

The border of the poster is decorated with various school supplies. At the top left is a yellow pencil. To its right are several colorful paper clips (red, yellow, blue). Further right is a red ruler. At the top right is a stack of three books. On the left side, there is a pair of pink scissors and more paper clips. On the right side, there are more colored pencils and paper clips. At the bottom, there are more school supplies including a purple pencil sharpener, a yellow ruler, and a blue protractor. The background of the central text area is white, while the outer border is a light green color.

HANSRAJ MODEL SCHOOL

Punjabi Bagh, New Delhi

SESSION 2025-26

← CLASS V →

Play, Learn, and Grow



MATHS (To be done by all the students)

Summer Vacation is probably the best time of the year for you all; it's time for loads of fun. School is fun too, with learning happening at all times, summer vacation can also be a time for learning with lots of activities around. Here are a few tasks for you to complete during the vacation. Do remember to complete the given activities after reading them carefully

FOR ALL THE STUDENTS (To be done in a separate notebook)

- 1.** Do 5 sums each of Addition, and Subtraction of numbers up to 10 crores. Do 5 sums each of Multiplication (5 digit by 3 digit) and Division (5 digit by 3 digit) once a week.
- 2.** Paste 5 cutouts of Sudoku mental maths game from newspapers or magazines etc and solve them of your own to enhance your mental maths skills.
- 3.** Emphasise on your mental maths skills by playing different maths games, by doing oral calculations etc in your daily life.
- 4.** Maths here...Maths there. Maths is Everywhere. Prove this statement true by observing the situations where you or your family members do maths in your daily life.



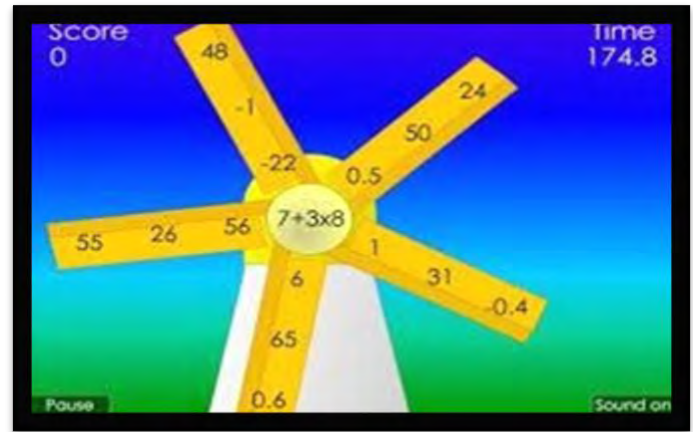
CLASS – V A

“MATHS WINDMILL”

Concept: Multiplication & wind energy

Materials: Cardboard, paper, stick, pin

- Make a working pinwheel. On each blade, write a multiplication fact. When it spins in the wind, kids read and solve the facts.

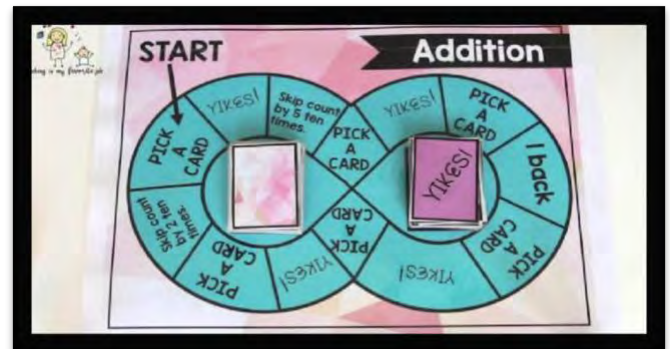


CLASS – V B

ECO-MATHS BOARD GAME

Concept: Game with Maths questions & eco-tips

- Design a board game like monopoly, snakes and ladders or a path game.
- Each square has a Maths question (e.g., solve $24 \div 6$).
- Some squares give “Eco Bonus” (e.g., if you recycle, move 2 extra steps).
- The player will pick a card, each card will be having a question on environment issues which the player needs to answer



CLASS -V C

“GREEN CITY” WITH 3D SHAPES

Concept: 3D Geometry & Environment

Materials: Old cardboard boxes, paper rolls, cartons

- Build a mini city using cuboids (boxes), cylinders (paper rolls), cones, etc.
- Label the shapes and their faces/edges/vertices.
- Add trees made from green paper and write eco tips like “Plant more trees!”



