

VVDAV Public School, Vikaspuri
CLASS I – SUMMER VACATION PLAN (2025–26)
(Let's Make This Summer Joyful, Meaningful, and Memorable!)



Dear Parents

As summer vacation commences, we hope our little ones make the most of this much-needed break by spending quality time with friends and family, and by experiencing the joy of learning through real-life situations.

In line with the vision of *NEP 2020* and the *Foundational Literacy and Numeracy (FLN)* goals of the *NIPUN Bharat Mission*, we have thoughtfully designed a holiday homework plan. This schedule aims not only to strengthen basic concepts in language and numeracy but also to foster life skills, environmental awareness, creativity, and self-expression.

Children are storehouses of energy and talent. We request you to encourage your child to complete the tasks independently, with minimal help. This will help them become more confident, responsible, self-reliant, and honest—qualities essential for shaping capable citizens of tomorrow.

Let us put our best foot forward and guide our children towards becoming independent thinkers and joyful learners.

Happy Holidays and Happy Learning!



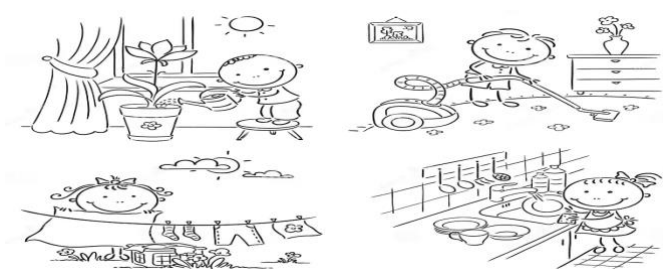
NURTURING LIFE SKILLS AT HOME

1. Becoming Independent

"I can do it myself!" – Let your child experience the joy of self-reliance.

As children spend more time at home during the vacations, it's an ideal opportunity for both parents and teachers to collaborate in fostering essential life skills.

- Teach them how to fold their apron, clothes, or bed sheet. It helps them learn to stay neat and tidy.



- Encourage them to dress up on their own—button their shirt, wear their socks and shoes.
- Teach them to pack and unpack their school bag—they'll learn responsibility for their belongings.
- Let them refill water bottle and neatly place utensils after meals—it nurtures routine.
- Inspire them to make their bed each morning—a simple task that starts the day with a sense of achievement.
- Involve them in keeping their toys, books, and study space tidy—it gives them ownership of their little world.

2. My Surroundings – My Responsibility

Help your child become more responsible by gently encouraging the following activities at home. Let them feel proud of taking care of their space and nature!

- **Plant and name a sapling.** Water it every day.
- **Save water and electricity.** Turn off taps, lights, fans, and TV when not in use.
- **Use the dustbin.** No littering! Keep the room tidy.
- **Wipe the table** after eating or doing art work.
- **Reuse old papers** for drawing or craft.

3.Emotional & Social Growth

These vacations, let's build warm memories and strong values together!

Family Time

Have meals together and talk about your day. Play childhood games with your child like "Word Chain" or "शब्द अंताक्षरी". Find out what your child loves doing — and join in!

Healthy Food Campaign with My Family

- **Let's become Smart Food Explorers this summer**
- **Learn the names of fruits, vegetables, or pulses you eat every day.**
- **Talk about their colour and taste with your family.**
- **Eat healthy to stay strong and full of energy!**
- **Eat mindfully – chew your food well, eat slowly, and enjoy every bite.**
- **Say a big NO to food wastage – take only as much as you need.**

🌀 This activity connects with the Sustainable Development Goal (SDG) 12 – Responsible Consumption and Production.

Let's promise to eat mindfully and care for our planet!

Value Building

Keep 5 minutes daily for quiet reflection or prayer. Encourage them to recite the **Gayatri Mantra and Shanti Path**. Encourage them to say: "Thank you, God, for today" and name one person or thing they are grateful for.

Power of Positivity

Children are already familiar with saying daily affirmations in class. Continue the same at home! Say together:

"I am kind."

