



NIRJA SAHAY DAV PUBLIC SCHOOL, KANKE, RANCHI

HAPPY SUMMER *VACATION* **HOLIDAY HOMEWORK**





ADVISORY

Dear children,

Summer vacation is a time to relax , rejuvenate and recreate yourself and your bond with your body, parents, siblings and nature.

Here are some points for summer vacation lifestyle management:

Physical Health

1. ***Stay hydrated***: Drink plenty of water to stay hydrated. Also try Desi coolers like lassi, chhachh, Nimboo pani, Nariyal pani, aam panna ,sattu etc.
2. ***Exercise regularly***: Engage in physical activities like sports, yoga, skipping ropes, zumba or walking.
3. ***Eat a balanced diet***: Focus on nutritious food, fruits, and vegetables. Prefer home cooked simple food .
4. ***Get enough sleep***: Maintain a consistent sleep schedule but get up early in the morning and read and revise the syllabus.

Mental Health

1. ***Practise relaxation techniques***: Try meditation, deep breathing, or mindfulness.
2. ***Take breaks***: Give yourself time to rest and recharge.
3. ***Engage in hobbies***: Pursue activities you enjoy, like reading, painting, or playing music.
4. ***Stay connected***: Nurture relationships with family , friends and nature. Help the needy in your society .
5. **Bond with parents** - Help your parents with house hold chores so that they can also spend some quality time with you. Make tea, juices, cold coffee etc and pamper them.

5. **Nurture the nature** –keep food grains and some water in a bowl for birds. Give the extra food, biscuits etc to the stray animals.

6. **Do gardening** – plant your favourite vegetable or flower seed in your garden and see them grow. You will feel immense pleasure.

Productivity

1. ***Set goals***: Plan and set achievable goals for your summer vacation. Read atleast 2 novels in this summer break.

2. ***Create a routine***: Establish a daily routine to stay organized.

3. ***Learn something new***: Take online courses, attend workshops, or learn a new skill. Read Hindi/ English newspapers Editorials daily. It will aid to your knowledge, vocabulary and skills.

4. ***Stay organized***: Keep track of your schedule and tasks Organize your room and your study table yourself.

Safety and Precautions

1. ***Stay safe online***: Be cautious when sharing personal information online. Don't be indulge too much in online games

2. ***Protect yourself from the sun***: Wear sunscreen, hats, and sunglasses when going outside.

3. ***Be mindful of water safety***: Follow safety guidelines when swimming or engaging in water activities.

4. ***Plan ahead***: Research and plan your activities, outings, and travels.

Balance

1. ***Balance work and play***: Make time for both relaxation and productivity.

2. ***Prioritize self-care***: Take care of your physical, mental, and emotional well-being.

3. ***Be flexible***: Adapt to changes and unexpected events.

4. ***Enjoy the moment***: Make the most of your summer vacation and create lasting memories.

Pamper yourself, learn , grow and enjoy your Vacations.