CLASS – V D

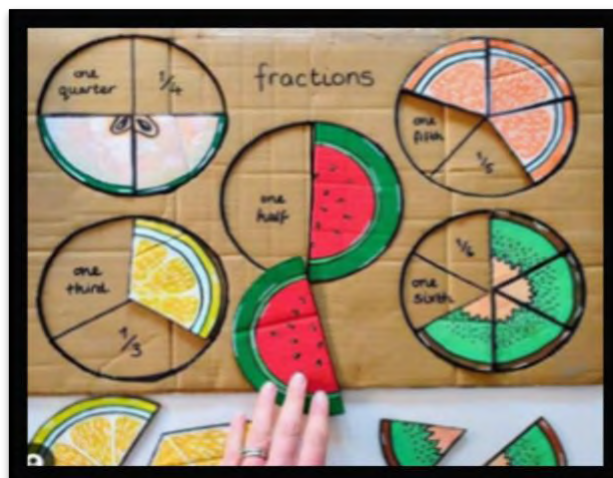
FRACTION PIZZA

Use old cardboard to make fractions pizza

Concept: 3D PIZZA and Fractions

Materials: Old cardboard boxes, coloured papers, cartons

- Build a pizza model depicting the fractions

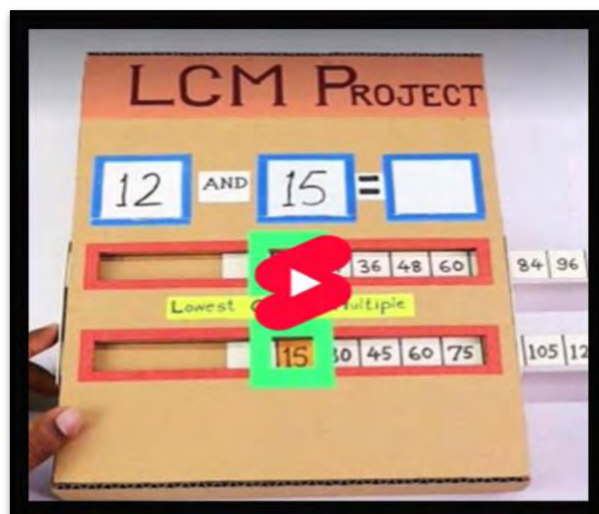


CLASS -V E

LCM FINDER

Working model of LCM

Use old cardboard boxes, papers, colours, scissors to make a working model of LCM . Use Number Strips to find the LCM. You can use any other 2 or 3 numbers in the project



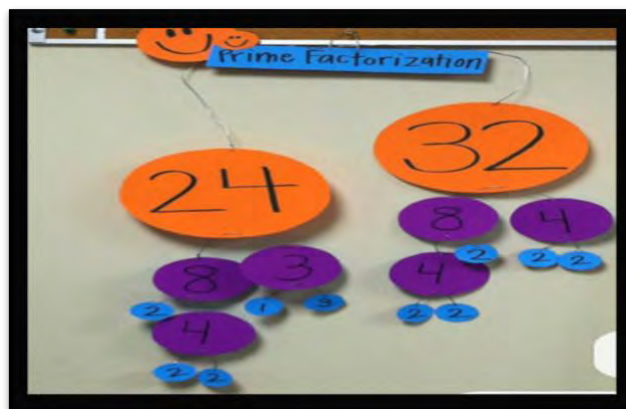
CLASS -V F

PRIME FACTORISATION

Make model of Prime Factorization using paper cutouts and thread/old string

PRIME FACTORIZATION FINDER

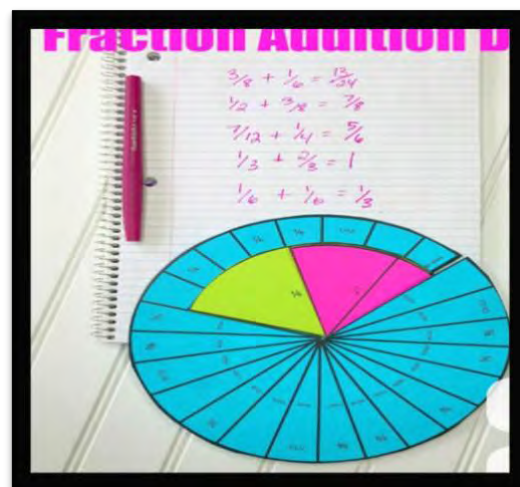
Use old cardboard boxes, papers, colours, scissors to make a model of Prime Factorisation . Use Number cards/number circular cutouts to find the Prime Factorisation. You can use any other 2 or 3 numbers other than the numbers depicted in the picture.



CLASS -V G

FRACTION ADDITION DIAL

Make models of FRACTION ADDITION DIAL using old cardboard, colours and use them to convert them to add like and unlike fractions



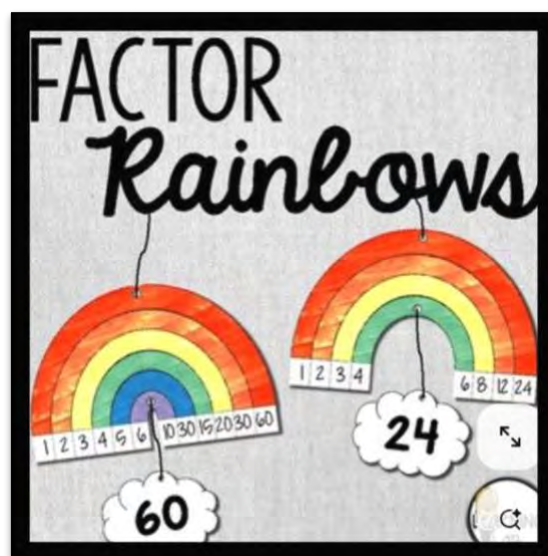
CLASS -V H

FACTOR RAINBOWS

Make models of FACTOR RAINBOWS

Rainbows are not only seen in the sky but also in Maths classroom.

