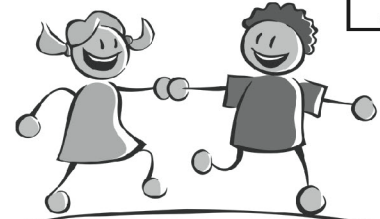


CONTENTS



Pages	Topics	Hours	Details
2-7	Me (6 hours)	6	Personal details; unique and special; things I can do; similarities and differences.
8-11	School	4	Principal and teacher; places in the school; routines and rules; getting to school.
12-17	Healthy Habits	4	Sleep; food; using the toilet properly; cleanliness; exercise and limited TV.
18-20	The Weather	4	Weather symbols and daily weather chart; the weather and us.
21-23	My Family	4	What a family is; members of my family and extended family; caring for each other.
24-30	Safety in the Home	4	Dangers when cooking and washing; lighting and electricity; outside areas; medicines and poisons; emergency number card keeping safe when home alone.
31-35	My Body	6	Different parts of my body; different parts that move; parts I cannot see; the five senses and their uses.
36-39	Keeping my Body Safe	4	Safe and unsafe situations and places; yes and no feelings; practising saying no; protecting our bodies from illness.
41-43	My Community	4	People; places; facilities; looking after and keeping facilities clean.
44-46	Pets	2	Animals we can keep as pets; caring for and treating pets appropriately.
47-53	Manners and Responsibilities	2	Greetings; waiting your turn; listening; sharing; being kind; being honest; respecting others and their belongings.
54-59	Plants and Seeds	4	Purpose of plants; similarities and differences; seeds; what plants need to grow; growing a seed.
60-64	Food we eat	6	What we eat; where it comes from; healthy and unhealthy food; healthy choices and quantities; storing food.
65-68	Homes	4	Types; homes for different weather conditions; materials used to build homes.
79-72	Picture Maps	4	Finding places and things; from one place to another; where events happened.
73-76	Water	4	Uses; wasting / saving water; safe and unsafe drinking water; storing water.
77-81	The Sky at Night	4	Changing from day to night; the night sky; what the moon looks like and where we can see it; why the moon changes shape; stars.
82-84	Religious and other Special Days (2 hours per term)		

For the FACILITATOR

This book conforms strictly to the CAPS syllabus. Worksheets and activities are provided for each topic and sub-topic. Read through the sentences, stories and activities with the learners and complete some of the work together. Worksheets can also be completed independently or as homework. Role-play and group work adds interest and variety and can be incorporated into your lessons.

Due to the variety of cultures, religions and celebrations, we have left it up to the facilitator to choose their own Religious and other Special Days activities.

Use the pages provided at the end of the book for that work or make a separate booklet.

Alternately you can purchase a range of charts or a pack of worksheets covering a variety of Religious and Special Days from the Depicta website under Life Skills - Charts; and/or Digital products.

www.depicta.co.za

Date: _____

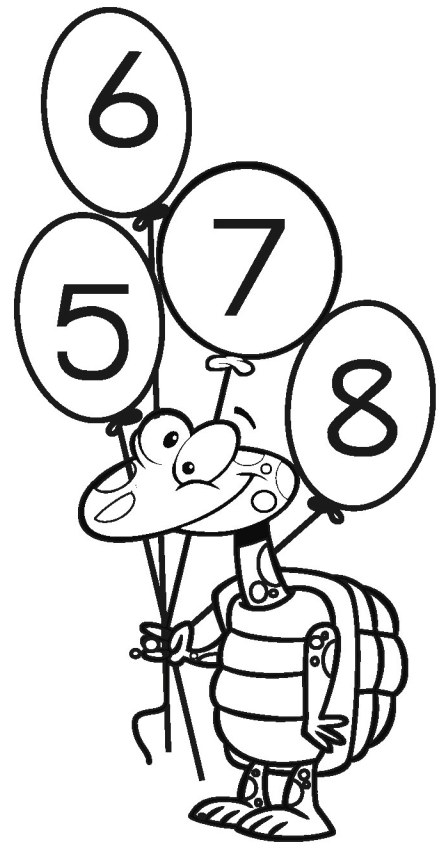
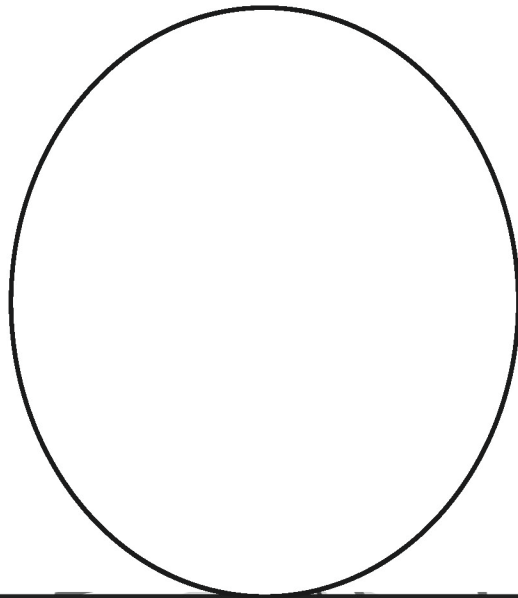
Personal details

Find the letter your name starts with and colour it.

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

How old are you? Colour the balloon with the answer.

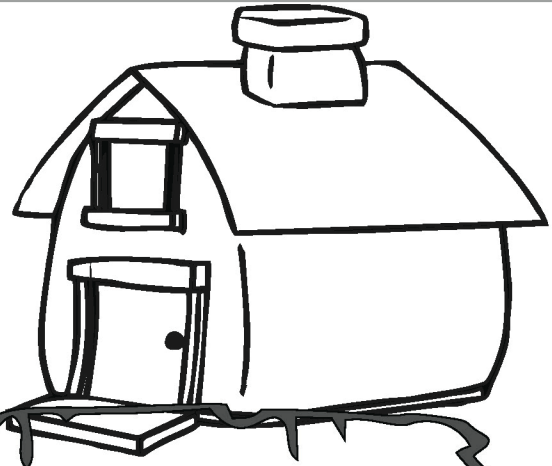
Draw your face in this oval.



Write your name and surname on the lines.

Write your name and surname on the lines.