"I am brave."

"I can do it."

These positive words boost their confidence and help them start the day with a happy heart.

DEAM Time at Home

Children follow DEAM time (Drop Everything And Meditate) in class.

Continue this practice at home too!

Take out 5 quiet minutes daily for deep breathing or simple meditation to help them feel calm, focused, and relax.

Politeness Every Day

Encourage greetings with a smile. Encourage them to use magic words — “Please”, “Thank you”, and “Sorry” — naturally in conversations. These small, meaningful practices help children feel loved, confident, and socially aware — the true essence of joyful learning at home!

Bonding with Grandparents-

Encourage children to connect with their grandparents during holidays — their love, stories, and values help children grow emotionally strong and rooted.

Gently guide your child through their daily routine using kind words and encouragement. It makes them feel happy and loved.

LANGUAGE FUN THIS SUMMER ! (English / हिन्दी)

1. Sight Word Reading

Sight words are simple words that children should recognize quickly without spelling them out. Reading them often helps improve fluency and confidence.

★ A list of sight words is given below for daily practice during the summer break. Encourage your child to read 5-6 words daily.

You can take print or write the words on an A4 sheet in bold letters. Get it laminated. Let them spot these words in storybooks or on signs. Practice with these sight words will continue in class too after holidays to further improve reading skills.

2. Build a habit of READING

Let children enjoy 10-15 minutes reading every day. Choose simple story books, picture books or even read together. Reading regularly builds imagination, language skills and love for books. **No Gadgets AT THAT TIME.**

They should complete at least one story book during summer break. There will be a fun follow-up activity related to the book in class later.

Suggested books for your child to read at this age



- Ladybird Books Level 1 and 2
- Pratham Books

3. Picture Reading Time / चित्र वाचन

Show your child a picture (from a book, magazine, or newspaper) and ask simple questions:

◆ What do you see in the picture?

◆ What is the boy/girl doing?

◆ How do you think they are feeling? etc.

💡 Let your child describe the picture in their own words. Encourage imagination and full sentences.

💡 यह गतिविधि हिन्दी भाषा में भी समान रूप से करवाई जा सकती है, जिससे बच्चों की भाषा समझ एवं पठन कौशल दोनों ही विकसित हों।

Select any one age-appropriate picture of your choice (the picture should be clear and easy to describe). **Take a printout, get it laminated, and Bring it to class** after the vacation for the **Picture Reading Activity**. **Practice speaking a few lines** about the picture in **both Hindi and English** to build confidence and improve speaking skills.



SIGHT WORDS

away	big	blue	can	come
down	funny	get	good	have
he	help	here	I	is
it	jump	like	little	look
make	me	my	not	play
pretty	red	ride	run	said
see	she	that	this	too
want	we	what	yes	you

Numeracy Activities

Encourage your child to **observe and count** objects around them in daily life. Counting things like **fruits, toys, steps, plates, spoons, books, or pencils** helps build strong number skills naturally. Let them **compare sizes** – big/small, tall/short.

Help them **spot different shapes** – round chapati, rectangular table, square cushion!

These small activities in daily life lay the foundation for strong **math skills** through fun and real-life learning.

Let's make numbers a part of every day!

Make a NUMBER GRID

In order to enhance the mathematical skills of students and enable them to practice the concepts of before, after, addition etc. in the coming months, write the numbers from 1-100 on a coloured A-4 sheet (size 10 by 10 inches) as shown in the figure below and get it laminated.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

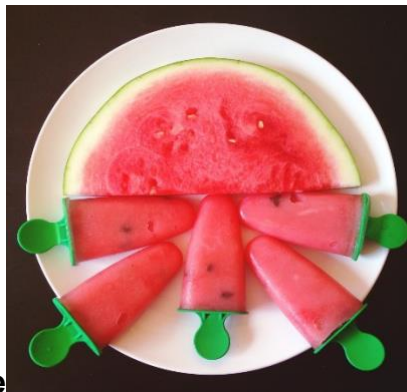
Special Days to Celebrate

NATIONAL FATHER'S DAY

FATHER'S DAY is observed on the third Sunday of June. It honours all fathers, grandfathers and father figures for their contribution. So on this Father's Day:

- Surprise him by giving him a self made card.
- Decide his dress for the day, take special care to choose his favourite colour
- With your mother's help prepare a mouth watering recipe which might become his all time favourite.