Make models of FACTOR RAINBOWS using old cardboard, colours and brighten your classroom.

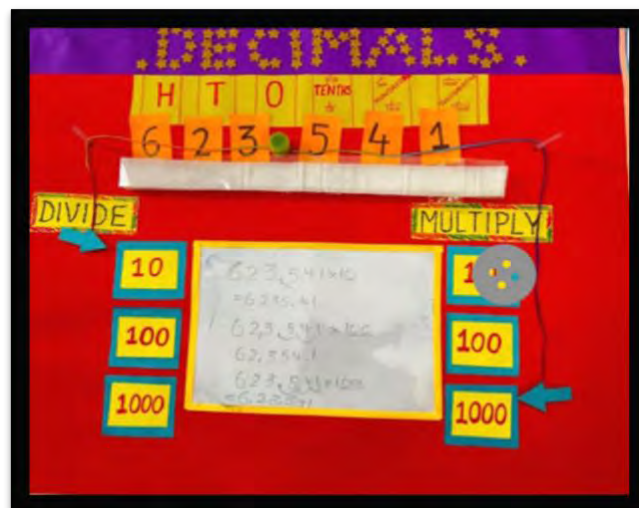


CLASS -V I

DECIMAL SHIFTER

Use old cardboard, buttons, string etc. and make a working model of Oral multiplication and Oral Division of Decimal. You can refer the link provided.

https://youtu.be/XgC2k6W2_A8?si=ZdqVW4T-aKvXIIam



SCIENCE *(To be done by all students)*

Dear Student,

Summer Vacation is a fantastic time to explore the wonders of science and spark your curiosity! We've planned exciting activities to make your holidays fun while enhancing your knowledge and creativity. These projects connect to SCIENCE and make you the budding scientist.

- **Stay Active and Healthy:** Play outdoor games like running or cycling to stay fit. It teaches you about energy and keeps your body strong.
- **Explore Nature:** Observe plants, animals, or the sky. Visit a park or garden to learn about the environment.
- **Save Resources:** Use water and electricity wisely. Turn off taps and lights when not needed to help our planet.

HOLIDAY HOMEWORK (Common for All Students)

1. Watch videos on National geographic channel daily. Choose the programme wisely.
2. Revise all the concepts done in the class.



PROJECT 1 *(Roll No. 1-15)*

RECYCLING BASICS: INSPIRED BY INDIGENOUS WISDOM:

Task: Research how tribal communities in India help protect forests and create a collage on colourful chart using write ups, pictures, paintings or tribal symbols.

PROJECT 2 *(Roll No. 16-30)*

THINK N LINK- SCIENCE TARSIA

TASK- Make a **TARSIA PUZZLE** on Lesson Food or Importance of water

Step 1: Choose any one Science Topic from your curriculum for eg

- Food
- Solar System
- Spoilage and wastage of food and food preservation
- Importance of Water

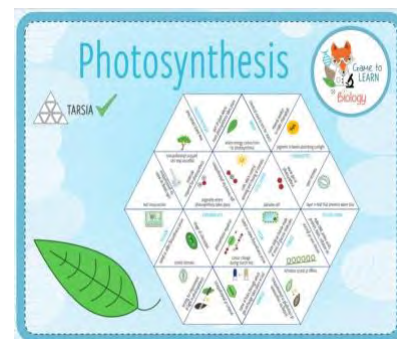
Step 2: Select a Tarsia App or Tool

You can use one of these free tools:

1. Formulator Tarsia (Windows, desktop app – most popular)
2. Hermitech laboratory app
3. Puzzle-Maker.org (online, simple drag-and-drop)
4. Google Slides / PowerPoint (for custom digital puzzles)
5. LearningApps.org (interactive online puzzle maker)

Step 3: Enter Your Matching Pairs

Open the app or tool and:



1. Choose the puzzle type (usually triangle/hexagon)
2. Enter your term on one side and matching answer on another
 - Example:
 - Term: “Condensation”
 - Match: “Water vapor turning into liquid

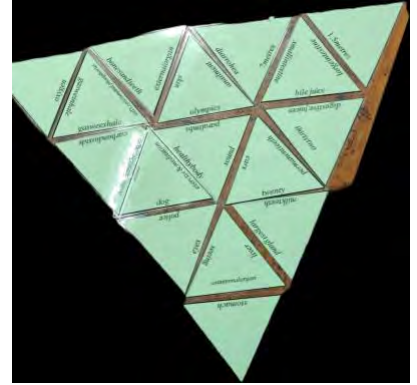
Step 4: Generate the Puzzle

Once you’ve entered all your pairs:

1. The app will auto-generate triangle pieces with your data
2. You can preview how it looks when solved

Step 5: Save or Print

1. Save as PDF or image
2. Print the puzzle for physical use
3. laminate it and submit



PROJECT 3 (Roll No. 31 onwards)

Ecosystem Diorama

This project lets you create a mini ecosystem (forest, desert, or ocean) inside a recycled egg carton, exploring ecosystems and the impact of waste on plant and animal habitats.

