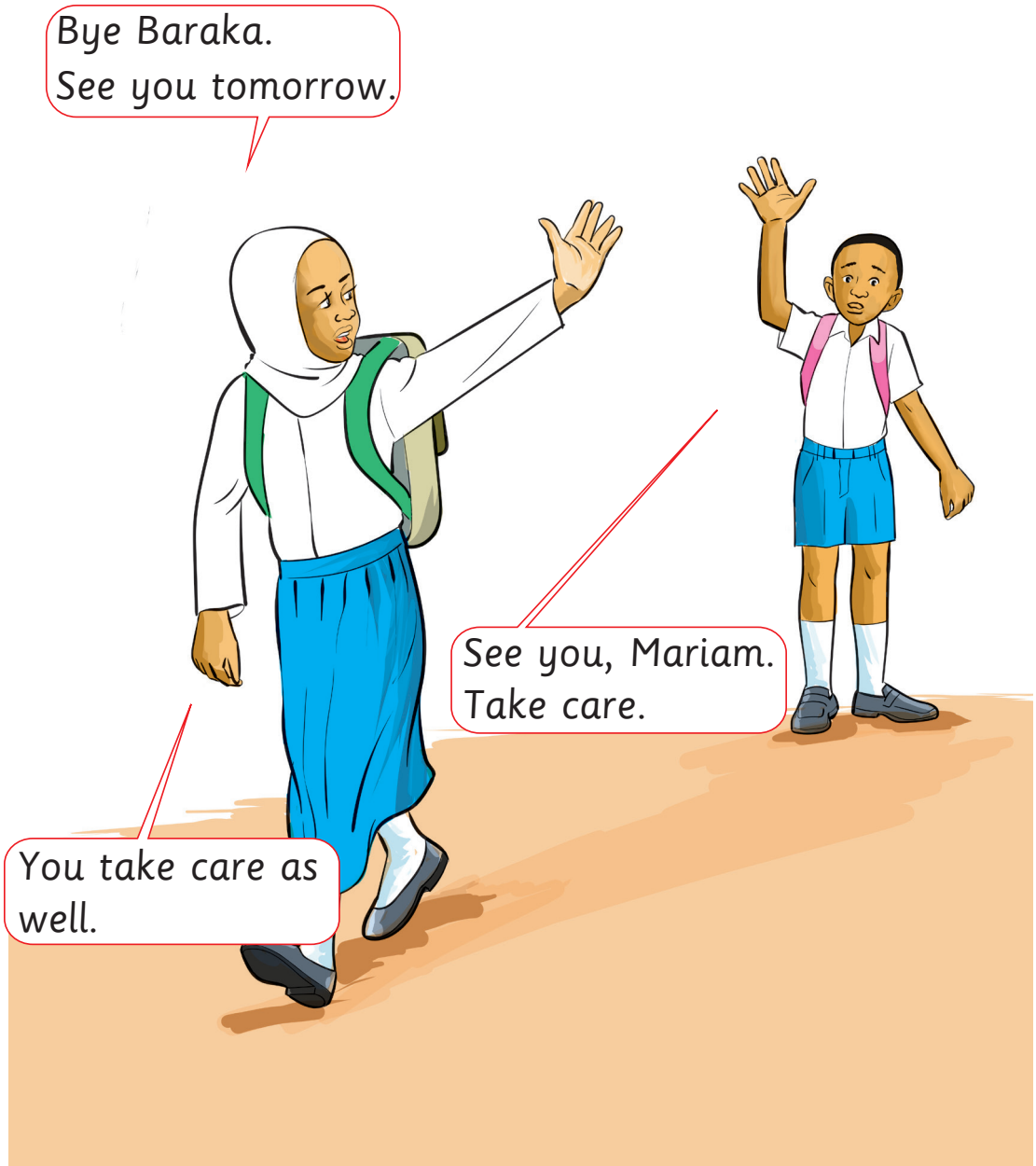
I say goodbye to others.

Activity 1

1. Practise saying goodbye to your friend.



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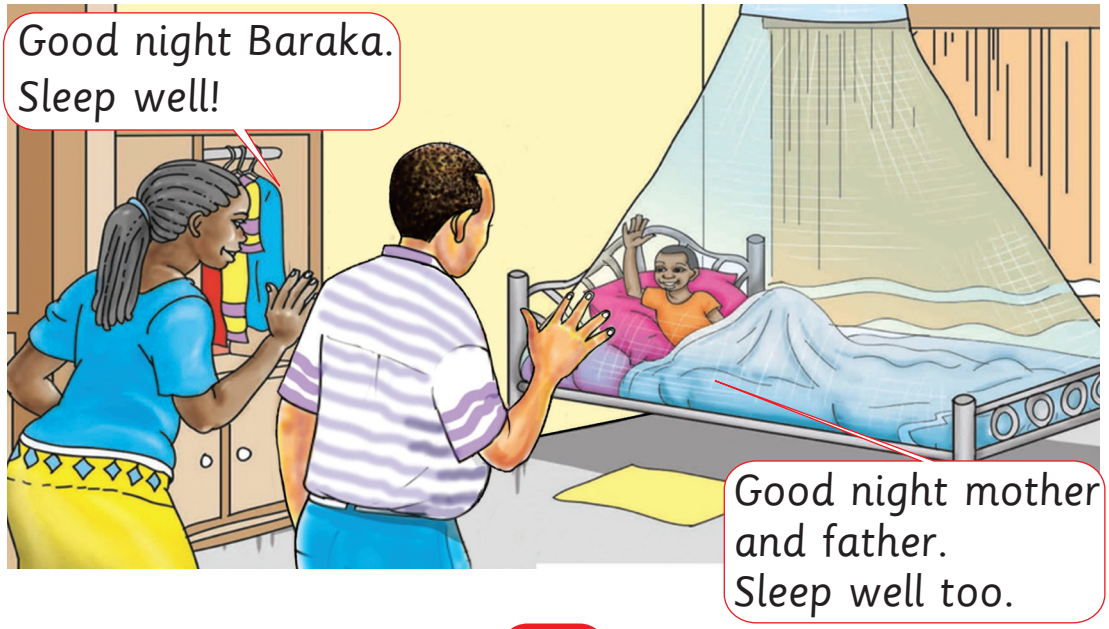
2. Practise saying goodbye to parents when leaving home.



3. Practise saying good night to parents.



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Unit Two

Letter sounds



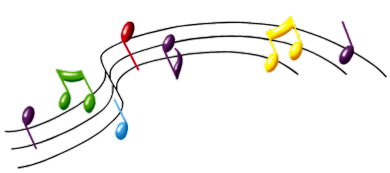
Do you know that sounds come from alphabet? Let us learn the alphabet first!

I use letters of the alphabet.

Activity 1

1. *Sing the abc song.*

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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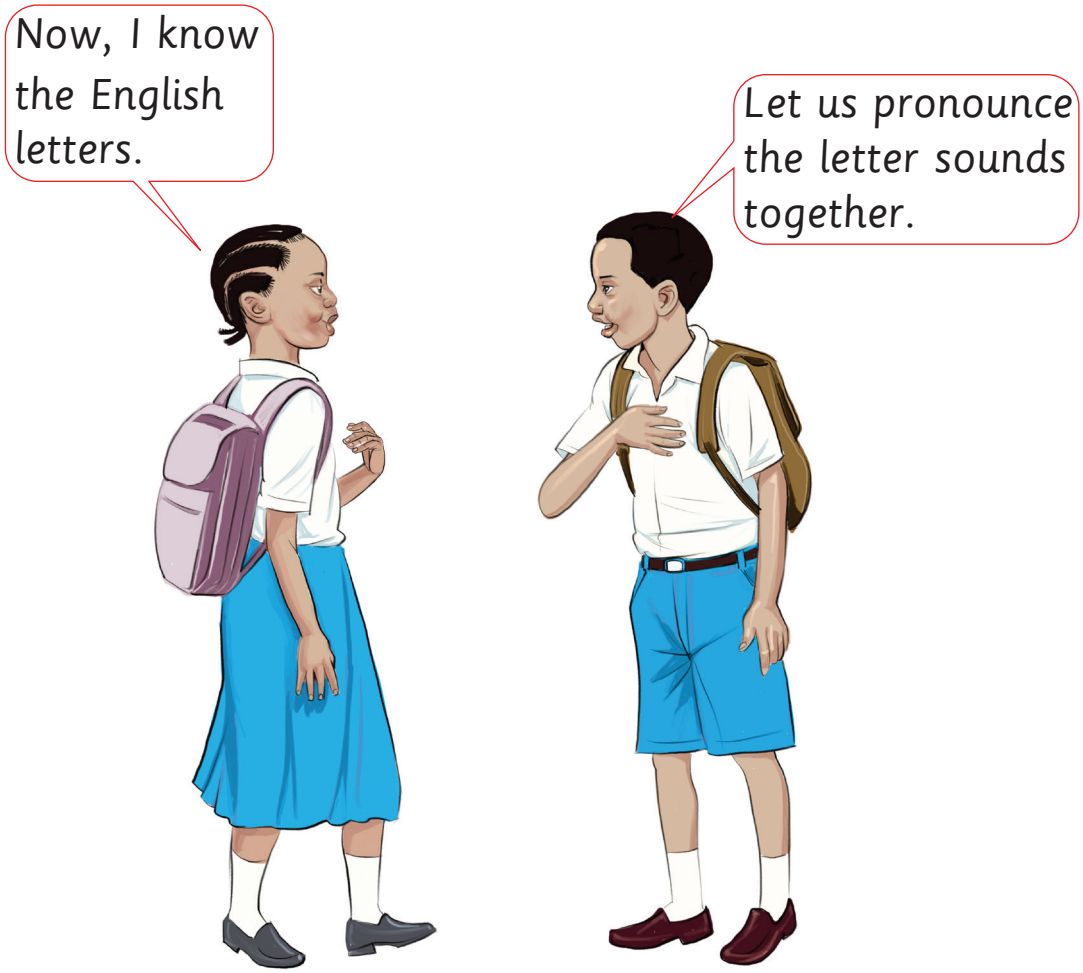
2. Name the missing letters orally.

a	_	c	d	_	f	_	h	_
j	k	_	m	_	o	_	q	_
s	_	u	_	w	x	_	z	



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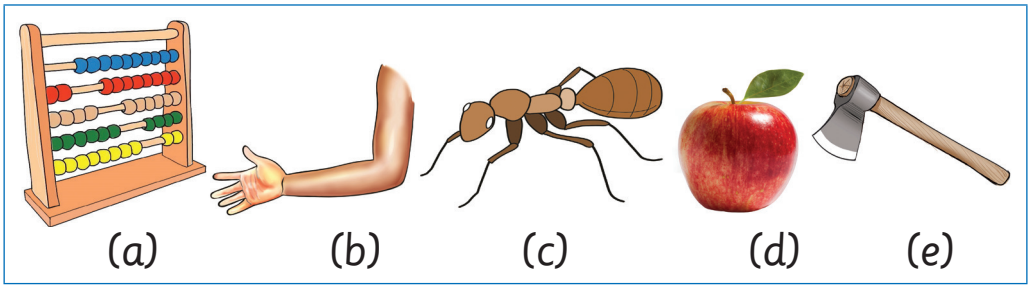
I pronounce English letter sounds.

