

# Summer Holiday



Hurray!!! The Summer Holidays are here... It's time to take a break, sit back & enjoy a few weeks on holiday! To keep the little ones engaged & be in touch with the learnings done in the class, the Summer Holiday Activities are designed with a motto of "Fun & Learn". Homework Worksheets & a bank of fun filled activities is being uploaded on our 'School Portal'.

So, parents, let them put their thinking caps & get their imagination going. Please download the Worksheets & Activities. Let us all help them be more confident & independent...

**Happy Holidays!!!**



ACTIVITIES



## Theme: Mental Health and Wellbeing

### CLASS 1

In today's fast-paced world, it's important to take a moment to think about something really important—kids' mental health

## 15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

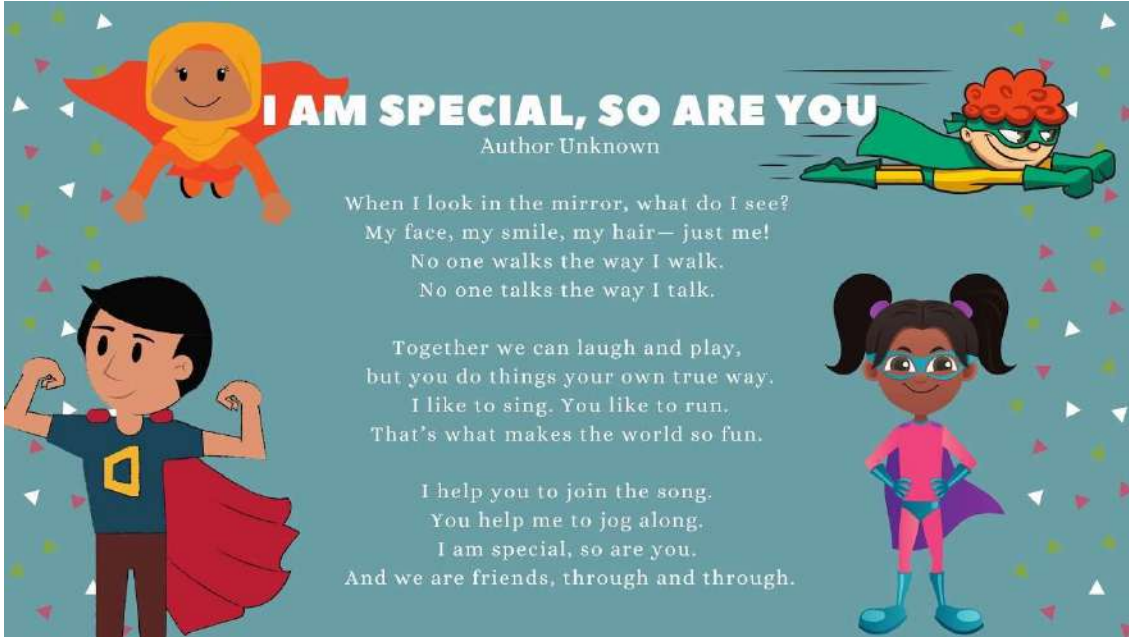


## Interdisciplinary Project

- You have been given 8 tasks in Interdisciplinary project. (Do any 4 tasks)

### TASK-1

A poem is a piece of writing that uses imaginative words to share ideas, emotions or a story with the reader. **Read the following poem and learn it with actions.**



### TASK-2

हम जो कुछ भी खाते हैं, उसका असर हमारे संपूर्ण स्वास्थ्य पर पड़ता है। खाने का असर शारीरिक के साथ ही मानसिक स्वास्थ्य पर भी पड़ता है।

स्वस्थ एवं सेहतमंद रहने के लिए हमें किन-किन पौष्टिक आहार की जरूरत होती है ? उनके चित्र चिपकाकर किसी एक के बारे में पाँच पंक्तियाँ लिखें A4 शीट पर।



### TASK- 3

***'What we eat and drink affects how we feel, think and behave'***. A good quality diet is therefore essential for good mental health and should contain a variety of fresh foods in a range of colours.

**Innovating with geometrical shapes is so much fun. Prepare some healthy snacks by using cucumber, carrots, tomatoes, onions and bread slices in different shapes like triangle, circle, rectangle and square. Click the photos of your dish and also its ingredients separately. Paste it on A4 size coloured sheet.**



### **TASK- 4**

Take time to talk to your child and be an active listener. Support at home and accommodating diverse learning styles gives children a safe environment to talk, learn and be present. **Complete the following table.**

<b>Draw/Paste a picture of two people in your family here.</b>	<b>This person is special because....</b>	<b>Something I like to do with this person is....</b>

## TASK 5

Gratitude is when you feel thankful for the good things in your life. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big. **Fill the following 'I am Grateful' sheet.**



# I am Grateful!



Write down all that you are grateful for and why in the spaces below!