INSTRUCTIONS

What to Do:

1. **Choose an Ecosystem:** Pick one ecosystem (e.g., forest, desert, ocean) to recreate.
2. **Gather Recycled Materials:**

Use:

 1. A recycled egg carton as the base.
 2. Old paper, fabric scraps, or cotton for plants, sand, or water.
 3. Small toys, bottle caps, or twigs for animals or structures.
 4. Paint or reused markers for colouring.

Create the Diorama:

1. Paint or paste the egg carton’s cups to match your ecosystem (e.g., green for forest, blue for ocean).
2. Add plants (e.g., paper trees for forest, cotton seaweed for ocean) and animals (e.g., twig birds, cap fish).
3. Include a small “waste pile” (e.g., paper scraps) to show pollution’s impact, and a “recycled bin” (e.g., bottle cap) to show cleanup efforts.

Test and Explain:

1. Ensure the diorama is stable and visually clear.

Be Creative:

1. Decorate with eco-friendly symbols (e.g., green arrows, leaves).
2. Example: “My forest diorama shows how recycling plastic saves trees and birds!”

Ecosystem Diorama



ENGLISH – FOR CLASS 5A AND 5B

FOR ALL THE STUDENTS

READING

“A book is not just a book. It is sanity, happiness, a teacher and a best friend.”

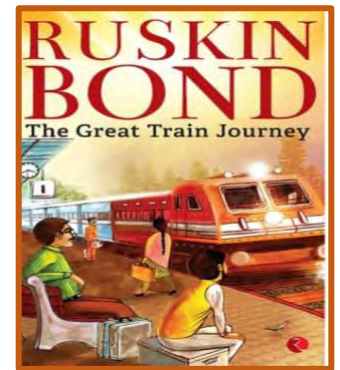
Read the English newspaper daily and write the news headlines in the English Holidays homework notebook. Solve English crosswords and puzzles given in the newspaper as well.

Summer vacation is the best time to inculcate reading habits. So, let's take a tour of the beautiful world of books. *Prescribed books for reading this summer-*

- Adventures of Tom Sawyer
 - Swami and Friends.
 - My First Mythology Tales
 - The Room on the Roof
 - Adventures of Huckleberry Finn
 - The Great Train Journey
-
- Make *an educational archive based on reading any book*.
 - Depict your favourite character or any scene.
 - Present it beautifully in any shape and include the following:
 - *If making 2D project* - Use A-3 Sized sheet and paste it on cardboard for support; get it laminated.
 - *If making 3D Model* - Use recycled material and cut it into any shape or size.
 - Listen to English **news on the TV channels:** Times Now, CNN, and WION.
 - **Converse** frequently in English with family members and friends.
 - Children, mistakes are okay while speaking or writing. Attaining excellence in the language is a gradual process, but keep trying.
 - **Speaking** a few lines on any topic will also help you become a confident speaker. You can use audiobooks and watch English news, movies, and stories. This will help you become accustomed to the language.
 - Watch the **educational channels:** National Geographic Channel, Discovery Channel, History Channel, Animal Planet, and Nat Geo Wild.
 - Watch **suggested movies (with subtitles):** Sound of Music, An Elf's Story: The Elf on the Shelf, Mufasa, Kiki's Delivery Service, A Turtle's Tale: Sammy's Adventures, White Lion, My Penguin Friend, We Can Be Heroes, Yes Day, The Garfield Movie, Charlie and the Chocolate Factory, Kung Fu Panda, My Little Pony: A New Generation, Mary Poppins, Luca, Inside Out, Home Alone, and Moana.

WRITING:

- Create a story book on A4-sized sheets and keep them in the holiday homework button folder. Suggest a suitable title for your story book. (*Green Future: Living Green, Sustainable Tomorrow*)
- Use pictorial illustrations/ drawings/ comic strips/ dialogue writing to convey the message. (*Can emphasize the 3Rs – Reduce, Reuse and Recycle.*)



- Can choose any genre or subgenre (fiction, nonfiction, drama, poetry, fantasy, horror, etc.) to create the message.
- Design a suitable colourful cover page with creativity and with innovation.
- Publish your book, announcing yourself as an author, and paste your picture at the back side of your storybook.

FOR CLASSES VA AND VB (Do any one)

PROJECT 1 "Timeless Recycling - Redefine, Reimagine and Recreate."

"Recreate your dreams; carve out the part that you need most and create something exceptional."

Design a 'Lapbook' on an A-3-sized sheet creatively. (Can give any shape to the sheet)
Present the following in an innovative way.

- What is recycling?
- Why is recycling important?
- How can we recycle at home/school?

Easy tips for recycling every day.

- Write a short poem on "Recycling and Saving the Earth" on a coloured sheet and put it in one of the pockets of your lapbook. e.g.

Recycle the paper, recycle the can,
Save our earth — that's the plan!
Bottles and boxes, plastic and glass,
Sort them out — don't let them pass!

- Write a short story (about 60-80 words) about a plastic bottle that gets recycled into something new.

Story Starter:

(Title: "The Journey of a Plastic Bottle")

Once upon a time, there was a small plastic bottle named Bobby. Bobby lived on a supermarket shelf, dreaming of adventure. One day, he was bought and used at a picnic. After the picnic, someone threw Bobby into a recycling bin!