Letter sounds a, e, i, o and u

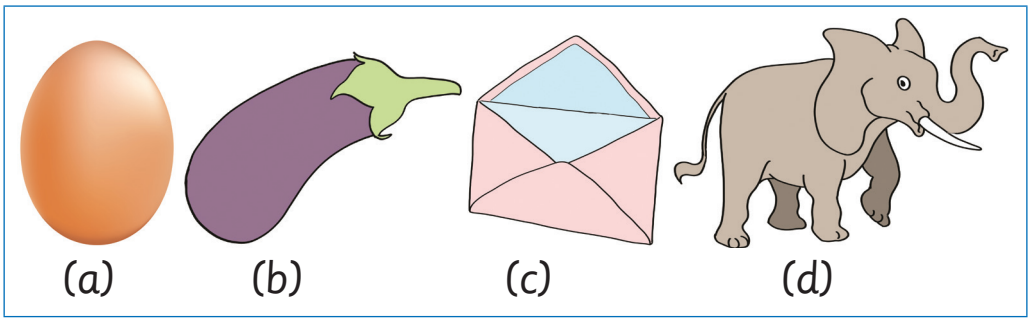
Activity 1

1. Pronounce letter sound *a*.
2. Name the following pictures.



Activity 2

1. Pronounce letter sound *e*.
2. Name the following pictures.



Activity 3

1. Pronounce letter sound *i*.

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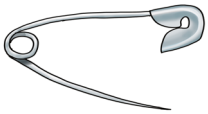
2. Name the following pictures.


(a)


(b)


(c)


(d)


(e)

Activity 4

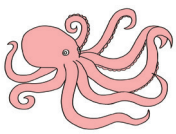
1. Pronounce letter sound o.
2. Name the following pictures.


(a)


(b)


(c)


(d)


(e)

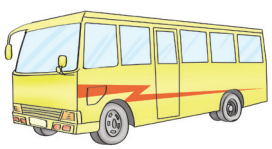

(f)

Activity 5

1. Pronounce letter sound u.
2. Name the following pictures.

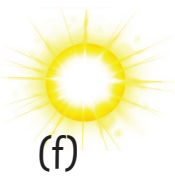

(a)


(b)


(c)


(d)


(e)


(f)


(g)


(h)

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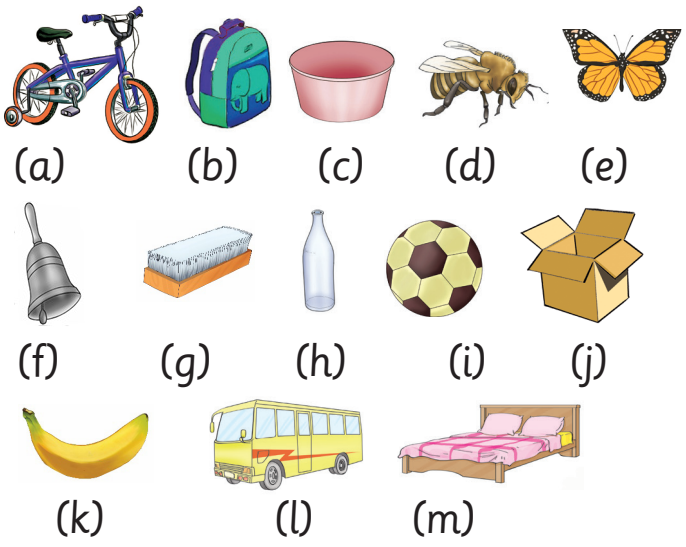
Letter sounds b, c, d, f and g

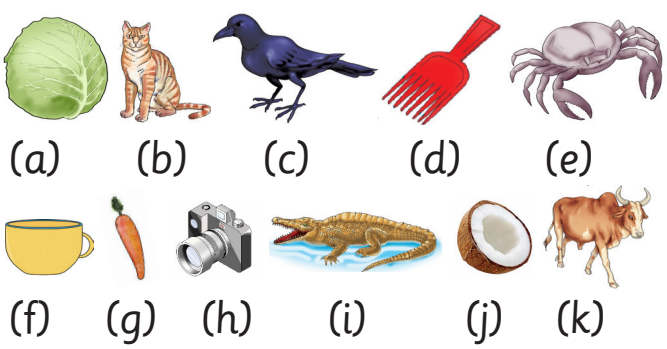
Activity 1

1. Pronounce letter sound b.
2. Name the following pictures.

Letter sound	Pictures
b	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k) (l) (m)

Activity 2

1. Pronounce letter sound c.
2. Name the following pictures.

Letter sound	Pictures
c	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k)

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3. Combine the following letter sounds to form words.

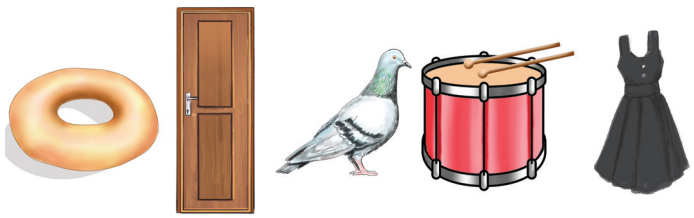
c	a	b	–	cab
c	u	b	–	
c	o	b	–	

4. Pronounce the words containing letter sound c.

Words	How to pronounce
cab	/kæb/
cub	/kʌb/
cob	/kɒb/

Activity 3

1. Pronounce letter sound d.
2. Name the following pictures.

Letter sound	Pictures
d	 (a) (b) (c) (d)  (e) (f) (g) (h) (i)

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3. Combine the following letter sounds to form words.

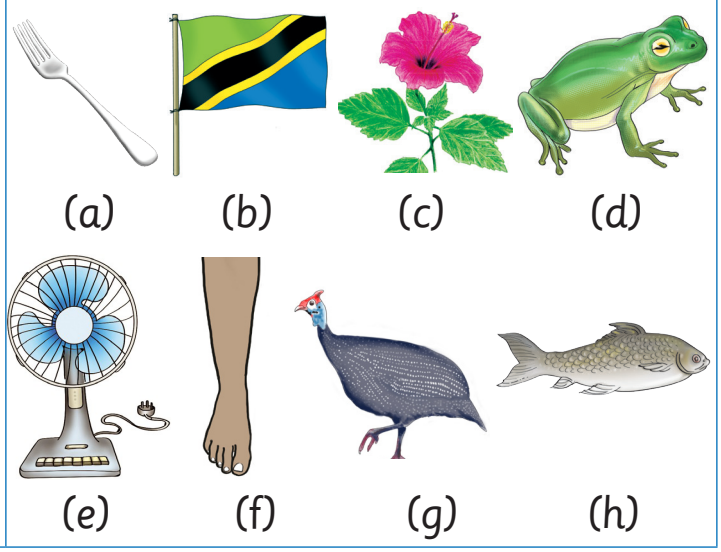
b	e	d	–	bed
d	a	d	–	
b	a	d	–	

4. Pronounce the words containing letter sound d.

Words	How to pronounce
do	/du/
die	/daɪ/
dad	/dæd/

Activity 4

1. Pronounce letter sound f.
2. Name the following pictures.

Letter sound	Pictures
f	 (a) (b) (c) (d) (e) (f) (g) (h)

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3. Combine the following letter sounds to form words.

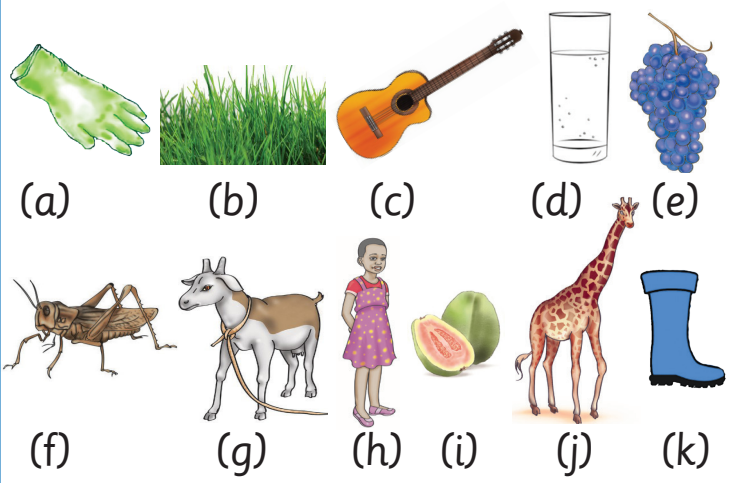
f a d – fad f o b – ____ f i b – ____

4. Pronounce the words containing letter sound f.

Words	How to pronounce
face	/feɪs/
fade	/feɪd/
fob	/fɒb/
fib	/fɪb/

Activity 5

1. Pronounce letter sound g.
2. Name the following pictures.

Letter sound	Pictures
g	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k)

3. Combine the following letter sounds to form words.

g o – go

d o g – ____

d i g – ____

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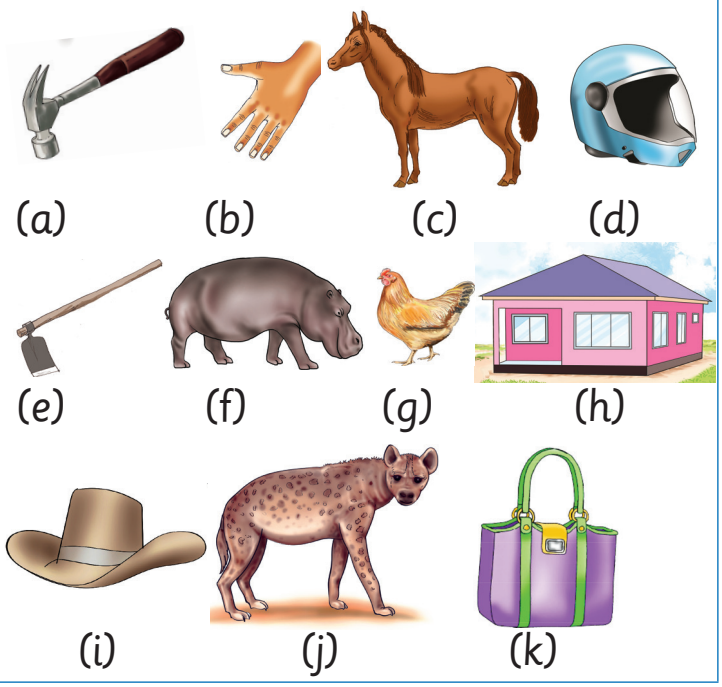
4. Pronounce the words containing letter sound g.