Date: _____

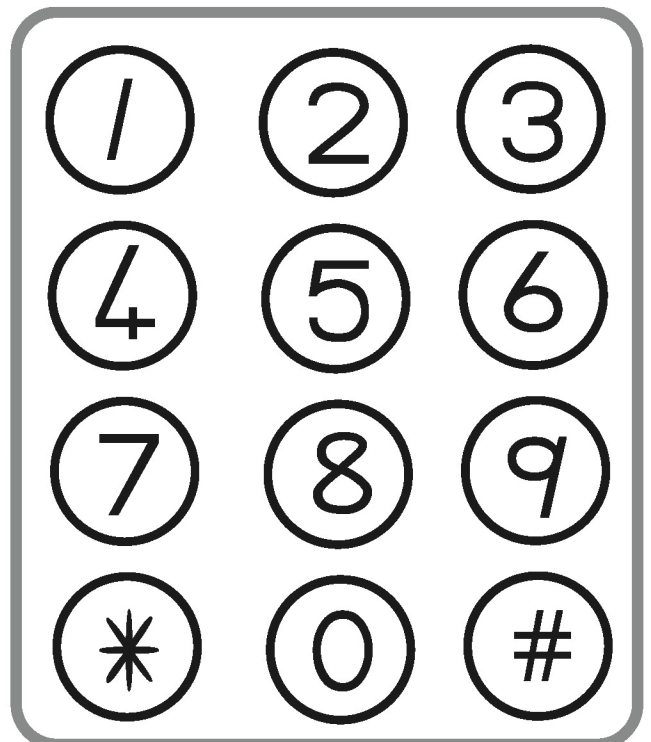


My address is:

A large rectangular area with a decorative, torn-edge border, containing five horizontal lines for writing an address.

Phone number of my mom
OR dad:

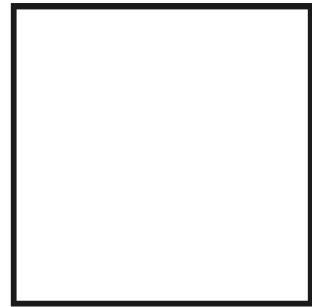
Practise dialing the number by pushing on these numbers.  Then colour the numbers that are in their phone number.



Date: _____

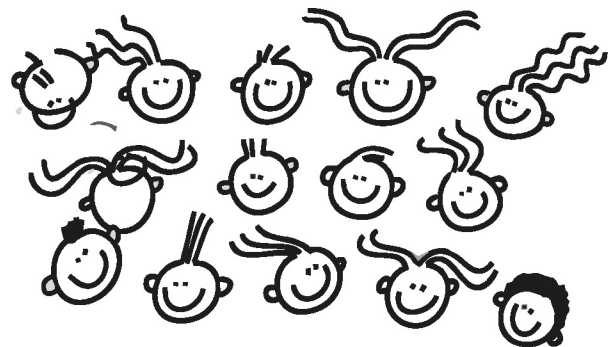
We are unique and special

Draw or make your fingerprint in this block.



No one else in the whole world has a fingerprint like you!

No one else is like you!



Draw the part of your body you like OR use the most.

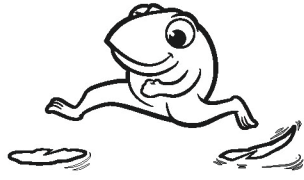
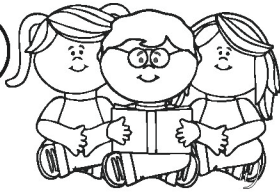


Date: _____

Things I can do

Practise doing some of these things and colour the blocks if you can do them.

I can read.



I can jump.

I can cook.

I can make my bed.

I can stand on my head.



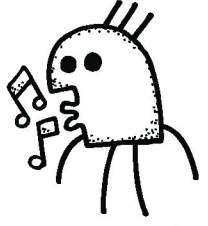
I can whistle.

I am me and you are you. These are some of the things I can do!

I can skip.



I can write.



I can sing.



I can climb a tree.

I can dance.

I can be kind.

I can wash dishes.



I can clap my hands.

I can tidy my room.



I can play without fighting.

Write a sentence about one more thing that you can do.

Date: _____

How I am the
as my friend

I was happy to go to school.
I smiled at my friends. They
smiled back at me.

At break I fell off the swing and
a friend scratched her knee on
me. We both cried and went to class.
When it was time to swim
some of my friends were also
at the edge of the pool. We felt

We said how lucky we
to do different things
and taste and hear
I am happy that I

Talk about the
about other

are the same and talk

as the same.



Sample Book

Date: _____

How I am dif
from my f

Learn or read this poem and say it to
Discuss ways people are different.

Some friends run fast
others a little slow.
Some can jump high
others only low.
Some wear glasses
others do not.
Some like cold
others like hot.
If my friend w
to swim
and I want t
I like that v
it makes it

Colour th



rent from the first one.



Sample Book



Date: _____

School, principal

Write your name
and describe
showing



I.

My principal

My teacher

our teacher.

Sample Book

Date: _____

Where to find
places in

Walk around the school with your teacher.
Put a small X on your map when you find
the office, the hall, the tuckshop, a classroom,
the library, the toilet and the playground.
Remember all schools are different.

classrooms



playground

water	tuckshop
re	

classroom colour the:

	red
	blue
	green
	yellow
re	purple
	brown
	grey
ms	orange

What place in the school is coloured? _____

Date: _____

Talk about
classroom rules
and how they
keep you safe!

CLASSROOM
ROUTINES

Colour in the pictures



Sample Book

Date: _____

How I get to school.

Draw a line from the road to the transport.



Ho, ho and off
to school we go.



Ask 6 friends
correct colour
Circle the

What transport crosses in the
(ask 6 friends.)
How do you get to school.



Sample Book

Date: _____

Sleep



If you go to sleep _____ many hours
 sleep have you _____
 hours

Is that enough?