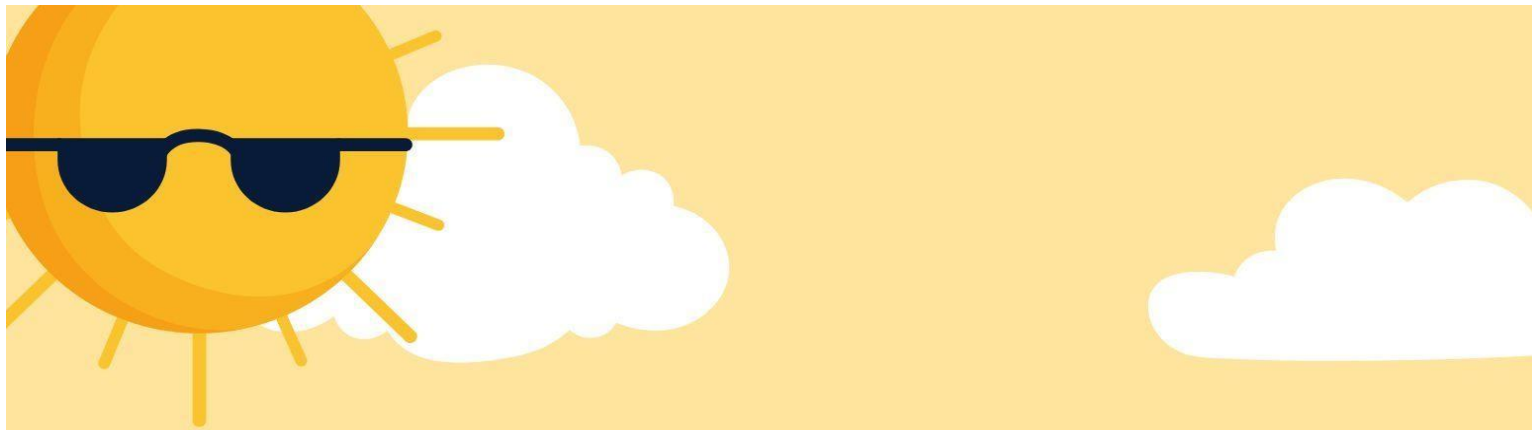
I/c Health and wellness Club

Mrs. Kiran Yadav

PRINCIPAL

SUMMER

Holiday Homework



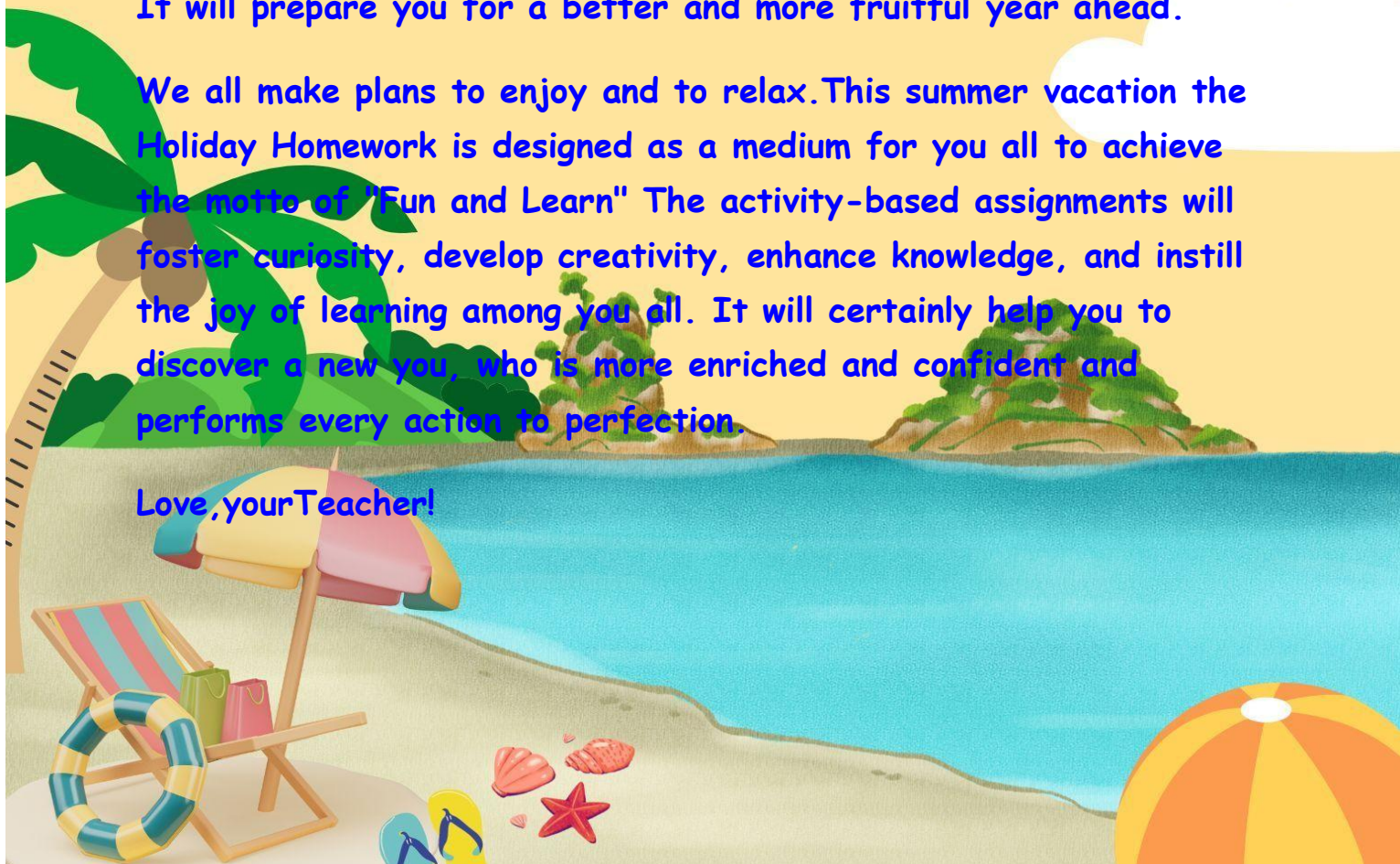
NIRJA SAHAY D.A.V PUBLIC SCHOOL, KANKE RANCHI -06

Dear Students,

A holiday is a time that we all eagerly wait for. Finally, the Summer Vacations have begun. Summer vacation is synonymous with fun and frolic activities playing for longer hours with friends, going for picnics, exploring new places, and watching fun-filled shows on television. But dear children, there is a lot more you can do to make your vacations more interesting, meaningful, and full of fun. It will prepare you for a better and more fruitful year ahead.

We all make plans to enjoy and to relax. This summer vacation the Holiday Homework is designed as a medium for you all to achieve the motto of "Fun and Learn". The activity-based assignments will foster curiosity, develop creativity, enhance knowledge, and instill the joy of learning among you all. It will certainly help you to discover a new you, who is more enriched and confident and performs every action to perfection.

Love, your Teacher!





Dear Parent,

Summer vacation brings a change and excitement for children. The vacation is also a time when you can spend more time with your child. You could use this opportunity to inculcate healthy practices such as cycling, drinking lot of water, eating fruits and salads. These tasks are designed to engage children in a meaningful and productive manner.

While your child works ,support him/her, in a manner that builds responsibility and ownership towards each task and raises their confidence in their own learning. Make sure that he/she brings the holiday homework when the school reopens.

Wish you an engaging and fulfilling summer time with your child.