Words	How to pronounce
big	/bɪg/
bag	/bæg/
dog	/dɒg/

Letter sounds h, j, k, l and m

Activity 1

1. Pronounce letter sound h.
2. Name the following pictures.

Letter sound	Pictures
h	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k)

3. Combine the following letter sounds to form words.

h u g – hug h a d – ____ h u b – ____

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4. Pronounce the words containing letter sound h.

Words	How to pronounce	
hide	/haɪd/	
hug	/hʌg/	
hub	/hʌb/	

Activity 2

1. Pronounce letter sound j.
2. Name the following pictures.

Letter sound	Pictures
j	 (a) (b) (c) (d) (e)

3. Combine the following letter sounds to form words.

j	u	g	–	jug
j	o	b	–	
j	o	g	–	

4. Pronounce the words containing letter sound j.

Words	How to pronounce
job	/dʒɒb/
jug	/dʒʌg/
jog	/dʒɒg/

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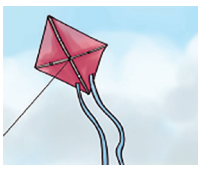
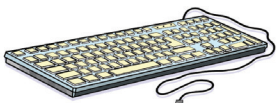
Activity 3

1. Pronounce letter sound k.
2. Name the following pictures.

Letter sound	Pictures
k	 (a)  (b)  (c)  (d)  (e)  (f)

3. Combine the following letter sounds to form words.

k i d – ____

k e g – ____

4. Pronounce the words containing letter sound k.

Words	How to pronounce
kid	/kɪd/
fake	/feɪk/

Activity 4

1. Pronounce letter sound l.

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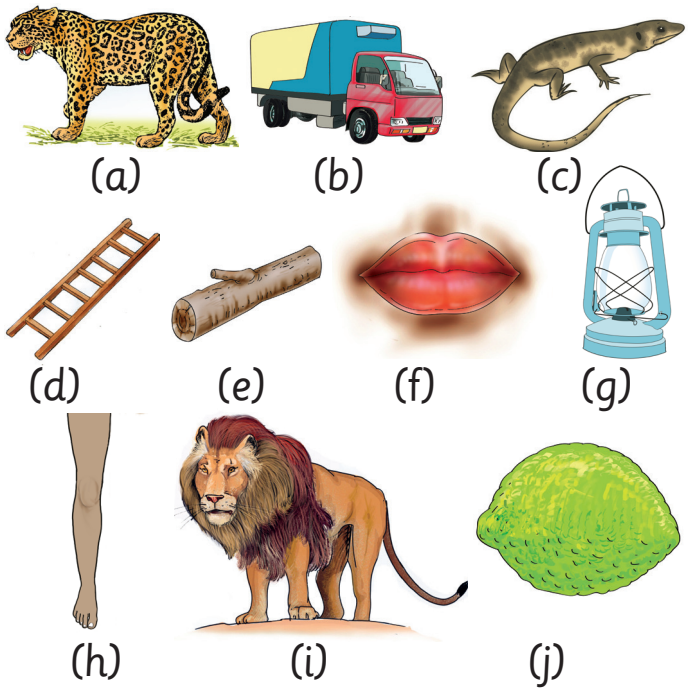
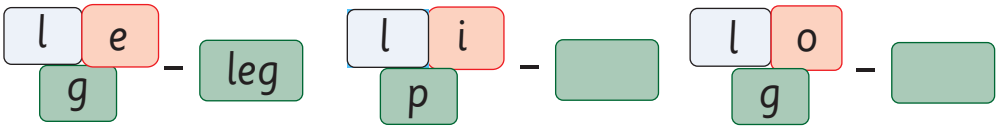
2. Name the following pictures.

Letter sound	Pictures
l	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j)

3. Combine the following letter sounds to form words.



4. Pronounce the words containing letter sound l.

Words	How to pronounce
leg	/leg/
lake	/leɪk/
log	/lɒg/
life	laɪf/

Activity 5

1. Pronounce letter sound m.

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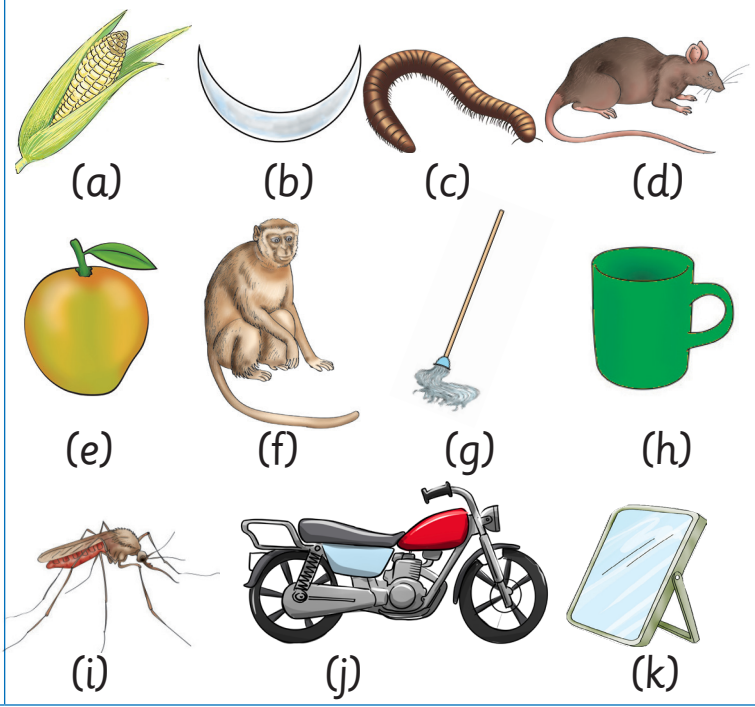
2. Name the following pictures.

Letter sounds	Pictures
m	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k)

3. Combine the following letter sounds to form words.

m a d – mad m u g – ____ m u m – ____

4. Pronounce the words containing letter sound m.

Words	How to pronounce
mug	/mʌg/
mum	/mʌm/
mud	/mʌd/
mob	/mɒb/

Letter sounds n, p, q, r and s

Activity 1

1. Pronounce letter sound n.

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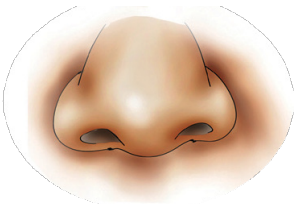
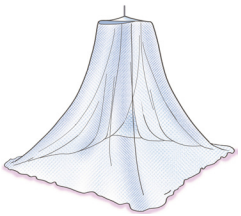
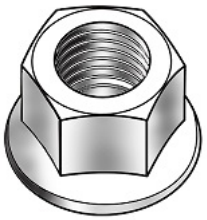
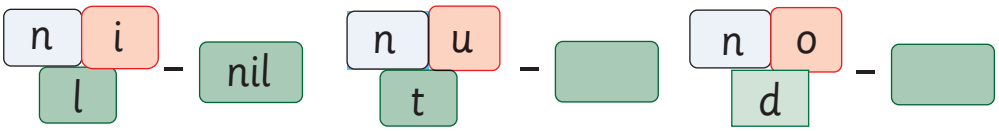
2. Name the following pictures.

Letter sound	Pictures
n	 (a)  (b)  (c)  (d)  (e)  (f)

3. Combine the following letter sounds to form words.



4. Pronounce the words containing letter sound n.

Words	How to pronounce
name	/neɪm/
nine	/naɪn/
nod	/nɒd/
nice	/naɪs/

Activity 2

1. Pronounce letter sound p.

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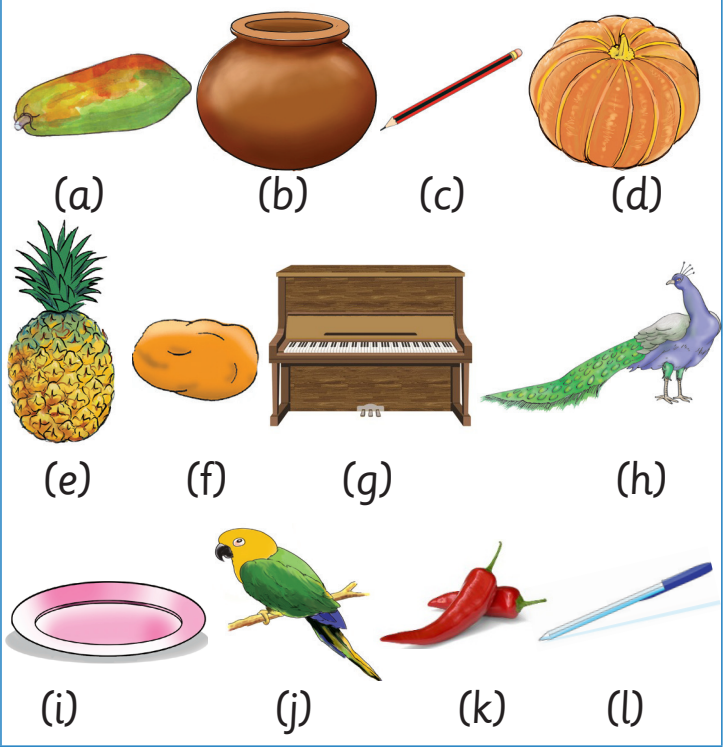
2. Name the following pictures.