A friend that I am grateful for

A toy that I am grateful for



A memory that I am grateful for


A family member that I am grateful for



A body part that I am grateful for



A place that I am grateful for



A teacher that I am grateful for

A skill or talent that I am grateful for

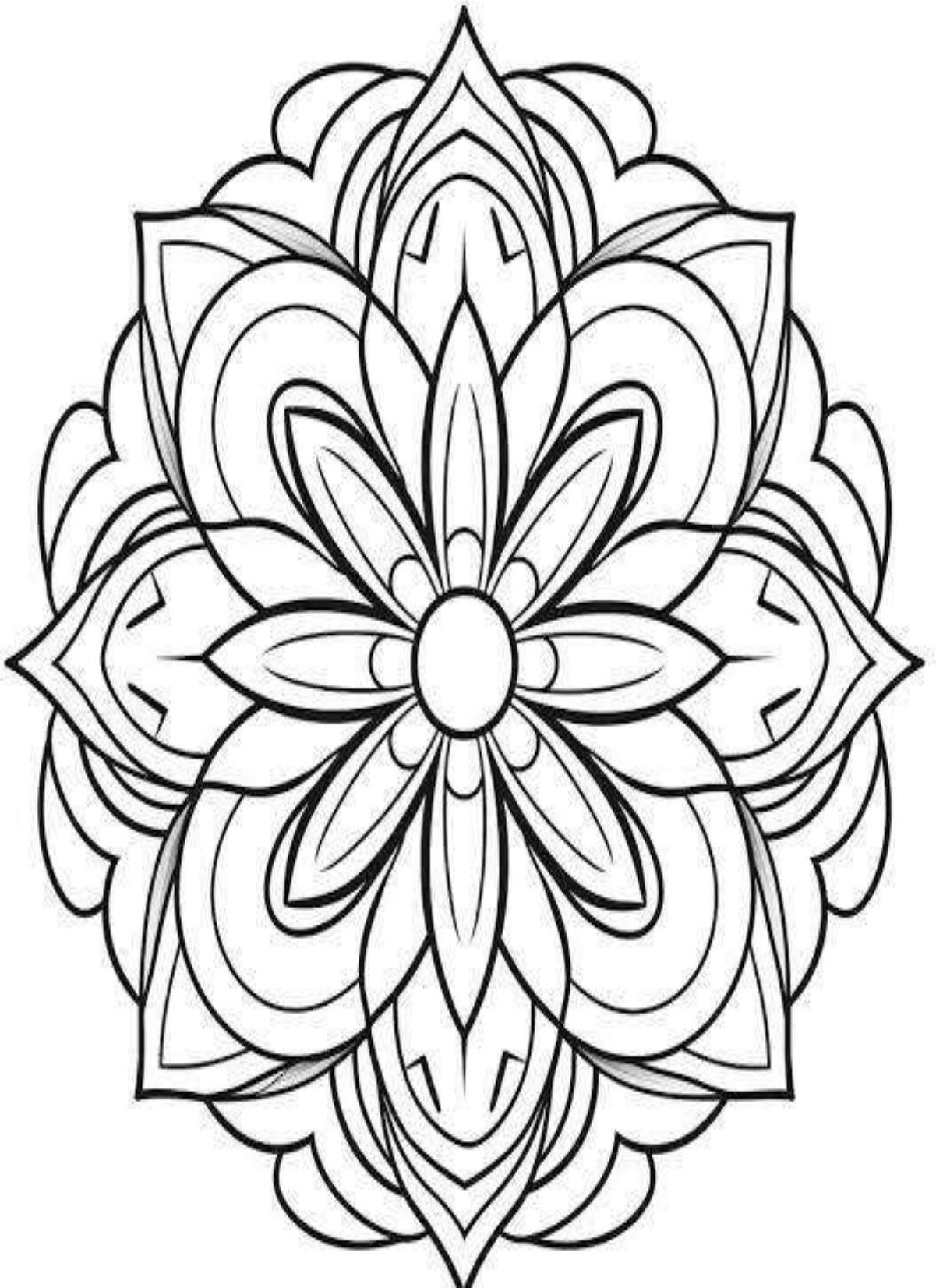


A song that I am grateful for

## TASK-6

Mindful Colouring focuses your attention on the present moment. It promotes relaxation, reduces anxiety, and enhances creativity. It's like a mini-escape into a world of colours and calm. **Colour the following sheets.**







## TASK 7

It is rightly said that “Healthy mind lives in a healthy body”. So, it is very important that children should take care of their health and well-being right from childhood.