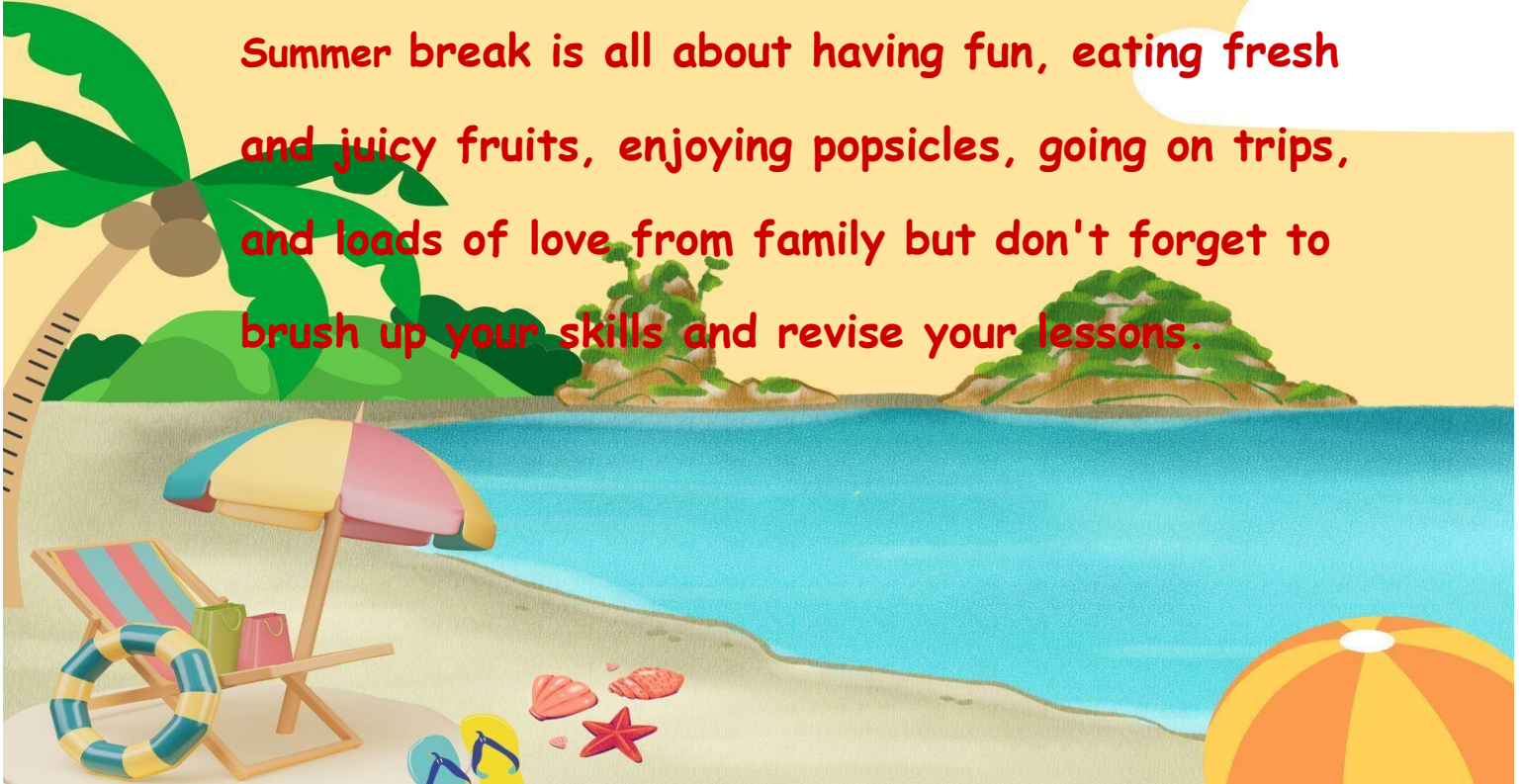


INSTRUCTION

- Take the printout and do all the given worksheets to show that you know everything.
- Holiday homework will be evaluated and will have weightage.
- All the holiday homework should be well-labeled.

Kindly Note:

- The school will reopen on 17th June 25, Monday.
- Holiday Homework Submission will be on 17th June 24, Monday.



Summer break is all about having fun, eating fresh and juicy fruits, enjoying popsicles, going on trips, and loads of love from family but don't forget to brush up your skills and revise your lessons.

HOW INDEPENDENT CAN I BECOME?

Make your child more independent by teaching him or her various activities like:-

- Buttoning and unbuttoning the shirt.
- Laying the table.
- Folding mats and clothes.
- Arranging their toy shelf.
- Learning to wear shoes and socks.
- Learning how to zip their school bag and the uniform.
- Sorting and pairing household items.

Let's enjoy following links to make our happy summer break happier

[NumberSong1-10](#)

[Phonics Song 2](#)

[Varnamala Geet Hindi Alphabet Song](#)

UnderstandingTheWorld

Project Work Growing a plant

Resources:

Tomato slices, a pot of soil, and a water sprinkler

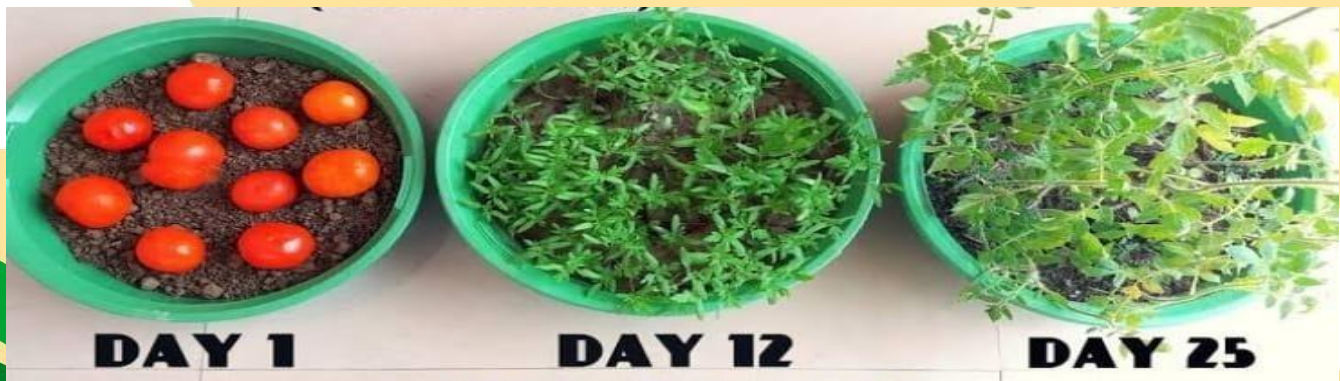
Instructions:

Take a tomato and slice it.