Letter sound	Pictures
p	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k) (l)

3. Combine the following letter sounds to form words.

p i n – pin p e g – ____ p a n – ____

4. Pronounce the words containing letter sound p.

Words	How to pronounce
pin	/pɪn/
pan	/pæn/
pub	/pʌb/

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Activity 3

1. Pronounce letter sound q.
2. Name the following pictures.

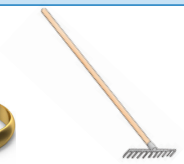
Letter sound	Pictures
q	 (a)  (b)

3. Pronounce the words containing letter sound q.

Words	How to pronounce
quick	/kwɪk/
quack	/kwæk/

Activity 4

1. Pronounce letter sound r.
2. Name the following pictures.

Letter sound	Pictures
r	 (a)  (b)  (c)  (d)  (e)  (f)  (g)  (h)  (i)

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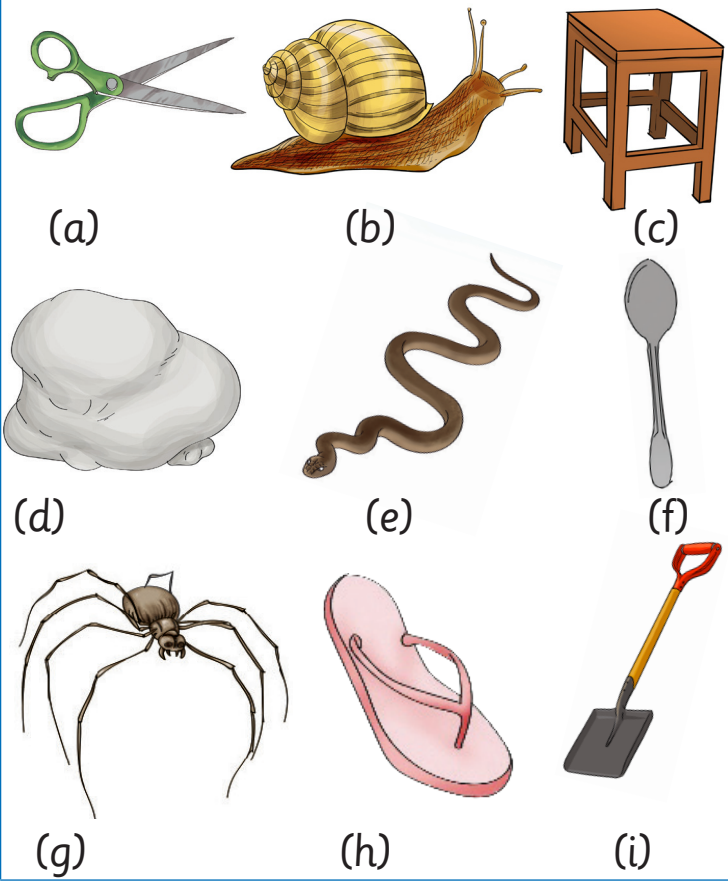
3. Pronounce the words containing letter sound r.

Words	How to pronounce
red	/red/
ride	/raɪd/
ripe	/raɪp/

Activity 5

1. Pronounce letter sound s.
2. Name the following pictures.

Letter sound	Pictures
s	 (a) (b) (c) (d) (e) (f) (g) (h) (i)

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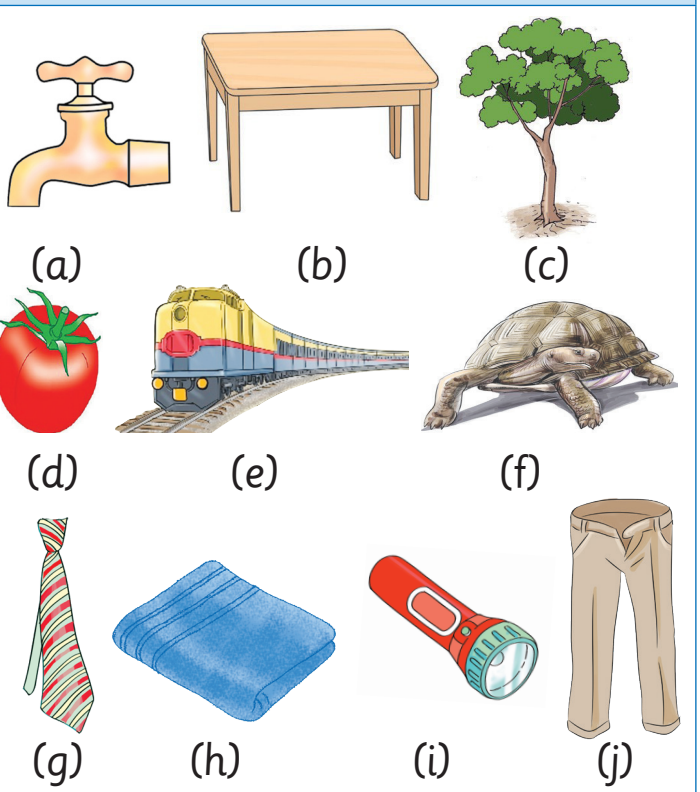
3. Pronounce the words containing letter sound s.

Words	How to pronounce
son	/sʌn/
sun	/sʌn/
sum	/sʌm/
some	/sʌm/

Letter sounds t, v, w, x, y and z

Activity 1

1. Pronounce letter sound t.
2. Name the following pictures.

Letter sound	Pictures
t	 (a) (b) (c) (d) (e) (f) (g) (h) (i) (j)

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3. Combine the following letter sounds to form words.

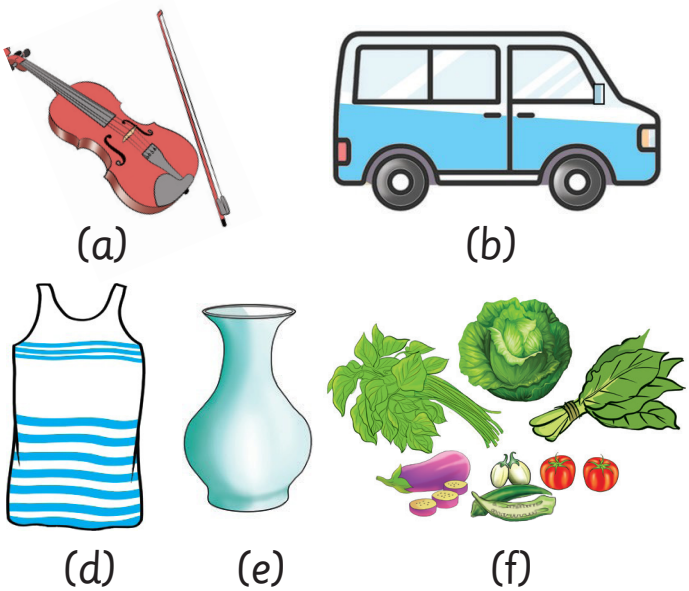
t i n – tin t e n – ____ t o p – ____

4. Pronounce the words containing letter sound t.

Words	How to pronounce
tin	/tɪn/
ten	/ten/
tap	/tæp/
tie	/taɪ/

Activity 2

1. Pronounce letter sound v.
2. Name the following pictures.

Letter sound	Pictures
v	 (a) (b) (d) (e) (f)

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3. Combine the following letter sounds to form words.

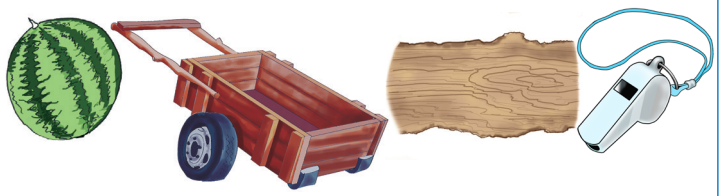
v	e	t		–	vet
v	a	n		–	
v	e	i	n	–	

4. Pronounce the words containing letter sound v.

Words	How to pronounce
van	/væn/
vet	/vet/
vein	/veɪn/

Activity 3

1. Pronounce letter sound w.
2. Name the following pictures.

Letter sound	Pictures
w	 (a) (b) (c) (d)  (e) (f) (g) (h)

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3. Combine the following letter sounds to form words.

w i n – win w e t – ____ w i g – ____

4. Pronounce the words containing letter sound w.

Words	How to pronounce
wig	/wɪg/
win	/wɪn/
wave	/weɪv/

Activity 4

1. Pronounce letter sound x.
2. Name the following pictures.

Letter sound	Pictures
x	 (a)  (b)  (c)  (d)

3. Combine the following letter sounds to form words.

b o x – box m i x – ____ t a x – ____

4. Pronounce the words containing letter sound x.

Words	How to pronounce
box	/bɒks/
six	/sɪks/
mix	/mɪks/

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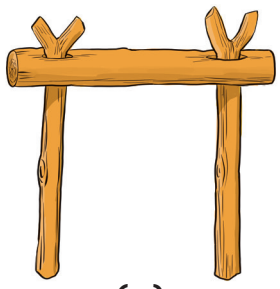
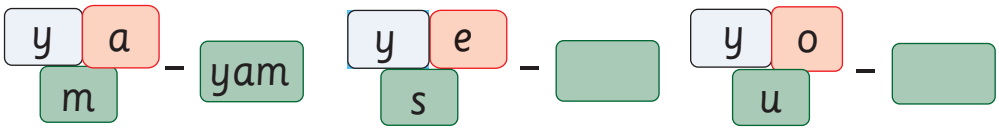
Activity 5

1. Pronounce letter sound y.
2. Name the following pictures.

Letter sound	Pictures
y	 (a)  (b)  (c)  (d)

3. Combine the following letter sounds to form words.



4. Pronounce the words containing letter sound y.

Words	How to pronounce
yam	/jæm/
yes	/jes/
you	/ju/

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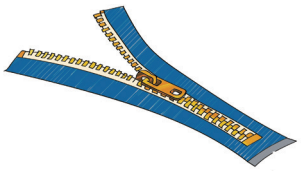
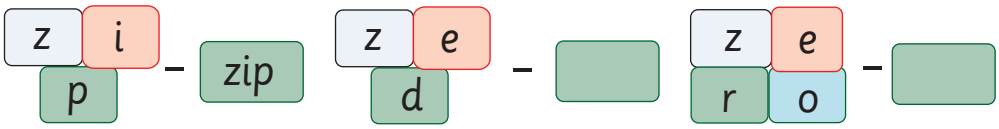
Activity 6