Bobby's journey had just begun — he travelled to a recycling Centre, got cleaned, melted, and turned into something brand new!

(Now continue the story: What did Bobby become? A t-shirt? A toy? A new bottle?)

- **Slogan Writing:** Students create 2 catchy slogans promoting recycling.

(Example: "Don't trash it, recycle it!" or "Be fantastic — use less plastic!")

- **Acrostic Poem:** Create an acrostic poem using the word "RECYCLE" (each letter starts a new line). Example:

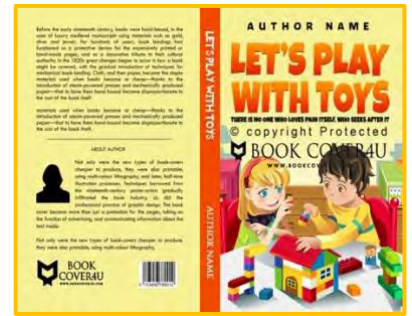
Remember to sort your waste,
Every action count,
Caring for Earth, ...

- **Vocabulary Builder:**

Make a **Recycling Word Wall** by listing 5 - 10 new words related to recycling and waste management (like Mobius Loop, biodegradable, compost, landfill, etc.) with their meanings.

- Use neat handwriting.
- Decorate your work with borders or small drawings.
- Try to use recycled materials where possible!
- Bring your project neatly arranged in a folder.

Remember: "A small step by you today can save the Earth tomorrow!"



PROJECT 2 : Peppy Prepositions to Pinnacle

“Small changes, transform our lives.” — Marie Kondo.

Material Required:

- Use waste cardboard
- craft materials (colours and colourful papers)
- Waste materials
- drawings, or boxes

Directions:

Create a working model (2D or 3D), use A-3 Sized sheet or half of the thick pastel sheet/cardboard etc. to show the use of prepositions like on, in, under, over, behind, besides, etc. (Can use magnets/ or popsicle). You can make a mini scene such as:

- A classroom setup
- A park or playground
- A living room or bedroom scene
- A small street scene with cars, trees, and buildings.

Label each preposition clearly. Example: “The ball is under the table,” or “The cat is on the sofa.”

Refer to the links for more ideas.

<https://youtube.com/shorts/gn2R5W2bXVM?si=wRf7DL3aYCuERsOM>

<https://www.youtube.com/watch?v=Ev6SUnVHIwA>

Note: Be creative! Your model/ project should be neat, colorful, and show clear examples of prepositions and the Wonders from Recycling



HINDI – FOR CLASS 5C AND 5D

कोई भी एक परियोजना करें

परियोजना कार्य 1- जीवंत जंगल “ प्रकृति की गूँज” (जंगल का सुंदर मॉडल)

विषय - संज्ञा

- छात्र जंगल का एक सुंदर मॉडल बनाएँ | मॉडल में जंगल में रहने वाले पशु -पक्षी, पेड़- पौधे, प्रकृति आदि भी सुंदरता से दर्शाएँ और उनके नाम भी लिखें |

अथवा

परियोजना कार्य 2- टोकरी निर्माण (फूलों की सुंदर टोकरी बनाएँ)

विषय – विशेषण

- घर की व्यर्थ सामग्री से सुंदर टोकरी और फूलों का निर्माण करके फूलों पर विशेषण शब्द लिखकर टोकरी सजाएँ |

सभी विद्यार्थियों के लिए निर्देश –

- अप्रैल तथा मई मास में करवाए गए पाठ्यक्रम की पुनरावृत्ति कीजिए | सभी पाठों को ध्यान से पढ़ें तथा कठिन शब्द याद करें |
- घर के बड़े बुजुर्गों/सदस्यों के साथ समय बिताएँ और नैतिक मूल्य/ जीवन मूल्यों से जुड़े अनुभव सुनिए |
- प्रतिदिन हिंदी के समाचार सुनिए |
- पंचतंत्र की कहानियाँ पढ़िए |
- अखबार पढ़िए और घर में सुनाइए |
- भाषा माधुरी की किताब से पाठ -2,5,9 और 13 का सुलेख एक अलग कॉपी में कीजिए |



SOCIAL SCIENCE – FOR CLASS 5E , 5F AND 5I

Dear Student,

Summer Vacation is the best and the most fruitful time for learning and nurturing creativity. Keeping this objective in mind we have planned diverse and exciting activities that will enhance your knowledge and boost your creativity.

- ❖ Stay fit, stay healthy- Go out and play the sport of your choice. It will help to instil discipline, generate sporting spirits and channelize your energies constructively.
- ❖ Always have an attitude of gratitude- Respect your parents, grandparents and all elders. Use three magical words – Thank you, Sorry and Please.
- ❖ Learn about our heritage: Find some time to visit museums and monuments. Read about them and learn new things related to our country.
- ❖ Save environment: Contribute to save our precious environment. Minimize the wastage of resources like water and fuel.
- ❖ Watch national geographic channel to spend your leisure time fruitfully
- ❖ Enjoy and learn the song on continents and ocean also learn the names of 28 states ,8 union territories & the neighbouring countries of India along with their capitals.