An example for one such recipe is given below:



Watermelon Ice Popsicles Recipe

1. To prepare the Watermelon Popsicles, combine the watermelon cubes and sugar in a blender.
2. Blend together to a consistency of a thick juice and ensure there are no lumps. Sieve the liquid mixture if required. Add the lemon juice and stir to combine.
3. Pour the watermelon juice into the popsicle moulds and freeze until firm. Once frozen, to unmold the ice popsicles, dip the mould into the lukewarm water for the few seconds for easy release.
4. Enjoy the Watermelon Popsicles with your father.

SPORTS AND FITNESS ACTIVITIES

These can be part of daily routine

Activity 1:

YOGA FOR KIDS

- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Paschimottanasana (Seated Forward Bend)
- Bhujangasana (Cobra Pose)

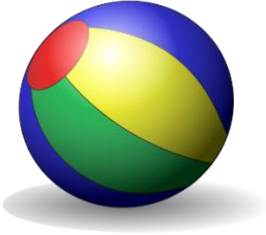
Video link: <https://youtu.be/ZXkwrYQ1A9Y>



Activity 2:

Twisting and Turning (With ball)

- Stand back to back with your partner.
- Both the partner will rotate to one side as one partner passes the ball to the other.



- Rotate in the other direction and pass the ball back to your partner.

Video link: <https://youtu.be/uhLkqsGOXwg>

Activity 3:

Balancing Activity

- Please follow instructions given in the demo video (link given)

Video link: <https://youtu.be/kMXqwnMN5Bw>

DANCE & MUSIC

- Let's enjoy learning one Hindi prayer (दया कर दान विद्या का हमें परमात्मा देना) and one English prayer (All things bright and beautiful) and Vanmahotsav Geet. Sharing links.

- <https://youtu.be/nDvAubwWuPq>

- <https://youtu.be/uqHiro-JDPQ>

- <https://youtu.be/P26bGfEJPHY?si=yQLDHle1GaUNc8NK>

- Enjoy learning the following song:

<https://youtu.be/QN-0UWJHDI4> (Happiness is something)

<https://youtube.com/watch?v=Xq5i9rxuJM&feature=share> (I Love Summer Time)

<https://youtube.com/watch?v=mVhh0oATqBI&feature=share>

- Enjoy learning few simple dance steps, use the links given below:

- <https://youtube.com/watch?v=lailmmLokEA&feature=shared>

- <https://youtu.be/kBGEY7FdV3Y?si=QLDu3e9Pii2MiOc>

PRACTICE TIME –(Syllabus done till 19th May,2025)

ENGLISH

- Practice framing sentences on commonly used words.
- Revise ee and ll sounds.

हिंदी

- आओ दोहराएँ आ ,इ और ई मात्रा-सुनो और लिखो (श्रुतलेख) आ ,इ मात्रा के शब्दों का अभ्यास करें ।
- भाषा माधुरी पृष्ठ 2 से 10 तक पढ़ने का अभ्यास करें ।

MATHS

Revise all the concepts

- Counting (1 to 50)
- Number names (1 to 10)
- After & before numbers (1-50)

EVS

- Learn the names of body parts as done in class.

ART AND CRAFT

- Practice making poster related to Van Mahotsav.
- Use pencil colours or crayons.