1. Pronounce letter sound z.
2. Name the following pictures.

Letter sound	Pictures
z	 (a)  (b)  (c)  (d)

3. Combine letter sounds to form words.



4. Pronounce the words containing letter sound z.

Words	How to pronounce
zip	/zɪp/
zed	/zed/

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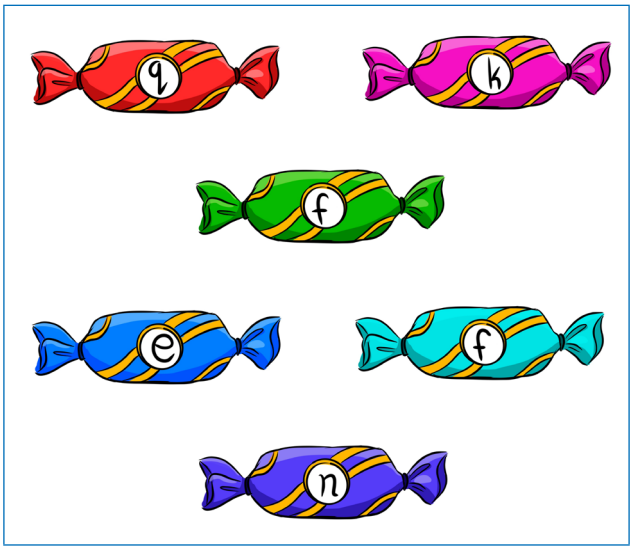
Letter sounds f, z, s and v.

Activity 1

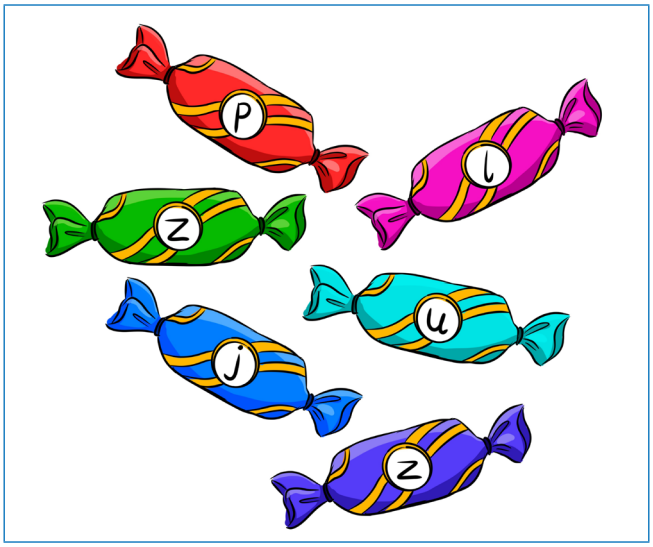
1. Identify the sweets containing letter sound f.



2. Pronounce letter sound f from the sweets.

Activity 2

1. Identify the sweets containing letter sound z.



2. Pronounce letter sound z from the sweets.

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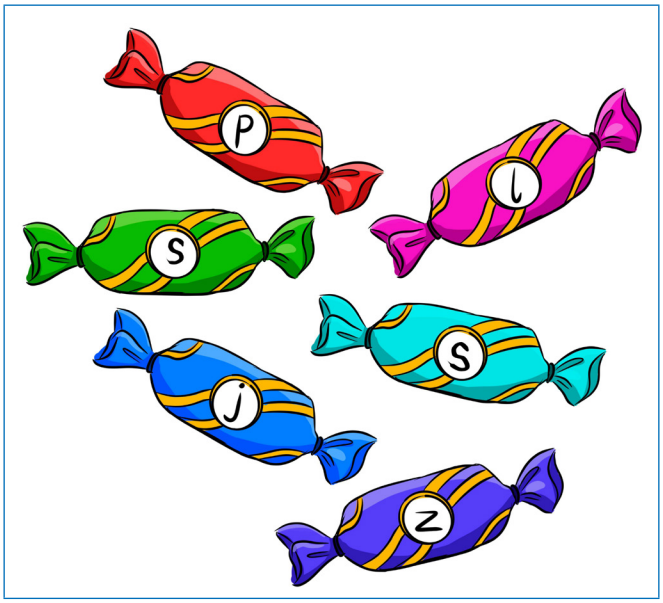
Activity 3

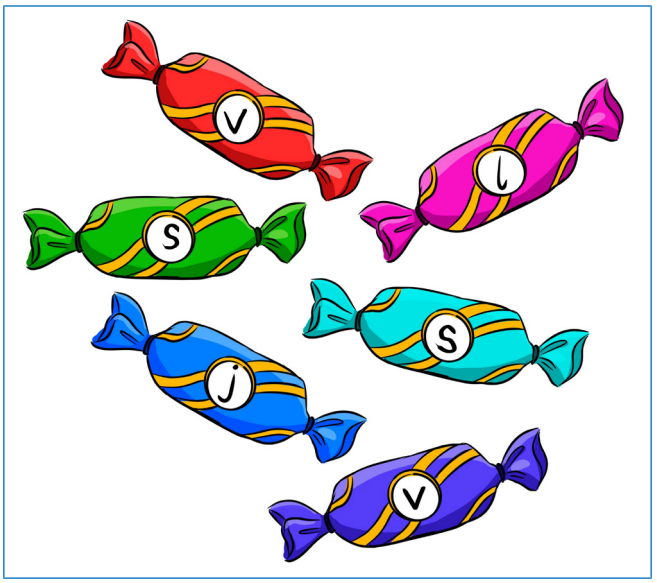
1. Identify the sweets containing letter sound s.



2. Pronounce letter sound s from the sweets.

Activity 4

1. Identify the sweets containing letter sound v.



2. Pronounce letter sound v from the sweets.

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I recognise English sounds in different spoken words.

Activity

1. Identify initial sounds of these words.

Words	How to pronounce	Words	How to pronounce
dig	/dɪg/	pin	/pɪn/
fan	/fæn/	pot	/pɒt/
fat	/fæt/	put	/pʊt/
get	/get/	red	/red/
hen	/hen/	sit	/sɪt/
kit	/kɪt/	van	/væn/
lip	/lɪp/	win	/wɪn/
mad	/mæd/	pan	/pæn/
mat	/mæt/	zip	/zɪp/

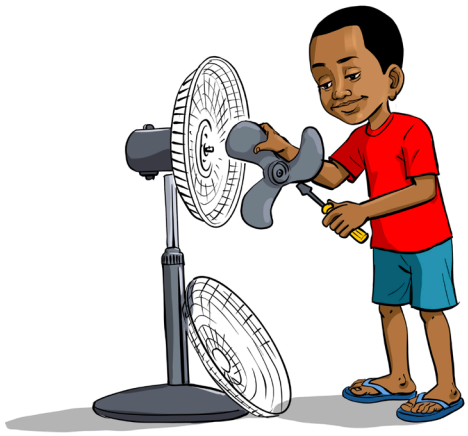
2. Identify their middle sounds.
3. Identify their final sounds.

I identify words with the same initial sounds.

Activity 1

1. Sing the following song. Then, identify words with the same initial sounds.

Faraji
fixed his
fan.



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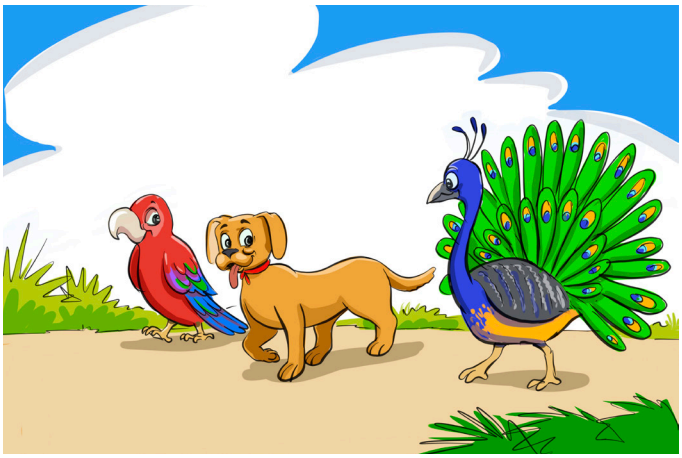
A peacock and parrot escort a puppy.



Sam, my son, holds a sunflower plant.



2. *Identify words with the same initial sounds.*

dig	cat	dot	fat
hat	man	hen	seven
zip	key	six	zero
pan	son	nap	pot
bag	van	wax	visit
tap	mat	net	ten

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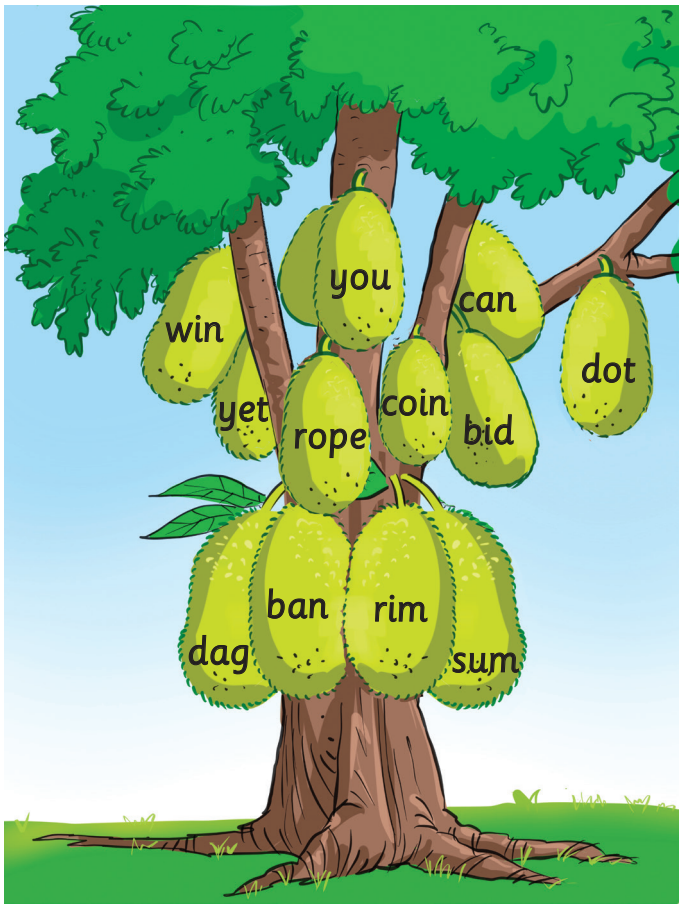
3. *Identify words with the same initial sounds.*