❖ S.ST ACTIVITY FILE WORK- For all the students.

1. Using different maps E.g.-India/World political /physical.

Mark, label and colour on the respective maps.

- **India political map-28 States and 8 Union Territories**
- **India physical map- Water bodies surrounding India**
- **India physical map-Neighbouring countries of India**
- **World physical map- Continents & oceans**

2. Project- COMMUNICATION IN MODERN TIMES

A revolutionary change has taken place in the means of communication in the recent times. It has enabled us to make instant contact with anyone in any part of the world. Reacting with a thumbs up or heart emoji is considered to be more trendy than the verbal acknowledgment, but sometimes these emoji's create misunderstandings too. So let's have a fun interactive activity.

“ DECODE THIS: EMOJI LANGUAGE”

WHAT TO DO-

- Write 10 short messages only using emoji (NO WORDS)
- Ask your family members to guess what each one means.
- Write the funny/different guesses they make in place of the original emoji messages.



3. Make a timeline chart of the inventions and discoveries in the means of transport that changed the life of man. (Example for reference)

Refer to the following fun videos.

- ❖ <https://youtu.be/gFIS3aLQPfs>(song on continents & oceans)
- ❖ <https://www.youtube.com/watch?v=hub4ueyauhu>
(no. of states 28 & no. of union territories 8)
- ❖ <https://youtu.be/wx6kcgjtwqs>
(neighbouring countries of India)

GREEN FUTURE: LIVING GREEN, SUSTAINABLE TOMORROW **SDG 12, SDG 13 & SDG 15**

PROJECT 1- (Roll No – 1 to 8) - “RAINWATER HARVESTING”-

Every drop counts for a green future!”- A Step towards a sustainable tomorrow.

The objective of this project is to showcase the importance of rainwater harvesting and how we can reuse rainwater for daily needs. This project also aims to teach the value of water conservation, eco-friendly practices and how small efforts like recycling waste can help us to build a greener and more sustainable future.

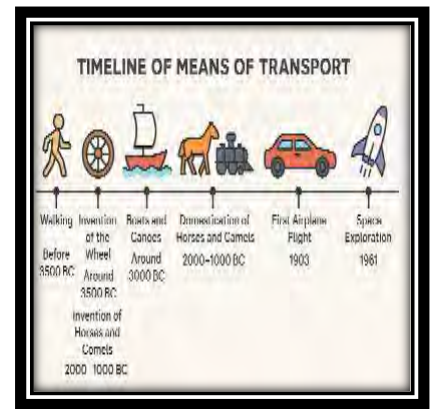
Create a 3D Model using recycling materials

What to include in the model:

- A house or building with a slanted roof
- Rainwater collection system
- Water storage tank
- Garden or Plants
- Message Boards

Materials you can use:

- Shoebox or sturdy cardboard base (for house/building)
- Foil or coloured paper (for slanted roof)
- Small plastic bottle or paper cup (for water tank)
- Drinking straws or strings (for pipes)
- Cotton (for clouds)
- Blue cellophane, paper or paint (for rain water)
- Paper, matchsticks, foil (for roof and gutter)
- Add gutter/ drain/ water collecting point on the edge of the roof (use straws) Connect the gutter to a pipe (straw) leading into a water tank (bottle or cup)
- Plastic bottle or cup (for rainwater tank)
- Can also add a solar panel on the roof (using foil paper)
- Use toothpicks to make small flags to write slogan on saving rain water for future use



PROJECT 2- (Roll No- 9 to 16)

Mini Recycling Station – 3D Model Project TRASH TO TREASURE- CLEANER AND GREENER TOMORROW

Objective- This project will help to understand the importance of recycling and how to sort waste properly and how creatively they can reuse household waste to build a mini recycling station to promote environmental awareness and responsibility among themselves.

Material Required- Old small cardboard box, plastic bottles, newspaper (Images for reference)



PROJECT 3 - (Roll No- 17 to 24)

"The Spinning Earth – Rotation & Revolution in Action!"

Objective: This project is an engaging way to teach about the movements of earth, promote the use of waste materials in educational models and support sustainability.

Steps to create the model-

Material required (All Recyclable/Waste):

Old CDs (for orbits or base), Used ball (for Earth), Smaller ball/bead (for Moon), Cardboard strips or skewers (for orbit paths), Bottle caps (for the Sun or base supports), Old sticks/straws/pens (to connect Earth to orbit or Sun), Thread or string (to represent orbital paths), Paper scraps (for labels, arrows, etc.)

Model Structure:

1. **Base:** Use a sturdy cardboard piece or an old tray. Fix an old CD in the center as the orbital path.
2. **The Sun:** Use a yellow bottle cap or a ball wrapped in yellow paper. Place it in the center of the CD – the fixed point.
3. **The Earth (Revolution + Rotation):** Use a ball (old toy ball, or paper-mache from newspaper) as Earth. Attach it to a stick or straw, which is fixed to rotate around the Sun (revolution). Insert a toothpick or smaller straw through the Earth, tilted slightly, to show rotation on its axis.
4. **Labels & Arrows:** Use waste paper to label: Rotation = Day & Night and Revolution = Seasons. Use arrows cut from paper or wrapper to show direction of movement. Add-ons for Creativity: Paint or draw continents on Earth. Attach a mini card showing time taken for: Rotation: 24 hours and Revolution: 365 days and 6 hours.