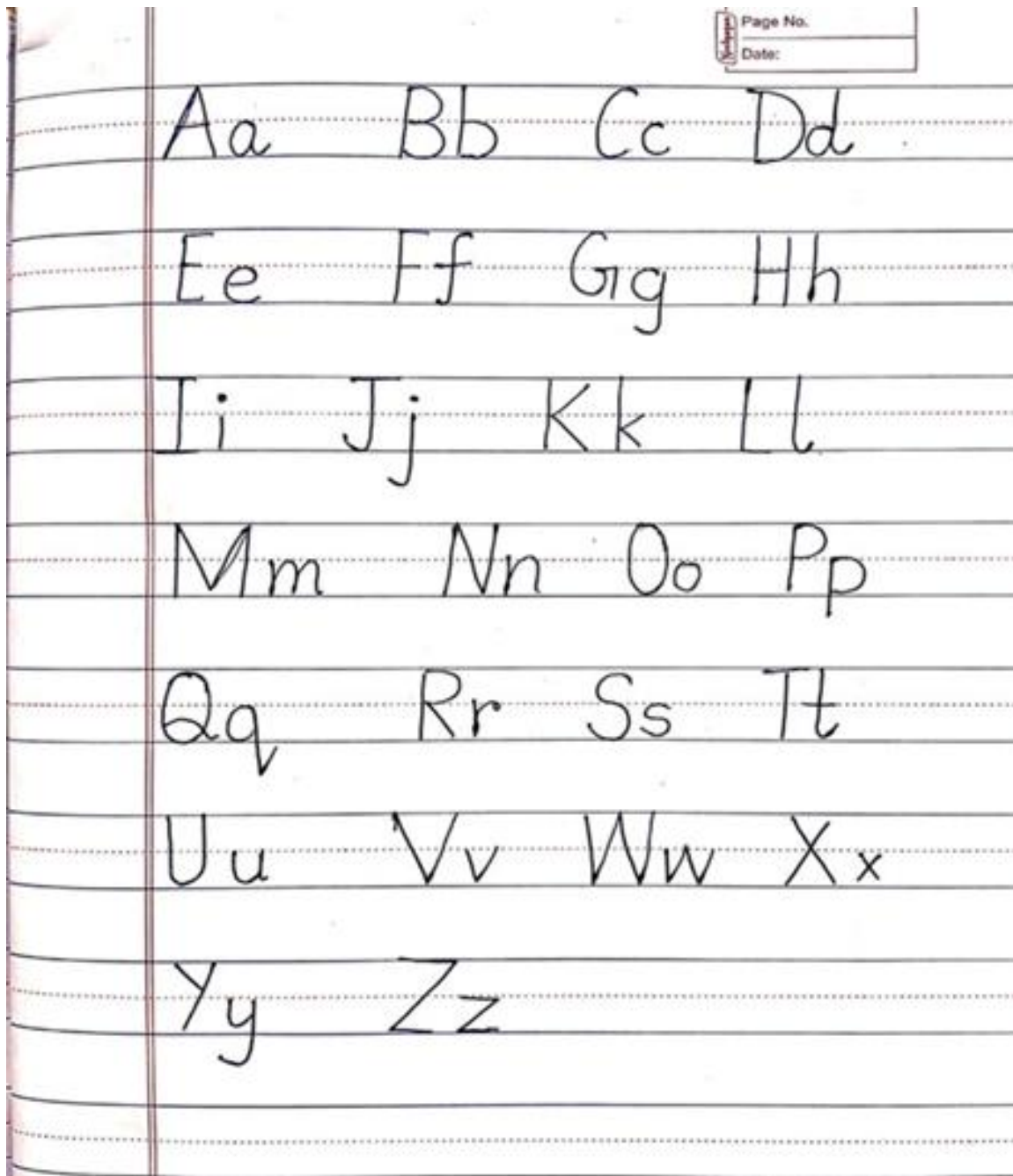
NOTE

Students who were absent must complete their following pages in :-

- ENGLISH PRACTICE BOOK-Till page 11.
- BHASHA ABHYAS –Till page 15.
- EVS BOOK(My Living World)- pages 1,2,8,9 & 10.