Dig the soil using a spade. Place the tomato slices in the soil and cover it.

Water it using a sprinkler.

Get yourself clicked with it and paste the picture into your scrapbook.



For Parents,

Encourage your child to spend time in nature and nurture a love for it. Get them involved in planting seeds and observing their growth. Help your child document the plant's progress and keep a detailed record of its development.



Visiting a nursery offers numerous benefits:

- **Enhanced Learning:** Children can learn about different plant species, their growth patterns, and their needs, fostering early scientific curiosity.
- **Sensory Development:** Interacting with plants engages multiple senses—touching different textures, smelling flowers, and seeing a variety of colors and shapes.
- **Language Skills:** Discussing plants and their characteristics can help expand a child's vocabulary and improve their communication skills.
- **Environmental Awareness:** Early exposure to plants and nature can instill a sense of responsibility and care for the environment.
- **Physical Activity:** Exploring a nursery involves walking, bending, and sometimes digging, promoting physical health and coordination.
- **Creativity and Imagination:** Observing and interacting with diverse plant life can inspire creativity and imaginative play.
- **Emotional Well-being:** Time spent in natural settings can reduce stress and anxiety, promoting overall emotional health and well-being.
- **Social Skills:** Visiting a nursery can provide opportunities for children to interact with people, enhancing their social development.
- **Hands-on Learning:** Practical activities like planting and watering plants can enhance fine motor skills and provide a hands-on approach to learning.

▶ The Parts of a Plant Song | Science Songs | Scratch Garden

Plants Need





Resources:

A4 size colourful sheet, glue, markers and clay

Instructions:

Consider the attached picture as an example

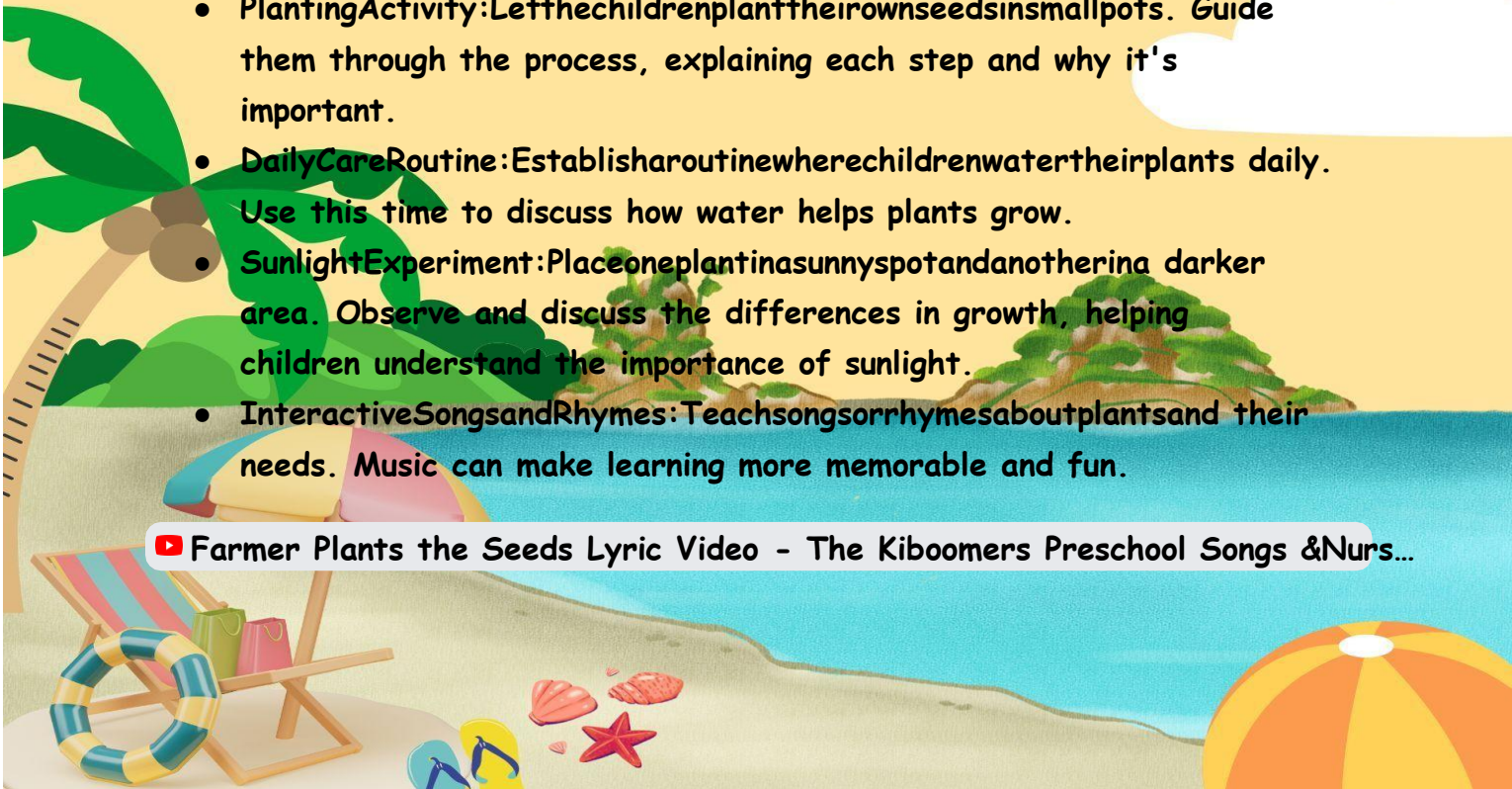
For Parents,

- **Storytelling:** Use stories and picture books about plants to explain what they need to grow. Books like "The Tiny Seed" by Eric Carle can be very effective.

📺 **The Tiny Seed** - A read aloud Eric Carle book with music in HD fullscreen

- **Planting Activity:** Let the children plant their own seeds in small pots. Guide them through the process, explaining each step and why it's important.
- **Daily Care Routine:** Establish a routine where children water their plants daily. Use this time to discuss how water helps plants grow.
- **Sunlight Experiment:** Place one plant in a sunny spot and another in a darker area. Observe and discuss the differences in growth, helping children understand the importance of sunlight.
- **Interactive Songs and Rhymes:** Teach songs or rhymes about plants and their needs. Music can make learning more memorable and fun.

📺 **Farmer Plants the Seeds Lyric Video** - The Kiboomers Preschool Songs & Nurs...