Circle or check _____
 enough _____

think someone got _____

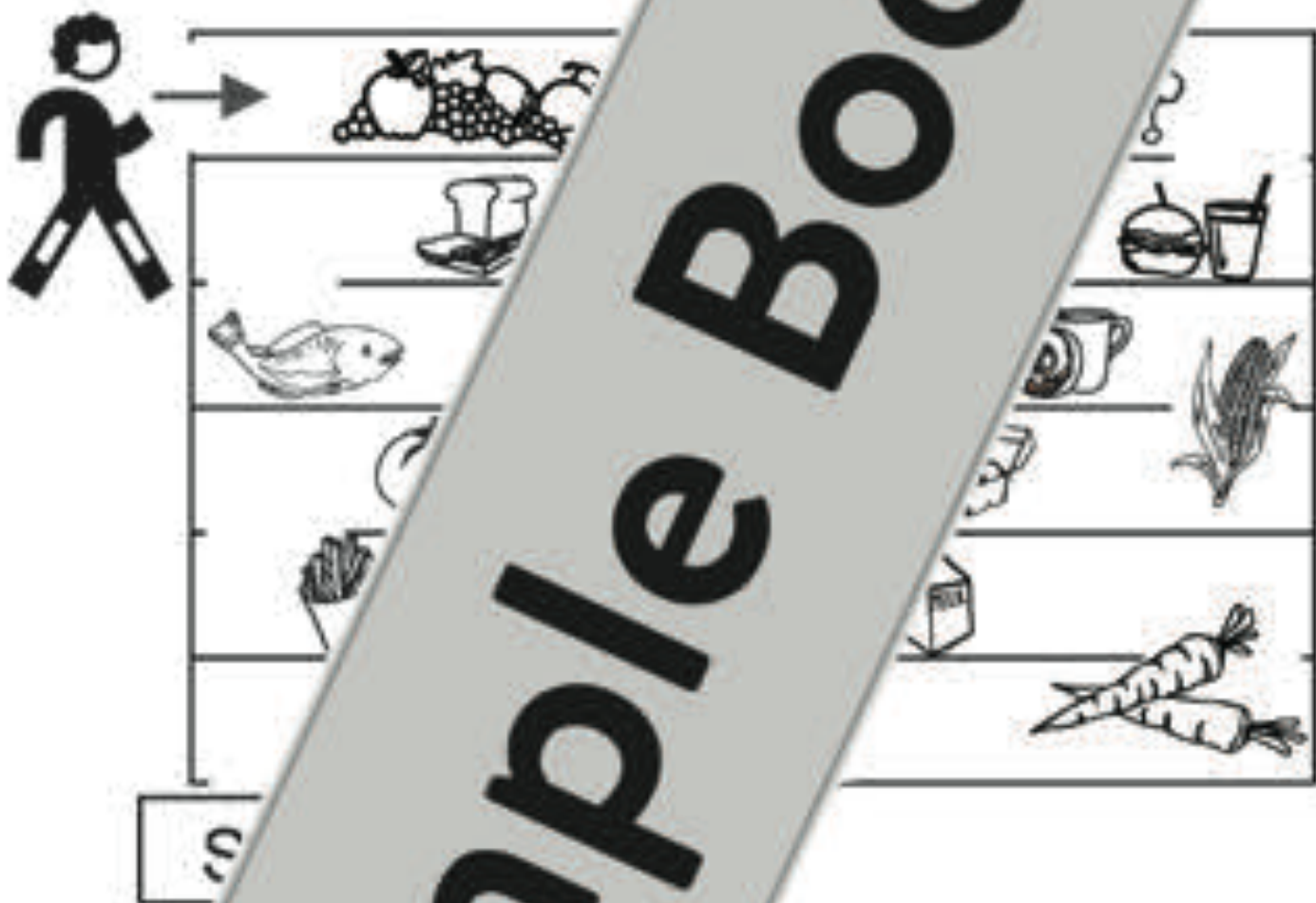


Sample Book

Date: _____

Eating health

Ben is walking to the shop. Follow his route and mark all the unhealthy food with a pencil. Circle the healthy foods.



healthy foods.

Date: _____

Using the toilet

We need to get rid of germs after we have been to the toilet so it is important to follow these rules:



- Always
- Wash
- Hands



.. make
wee on

- run or
pets.



a poster to put in the
room about keeping the toilet
clean. Use all the ideas with your class.

Sample Book

Date: _____

Wash your hands



Germs are so small you
That is why you must
often. Wash them off
toilet, after playing outside and
Talk about other times you need



Learn the clean hands
Soap and water
Top and bottom
Inbetween
Now we are clean

Find and color



to keep yourself clean.



Sample Book

Date: _____

Wash regular
hair, tee'

I must do these things every
than once a day. Write these

wash or bath.

brush and k

brush and floss my te

S.

ches.



I must



T



Sample Book

Date: _____

Regular exer
and limit

"Come and play
are going to b
boxes and th
Mike and K.

"I am goin
Sihle.

Later h
and pl

They
wer

He
s



went
elt stiff.

, she was happy
riends. She gave

y in their box house.

Which boy g

cise? _____

g the most.

Sample Book

Why it is better to play than to watch TV.

Date: _____

Weather symbols
weather

hot



cold



stormy



misty



windy

Draw the weather (use the symbols)
there can be more than one weather

M

Remember

Afternoon

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Sample Book

Date: _____

The weather

Discuss each weather symbol and how it affects us in what we wear, what we do.
Learn this song and do the actions.

I hear thunder
I hear thunder
Oh, don't you?
Oh, don't you?
Pitter, patter rain
Pitter, patter rain
I'm wet through
So are you!

Draw your



Sample Book

LOOK AT THE SUN!!!

Date: _____

What a family

There are many different

Talk about what a family is and the

ve.



Who do you live

family.

Sample Book

Date: _____

Members of my family and extended family

Next to each kind of family member
In each block write how many of
in your family.
If you have none you write a 0.
Let your parents help you.

grandmothers

grandfathers

mother

father

older sister

younger sister

brother

stepmother

stepfather

aunt

uncle

cousin

niece

nephew

pets

Sample Book



Date: _____

Caring for each other

Talk about the pictures and how families help each other.
 What do you do to help and care for your family?
 What do they do for you now and when you are older?

Draw a picture or write a sentence about your family.

family.



Date: _____

Dangers when

Talk about and colour all the dangers



Talk about an

ee in this bathroom.

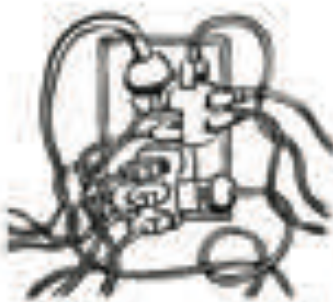


Sample Book

Date: _____

Lighting and F

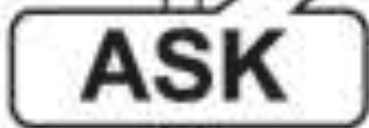
Talk about the pictures then draw lines in the middle with the pictures that show a danger.
Colour the safe pictures.



Sample Book

Date: _____

Medicines a



BE
+
to

Medicine
be dan
medic
you
for
K

e
nes.



can
LY use
ors give
t BEFORE
medicine.



Let
any
si



S

NOT touch or use
n on them. Poisonous
s them in your class.

Colour
tastir


need to STOP and ASK before

Sample Book



Date: _____

Keeping safe

Do you do thisHome with the door
locked. Open the door to a
stranger. Use a torch.  Play inside the fo
cupboard. Cook on the  Play with  Use t  W  Do not tell
anyone you are alone. **Sample Book**

Date: _____

Emergency N



Cut the page out on the dotted line to make an emergency card. Decorate or color the card to help you fill out the information on the card.

