



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**





**NIRJA SHAY DAV PUBLIC SCHOOL KANKE RANCHI**

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**NIRJA SAHAY DAV PUBLIC SCHOOL GOSHALA COMPLEX , KANKE , RANCHI**

**HOLIDAY HOMEWORK**

**CLASS :- IV**

**SUBJECT :- ENGLISH**

1. Paste picture of your best friend and write basic information about him along with his hobbies , interest , behaviour.
2. Prepare an album with pictures and information about Sunil Gavaskar.
3. Read a storybook or a short novel and answer the following questions:
  - What is the title of the book?
  - Who is your favourite character and why?
  - What is the main theme of the story?
4. Write a short paragraph (50-70 words) about your favourite holiday activity.
5. Imagine you are a superhero. Write a short story (70-100 words) about your holiday adventure.
6. Word Search: Create a word search puzzle with holiday-related words (e.g., Christmas, Santa, gifts, tree).
7. Picture Description: Draw a picture of your favourite holiday memory and write a short description (20-30 words) about it.
8. Practice writing sentences using the following grammar structures:
  - Simple present tense (e.g., I like holidays.)
  - Future tense (e.g., I will go to the park.)

## ## Submission

Please submit your holiday homework in a neat and organized manner, with each section clearly labelled. Make sure to use good handwriting and spelling.

## ## Tips

- Use colourful pictures and illustrations to make your work more fun.
- Practice your writing skills and try to use new vocabulary words.
- Have fun and be creative!

### विषय - हिंदी

1. भाषा माधुरी पाठ - 1 ' फैलती चप्पलें ' तथा पाठ - 2 ' उलटा - पुलटा ' के प्रश्नोत्तर याद कीजिए और लिखिए।

2. जीवन मूल्य पर आधारित प्रश्न -

(क) आप अपने दादा - दादी की मदद किस प्रकार करते हैं?

(ख) बुरी बातों से हम कैसे बच सकते हैं?

(ग) मान लीजिए कि आप पिकनिक पर जा रहे हैं और आप देखते हैं कि किसी नेत्रहीन व्यक्ति को सड़क पार करने में मुश्किल आ रही है। ऐसी परिस्थिति में आप क्या करेंगे?

3. अपनी दादी माँ के लिए कागज़ का एक सुंदर - सा बैग बनाइए।

4. ' उलटा - पुलटा ' कविता को सचित्र A-4 साइज पेपर में लिखिए।

5. उलटा - पुलटा कविता का सस्वर वाचन करते हुए एक वीडियो बनाइए।

6.. गाँधी जी से जुड़ी किन्हीं तीन चीज़ों के चित्र बनाकर उनके नाम लिखिए।

7. ग्रीष्म ऋतु से संबंधित कोई एक कविता लिखिए।

8. ग्रीष्म ऋतु में मुख्य रूप से पाए जाने वाले किन्हीं पाँच फलों के चित्र बनाकर उनके नाम लिखिए।
9. प्रत्येक दिन एक पृष्ठ (page) सुलेख लिखिए।
10. इस गरमी की छुट्टियों में किसी भी एक दिन अपने माता - पिता के साथ कुछ फल और मिठाइयाँ लेकर पास के अनाथ आश्रम में जाइए और वहाँ रहने वाले बच्चों के चेहरे में मुस्कान लाने का प्रयास कीजिए।

## MATHEMATICS

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### 1. Draw a Place value chart Abacus

- a. 78907
- b. 86790
- c. 67856
- d. 989007
- e. 56745

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### 2. Draw place value chart of six place of six digit numbers

### 3. Table 1-15

### 4. Value based question and brain teaser of unit 1 and 2.

## SCIENCE

- 1. Learn only Ques Ans of chapter My Body.
- 2. Make a model of Digestive system using biodegradable materials .
- 3. Keep water for bird on the terrace of house.