4. *Thumb up after hearing the same initial sounds.*

zero box	fun fit	pan pen
zero zip	tin zip	at bat
box bed	no not	mat but
mum mug	sun van	sun sit
vase video	win men	fat fan



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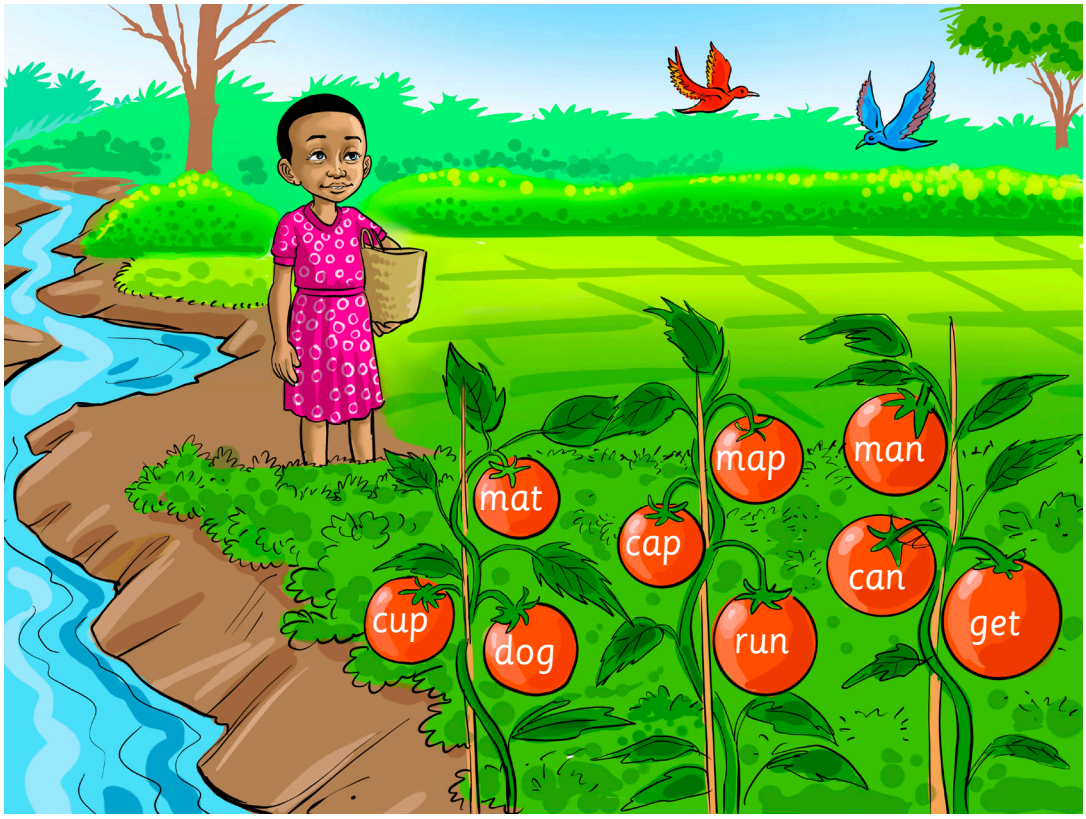
5. Identify tomatoes containing words with the same initial sounds.

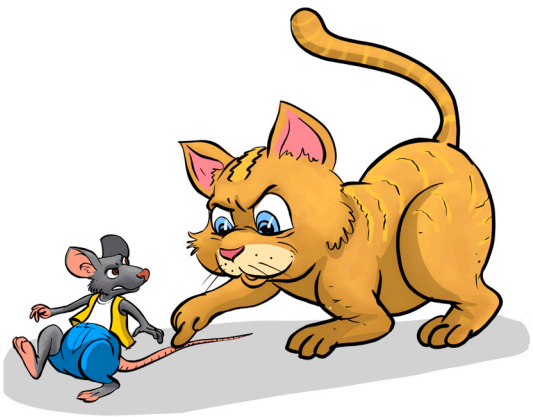


I identify words with the same final sounds.

Activity 1

1. Sing the following song.

My smart cat
caught a rat.
The cat then put it
on the mat.



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My friend Tom
is a boy.
He has a toy
called Kim.



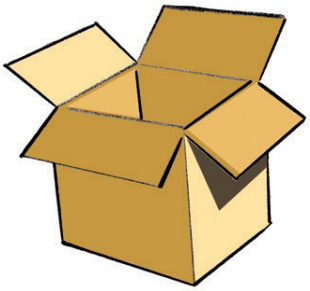
2. Identify words with the same final sounds.

nil	go	net	col	bad	bed	box	mum
fan	key	pan	up	no	fox	mic	go
mum	dog	bam	bed	box	fox	dog	mix
wig	top	dog	wet	net	up	wet	dog
top	got	mic	up	win	tin	yes	on

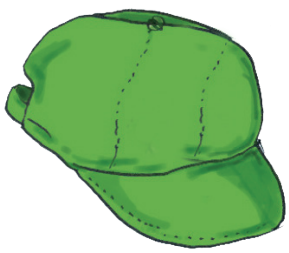
3. Complete the following words. Then, identify the words with the same final sounds.



(a) ta ___



(b) bo ____



(c) ca____

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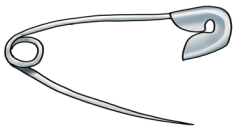
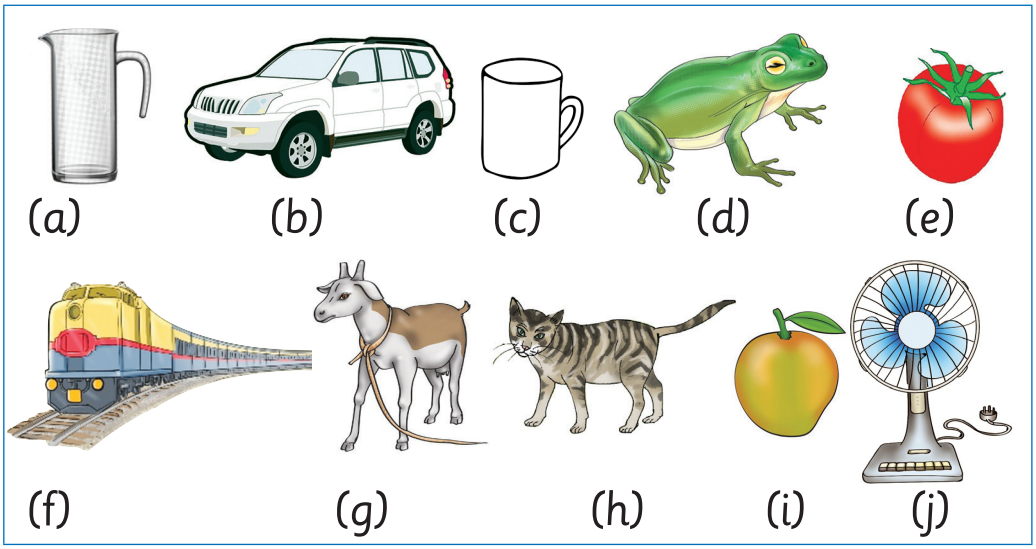
 (d) pi___	 (e) ha _____	 (f) fo _____
 (g) ti _____	 (h) banan_____	 (i) ba _____
 (j) camer_____	 (k) ba _____	 (l) lo_____

4. Read the words you have identified above.
5. Identify the pictures whose names have the same final sounds.



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6. Pronounce the following words.

ban	bat	bed	big	bin	bus	cap	cat	cut	dig
dog	dot	fan	fit	get	hat	hit	hot	jet	jug
kid	kit	leg	man	mat	mix	net	pan	pin	pot
red	run	sit	son	sun	tin	vat	vet	yam	yet

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Unit Three

Letter-sound relationship



Let us learn to relate letters to their sounds.

I relate letters to their sounds.

Letters *a, b, c, d, e* and their sounds

Activity 1

1. Sing the following song.

I see ants on my arm x2.
/a/-/a/-/a/ on my arm.
/a/-/a/-/a/ ants on my arm x2.





Adapted from https://www.youtube.com/watch?v=QjfDfRCHe0w

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2. Relate letter a to its sounds. Then, read the words aloud.

Letter	Sound	Words	How to read
a	/æ/	axe	/æks/
		at	/æt/
	/eɪ/	age	/eɪdʒ/
		name	/neɪm/
	/ɑ:/	far	/fɑ:r/

Activity 2

1. Sing the following song.

Bees are flying into the garden,
/b/-/b/-/b/.
Bees are flying into the garden,
/b/-/b/-/b/.
Bees are flying into the garden,
Flying into the garden,
Bees are flying into the garden,
/b/-/b/-/b/.





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2. Relate letter b to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
b	/b/	bed	/bed/
		bus	/bʌs/
		bat	/bæt/
		bad	/bæd/
		bin	/bɪn/

Activity 3

1. Relate letter c to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
c	/k/	cat	/kæt/
		cut	/kʌt/
		cup	/kʌp/
		can	/kæn/
		cap	/kæp/

Activity 4

1. Relate letter d to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
d	/d/	dog	/dɒg/
		dig	/dɪg/
		dot	/dɒt/
		dove	/dʌv/
		dam	/dæm/

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Activity 5

1. Sing the following song.

I put eggs in the pan

/e/-/e/-/e/-/e/.

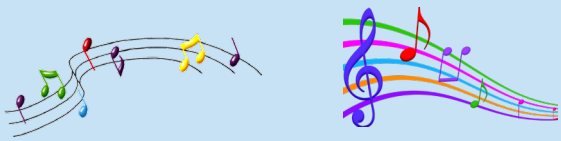
eggs in the pan

/e/-/e/-/e/-/e/.

eggs in the pan

/e/-/e/-/e/-/e/.

