

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!!!



Theme: Mental Health and Wellbeing

Class 2

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

Incorporating reading into our lives can have a profound impact on our mental health. From reducing stress and anxiety to enhancing empathy, cognitive function, and personal growth, books offer solace, support, and a refuge from the challenges of daily life.

Read the following books and make the book cover of both the books

1. <https://data.booksie.org/pratham-books/58964-stage-fright.pdf>
2. <https://data.booksie.org/pratham-books/48016-gappu-can-t-dance.pdf>

TASK-2

स्मार्टफोन बच्चों को सोशल मीडिया का आदि बना देता है। एक साथी की तुलना खुद से करने की अधिक चाहत बच्चों में होती है। इंटरनेट की दुनिया बहुत बड़ी है। इसमें बच्चे की मेंटल हेल्थ पर नकारात्मक प्रभाव हो सकता है। सोशल मीडिया का प्रयोग करने वालो बच्चों में अवसाद, चिंता, नींद पूरी न होने की समस्या होती है। ऐसे में बच्चो को मोबाइल के नकारात्मक प्रभावों को बता इससे दूर रखना चाहिए।

इस विषय से संबंधित एक पोस्टर बनाओ A-3 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. **Visit a market with your parents and purchase any five healthy food items. Paste their pictures and write their prices in A4 size sheet like given below:**



Rs. 250



Rs.300

Then write its:

- 1. Before, After and Between**
- 2. Ascending Order**
- 3. Descending Order**
- 4. Circle the biggest number**
- 5. Circle the smallest number**
- 3. Add the total amount spent on them**

TASK- 4

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 a A-4 size sheet. Also write the name of the yoga pose and it's benefits.

TASK-5

Kids who feel good about themselves have the confidence to try their best at new things. They feel proud of what they can do. Self-esteem also helps kids cope with mistakes. They feel encouraged to try again, even if they fail at first.

Fill the following Self-esteem worksheet:

Self Esteem Worksheet

People who love and care
about me



I am happiest
when.....