**Eat the fruits given below any time during summer vacations and try to count the number of seeds. Draw a table as shown below on A-4 size sheet and put a tick mark in the respective columns whether the seeds present in them are few or numerous. Also write the number if you were able to count them. Make a creative picture using their dry seeds on an A4 size coloured sheet.**

FRUIT	FEW (NUMBER IF ANY)	NUMEROUS
WATER MELON		
MANGO		
MUSK MELON		
BANANA		
APPLE		

## TASK-8

Good mental health can positively affect your physical health. Yoga for kids is a delightful practice that nurtures their mental well-being through playful movements and mindfulness, fostering emotional balance and resilience.

**Do any 5 yoga poses. Click pictures while doing yoga and paste it on an A-4 size sheet.**



# ENGLISH

1. Learn poem-One thing at a time (L-11) from My English Reader.
2. Do loud reading of L-5 to L-8.
3. Take dictation of any 10 words from L-5 to L-8 (once a week).
4. Practice joining handwriting from the worksheets given.
5. Learn to speak 5 - 6 lines on 'My family'.
6. Try to converse in English on regular basis and include magic words like please, thank you, sorry and excuse me.

Project work – You can draw or paste pictures. (Size of flashcards should be 7×7” inches)

RN 1 and 2 : Make 10 flash cards on Naming words ( Person) eg doctor, man , aunty etc with pictures.

RN 3 and 4 : Make 10 flash cards on Naming words ( Place) eg Park, zoo , hospital etc with pictures.

RN 5 and 6 : Make 10 flash cards on Naming words ( Animal) eg lion , fish , cow etc with pictures.

RN 7and 8 : Make 10 flash cards on Naming words ( Thing) eg bottle, pizza , fan etc with pictures.

RN 9 : Make 10 flash cards on opposites. eg up- down ,hot-cold etc with pictures.

RN 10 : Make 10 flash cards on doing words eg playing, writing, swimming etc with pictures.

\*Examples are just for reference



Make a wall hanging of sound words with flash cards according to your roll number. Size 6" by 6". Cut-outs of flash cards can be of different shapes like star, flower, leaf etc.

Roll number	Sound
12,13	' sh '
14,15	' ch '
16,17	' th '
18	' ss '
19	' ck '
20	' ng '

## WORKSHEETS

### Oo sound

[https://drive.google.com/file/d/1H5l-w4WRnVVQVdFEyehyu8KfhkWicu\\_S/view?usp=drivesdk](https://drive.google.com/file/d/1H5l-w4WRnVVQVdFEyehyu8KfhkWicu_S/view?usp=drivesdk)

### Sh sound

[https://drive.google.com/file/d/1HG1Y-KTZ3jzDzOySSA81P9Wid\\_jsciKR/view?usp=drivesdk](https://drive.google.com/file/d/1HG1Y-KTZ3jzDzOySSA81P9Wid_jsciKR/view?usp=drivesdk)

### Sight words

[https://drive.google.com/file/d/1H3zqtVYStdhdk\\_-cXIJueWVeK8uzuFzQ/view?usp=drivesdk](https://drive.google.com/file/d/1H3zqtVYStdhdk_-cXIJueWVeK8uzuFzQ/view?usp=drivesdk)

### Vocabulary

<https://drive.google.com/file/d/1HILms4HcEGE9RuZNV64fdFrtimFaVfIu/view?usp=drivesdk>

## हिन्दी

- सप्ताह में दो बार एक पृष्ठ सुलेख का करें।
- 1 मात्रा व िमात्रा के कोई दस शब्दों द्वारा वाक्य रचना करें(मौखिक व लिखित)
- एक छोटी सी कहानी उचित शिक्षा के साथ याद करें।
- दी गई मात्राओं से अपने अनुक्रमांक के आधार पर एक वाल हैंगिंग बनाएँ।