I crack the eggs like this, /e/.



Adapted from https://www.youtube.com/watch?v=QjfDfRCHe0w

1. Relate letter e to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
e	/e/	egg	/eg/
		pet	/pet/
		men	/men/
		ten	/ten/

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Letters f, g, h, i, j and their sounds

Activity 1

1. Relate letter f to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
f	/f/	fun	/fʌn/
		fit	/fɪt/
		fat	/fæt/

Activity 2

1. Relate letter g to its sounds. Then, read the words aloud.

Letter	Sound	Words	How to read
g	/g/	get	/get/
		gap	/gæp/
		gas	/gæs/
		gum	/gʌm/
		game	/geɪm/
	/dʒ/	gel	/dʒel/

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Activity 3

1. *Relate letter h to its sound. Then, read the words aloud.*

Letter	Sound	Words	How to read
h	/h/	hat	/hæt/
		hit	/hɪt/
		hot	/hɒt/
		hen	/hen/

Activity 4

1. *Relate letter i to its sound. Then, read the words aloud.*

Letter	Sound	Words	How to read
i	/ɪ/	in	/ɪn/
		it	/ɪt/
		bin	/bɪn/
	/aɪ/	ice	/aɪs/
		time	/taɪm/
		dice	/daɪs/
		rice	/raɪs/

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Activity 5

1. Relate letter j to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
j	/dʒ/	jet	/dʒet/
		jam	/dʒæm/

Letters k, l, m, n, o and their sounds

Activity 1

1. Relate letter k to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
k	/k/	kit	/kɪt/
		kin	/kɪn/
		kite	/kaɪt/

Activity 2

1. Relate letter l to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
l	/l/	let	/let/
		lid	/lɪd/

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Activity 3

1. Sing the following song.

I have my main meal,
I have my main meal,
at midday,
/m/-/m/-/m/
My meal is heavy,
My meal is heavy,
/m/-/m/-/m/ x 2.





1. Relate letter m to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
m	/m/	man	/mæn/
		mop	/mɒp/
		mat	/mæt/

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Activity 4

1. *Relate letter n to its sound. Then, read the words aloud.*

Letter	Sound	Words	How to read
n	/n/	nap	/næp/
		net	/net/
		not	/nɒt/
		nut	/nʌt/

Activity 5

1. *Sing the following song.*

The sun rises,

The light goes on,

/o/-/o/-/o/-/o/ x 2

The sun sets,

The light goes off,

/o/-/o/-/o/-/o/ x 2.





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1. Relate letter o to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
o	/ɒ/	on	/ɒn/
		ox	/ɒks/

Letters p, q, r, s, t and their sounds

Activity 1

1. Relate letter p to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
p	/p/	pot	/pɒt/
		pen	/pen/
		pit	/pɪt/

Activity 2

1. Relate letter q to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
q	/kw/	quiz	/kwɪz/
		quit	/kwɪt/
		quick	/kwɪk/

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Activity 3

1. Relate letter r to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
r	/r/	rat	/ræt/
		rug	/rʌg/
		run	/rʌn/
		rain	/reɪn/
		rake	/reɪk/

Activity 4

1. Sing the following song.

The snake is hissing x 2,

Hissing hissing,

/s/-/s/-/s/,

Hissing hissing,

/s/-/s/-/s/.





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2. Relate letter s to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
s	/s/	six	/sɪks/
		sad	/sæd/
		sip	/sɪp/
		set	/set/
		sob	/sɒb/

Activity 5

1. Relate letter t to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
t	/t/	top	/tɒp/
		tag	/tæg/
		tub	/tʌb/

Letters u, v, w, x, y, z and their sounds

Activity 1

1. Relate letter u to its sounds. Then, read the words aloud.

Letter	Sound	Words	How to read
u	/ʌ/	up	/ʌp/
	/juː/	use	/juːz/
	/ʊ/	put	/pʊt/

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Activity 2

1. Sing the following song.

The school van in the village,
/v/-/v/-/v/, /v/-/v/-/v/,
The school van in the village,
/v/-/v/-/v/, /v/-/v/-/v/,
in the village,
in the village,
/v/-/v/-/v/.



1. Relate letter v to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
v	/v/	vest	/vest/
		vase	/vɑːz/

Activity 3

1. Relate letter w to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
w	/w/	web	/web/
		wet	/wet/
		way	/weɪ/

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Activity 4

1. Relate letter x to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
x	/ks/	tax	/tæks/
		fox	/fɒks/
		fix	/fɪks/
		wax	/wæks/

Activity 5

1. Relate letter y to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
y	/j/	yet	/jet/
		yap	/jæp/
		yuck	/jʌk/

Activity 6

1. Sing the following song.

I can hear a bee buzz,
I can hear a bee buzz,
/z/-/z/-/z/, /z/-/z/-/z/.
A bee buzz,
A bee buzz,
/z/-/z/-/z/.

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2. Relate letter z to its sound. Then, read the words aloud.

Letter	Sound	Words	How to read
z	/z/	zoo	/zuː/
		zoom	/zuːm/

3. Read the following words aloud:

at	in	so	on	to	no	go	if	up	of
be	go	cat	dog	tip	red	bus	sun	set	bun
cap	dad	hen	get	big	hut	hit	run	key	bad
yes	win	put	him	job	log	mop	sum	ten	top
box	yes	won	zip	pen	tap	rat	wet	van	but

I read words with bl, cl and fl consonants

Activity 1

1. Pronounce the sound of bl.
2. Read the following words aloud:

blade blow blue blouse bless blame black block

Activity 2

1. Pronounce the sound of cl.
2. Read the following words aloud:

clay clap click cloth clock class club clan clinic

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Activity 3

1. Pronounce the sound of fl.
2. Read the following words aloud:

flag	flu	flat	flow	flash	flute	flower

I read words with gl, pl and sl consonants

Activity 1

1. Pronounce the sound of gl.
2. Read the following words aloud:

globe	glad	glass	glove

Activity 2

1. Pronounce the sound of pl.
2. Read the following words aloud:

play	plus	plate	plan	plot	plane	place	plug

Activity 3

1. Pronounce the sound of sl.
2. Read the following words aloud:

slip	slide	slash	slap	slim	sled	slow

I read words with br, cr and dr consonants

Activity 1

1. Pronounce the sound of br.
2. Read the following words aloud:

brake	brick	brush	bribe	brave	bread

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Activity 2

1. Pronounce the sound of cr.
2. Read the following words aloud:

crab	crush	crow	crop	cross	crate	crash

Activity 3

1. Pronounce the sound of dr.
2. Read the following words aloud:

dress	drive	drum	drone	drug	drip	dragon
drop	draw	drag				

I read words with fr, gr and pr consonants

Activity 1

1. Pronounce the sound of fr.
2. Read the following words aloud:

frog	fresh	from	frame	fruit

Activity 2

1. Pronounce the sound of gr.
2. Read the following words aloud:

grass	grab	grade	grace	grape	grey	grow

Activity 3

1. Pronounce the sound of pr.
2. Read the following words aloud:

price	prime	prove	pray	pride	prize	press

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I read words with tr, sc and sk consonants

Activity 1

1. Pronounce the sound of tr.
2. Read the following words aloud:

trace	tree	trash	trip	tray	tribe

Activity 2

1. Pronounce the sound of sc.
2. Read the following words aloud:

score	scale

Activity 3

1. Pronounce the sound of sk.
2. Read the following words aloud:

skip	skin

I read words with sm, sn and sp consonants

Activity 1

1. Pronounce the sound of sm.
2. Read the following words aloud:

smash	smoke	smile

Activity 2

1. Pronounce the sound of sn.
2. Read the following words aloud:

snake	snail	snow

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Activity 3

1. Pronounce the sound of sp.
2. Read the following words aloud:

space	spice	spade	spell

I read words with st, sw and tw consonants

Activity 1

1. Pronounce the sound of st.
2. Read the following words aloud:

store	step	stop	stone	stove	stay

Activity 2

1. Pronounce the sound of sw.
2. Read the following words aloud:

swim	swipe	swell	swap

Activity 3

1. Pronounce the sound of tw.
2. Read the following words aloud:

two	twin	twice

I read words with letter sounds ch, sh, th, ph, ck, ff, ll and ss.

Activity 1

1. Pronounce letter sound ch.
2. Read aloud the words containing letter sound ch.

chips	chair	chat	chin	chop	rich

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Activity 2

1. Pronounce letter sound sh.
2. Read aloud the words containing letter sound sh.

she ship shop show shed shin wash shoe shake

Activity 3

1. Pronounce letter sound th.
2. Read aloud the words containing letter sound th.

thin both path with

3. Read aloud the words containing letter sound th.

the them that this these than then

Activity 4

1. Pronounce letter sound ph.
2. Read aloud the words containing letter sound ph.

phone photo graph

Activity 5

1. Pronounce the sound of letters ck.
2. I read the following words.

sick kick tick duck neck stick

Activity 6

1. Pronounce the sound of letters ff.
2. I read the following words.

off office puff coffin giraffe

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Activity 7

1. Pronounce the sound of letters ll.
2. I read the following words.

well wall ball tall pull fall full small smell

Activity 8

1. Pronounce the sound of letters ss.
2. I read the following words.

kiss less miss boss loss

I read words with letter sounds ai, ay, oa, oe, ea and ee.

Activity 1

1. Pronounce letter sound ai.
2. Read the following words aloud:

pain aim aid again tail fail maid
paid train snail nail wait

Activity 2

1. Pronounce letter sound ay.
2. Read the following words aloud:

pay stay day lay tray play pray way clay delay

Activity 3

1. Pronounce letter sound oa.
2. Read the following words aloud:

boat goal road coat soap goat coach

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Activity 4

1. Pronounce letter sound oe.
2. Read the following words aloud:

toe hoe

Activity 5

1. Pronounce letter sound ea.
2. Read the following words aloud:

eat teach team lead bean read speak
meal please leaf

Activity 6

1. Pronounce letter sound ee.
2. Read the following words aloud:

bee fee feet sheep beep sheet green
three free teeth

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Unit Four

Reading fluently

I read sentences.