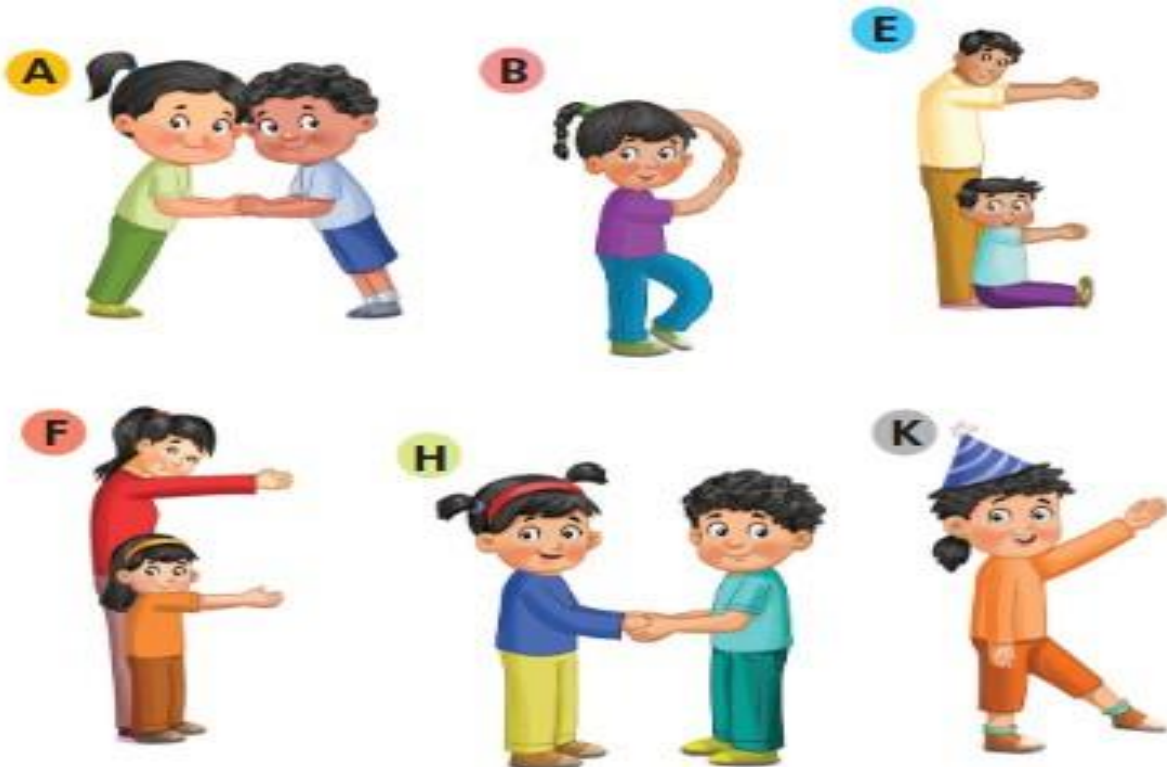
Wellness

Children's well-being is a combination of their physical, mental, emotional and social health. These elements all contribute to overall well-being, and we need to foster positive well-being in our children from an early age.

For Parents,

Encourage them to form letters so other than the ones shown here and trying those with your help.

Use the pictures for visual stimulation and try to form different capital letters of the alphabet by bending and stretching your body in different ways.