Things i am
proud of



What to do
when i am
feeling low



I want to
achieve

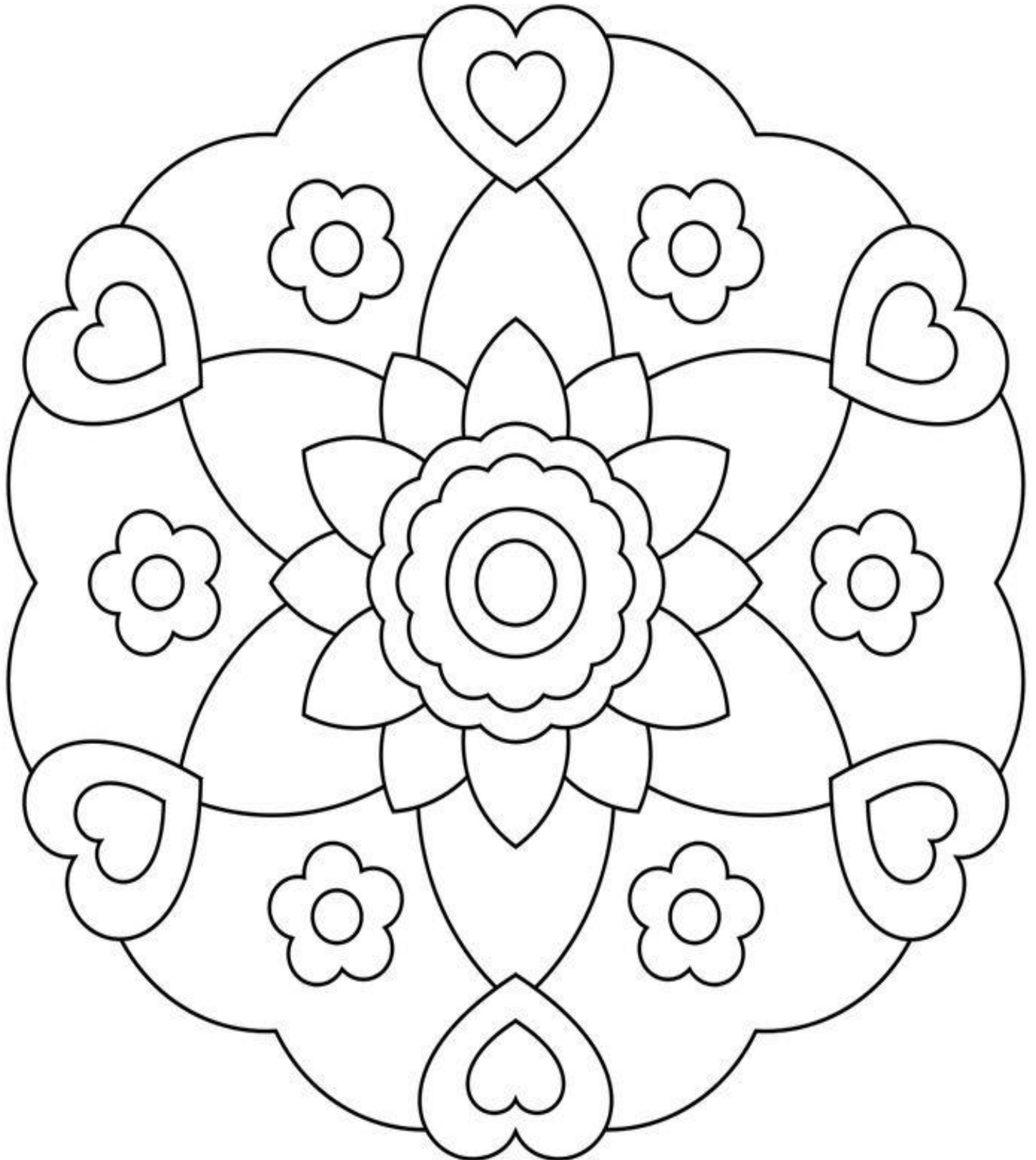


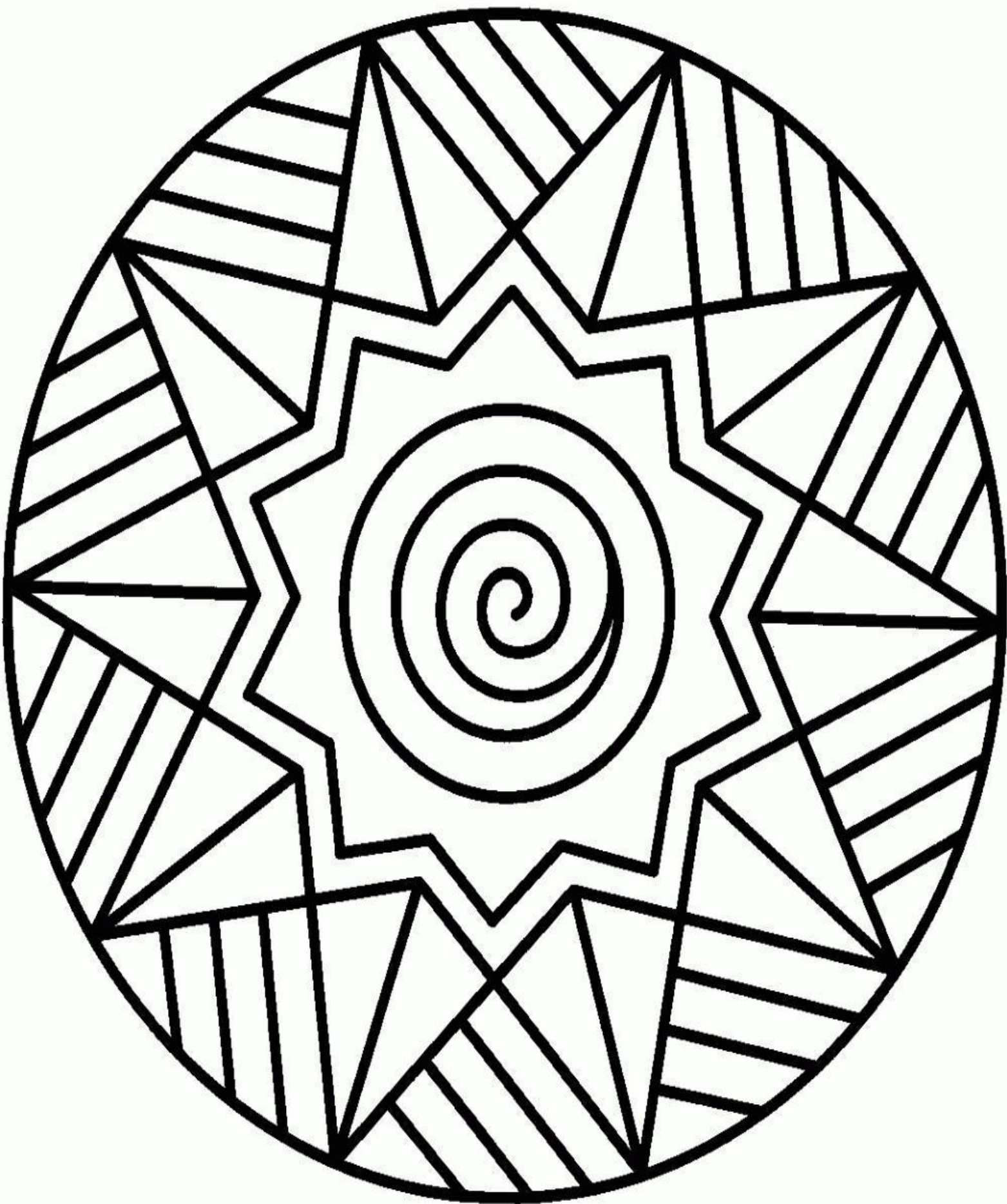
What makes
me smile



TASK-6

Mindful Coloring focuses your attention on the present moment. It's like a mini-escape into a world of colours and calm. **Colour the following sheets.**





TASK-7

The gratitude jar is a powerful way to focus on the good things in your life. Writing down what you're thankful for every day helps you appreciate the positive moments, even on tough days.

- **Get a jar and decorate it.**
- **Every day, write down something you're grateful for on a small piece of paper.**
- **Fold the paper and put it in the jar.**



TASK-8

Dancing and laughing are natural mood lifters. Dance breaks are a fun way to release pent-up energy, reduce stress, and bring joy into your day.

- **Put on your favorite music.**
- **Dance around the room, making funny moves and faces.**

English