ी मात्रा - 21,22,23

२ मात्रा - 30,31,32

७ मात्रा - 24,25,26

ै मात्रा- 33,34,35

ू मात्रा - 27,28,29

े मात्रा- 36,37

ै मात्रा- 38,39,40

- वॉल हैंगिंग व परियोजना कार्य दिए गए उदाहरण की मदद से बनाएँ।



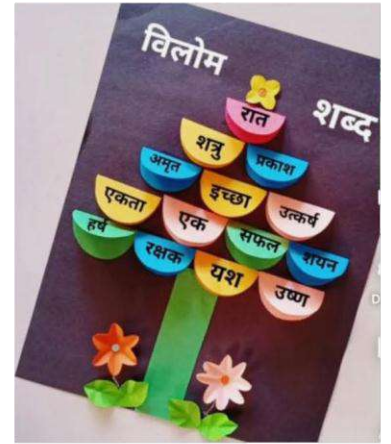
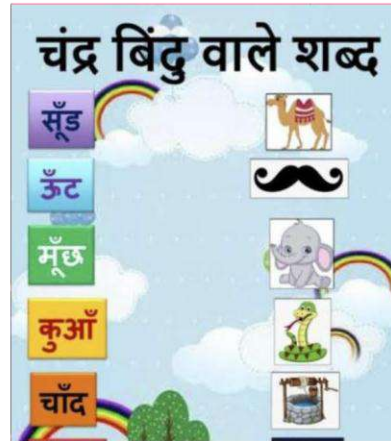
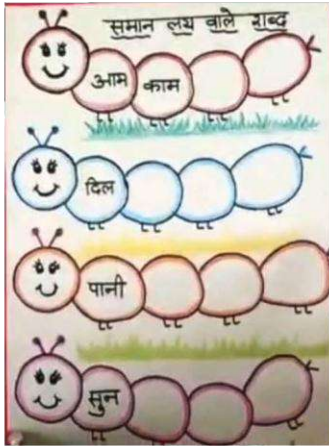
वॉल हैंगिंग के फ्लैशकार्ड का आकार 4"×4 ही रखें।

## परियोजना कार्य

- दिया कार्य 1/2 माऊंट बोर्ड पर बनाएँ व चित्र चिपका कर सजाएँ।

### अनुक्रमांक

- 11,12 - समान लय वाले शब्द  
13,14 - वचन बदलो  
15,16 - विपरीत शब्द  
17,18 - शब्द गाड़ी  
19,20 - ँ और ः वाले शब्द



- वॉल हैंगिंग व परियोजना कार्य के उदाहरण केवल सहायता के लिए हैं।
- छात्र नए शब्दों का प्रयोग करके सुन्दर व रचनात्मक तरीके से परियोजना कार्य करें।
- दी गई कार्य पत्रिकाओं को पूरा करें व एक फोल्डर में रखें।

स्वर, व्यंजन के मेल से बनते नए शब्द  
इन शब्दों को जोड़कर, चलो बनाएँ वाक्य।

1

अमन  
राधा  
महक  
मामा



2

घर  
मटर  
छाता  
बाज़ार



3

गए  
जा  
चख  
ला

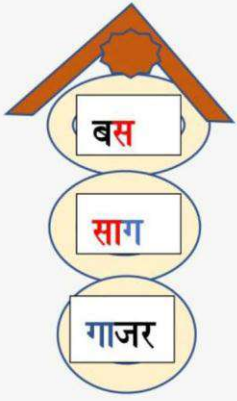
जैसे - महक मटर चख ।



आइए देखते हैं कि आप कितने वाक्य बनाते हैं।

हिन्दी भाषा है स्वर और व्यंजनों का मेल  
 'आ' मात्रा का खेलें हम खेल।  
 ढूँढ़ें शब्द इन मात्रा से, और बनाएँ शब्दों की रेल।

दिए गए शब्द के आखिरी अक्षर से नए शब्द बनाकर एक शब्द लड़ी बनाएँ।



रोल न०	(1-20)	(21-30)	(31-40)
	तन	दस	हम
	↓	↓	↓
	नरम	हम	सब
	↓	↓	↓
	माता	हम	सब
	↓	↓	↓
	ताकत	हम	सब



## इ (ि) की मात्रा वाले शब्द



ि + द + ल

=



ि + द + न

=



ि + ल + ख

=



ि + स + र

=



ि + प + न

=



ि + ख + ल

=



ि + ह + र + ण

=



ि + द + य + ा

=

## Maths

1. Take numeral dictation of any 10 numbers (1-50) under T O.
2. Learn number names 1-20 and write it 5 times in the notebook.
3. Do 10 sums of each concept (1-50).
  - a. What comes before, after, between (1-50)
  - b. Put the sign (1-50)
  - c. Ascending and descending order (1-50)

## Project work

R.no. 21-23 My Mathematical World

With the help of different shapes, make a scenery of your choice & paste it on a mount board.