FORMATION PRACTICE(According to new 3 lines notebook)

Encourage your ward to practice the following formations :



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च छ ज झ ञ

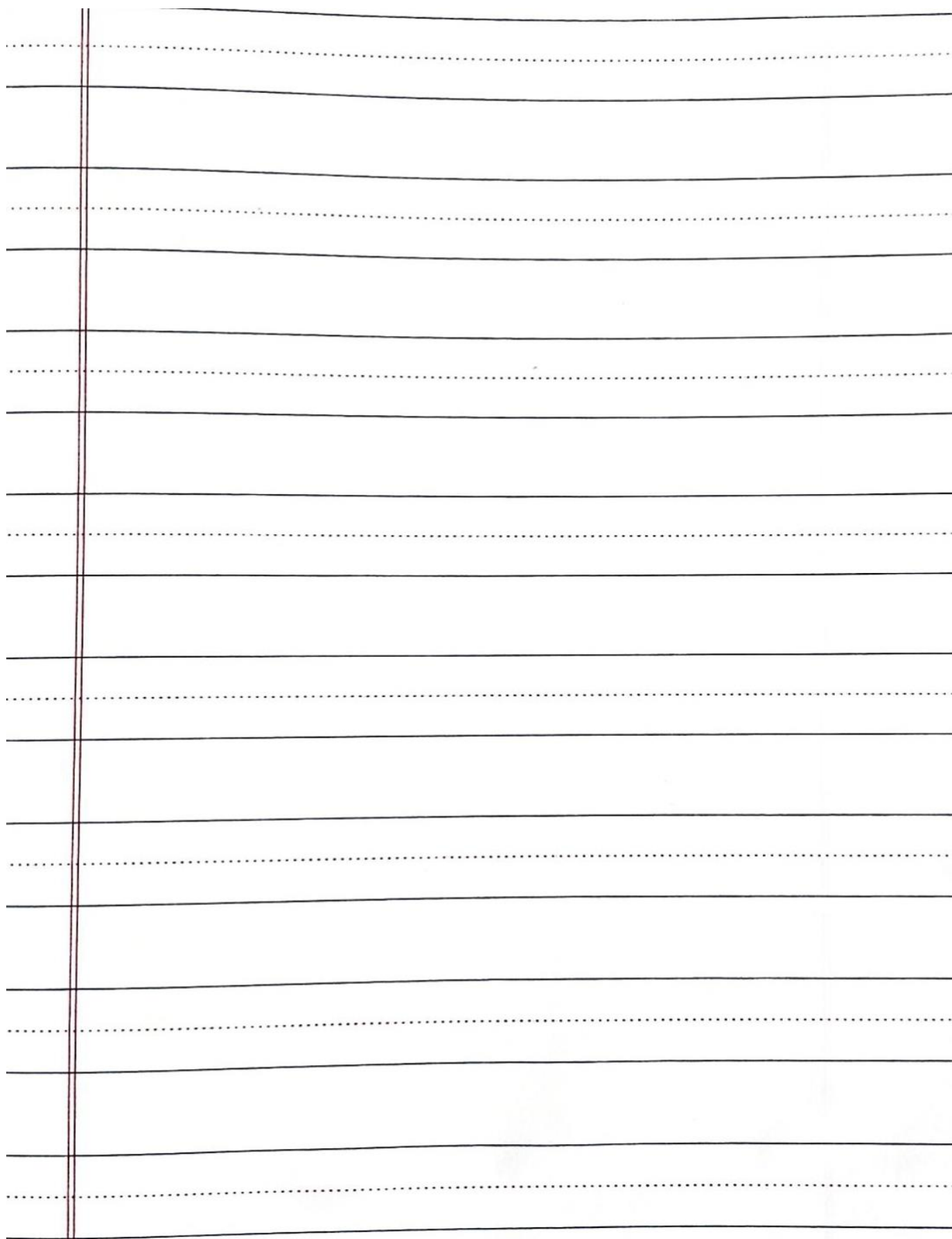
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IMPORTANT: SUBMISSION AFTER VACATIONS

Kindly ensure the following are submitted after the holidays (date will be informed later):

1. Picture Reading Laminated Sheet
2. Number Grid (1–100)