LEARNING LANGUAGE IS A TREASURE THAT WILL FOLLOW ITS OWNER EVERYWHERE.



Let's enjoy our summer vacation in learning a language that can open one more window to look at world.

- Read lessons 1 to 6 thoroughly.
- Learn poem "Little Pussy".
- In P.copy, write any 10 new words from each lesson.

- Do one page of handwriting practice twice a week in P.Copy.
- Complete pages 1 to 13 of English Practice Book.

Reading
MAKES
YOUR
world
BIGGER

“Books make great gifts because they have whole world inside of them”

“READING ENHANCES OUR SKILLS AND ALLOWS US TO EXPRESS OUR THOUGHTS AND IDEAS BETTER”.

HERE ARE FEW SUGGESTIONS—

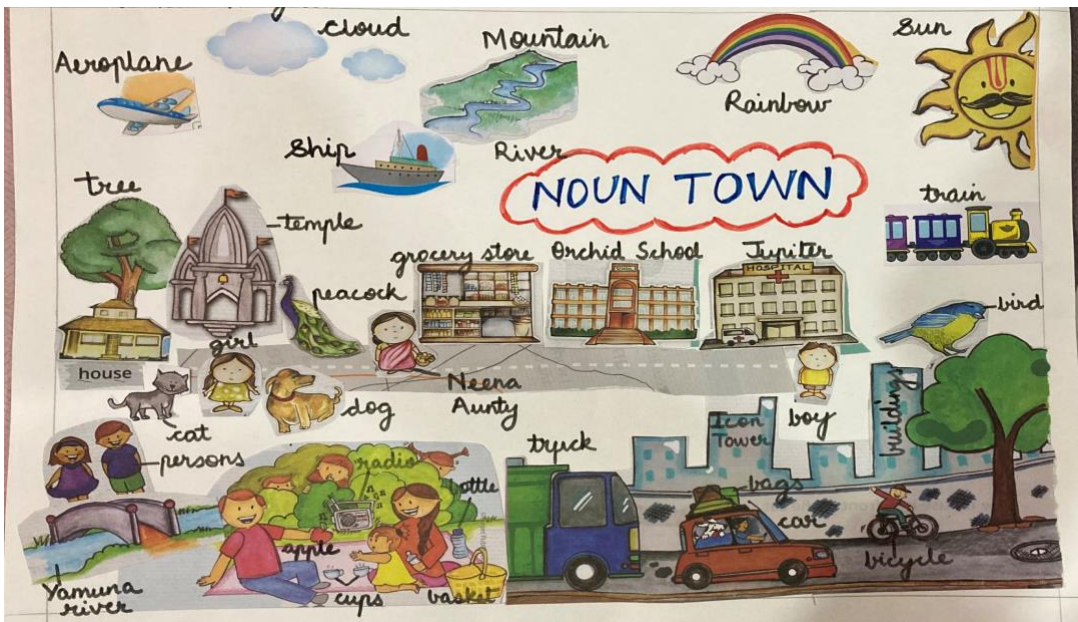
- The green planet - by - LEISA STEWART-SHARPE
- Roald Dahl “James and the giant peach”
- The wind in the willows – by – Rashmi Sirdeshpande
- Panchatantra stories

LET'S DO FUN ACTIVITIES:

1) NOUN TOWN – Roll no. 1,2,3

- On a big chart paper, make a town scene with 3D effect and label all the naming words.