NATIONWIDE EMERGENCY

10111

112

10177



COMPANY

Your name _____

Mor _____

De _____

MEMBERS:

Other _____

Sample Book

Sample Book

Date: _____

Different parts

Use a ruler and draw lines from the words to the body parts.
Circle the correct word in the bottom part.

head

shoulder

arm

stomach

leg

back

fingers

elbow

knee

foot

heel

Sample Book



_____ a boy girl.

Date: _____

Different parts

My face

Draw your face and then use a ruler to draw
the correct parts on your face. Use the

Sample Book

air

eyebrow
eye

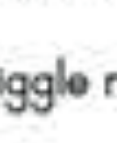
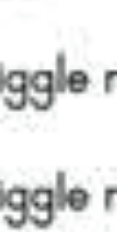
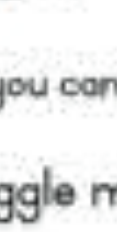
ear
nose
nostril
mouth
chin
neck

boy girl

Date: _____

Different parts of
body that

Draw lines to match the pictures.
The pictures can match more than one part.



Sample Book

Write

I

if you cannot do it.

_____ wiggle my fingers.

_____ wiggle my toes.

_____ wiggle my ears.

_____ wiggle my nose.



Date: _____

Parts of my
I cannot

lungs

heart

liver

stomach

intestines

Colour:

The heartThe lungsThe stoThe intThe li

Sample Book

Use pink crayon
to trace the line
around the body.
That is your skin.

Colour the
skeleton yellow.



Date: _____

The five senses

smell



Pop popcorn








see



hear

In the last block write c
of pictures. The sense
each sense once.

e for each row
d you can only use

Sample Book

Date: _____

Safe and unsafe
situations are

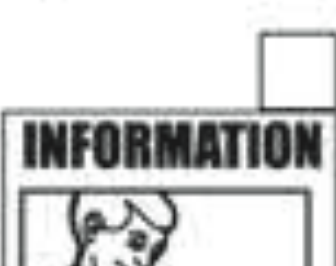
Talk about these pictures and which situations are safe. Colour the small blocks green if they show an unsafe place or situation.

Safe
Unsafe

COPYRIGHT DEPICTION



Do not go with anyone.



W-LS1-E

Sample Book

Date: _____

"Yes" and "No"



Complete the faces next to each sentence
 you get a **yes (good)** or **no (bad)**

My friend and I hug each other.

I see shadows in the trees.

My friend's brother is a doctor.

My dad reads the newspaper.

My neighbor is a teacher.

A stranger asked me for my name.

I help my mother.

I play with my friends.

I go to my friend's house.

I go to school at night.

Sample Book



Date: _____

Protecting our health

Thabi's mom is a nurse.

When she comes home she makes sure to wash her hands before preparing supper. She also washes the vegetables she is going to use, and then she cooks them on.

"Why are you washing the tomatoes?" Thabi asks. "They may have harmful germs," says Thabi's mom.

When Thabi sneezes and coughs, she always covers her nose or mouth with a tissue and turns her head away from people. "These are tiny germs you cannot even see, but when you sneeze they can be passed on," Thabi's mom explains.

"Afterwards you must wash your hands."

"At school you can protect yourself from other people's blood and germs by washing your hands often."

"We should call you when we are sick."

"Did you know that germs can live on more than one person?"

Your teacher will discuss these actions where possible.

Some actions you need to do to stay healthy.

Sample Book



Date: _____

People in my community



Fill in the missing words.

1. A nurse and a doctor help _____.
2. A teacher helps me to _____.
3. A fireman helps to _____.
4. A policeman help _____ from
criminals.
5. A farmer help _____ to eat.
6. A dentist help _____ healthy.
7. A shopk _____ d to _____.
8. A tax _____ to where I
need _____.
9. A _____, _____
_____ ne _____.

Sample Book

sick	fires
food	travel eat
books	safe teeth
learn	clean



Date: _____

Places in my community

Do you know where to go?

Find the dots on the pictures then join them with the dots next to the matching sentences.

I need to
post a letter
to my granny. ●

I want to
borrow ●
some books.

My family and
I go here every
Sunday.

There is a
robber inside the shop.

arm.



● I am learning
to read, write
and do maths.



● Help! A robber
is climbing over
our fence.

Sample Book

Date: _____

Looking after
in my community

Draw a smile in the blocks next to the sentences that show good ways to behave and a frown for the sentences that show bad ways to behave.

smile



1. I leave the school toilet tidy after I have used it, and I flush the toilet properly.
2. I throw my litter into a litter bin or a rubbish bag.
3. I put my litter in a bin, not on taxi seats.
4. I leave my litter on the floor, the basin and on the seats.
5. I throw my litter on the seat of the car, bus or train.
6. I throw my litter in the rubbish bins.
7. I pick up other people's rubbish if I see it on the ground.
8. I tell my friend that do not pick up other people's rubbish.



Date: _____

Keeping places

Sam was excited to go to the park with his family for his seventh birthday. On the way to the park, Sam noticed paper and plastic littering the road.

"Be careful!" shouted Sam's dad. Sam had just stood on a broken glass bottle. The new little boat Sam was given for his birthday got stuck among the rocks near the dam and Sam's dad said, "Let's go home," said Sam.

Rewrite this story so that

Sample Book

Date: _____

Animals we can have

Pet: A tame animal kept in or near a person's home for company or pleasure.

Recite in groups of 5. Each learner recites a line.
Learners can change the words and animals.



Dad says, 'That's a good idea.'
Can I have a pet?
A turtle,
A hen,
or a rabbit?
A spider,
any other animal?
A dog, please!



dog

hamster

egg

fish

Which are the
best
good pets?
Choose one for
the children.

horse

warthog

rabbit

cat

hedgehog
















Date: _____

How to look a

Discuss all the little pictures and how you
Then play the game.

GAME: Play with a friend. You need a
on start. If you land on a block wh
2 blocks. If you land on a block wh
2 blocks. The first one to reach 2

iters
s back
rward

1 START	2 	5 
10 Bed for my pet 	7 of family. 	6 Dog chained 
11 	14 	15 
8 I do not clean 	17 	16 
23 	24 Dog left in hot car. 	25 WELL DONE! You are a good pet owner!

Sample Book

Date: _____

Treating pets

Draw a picture of your pet if you have one.
If you do not have a pet, draw a picture of a pet you would like to have.



Circle or colour your

1. I tease my pet. YES NO
2. I leave my pet alone. YES NO
3. I play with my pet. YES NO
4. I give my pet a treat every day. YES NO
5. I feed my pet. YES NO
6. I give my pet a warm place to sleep. YES NO
7. I give my pet a safe place to sleep. YES NO
8. I give my pet a safe place for exercise. YES NO
9. I hurt my pet. YES NO

Sample Book

Date: _____

Greeting people
and people who

Circle one picture that shows how you v



Practise saying hello in the differ

- Colour the boxes blue if per
- Colour the boxes green if met before.