R.no. 24-26 Using shape of any number of your choice make a character.



**Number 1**  
craft

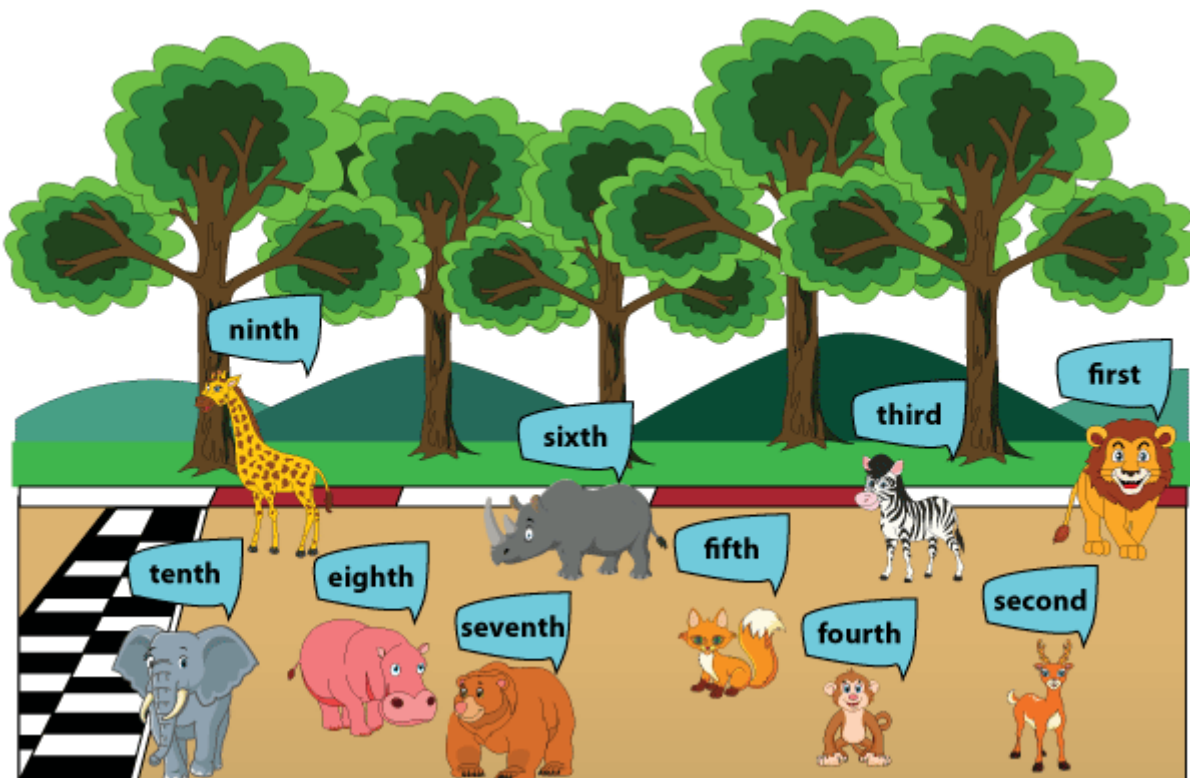


**Number 8**  
craft



R no.27-29 Ordinal Numbers : A number used to define a position, such as 1<sup>st</sup> (first), 2<sup>nd</sup> (second) or 3<sup>rd</sup> (third).

Let us use this concept to create a colourful jungle race scene where we can see lots of animals participating in the race.



**R.no 30: It's Math o'clock!**

**Make a working model of a clock. Refer to the picture given below.**



# Worksheets

## **Worksheet 1 :**

[https://docs.google.com/document/d/1AztACNap4ZpnxJmZTJ6O1UqOZHT8Cwi9/edit?usp=drive\\_link&oid=114405471531907695530&rtpof=true&sd=true](https://docs.google.com/document/d/1AztACNap4ZpnxJmZTJ6O1UqOZHT8Cwi9/edit?usp=drive_link&oid=114405471531907695530&rtpof=true&sd=true)