See pic for reference



2) SPIN THE WHEEL – Roll no. 4,5,6

A fun activity to unleash your creativity.

How to play:

- Parents to think of a word. Eg- Rainbow
- Let your child spin the wheel.
- Wherever the arrow points, use the instruction and guide your child to do the task.
- **Make a spinning wheel - reference pic.**



3) MORE, THE MERRIER – ROLL NO. 7,8,9

- Make a one-many chart as given in the reference picture.



ग्रीष्मावकाश गृहकार्य

मौखिक

1. पाठ 3 से 6 तक पढ़ें और कठिन शब्दों का अभ्यास करें ।
2. (नंदन चंपक, पंचतंत्र की कहानियां) दी गई पुस्तकें पढ़ें और एक शिक्षाप्रद कहानी याद करें ।
3. दिए गए विषयों पर कविता याद करें
(देशभक्ति , मेरी माँ)

लिखित

1. पाठ 3 से 6 में आए कठिन शब्दों को लिखिए और किन्हीं पाँच-पाँच शब्दों के वाक्य लिखें ।
2. समाचार पत्र से एक पेपर-बैग बनाएं । उस पर पर्यावरण से संबंधित एक नारा (Slogan) लिखें ।

परियोजना कार्य (Project)

- Roll No 10, 11

कि सी अखबार / मैगजीन में से संज्ञा शब्द (नाम/शहर/स्थान/वस्तु) शब्दोंको काटकर एक संज्ञा वृक्ष बनाए ।

(https://youtube.com/shorts/RmpHVwH_7Uo?si=8dA-RxvLmcqzHnuP)

- Roll No 12, 13

विलोम शब्द (गुलदस्ता)

(<https://youtu.be/hGQQXEmgwG8?feature=shared>)

● Roll No 14, 15

प्रर्या यवाची शब्द (Wall hanging)

(<https://youtu.be/iMQRD5Hys9E?feature=shared>)

● Roll No 16, 17

पहेली सहेली (बूझो तो जाने)

(<https://youtu.be/tL4CneikxnY?feature=shared>)

● Roll No 18.

शब्दकोश (scrap file में हर मात्रा के 5-5 शब्द लिखे और

चित्र चिपकाएँ)

(https://youtube.com/shorts/Cj_ORAyywow?si=bfX2LIXESwOe8Ytj)

Name _____

Date _____

अपठित गद्यांश २

राजू के जन्मदिन के दिन, उसके मित्र उसके घर आए। सभी ने राजू को बधाई दी और उसे उपहार दिए। राजू खुश था क्योंकि उसको एक सुंदर सी पेंटिंग मिली। उसने धन्यवाद दिया और उस पेंटिंग को अपने कमरे की दीवार पर लगा दिया।

प्रश्न:

1. राजू के घर कौन आए?

-

2. राजू को क्या मिला?

-

3. राजू ने पेंटिंग को कहां लगाया?

Class II

SUBJECT : HINDI

प्रश्न १ - चित्र देख कर तीन - तीन पर्यायवाची शब्द लिखो-













Maths

General instructions

1. Take numeral dictation (1-999) under HTO

2. Learn Dodging number names (1-500)

3. Do 10 sums (1-500) of each

a. Addition

b. Subtraction

c. Put the sign

d. What comes before, after and between

e. Missing numbers

f. Ascending order

g. Descending order

PROJECT WORK

Roll nos 19-20

1. Watermelon fraction

A fraction is a way to represent parts of a whole. Fractions are written as one number over another. (Eg: $\frac{1}{2}$).

Let us understand fraction by making a watermelon  and representing its parts as a whole.

Go through the attached link to find the watermelon fraction model.

