



**D.A.V PUBLIC SCHOOL, KAILASH HILLS**  
**SUMMER VACATION HOME ASSIGNMENT**

**CLASS V**

**SESSION 2024-25**

**Theme : SDG-3 : Good Health and Well Being**



**"Greetings, fellow explorers! Get ready to embark on an exciting quest filled with knowledge, creativity, and endless possibilities as we delve into our summer holiday assignments."**

**This summer break let's ....**

***Go for outdoor adventures:*** Explore parks, hike, swim, or play games outside.

***Do Reading:*** Cultivate a love for reading with library visits and reading time.

***Indulge in Arts and crafts:*** Spark creativity with art projects at home.

***Plan family trips:*** Create memories with outings to museums, parks, or zoos.

***Enjoy cooking and baking:*** Learn cooking skills and healthy eating habits.

***Do gardening:*** Foster responsibility and nature appreciation.

***Participate in community service:*** Instill empathy and civic engagement through volunteering.

**SEWA PROJECT:** Fostering empathy, social responsibility, and community engagement among students. Following are the activities to be undertaken:

**CLASS V-A :** Students are required to make a greeting card or gift box using waste paper.

**CLASS V-B :** Students are required to make eco-friendly fragrance pouches using dried flowers and gift them to their loved ones . You may follow the steps given in the video link.

<https://www.youtube.com/watch?v=e2pOwX5ivvI>



**CLASS V-C :** The Secret of being physically and mentally fit is adopting a healthy lifestyle. So , take good care of yourself and follow a daily fitness routine. Go close to nature and enjoy jogging everyday in your nearby park. Include yoga and meditation apart from taking nutritious diet in your daily routine.

**(Note : All students have to click pictures and paste them on A4 size sheet. Write 2-3 lines about the activities being taken.)**

*Have a great holiday kids and enjoy to your heart's content.*

Welcome to an exciting interdisciplinary project for grade 5 students focused on good health and well-being! This project is designed to explore the essential elements of physical, mental, and emotional well-being through an interdisciplinary lens. By integrating concepts from science, health education, language arts, and more, students will embark on a journey to understand the importance of maintaining a healthy lifestyle. Through engaging activities, experiments, and research, students will develop a deeper understanding of nutrition, exercise, mindfulness, and personal hygiene while honing their communication, critical thinking, and creative skills. Get ready to delve into the fascinating world of well-being and discover how it impacts every aspect of our lives!

## INTERDISCIPLINARY PROJECT

**Theme : SDG-3 : Good Health and Well Being**



SDG-3, "Good Health and Well-being," is like a superhero mission for making sure everyone stays healthy and happy! It's all about making sure everyone, no matter where they live or how old they are, can access the doctors, medicines, and care they need to stay strong and well. This goal helps us fight off things like sicknesses, boo-boos, and big diseases that can make people really sick. But it's not just about fixing problems when they pop up - it's also about stopping them from happening in the first place! That means eating yummy fruits and veggies, playing outside and getting exercise, and making sure we take care of our minds and feelings too.


So, by working together to make sure everyone has what they need to stay healthy and feel good inside and out, we're all part of making the world a happier, healthier place for everyone!

### **Objectives :**






- To encourage students to adopt healthy habits such as eating a variety of fruits and vegetables, drinking plenty of water, and limiting sugary snacks.
- Raise awareness about the different aspects of health, including physical, mental, emotional, and social well-being for leading happy and fulfilling lives.
- Instill a curiosity for learning about health and well-being that extends beyond the classroom, encouraging children to explore topics of interest and seek out reliable information.

## General Instructions :

1. Do the subject specific homework separately as per directions.
2. Parents are requested to only guide their children while doing the assignment.
3. Originality of the work will be appreciated.