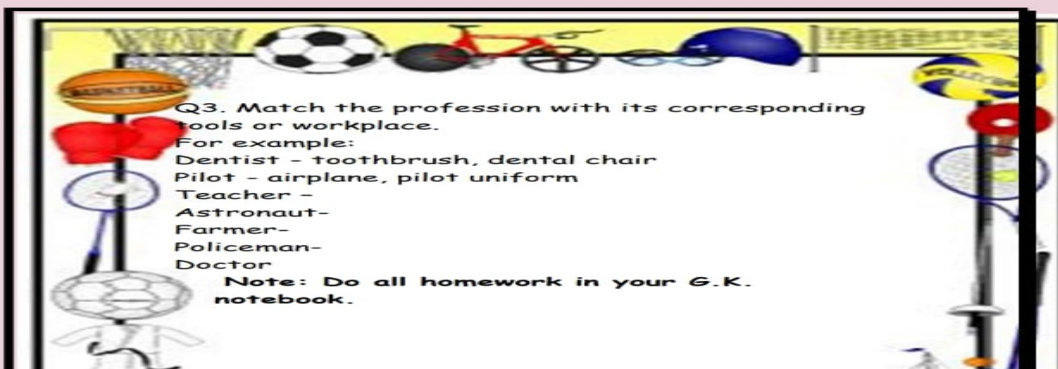
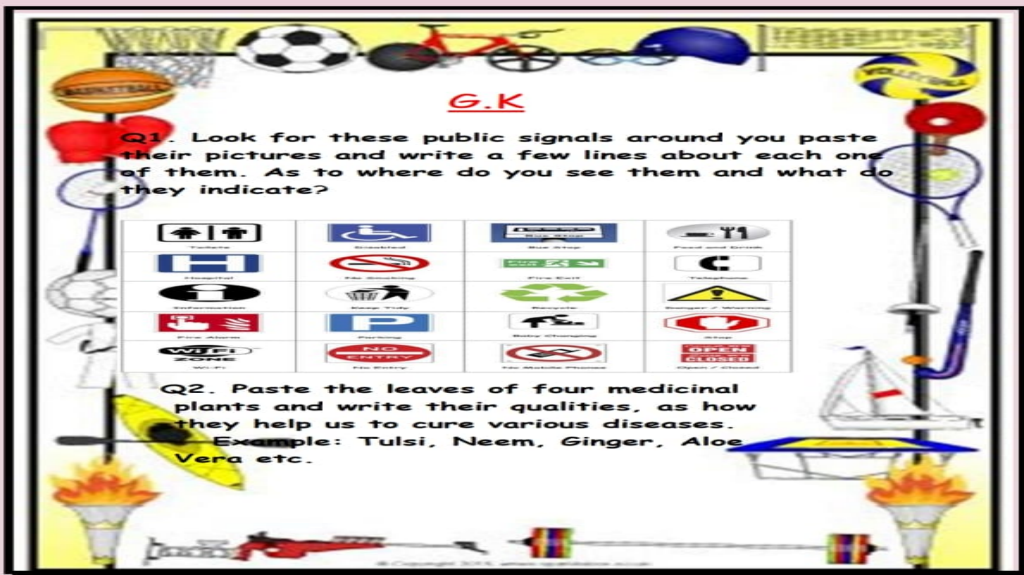
4. Make a "Thank You" card for any of your helpers using dried flowers, leaves, cotton etc .

5. Plant one tree near the house ,playground or by side of the path way.

## SOCIAL STUDIES

1. Each member of a family is important and has special qualities. What special qualities of your family members do you admire and appreciate? Prepare a family tree paste pictures of the family members and write about their personal traits.
2. Prepare a family album and write a small poem or five lines about any three family members you love the most. Also click some Kodak moments with your family members and paste the pictures in the album.
3. Visit a blind school or a school for hearing and speech impaired children or an old age home and share the pictures and experiences of the same in 100 words.
4. Touch can convey many things. You like the touch of some people but the touch of some people make you uncomfortable share with your family member if you have come across a bad touch.
5. Make an album of festivals that are celebrated in India. Write about the special dishes associated with each festival. Which is your favourite festival and special dish ?





## विषय - नैतिक शिक्षा

(क) आर्य समाज के नियम याद कीजिए और लिखिए ।

(ख) नैतिकता पर आधारित कोई भी एक कहानी का वाचन करते हुए वीडियो बनाइए।

## **SUB:ICT**

1. Draw and colour your computer Lab in “Tux Paint” in A4 sheet only.
2. Technology in daily life (Collage)-Paste pictures of gadgets used at home(microwave,TV,smartphone,,etc)and write how they help us.
3. Prepare a chart showing 5 good manners to follow while using computer lab.

### **Art and Craft-**

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- Fruit in basket composition , composition with nature.
- paper bag, wall hanging.

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