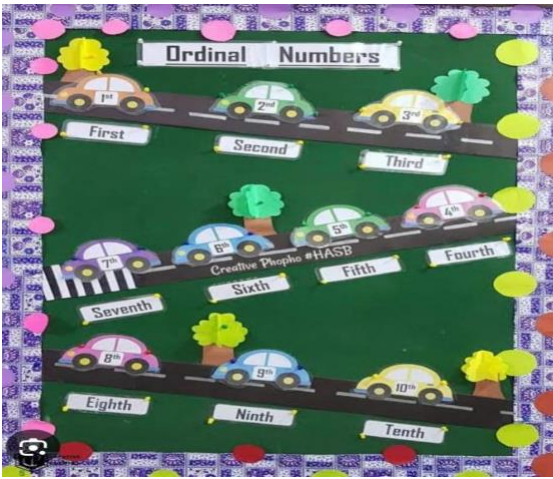
[watermelon !\[\]\(1f56542a42e2413e44a2b2023033aa2e_img.jpg\) fraction](#)

Roll nos 21-22

2. Parking lot - Ordinal numbers

Let us park our cars and find out which car represents which ordinal numbers.

Find the picture below for reference.



Roll nos 23-24

3. Save money - Piggy bank

A penny saved is a penny earned.

Let us teach our children to save by making a small piggy bank with the help of a shoe box.

Attached picture is for reference.



4. Tables

Let's learn tables the fun way . Cut 5 - A4 size sheets into halves.

. Give a border to all the halves . On front write down the multiplication part and on the back it's answer.

Roll nos 25-27

Roll no 25 - tables of 1,2,3

Roll no 26 - tables of 4,5,6

Roll no 27 - table of 7,8,9

Kindly refer to the image given below.

1×2	2
2×2	4
3×2	6
4×2	8
5×2	10
6×2	12

WORKSHEETS

[practice sheet 1](#)

[practice sheet 2](#)

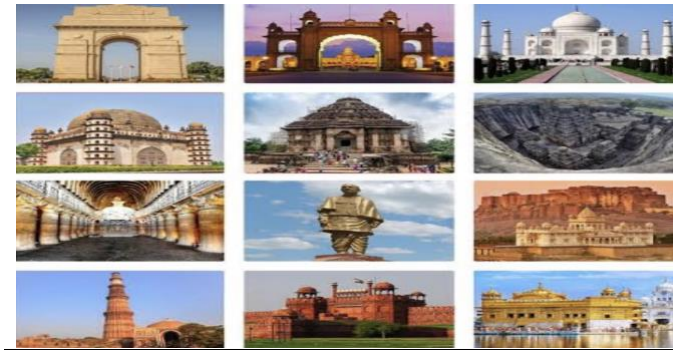
EVS

- Watch educational programmes on Discovery Channel and Animal Planet.
- Make 1 banner each on “Save Trees” and “Save Animals” with pictures and a slogan. Use half mount board and attach a stick at the back.
- Play and practice to fix 60 piece puzzle.
- Help your parents with daily chores and spend time with your grandparents. Make sure you have done atleast 5 activities of helping others during the vacations and record them on a pastel sheet.

PROJECT WORK

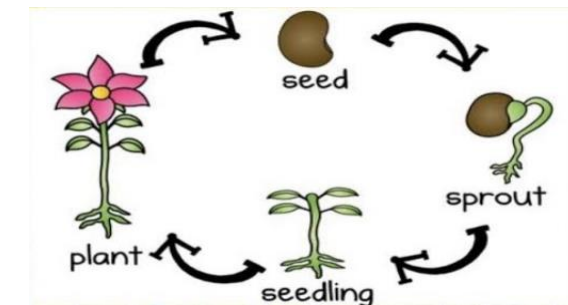
1) My India – My Heritage (Roll No. 28 , 29)

Visit the Bharat Darshan Park in West Delhi. Collect information about any one famous historical Monument. Write and paste pictures on A3 thick sheet and paste it on a cardboard.



2) Plants (Roll No. 30, 31)

Germinate few seeds of black gram/ red kidney beans on a layer of moist cotton in a disposable bowl. Observe the changes for 8 to 10 days and record them on a paper. Keep the cotton moist.



3) Animals. (Roll No. 32, 33)

Find out information from internet about these animals- their homes, young ones, food habits and write any 2 interesting facts about each animal and also frame 2 riddles on them. (Cow, horse, cat, camel, duck, elephant, pig, giraffe, snake, bear). Do this activity in a scrap file.

4) Houses- Research Project (Roll No. 34,35,36)

Put on your research cap and find out how people in different parts of the world are living. Using different material available at home prepare a Model of any one type of house.



Link for worksheets:

A} <https://pin.it/5T0hSfDPn>

B} <https://pin.it/3WRmHpmkL>

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 12inches)
- 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.