Read the following sentences aloud:

1. I read a book.
2. The cat chases the mouse.
3. I cut trees by using an axe.
4. The hen laid ten eggs.
5. Pili gave Musa a pin.
6. I put on my jacket on cold days.
7. I play the piano.
8. His car is black.
9. John is tall.
10. We kick the ball.
11. Bakari is late for school.
12. The ball is small.
13. My cat is fine.
14. It will rain again.
15. I can bake a cake.
16. We pray before we play.
17. We like to play.
18. His van is red.
19. We are nice.
20. The cow is fat.

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I use full stops.

The full stop (.) is placed at the end of a sentence.

Example

1. Ali lives in Musoma.
2. I will use this pen.

Read the following sentences aloud:

1. Sit on the bed.
2. Wash the dishes.
3. Put your pen on the table.
4. I fix the old car.
5. The sun rises in the east.
6. The sun sets in the west.
7. We won the match.
8. Put it on the stove.
9. Ashura gave me a ripe mango.
10. Put on your uniform.

I use question marks.

The question mark (?) is used in asking questions.

Example

1. What is your name?
2. Can you kick the ball?

Read the following questions aloud:

1. How old are you?

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2. Where do you come from?
3. Can you play a piano?
4. Where do you live?
5. Is this your pen?
6. Will you go to school tomorrow?
7. What is the boy doing?
8. Do you like eating mangoes?
9. Can you skip rope?
10. Where is your book?

I read stories and poems.

Read the following story aloud:

Skipping rope



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Rajabu and Zawadi are friends. They want to go and play skipping rope. They call their friends Amani and Imani."Come with us. Let's play skipping rope." Amani asks, "Who will start skipping, and who will count?" Rajabu answers, "Zawadi will start; Amani will count." "One, two, three … oh, no! Zawadi is out! Now, it is my turn," says Amani. "One, two, three, four, five, six, seven! You're out too!" says Rajabu. "At least I have tried," says Amani.

Read the following poem aloud:

I am a good pupil



My body is small

But I am ready to help

My heart tells me, please help

You need a good heart



To make you a human

When you help others

your heart becomes light as feathers

My life is nothing

If others are suffering



We are born equal

No one is special

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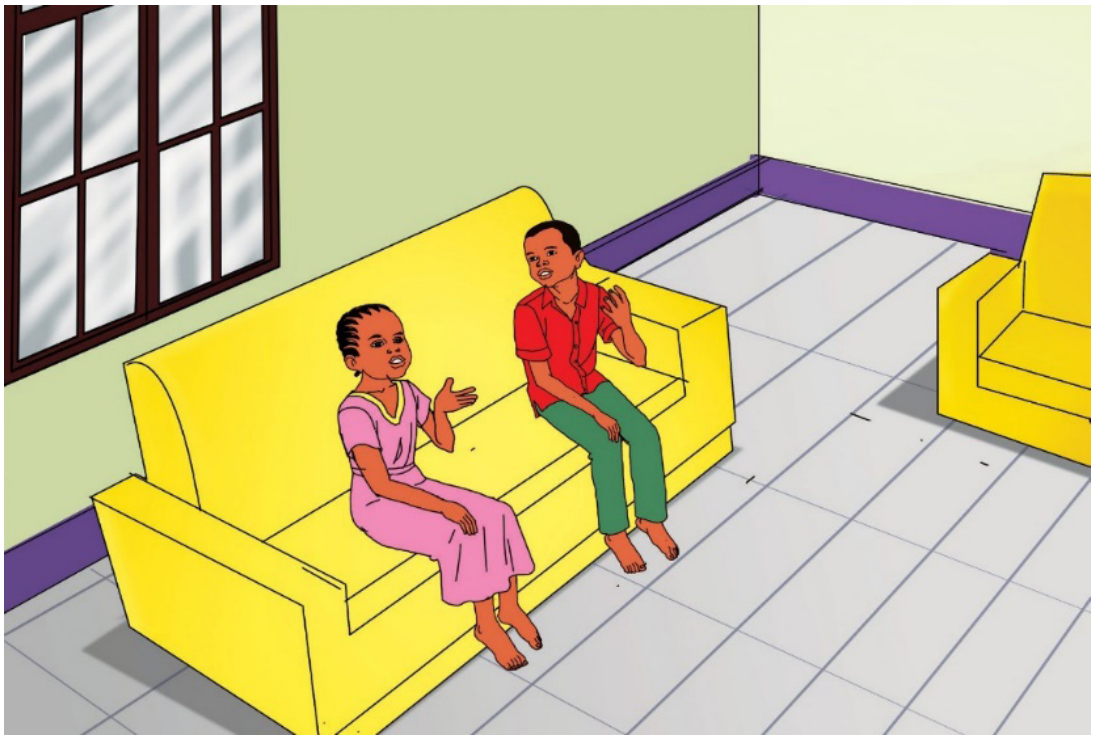
Read the following story aloud:

Two friends



Omari and Halima are neighbours. Omari is in Standard One. Halima is in Standard Two. Both Omari and Halima like reading. They also like writing and arithmetic.

Every evening, they study together. Halima wants to be a doctor, and Omari wants to be a pilot. Halima says, "I want to be a doctor. I want to treat you when you are sick. I am important. Without me, you cannot get treated". Omari says, "I want to be a pilot. You will fly on my plane when you go abroad for your medical studies. I am important. Without me, you cannot go abroad."

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Read the following story aloud:

A hard-working pupil



Upendo and Furaha are in Standard One. They study at Chato Primary School. They like their school. Last term, Upendo studied hard. She passed the end of the term examinations.

Upendo scored 100 in both reading and writing. Her class teacher was very happy. Her friend, Furaha, scored seventy. He was unhappy. The teacher encouraged him to study hard. Furaha promised them that he would study harder.

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Read the following story aloud:

The Sun and the Moon

Rose likes to read a story every evening. Her story book has many interesting stories. One day, Rose wanted to read a story about the sun and the moon. Her friend, Baraka, went to see her. "Hello Rose," he said, "Can we read your book together?"

"Sure! Let's read a story about the Sun and the Moon," replied Rose.



Once upon a time, there were two friends: the Sun and the Moon. The Moon told the Sun, "I'm more important than you. I don't sleep when you are asleep. I help the

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owl to see at night. Therefore, it can catch its food. Other animals can also enjoy themselves at night. People and animals enjoy my light and beauty. What about you?" "Oh no!" said the Sun. "There is no darkness during the day. I provide light. I also provide heat to dry clothes. People use my light and power. I am more important than you."

"Oh, that's interesting!" both Rose and Baraka shouted. "Rose, who is more important, the Sun or the Moon?" Asked Baraka.

"Both are important for people, animals, birds and plants," answered Rose. Baraka agreed with Rose's response. Both Rose and Baraka enjoyed the story.

Read the following story aloud.

The foolish rats



Rats are small animals. They usually live in small holes outside houses. Sometimes, they live inside houses and

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hide in the dark. They destroy almost everything, including clothes. I hate rats.

One Saturday, my father bought me a school skirt. It was a nice one. The following night, rats damaged my skirt. I did not know about that. On Monday, I woke up early in the morning. I had been picturing myself wearing my new skirt. I took it out of the wardrobe. I was surprised to see many holes in it. I knew that rats had damaged my skirt. I cried bitterly. I told my parents about what had happened. They felt sorry for me. They asked me to wear my old skirt.

The following day, my father brought home a beautiful cat. It is called Kido. Kido chases and kills rats. We all love Kido. Yesterday, I was watching a cartoon on TV. Kido was sitting beside me. Four rats ran into our house. They started playing there. Kido pretended to be asleep to fool them. They freely ran around Kido. Kido did not move. They started jumping. Then, Kido suddenly captured and killed two rats. The other two rats ran away. Kido killed my enemies. Therefore, I was happy.

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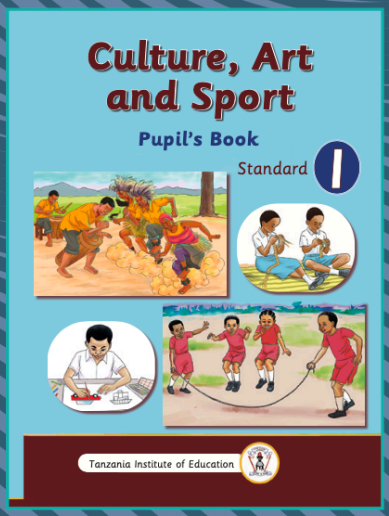
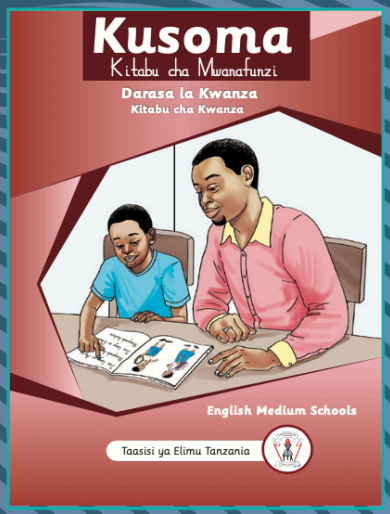
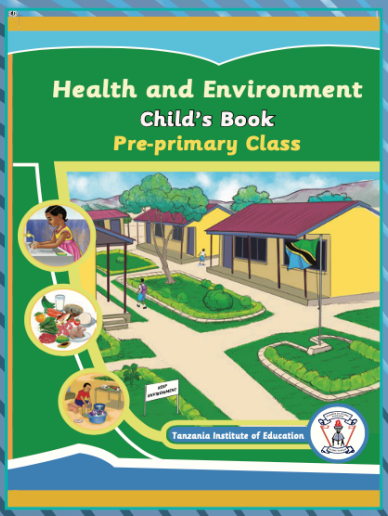
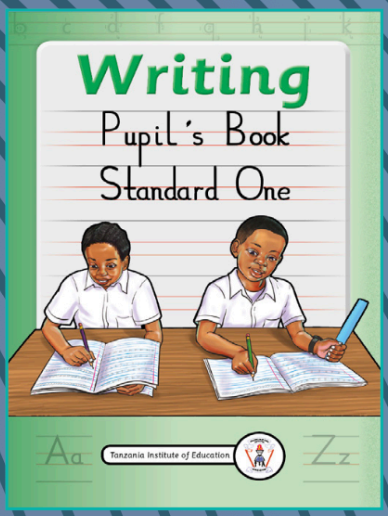
Other Books by
Tanzania Institute of Education

Standard One











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