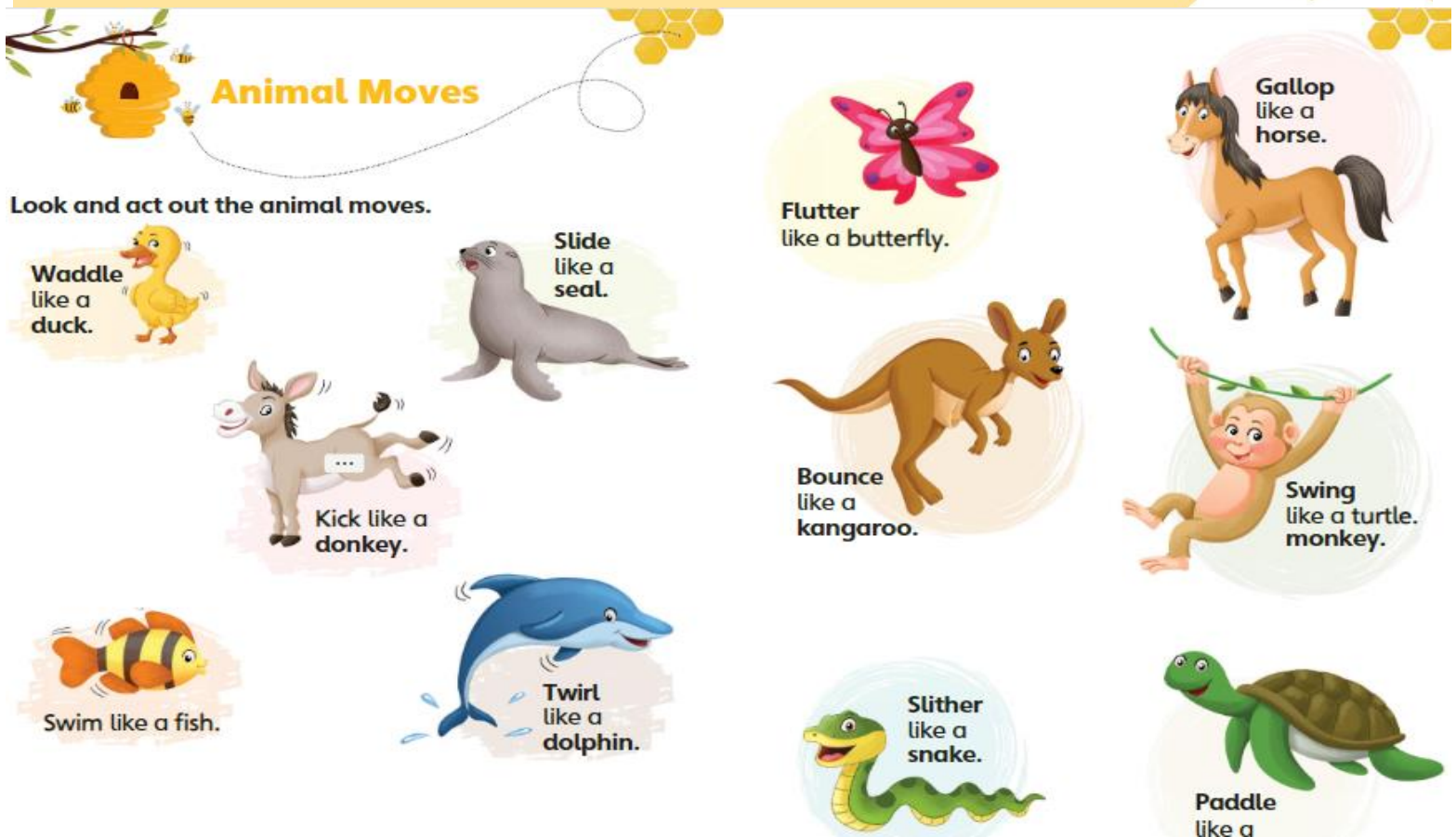




Time to imitate our favorite animal movements and learn new action words.

For Parents,

Show them the pictures as prompts, and ask them to do the movements of the given animals. The children should repeat the names of the movements while doing them, for example, I can waddle like a duck.



Literacy

- Practice singing phonic sounds every day.
- Make your own phonic cards (AtoZ) and practice saying sounds with them.





Reading is Fun With Mumma, Papa

Following are the suggested story books that you can read together with your child.

- The Ant and the Grasshopper
- The Ugly Duckling
- Three Little Pigs
- Goldilocks
- The Enormous Turnip
- The Little Red Hen
- The Very Hungry Caterpillar
- Monkey Puzzle
- Smiley Shark
- Pete the cat
- The rabbit and the tortoise
- Panchatantra stories like
- The Foolish Lion
- The Elephants and the Mice
- Lion and the Rabbit

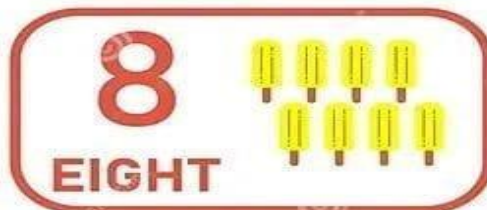
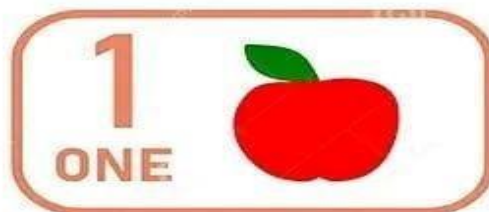


Numeracy

- Count out loud on fingers from 1 to 10.



- Make your number cards.



ENGAGEMENT ACTIVITIES

20May Wake up early and visit a temple with your grandparents	21May Do exercise with your family	22May Help mumma in serving food	23May Let's do jumping jack today	24May Feed the street dogs with the help of your parents
27May Cleanliness is happiness-Wash your toys today	28 May Recapitulate rhyme: Days of the week	29May Help your parents in arranging fruits and vegetables basket	30May Start your day with Laughter Yoga today	31May Give your grandparents a head massage
03 June Mangolicious Monday:enjoy eating mango and ask the mango name to your parents	04 June Arrange your toy selves and surprise your mumma	05 June Wake up early, touch your elders feet and do meditation with your family	06 June Recapitulate rhyme :Hands on the shoulder	07 June How are you feeling today? Check your mood with a mirror and learn to express yourself.
10 June Visit worship place and pray for everyone	11June Make a necklace from beads for mumma	12 June Keep a bowl of water for birds to quench their thirst.	13 June Sorting of different color things together	14 June Make a beautiful card for your father

THANK YOU!

Number Match Up

Look at the numbers on the left.
Then circle the correct group of vegetables on the right.

1



2



3





**HAPPY
SUMMER
HOLIDAYS!**