Ndaal

Hello! How are you?

Avuxenil

Lotjh

It is
me
I

more!

Sawubona!

Molo!

Dumela!

I am Jenny.
My name is Jones.Hi, nice to see
you again!I'm pleased to meet
you. My name is Tim.In pe
do not kno.meeting someone you know and someone you
our manners!

Date: _____

Waiting my turn



Colour the circles
right words. Colour
wait and grey.

1. My teacher is talking and I
say something.

GO

2. My friend is talking and I
ask him something.

GO

3. There are children in
the queue.

WAIT

GO

4. We are playing a game and
it's my turn yet.

WAIT

GO

5. My teacher called
my name.

WAIT

GO

6. I am in the queue
and it's my turn to
speak.

WAIT

GO

7. My hand teacher
called my name.

WAIT

GO

8. We are in the
queue but
it's not my
turn.

WAIT

GO

9. My
teacher called
my name.

WAIT

GO

10. I
want to
speak but
it's not my
turn.

WAIT

GO

Sample Book

GROUP WORK

Discuss why it is important
to wait your turn and what
you can do while you wait.

Date: _____

Listening to o'

Choose the correct words to complete.

feel
learn list

k

1. When someone is tall _____ .
2. We may _____ finished.
3. We listen carefully _____ them while they are talking.
4. People _____ listen to what they have to say.
5. If we lie _____ from what they say.

CLASS
Play
in

NE:

class. Stand in a line listening to the first child. Then go on down the line. This game, which is often very popular with children.



can misunderstand what

Practise

When your friends talk listen carefully to what they have to say!

Date: _____

Sharing

Colour the pictures of things we can share.
Cross out the things we should not share.



DISCUSS
How we
share.

things we should not

shared with a friend.

Sample Book

Date: _____

Showing Kindness

Role play or discuss the following responses.
Tick the kind responses.

Jess asks Lee if she can borrow a pencil.

- a. No you can not!
b. Yes of course you can Jess!

no?

Tom is afraid to sit alone at school.

- a. It is ok to be afraid. I understand.
b. Tom is scared.

alone at break.

like to join us

Just like Mike, he sits by himself.

to show this week?

Sample Book

Date: _____

Being honest

Read these paragraphs and tell the class about them.

One day when Thandi was at the shops with her mom, she saw a purse on the floor. She looked to see who might have lost the money. Finding no one around she handed the purse in to the security.

always

is trusted
is honest.

Tim took Senzo's ball with his friends. When asked the boys why the ball, Tim apologised and returned the ball back.

Tim was playing with his ball when it fell on the floor and he was scared to pick it up but knew it was his. He had nothing to do. He picked up the glass and told his mom.

Write about _____

ask.

Sample Book

Date: _____

Respecting others
and their beliefs

Discuss the situations below.

ROLE PLAY: Act these out in groups of four.
Each group takes on a different situation and each group then hasTim plays at his friend's house.
How should he behave?Rob plays with his friends.
When should he return?Jess is visiting
grandparents.
How can she show
love and respect?Alb
WhSina is at the shops with
her friend's family.
How should she behave?

Sample Book

Date: _____

Why we need



Chor
unv'
ur

ures. Write them on the lines
talk about each picture and how we

d for people and animals

animal homes and shelter

for some medicines

uty

Sample Book

Date: _____

What plants!

We can see plants above the ground and we know there is more underground.

Above the ground



Below the ground



flower

leaf

stem

roots

Sample Book

Colour

n. Colour the stem dark green.
green. Colour the flower any colour.

Date: _____

Similarities and

All plants are made up of parts that are similar and different. Write these names on the lines.

leaves trees seeds stems

flowers

Sample Book



Date: _____

Seeds and wh

Plants produce flowers. Some flow
The seeds form inside the fruits
We can eat some seeds too. Se

Seeds are spread by man
We call this seed dispr

nd.



man



animals

Colour the plants and th
plants underneath each
the box.