<b>English</b>	<p>Vacation is a welcome break. So why not utilize this golden period for family reunion and reiterate your family ties with your family members and relatives. Gear up and utilize your time in the best possible manner.</p> <p>Let's cheer for the 3R's- Rejuvenation, Relaxation and Rebonding !</p> <p style="text-align: center;"><b>TASK: A</b> <b>READING ACTIVITIES</b></p> <p>Read books and make summertime a memorable and enjoyable one.</p>  <p>Some Suggested books for reading:</p> <ul style="list-style-type: none"><li>• Diary of Wimpy kid by Jeff Kinney</li><li>• The Essential Collection for Young Readers by Ruskin Bond<ul style="list-style-type: none"><li>a) The Thief's Story</li><li>b) A Long Walk for Bina</li></ul></li><li>• The Charlie and the Chocolate Factory by Roald Dahl</li></ul> <p>➤ Make a list of books you read during the summer break.</p> <p style="text-align: center;"><b>TASK :B</b> <b>Interdisciplinary Activities</b></p> <table border="1" data-bbox="416 1818 1390 2076"><thead><tr><th>ACTIVITIES</th><th>STEPS TO BE FOLLOWED</th></tr></thead><tbody><tr><td>i)Happiness Vocabulary Wheel</td><td>i)Cut out using hardboard with diameter of 30 cms</td></tr><tr><td>ii)Five benefits of Pranayama</td><td>ii) Write and draw the relevant pictures on A3 size sheet.</td></tr></tbody></table>	ACTIVITIES	STEPS TO BE FOLLOWED	i)Happiness Vocabulary Wheel	i)Cut out using hardboard with diameter of 30 cms	ii)Five benefits of Pranayama	ii) Write and draw the relevant pictures on A3 size sheet.
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	iii)Health Book	iii) Prepare a health book using A3 size sheet (Cut and paste news articles/columns/headlines related to physical health, mental well-being and emotional health.) <b>Note: The Health book must consist of at least 10 pages .</b>
	iv)Camelids	iv)Camelids Care Tips (Draw and write on full chart paper as 2024 is the International Year of Camelids)
<b>TASK B - ROLL.NO (1TO 15) PART: I</b> <b>ROLL.NO (16 TO30) PART:2</b> <b>ROLL.NO (17 TO 30) PART:3</b> <b>ROLL.NO (31 onwards) PART:4</b>		
<b>Hindi</b>	<p><b>**स्वास्थ्य और कल्याण(SDG-3)</b></p> <p>हमारे स्वास्थ्य और कल्याण का ध्यान रखना हमारी प्राथमिकता होनी चाहिए। स्वस्थ रहने के लिए हमें अपने आस-पास के माहौल को स्वस्थ और सुरक्षित बनाए रखने के लिए कदम उठाने चाहिए। सही आहार, नियमित व्यायाम, अच्छी नींद, और तनाव से दूर रहना हमारे शारीरिक और मानसिक स्वास्थ्य के लिए महत्वपूर्ण है। इसके साथ ही इसे हमें अपने परिवार और समुदाय के साथ साझा करने की आवश्यकता है। हमें सामुदायिक स्तर पर स्वास्थ्य सेवाओं के प्रचार-प्रसार में सहायक होना चाहिए और एक-दूसरे का साथ देकर स्वस्थ और सुरक्षित जीवन बिताने के लिए प्रेरित करना चाहिए।</p> <p><b>**स्वास्थ्य और कल्याण के लिए अवकाश कार्य**</b></p> <p><b>**रोल नंबर: 1-6**</b></p> <p>खानपान में स्वस्थ आहार के लिए योजना बनाइए। अपनी पसंदीदा सलाद बनाइए और चित्र सहित उसको बनाने की विधि लिखिए। उसमें उपयोग हुई सामग्री के फायदे भी बताइए।</p> <p><b>**रोल नंबर: 7-12**</b></p> <p>स्वस्थ जीवन और संतुलित भोजन के बारे में लोगों को जागरूक करने के लिए आप क्या करेंगे?</p> <p><b>**रोल नंबर: 13-18**</b></p> <p>घर के अंदर और बाहर खेले जाने वाले खेलों के बारे में चित्र सहित लिखिए एवं खेल हमारे स्वास्थ्य के लिए क्यों जरूरी है ? यह भी स्पष्ट कीजिए।</p> <p><b>**रोल नंबर: 19-24**</b></p> <p>नियमित व्यायाम के महत्व को समझाने के लिए आप क्या करेंगे?</p> <p><b>**रोल नंबर: 24-29**</b></p> <p>अपने आस-पास के पर्यावरण को स्वस्थ और सुरक्षित रखने के लिए आप क्या करेंगे?</p> <p><b>**रोल नंबर: 30-36**</b></p>	