PROJECT 4: (Roll No- 25 to 32)

"The Heritage Express – A Journey Across Monuments"

Design a train-themed project where each coach of the train represents a famous Indian monument. The train travels across the country, telling the story of India's heritage and promoting a green, sustainable future. The objective of the project is to understand importance of heritage, recognize Indian monuments, develop awareness of conservation and sustainability, encourage artistic expression.



Model Structure:

- 1. Train Layout (Base Design)-** Use a long chart paper or A3 sheets stuck together with ribbon. Draw or paste a train engine followed by 5–6 coaches (boxes). Each coach is a monument.
- 2. Coach Content** – One Monument per Coach. In each coach, include: Monument's name, location (City, State), who built it & when, 1–2 interesting facts and Heritage Tip: "How can we save it?" Green Link: "How does keeping it clean help the environment?"
- 3. Engine** –Decorate the engine of "The Heritage Express"- with: project title, your name, class and a catchy slogan like: "Preserve the Past, Ride to a Green Future!"
- 4. Last Coach – The Green Future Coach-** This final coach promotes: Eco-friendly tourism tips like Sustainable practices (no plastic, plant trees, respect rules), add drawings of trees, dustbins, solar panels, or people cleaning the area. Use waste materials to decorate like buttons for wheels, newspaper for coach borders. *Add speech bubbles: Monuments "talk" – Taj Mahal says: "Keep me clean and white!"*

PROJECT 5: (Roll No- 33 onwards)

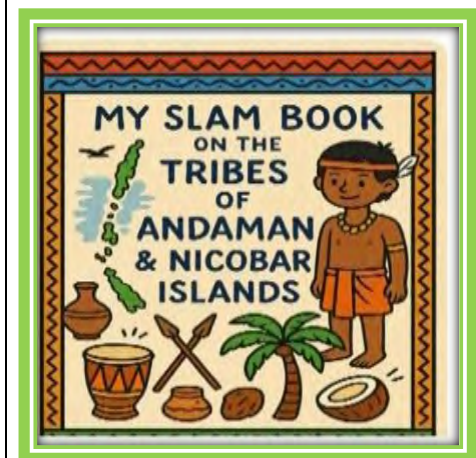
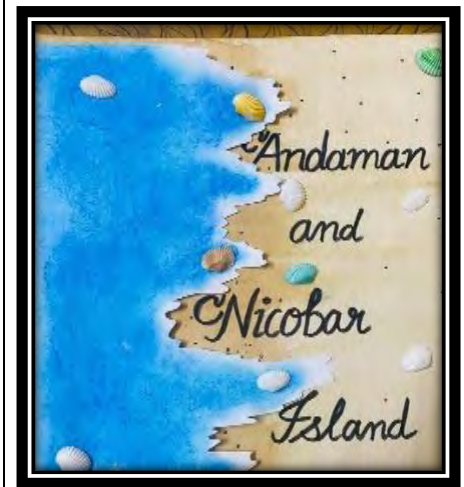
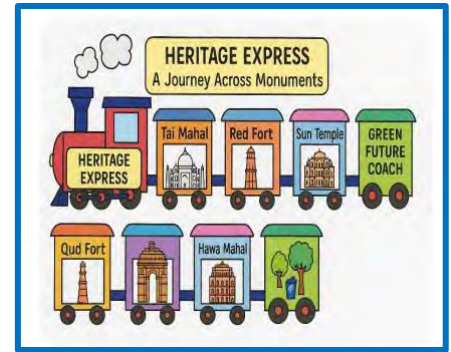
TRIBE SLAM BOOK ACTIVITY - (To be done on A-3 Size coloured sheets)

India is a vast country. People living in different regions of our country have different food habits, dresses, languages, religions, customs and traditions. The understanding and respect for these diversities has made Indian culture rich and unique. So, let's explore Andaman and Nicobar Islands, which are 572 in numbers, located in the Bay of Bengal and are inhabited by six groups of tribals. Instructions to be followed-

1. Choose one tribe from the list (Jarwa, Onge, Great Andamanese, Sentinelese, Nicobarese, Shompens)
2. Decorate the cover page with the name of the tribe of Andaman and Nicobar.
3. Create one page of each topic-
 - a) Page 1- Map of Andaman and Nicobar
 - b) Page 2- Food Habits (Paste bold, coloured pictures)
 - c) Page 3- Clothes and their ornaments (write up with pictures)
 - d) Page 4- Festivals, Dance, Music and traditions. (write up with pictures)
 - e) Page 5- Religion, beliefs and lifestyle. (write up with pictures)
 - f) Page 6- Languages, Scripts (write up with pictures)

Extra tips for creativity- Use simple and colourful headings for each section, make tribal- style borders on each sheet, make a mini collage of pictures on each page and on cover page you can put tribal motifs-like arrows, shells or spears.