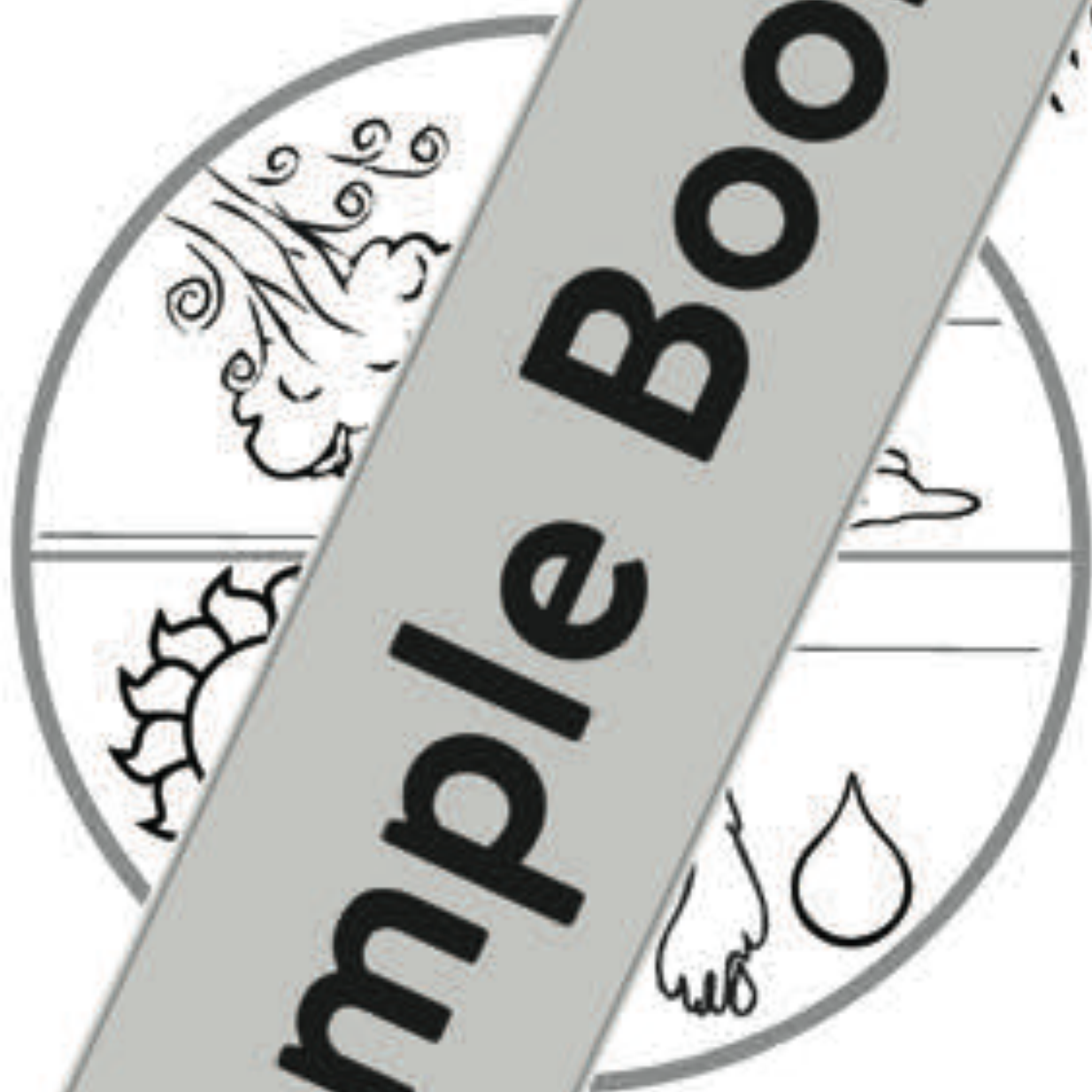
apple lem
sunflowr



Sample Book

Date: _____

What plants r



Sample Book

a to match the correct pictures.

air sun soil

Date: _____

Growing a plant from seed

Plant your seed in
some soil (not very
deep) and water it.

The roots will start to grow but y
Keep the soil damp but not soaking

Draw what you see when the p

Write how many days have pa
underneath each seed pot af
you have drawn what you s



Draw!



Day _____



Day _____



Day _____



Day _____



Day _____

Day _____

Date: _____

Food we eat

Draw what you ate yesterday:
for breakfast

for su

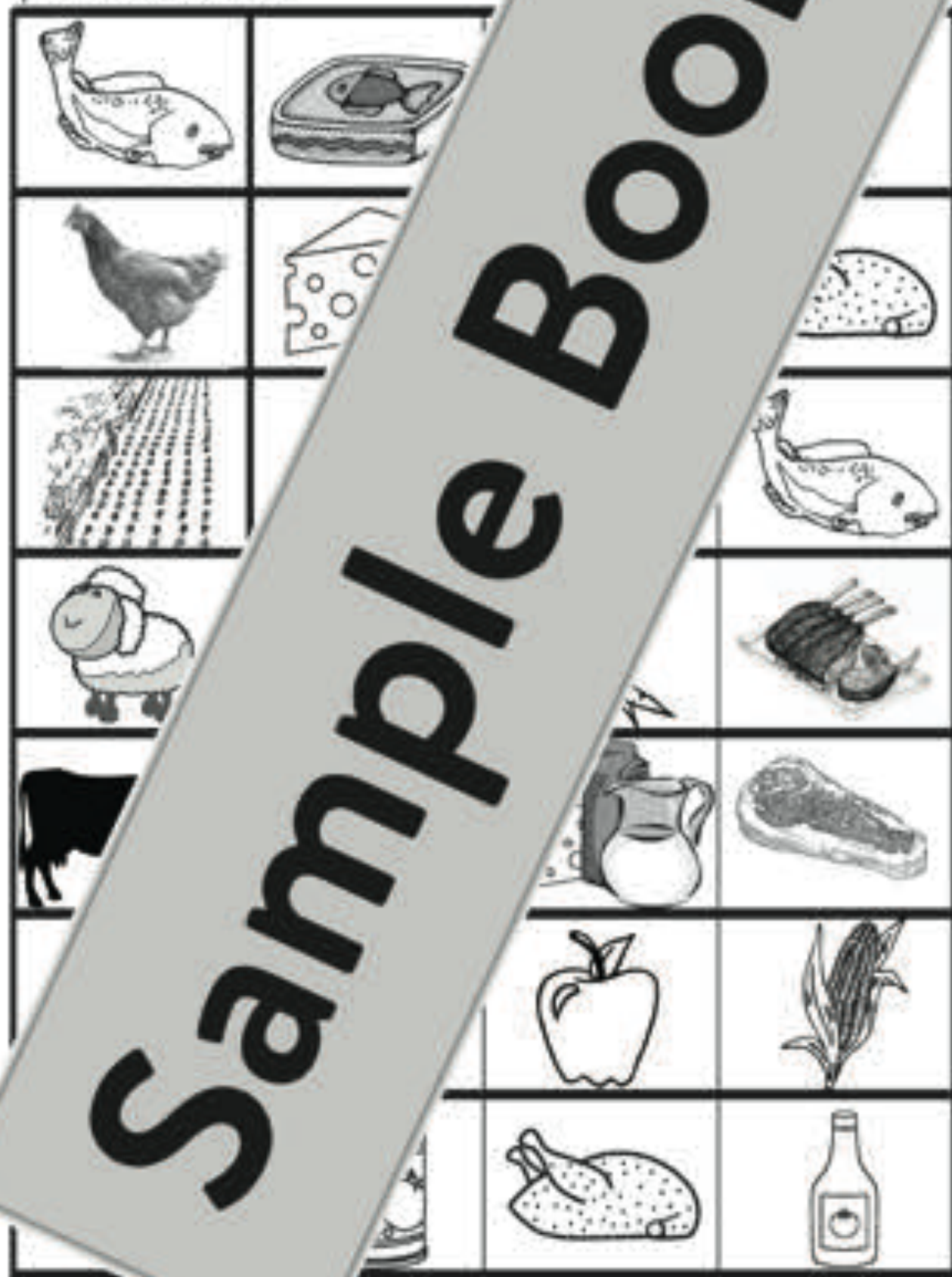
during the day

Sample Book

Date: _____

Where differ

Cross out the food in each row that is not a picture in each row.



Sample Book

Date: _____

Healthy and U

Draw a red cross through all the unhealth

food. Draw a green circle around three



Sample Book

Date:

Healthy Choice
amount

Draw a healthy me



his plate.

Sample Book

Date: _____

Storing Food

Fresh food does not stay fresh!
It can be stored in different ways.

Draw lines from the storage method
(storage method) to the food that

REMEMBER: Food can be stored in different ways.
You may need to draw more than one line.



ed	fridge
----	--------

Methods



Sample Book

Date: _____

Homes to suit
weatherDraw lines from the word
will suit the

Sample Book

ges - cool
ner, warm
winter.