	<p>प्राकृतिक चिकित्सा और औषधि के प्रयोग के महत्व को समझाने के लिए आप क्या करेंगे?  <b>**रोल नंबर: 37-42**</b>  पर्यावरण की सफाई के लिए कौन-कौन से कदम उठाए जा सकते हैं?  <b>**रोल नंबर: 43-47**</b>  अलग-अलग फलों का स्वाद लें और उनके स्वास्थ्य लाभों के बारे में चित्र सहित लिखिए।</p>
<p><b>Science</b></p>	<ul style="list-style-type: none"> <li>• <b>Healthy Recipe Booklet:</b>  Choose three healthy recipes (e.g., fruit salad, vegetable soup, yogurt parfait) and create a mini recipe booklet. Write down the ingredients, nutritional value and instructions for each recipe, including any tips for making them extra delicious.</li> <li>• <b>My Daily Routine Poster:</b>  Design a poster illustrating your daily routine, including activities related to good health and well-being. Include waking up, brushing teeth, eating meals, exercising, and getting enough sleep.</li> <li>• <b>Mindfulness and Relaxation:</b>  Practice mindfulness and relaxation techniques such as deep breathing or yoga. Create a "Calm Corner" in your room with pillows, blankets, and soft music where you can go to relax and unwind. Draw <b>any one</b> of your favourite yoga posture on A4 size sheet.</li> </ul>
<p><b>Maths</b></p>	<p>1.</p> <p style="text-align: center;"><b>READY FOR A CHALLENGE?</b></p> <p style="text-align: center;">Use your math skills to find the value of each '?'</p> <div style="text-align: center;">  <math display="block">2 \text{ coconuts} + 3 \text{ watermelon slices} + 1 \text{ coconut} = 21</math> </div> <div style="text-align: center;">  <math display="block">10 = 1 \text{ strawberry} + 4 + 1 \text{ strawberry}</math> </div> <div style="text-align: center;">  <math display="block">1 \text{ strawberry} + 1 \text{ orange} = 8</math> </div> <div style="text-align: center;">  <math display="block">14 = 1 \text{ coconut} + 1 \text{ orange}</math> </div> <div style="text-align: center;">  <math display="block">1 \text{ strawberry} + 1 \text{ coconut} + 2 \text{ watermelon slices} + 1 \text{ orange} = ?</math> </div>

	<p>2. Ayushman Bharat- Pradhan mantra Jan ArogyaYojna, the government scheme to make healthcare facilities available and accessible to the economically weaker segment of the population, is indeed one such step. The 2022 witnessed further footsteps empanel more health care providers especially in small towns towards the aim of having 1500000 health and wellness centers and covering at least 500000000 beneficiaries from 100000000 financially vulnerable family under 500000 per family, per year coverage in secondary and tertiary care hospitalization, by 2022.</p> <p>(i) Write the number name of 1500000  (ii) Find the sum of 500000000 and 100000000</p>
<p><b>Social Sc.</b></p>	<p><b><i>“ Learning is the beginning of wealth.  Learning is the beginning of health.  Learning is the beginning of spirituality.  Searching and learning is where the miracle process all begins.”</i></b></p> <p><b>Interdisciplinary activities:</b>  <b>Steps to be followed: Every child has to make one activity given below:</b></p> <ul style="list-style-type: none"> <li>• <b>Create a comic strip about the importance of a good night’s sleep.</b></li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>• <b>Create a collage of pictures and illustrations representing healthy habits.</b></li> <li>• <b>Create a healthy recipe, research, choose the ingredients and create a recipe card with instructions.</b></li> <li>• <b>Start a small garden project by planting herbs in pots or growing vegetables in pots and write about the importance of fresh homegrown produce for your health and well-being. Take good care of the grown plants by you and bring these pots to school after your summer vacations.</b></li> </ul> <p><b>PLEASE NOTE THE LAST PROJECT OF GROWING PLANTS IS COMPULSORY FOR ALL THE STUDENTS.</b></p>