## **Worksheet 2 :**

[https://docs.google.com/document/d/1qzI7WSUA0GXwKczyMtIIIvH5MJhbZeXF/edit?usp=drive\\_link&oid=114405471531907695530&rtpof=true&sd=true](https://docs.google.com/document/d/1qzI7WSUA0GXwKczyMtIIIvH5MJhbZeXF/edit?usp=drive_link&oid=114405471531907695530&rtpof=true&sd=true)

## **Worksheet 3 :**

[https://docs.google.com/document/d/1sFes\\_qDTVkQTgom-TlogNBsClihsl8F/edit?usp=drive\\_link&oid=114405471531907695530&rtpof=true&sd=true](https://docs.google.com/document/d/1sFes_qDTVkQTgom-TlogNBsClihsl8F/edit?usp=drive_link&oid=114405471531907695530&rtpof=true&sd=true)

## **Worksheet 4 :**

[https://docs.google.com/document/d/1ympeGr38Qk8vnwrZsugtrEV3\\_5\\_7PI1/edit?usp=drive\\_link&oid=114405471531907695530&rtpof=true&sd=true](https://docs.google.com/document/d/1ympeGr38Qk8vnwrZsugtrEV3_5_7PI1/edit?usp=drive_link&oid=114405471531907695530&rtpof=true&sd=true)

# EVS

## **FOR ALL STUDENTS:**

\*Do the worksheets provided for practice of different concepts and compile them in a folder.

\*Make a beautiful badge for yourself using a circular cut-out of thick paper/cardboard and decorate it with decorative material like stones, lace, ribbon etc. Paste a small picture of yourself and write your personal details on it neatly.

\*Prepare a bird feeder for the birds around your house to help them quench their thirst during summer.

Some links for reference- [https://www.youtube.com/watch?v=L\\_s0M5Z8Nm8](https://www.youtube.com/watch?v=L_s0M5Z8Nm8)

<https://www.youtube.com/watch?v=U7BtxoT01QQ>

<https://www.youtube.com/watch?v=xIAbVePrsQ8>

\*Prepare a small model of a vehicle.

Some links for reference- [https://www.youtube.com/watch?v=nnfa\\_AZwWvo](https://www.youtube.com/watch?v=nnfa_AZwWvo)

<https://www.youtube.com/watch?v=rJY04SloySU>

<https://www.youtube.com/watch?v=5PdcNtxl4jM>

## **PROJECT WORK**

Prepare a beautiful model according to your Roll No.

ROLL NO. 31: model of a HUT

ROLL NO. 32: model of an APARTMENT BUILDING

ROLL NO. 33: model of a BUNGALOW

ROLL NO. 34: model of an IGLOO

ROLL NO. 35: model of a HOUSEBOAT

ROLL NO. 36: model of a CARAVAN

ROLL NO. 37: model of a TENT

ROLL NO. 38: model of ZOO

ROLL NO. 39: model of WATER CYCLE

ROLL NO. 40: Flash cards of any 10 helpers (Size-10 inches X 15 inches)

## **WORKSHEETS**

1. [https://drive.google.com/file/d/1ypflAbtJt1hRbBzzTWEA\\_NA2oQteM9H/view?usp=drivesdk](https://drive.google.com/file/d/1ypflAbtJt1hRbBzzTWEA_NA2oQteM9H/view?usp=drivesdk)
2. <https://drive.google.com/file/d/1ykPV-3Doliz-PbRYfE6pRy3y1Jf5gHlk/view?usp=drivesdk>
3. <https://drive.google.com/file/d/1yo7-0ebuv0xwSR3EOwEifmefYVqELxBM/view?usp=drivesdk>
4. <https://drive.google.com/file/d/1ykYQz-89TUrx2xMbs9YwNqC6aT-mfMLA/view?usp=drivesdk>

## DRAWING

### Do any 4 tasks:-

- A. Make a TABLE MAT (size 10 inches) on pastel sheet and decorate it or paint it.
- B. Take a big wax CANDLE of big size and decorate it.
- C. Make a beautiful PEN STAND and decorate it (use eco-friendly material)
- D. Draw and colour any CARTOON CHARACTER like Micky Mouse, Doraemon and make a cut out of it. (size 12 inches)
- E. Take two HANDKERCHIEFS of light colour and paint them beautifully with Fevicryl colours.
- F. Paint any Tin box and make a PLANTER (use eco-friendly material)
- G. Take a plate and cover it with paint or paper and decorate beautifully for POOJA THALI.
- H. Draw and colour a DOLL on paper cut out and decorate it with decorative material.