Date: _____

What difference



Houses c
all the r
the inf

aterials. Tick ✓
ed to build homes in

corr
bric
ha
c'

heets

tin / metal
stone
thatch
tiles

Sample Book

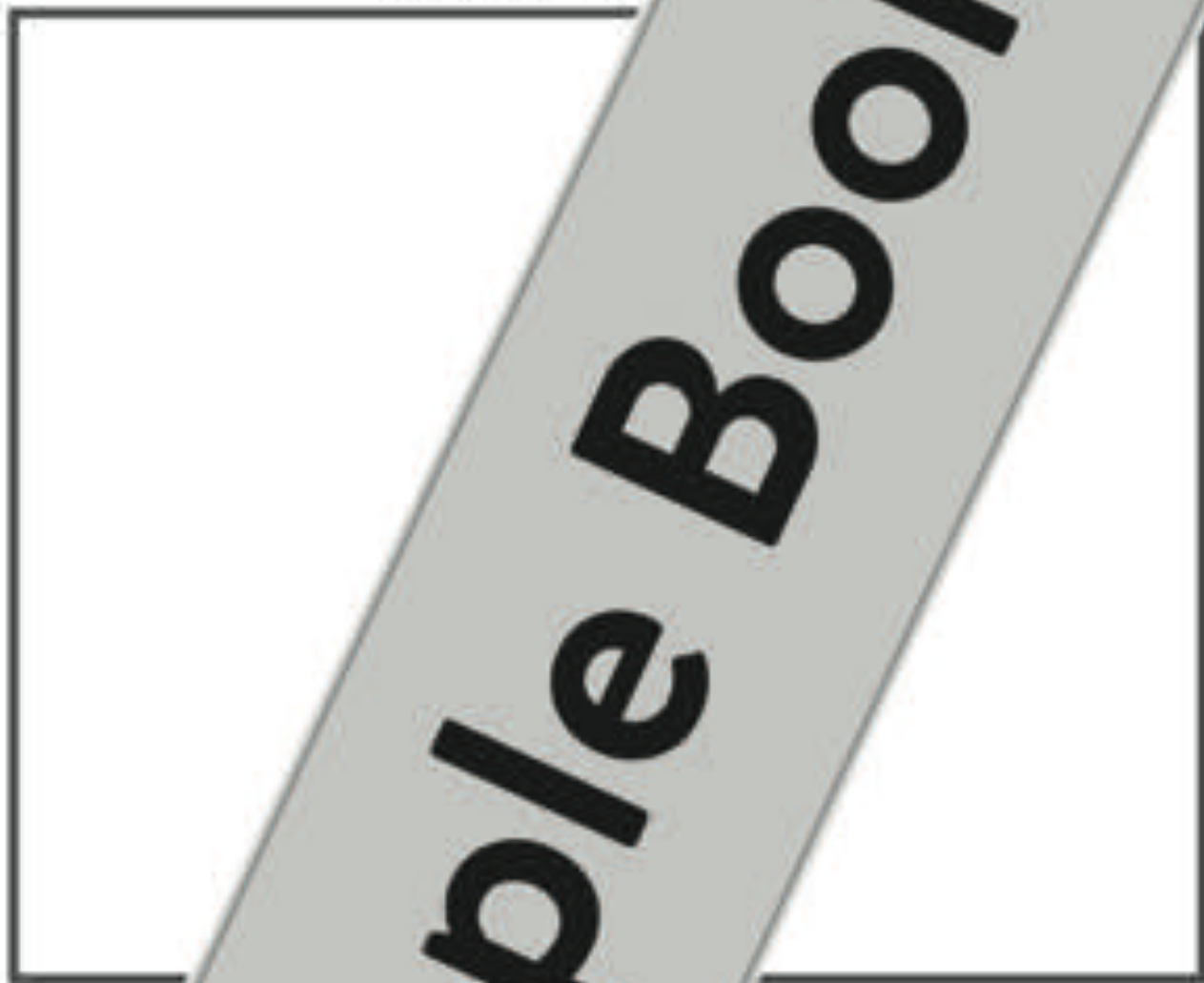
from the weather and keep
re we can live with our families.

ome and then tell the class what
would use to build that house.

Date: _____

What difference

Draw the house



Underline

Build the house you are living in.

tin / metal

stone

thatch

tiles

glass

mud

Sample Book

Date: _____

Finding places



Find these

1. Then tick their boxes below.

hc

.

church.

Sample Book

Colour:

- the cars red.
- the school bus yellow.
- the trees green.
- the roads brown.
- Senzo's house blue.
- Jenny's house orange.

Date: _____

Finding places
events

School



N



West

East

Sample Book

nd Street

South



Finding places where events happen

Spot the dog was sad. Ben
to school and Spot had n
Spot decided to find Ben
He ran out his house c
He passed the garage
of water at Number
Spot ran across the
on the wall at the
from the Pet St
Spot ran past
swimming an
Ben saw Sp
found him.
Spot was

ink
sitting
road
were
the school!
pot had
that day.

Read +

Color

C

Spot live.

stopped to drink water.

Spot ran to Ben's school.
(to use the road.)