	
<p><b>Sanskrit</b></p>	<p><b>व्यायाम:-</b> स्वस्थ जीवनशैली का एक महत्वपूर्ण हिस्सा व्यायाम है। एक निबंध लिखें जिसमें व्यायाम के फ़ायदे और व्यायाम करने के तरीके समझाएं।  एवं एक A3 size sheet पर सूर्य नमस्कार को दर्शाइये।  ऊंटों की विशेषताओं का चित्र सहित A3 size sheet पर वर्णन करें।  (क्योंकि 2024 ऊंटों का अंतर्राष्ट्रीय वर्ष है।)</p> <p><b>पुस्तक:-</b> पढ़ने के लिए कुछ चयनित पुस्तकें -</p> <ul style="list-style-type: none"> <li>● संस्कृत कथा सागर</li> <li>● संस्कृत नाटक बालसाहित्य संग्रह</li> </ul>
<p><b>Computer</b></p>	<ul style="list-style-type: none"> <li>➤ Research and compile information on Password Security - Discuss the importance of strong passwords and provide guidelines for creating and managing secure passwords.</li> <li>➤ Online Safety Pledge - Write a Short paragraph or a few sentences in which you pledge to follow safe Online practices and encourage others to do the same. Explain why you believe it is crucial to prioritize Online Security.</li> <li>➤ Make a Chart or Poster on any one of the following topics - <ul style="list-style-type: none"> <li>● Protecting Your Digital Identity.</li> <li>● Mobile device security tips and tricks.</li> <li>● Safe Social Media Practices.</li> </ul> </li> </ul>



## Art and craft :

1) Make a painting in your art file from your memory of that place where you visit during holidays and enjoyed a lot .Use pencil colours or oil pastels

2) Make a camel craft (wall hanging or Table decoration art piece ) Using mount board, Coloured papers ,mirrors ,threads or any other decorative items .size not more than 10 inches

## Links for Homework worksheets :

### ENGLISH

<https://docs.google.com/document/d/1bWy3JWa4s2C5eZ1K24vfwUN20p5pEFkl/edit?usp=drivesdk&oid=113600800804633295259&rtpof=true&sd=true>

### HINDI

[https://drive.google.com/drive/folders/1sb\\_Hh5OAxT5k0nagWwiXJ5rFypaHd8dN?usp=sharing](https://drive.google.com/drive/folders/1sb_Hh5OAxT5k0nagWwiXJ5rFypaHd8dN?usp=sharing)

### MATHS

<https://docs.google.com/document/d/1UGtW2CqnMragrdN3PSBWTVEpfosijVNo/edit?usp=sharing&oid=106784690439538084305&rtpof=true&sd=true>

### SCIENCE

<https://drive.google.com/file/d/1E3AE8Fg5iyVGwNbMqKKcEmZkhwXYITX/view?usp=sharing>

### SST

<https://docs.google.com/document/d/1ivmsCMaV9yI08bcjwvwnQmSEnYGah3tB/edit?usp=sharing&oid=106130958338944370464&rtpof=true&sd=true>

### SANSKRIT

<https://drive.google.com/drive/folders/1S0Oy3LMQkMo4svyoTcP6LUJkb5bS4k54>