NOTE:- Revise the syllabus covered during the months of April and May in every subject. Read all the chapters thoroughly



SANSKRIT – FOR CLASS 5G AND 5H

कोई भी एक परियोजना करें

परियोजना कार्य 1:

घर में रखी अनुपयोगी वस्तुओं जैसे- अखबार, गत्ता, रंग बिरंगे कागजों का प्रयोग करते हुए चिड़ियाघर (zoo) का मॉडल बनाते हुए उसमें कागज के बने पशुओं के चित्र या घर में रखे पशुओं के खिलौनों का प्रयोग करते हुए उनके नाम संस्कृत में लिखें।

परियोजना कार्य 2: घर की अनुपयोगी वस्तुओं जैसे- पेपर प्लेट, गत्ता, रंग बिरंगे कागजों का प्रयोग करते हुए **फलों की टोकरी (Fruit basket)** का 3D मॉडल बनाए तथा फलों के नाम संस्कृत में लिखें। जैसे- सेवम्, आम्रम्, दाडिमम्, द्राक्षाफलम् आदि।

परियोजना कार्य 3: घर की अनुपयोगी वस्तुओं जैसे- पेपर प्लेट, पुरानी सीडी, जूते का डिब्बा, कले आदि का प्रयोग करते हुए **Aquarium** बनाये तथा उसमें जलजीवों के नाम संस्कृत में लिखें। जैसे -कच्छपः, मीनः, मकरः आदि ।

सभी कक्षाओं के लिए कक्षा में कराए गए कार्य को याद करके लिख कर उसका अभ्यास करें।



DRAWING (To be done by all the students)

Class-5A, 5B, 5C

Topic- TERRACOTTA POTS

Paint and decorate a pot of size 6 inches.

Refer to the below link for some ideas.

<https://youtube.com/shorts/L2Ne2Pgro4A?si=Pje8raVJwBa9dUld>

Class-5D, 5E, 5F

Topic- WASTE MATERIAL PAINTING

On an A3 size sheet make a beautiful painting by using buttons, pista shells, cloth, match stick etc. and get it framed. For ideas refer to the below link

<https://youtu.be/fsYqSNV9-tY?si=ZztyNH1Q5O1TLpOg>

Class-5G, 5H, 5I

Topic- SHELL ART

Create a masterpiece using pista, peanuts or sea shells

For ideas refer to the below link

<https://youtube.com/shorts/uQRrfwTyTLE?si=G5e3Y6JzXIF7gQtV>

PHYSICAL EDUCATION *(To be done by all the students)*

1 Morning And Evening Fitness Schedule For Students.

- 15 Minutes Brisk Walking (For First 15 Days).
- 15 Minutes Slow Jogging (After 15 Days).
- 100 On The Spot Jumping/ Jumping Jacks (For Two Minutes)
- Start Stretching And Rotational Exercises (Head To Toe).
- Start Skipping With Minimum 100 And Gradually Increase As Per Your Fitness Level And Stamina.



2 Yoga For Life

Asanas in standing position.

- Tadasana (Mountain Pose).
- Vrksasana (Tree Pose).
- Trikonasana (Triangle Pose).

Asanas in seating position.

- Sukhasana (Easy Pose).
- Paschimottanasana (Seated Forward Fold).
- Padmasana



Back bending asanas.

- Bhujangasana (Cobra Pose).
- Salabhasana (Locust Pose).
- Dhanurasana (Bow Pose)

3 Pranayama Is A Yogic Practice Involving Breath Control To Enhance Well-Being.

- Simple Breathing Exercises.
- Alternate Nostril Breathing (Nadi Shodhana Pranayama)
- Bellows Breathing (Bhastrika)
- Bumblebee Breath (Brahmari)



4 Fun with board games.

- Snakes And Ladders, Chess.
- Easy Sudoku for Beginners.

5 Health And Hygiene.

- Take Healthy And Homemade Diet. Increase The Intake Of Immunity Boosters Such As Basil Leaves, Cinnamon Powder, Almonds, Black Pepper, Lemon, Honey And Chywanaprash Etc.

WORK EXPERIENCE *(To be done by all the students)*

KEYBOARD

- ❖ To practice fasten finger on keyboard
- ❖ Alankar -1- 5 . Western Music Scale-C D E F G A B C
- ❖ Keyboard students to practice of all given notations as -Vande Mataram
- ❖ Dav Anthem
- ❖ Medley Notations Rhythmic Practice
- ❖ Western Music Scale Task 1-3

INSTRUMENTAL MUSIC

- ❖ Bongo 4/4 Pattern
- ❖ Flute Sargam Namaste Long Breath Practice.
- ❖ Guitar Chords Practice

DANCE

- ❖ Janmashtami Dance (Golak Raas)
- ❖ Classical Dance Steps (Done In Class)
- ❖ Hozagiri Dance (Tripura Folk) – Balancing Practice
- ❖ 1 Folk Dance And 1 Bollywood Dance/Semiclassical Dance

VOCAL MUSIC

- ❖ Practice songs from school diary:
 - National Anthem
 - National song
 - DAV Gaan
- ❖ Practice Alankars 1,2,3 and 4 from music note book daily.
- ❖ Prepare one song of your choice (motivational theme) with music (Karaoke) to perform in school.