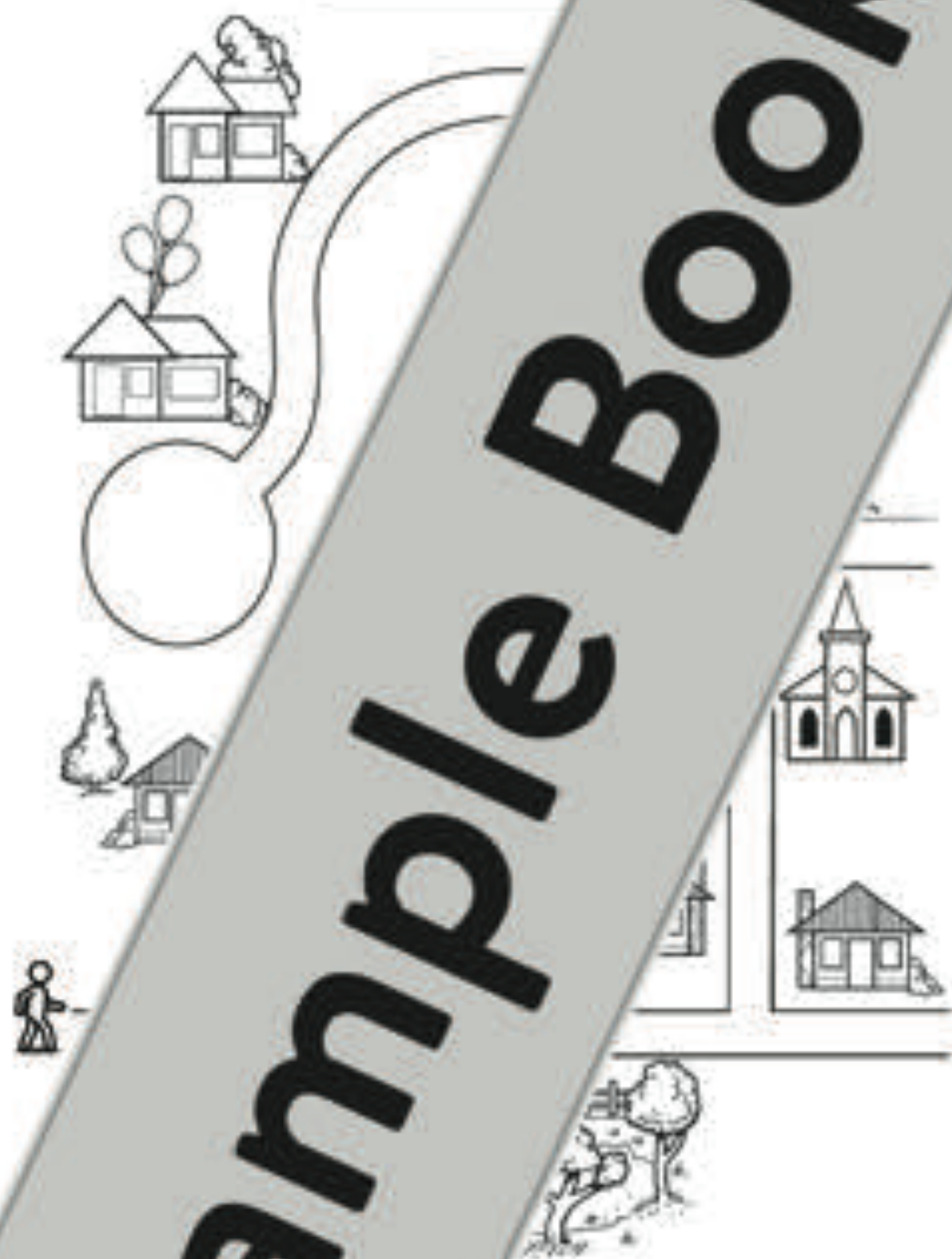
the cat on the wall at the

the green, the dam blue and the

Sample Book

Date: _____

Finding the way
place to



Put a pencil and draw a line as you "walk"
 across the bridge.
 Turn left and go up the road.
 Go on going until you cross over Hill Street.
 Turn right and go down to the second house on
 the right. There! Colour the house where the party is.

Date: _____ **Uses of water**

Draw lines to join the matching words and pictures.



We use water to

Clean
home.

Dr

Sample Book



... clothes.

... fruit and
... vegetables.

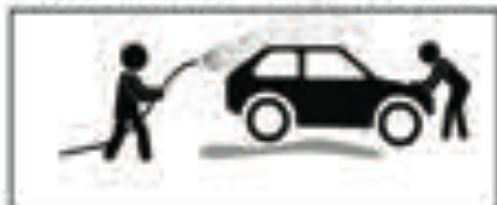
... flushing the toilet.

... washing dishes.

Date: _____

Ways water and how

These pictures show some of the ways w
picture what we can do instead. Choose



Sample Book

T
T

our teeth.
he dishes.

Use a bucket.
Water by hand.
Have a short shower.

ive water and then design a poster on
a separ
per on how to save water.

Date: _____

Safe and unsafe



Boil water for
are



Do
sc

Tick the
or dr

We
need
water
to live.

We should
drink at least
8 glasses of water
each day but not
water is safe
drink

4. C

5

Sample Book

from

water?

water
ring pool?

from a shop?

is cloudy,

what smells bad?

water at home?

water out of taps in public



Date: _____

Ways of storing water

Only store water if you know it is safe to drink.

Do this activity together as a class. Put the instructions on how to store water in the correct order. Write numbers from 1 to 5 in the boxes.



Discard if you are not sure it is safe to drink.

Write the name of the water source in the box.

Use a clean container to collect the water.



Get water from the tap, pipe or well unless you know it is safe to drink.

Store water properly.



water tank

Store water in a cool, dark, dry place.

Water is found in reservoirs, water towers and rivers.

and

s.

Sample Book

Date: _____

Changing from _____

As the earth spins the sun's light _____ n
 earth at the same time. The part _____
 daytime and the part away from _____ ne.

Colour the side of the earth grey t



It takes
 That r
 We c

spin all the way around.

Fill in
 Er

the earth rotates on its axis.

When the

all it _____

dusk
 sunset
 dawn

Date: _____

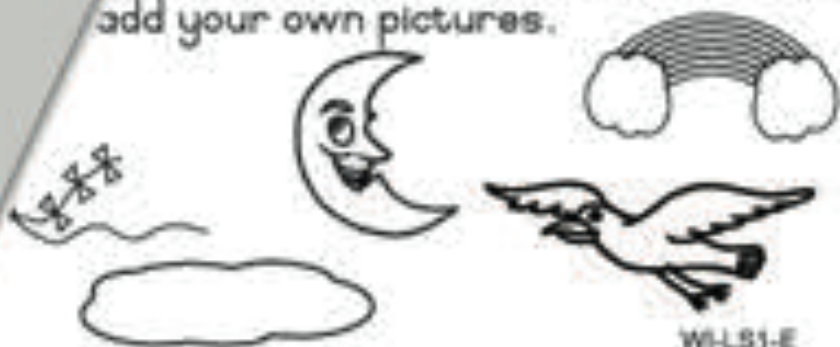
What the night

Things I can see



Th

t sky.

Dro
goat boxes above. Some of them could
add your own pictures.

Sample Book

Date: _____

Why the moon
to change

The moon doesn't have its own light.
When we see the moon we only see the light
by the sun. As the moon circles the earth,
parts of it being lit by the sun.

lit up
nt
ape.

This is called the phases of the moon.



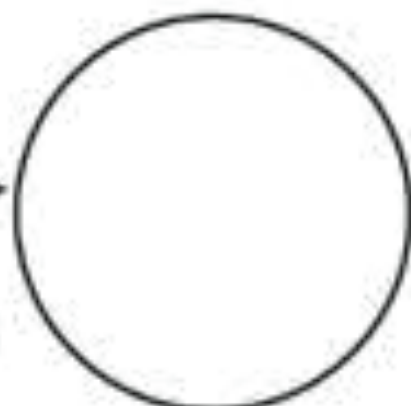
Full Moon

moon yellow.
orange.
with blue and green.



Sample Book

... see the moon.
... can see.
... in the day sky



... moon you can see to the
... looks the same.

ph...

Date: _____



Star

Colour the stars yellow if w

The
sun is the
closest star
to earth.

Light from
"close" stars
can take less
than 4 years
to reach
earth.

Other stars
are
much larger
than the
sun.

Some stars
are
billions
of years
old.

Stars
seem to twinkle
because of
movement in
the earth's atmosphere.

Sample Book

Sample Book

Sample Book

Sample Book