



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 SAHAY DAV PUBLIC SCHOOL, KANKE, RANCHI FUNFILLED SUMMER VACATION HOLIDAY HOMEWORK SESSION 2025-26 CLASS II



As you do your homework, sing it along: Lazy lazy summer days, unwind slowly, sun ablaze, sweetly scented air abounds, LET'S HAVE SOME FUN AND JUMP AROUND!

Dear Parents,

Summer is back here with a splash, bringing with it the best time for you. Best time i.e holidays are nothing but play and play. But what about the hot summer afternoons? They don't want to sleep but then what? We have assigned some assignments to help the children grow and learn through play while they remain indoors.

We, at school, always intend to put in our best efforts for the overall personality development of your children. This is done right from the beginning when these children are like clay in our hands. Like a potter works on his wheel to mould perfect objects, we try to mould them to make perfect individuals. But we can't achieve without your co-operation. Please try to spend quality time with them. We have some suggestions as to how you can keep your ward occupied during the summer break

MORAL EDUCATION

Daily recite prayers in the morning and at bed time.

PHYSICAL DEVELOPMENT

Provide ample opportunities to your child and help him/her to learn in a playful Manner.

- 1. Take the child with you for morning/evening walk and help him/her observe the plants and trees around.
- 2. Encourage him/her to run, jump and play on the swings in the park. Use this opportunity to teach not to push anybody, wait for the turn .
- 3. Encourage children to play games like throw and catch the ball, cricket and any other outdoor game of their choice in the evening.
- <u>Be a Friend</u>: Play games with your child like Ludo, Carromboard , and Scrabble.
- Develop motor skills: Let your child indulge in activities like mashing potatoes, rolling chappaties, clay moulding, shelling out peas etc. These activities will help in making their motor skills strong
- <u>Explore nature</u>. Take your child for a morning walk. Count trees, cars, stones, flowers, etc. while going for a walk.
- <u>Tell a Story</u>: *Come Mum! Let's have Fun, tell me a story and thanks a ton*!! Narrate a short story to little ones like "Cindrella, The hare and the tortoise, Snow White , Panchtantra ki Kahaniya "etc .Ask the child to comprehend in his/her own words.
- <u>Sharpen Memory</u>: Put a few things on a tray, show the tray to your child for a while then cover the tray and ask your child to name the objects which were on the tray. This activity will help in enhancing the memory of your child.
- Inculcate Habit of Responsibilities: Even these little ones can be taught to do small jobs and develop a sense of responsibility. They can do activities like Laying the table, Filling the water bottles, Dusting, Watering plants, Taking care of their pet, Cleaning their cupboard, Arranging their toys etc.

EXPLORE YOUR CITY

Take your child on excursion to Railway Station, Zoo, etc. & encourage him/her to speak few sentences about the place he/she visits.

<u>PLAYTIME</u> Play dough : Channelize the energy Of little ones through play dough. They can start by squashing, Patting & rolling..

Pairing & matching : Help your child to match things according to shape, size & colour. For eg Pairing his/her socks, any two buttons of same size, fork & knife etc.

Let the child copy the beats like tapping, banging & clapping. S<u>ELF LEARNING</u> Teach your child : Tying the shoe laces Zipping/unzipping the bag

Learn to button & unbutton your shirt

How many rooms are there in your house i.e. living room, kitchen

Inculcate personal hygiene.

Inculcate the habit of eating fruits Encourage the child to watch Discovery Or National Geographic Channel for half an hour.

LANGUAGE DEVELOPMENT

Different types of languages are spoken by people from different regions but the most important thing is that, any language, when spoken should be spoken correctly. The two common languages that our children should be able to speak fluently are Hindi and English. Since English is a universal language spoken and understood by people all over the world, we want our children also to be proficient in speaking it and for this we need your full support and cooperation. We would appreciate if you adhere to the following points.

Converse with your child in English. Let's encourage the children to use simple words, phrases and sentences like-

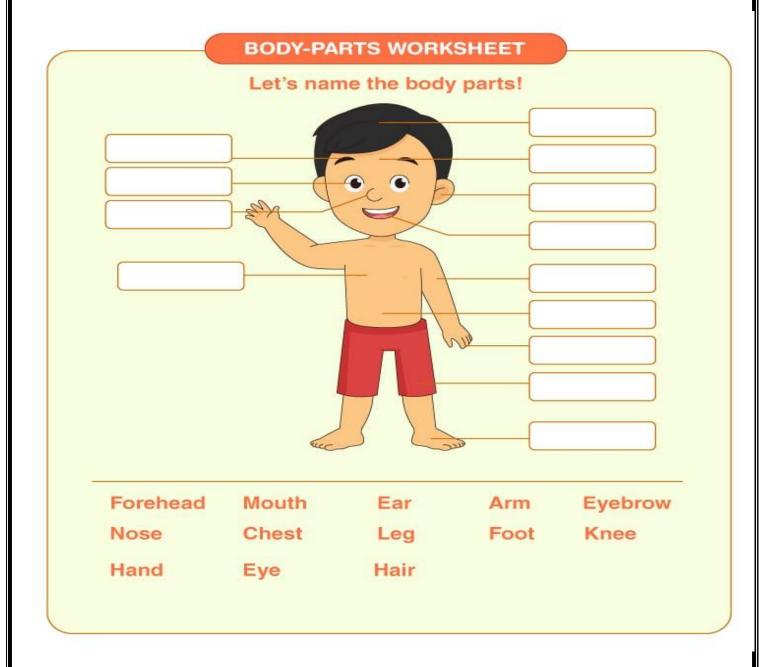
- May I come in ?
- May I drink water?
- I am feeling hungry.
- I am feeling thirsty.
- Mom, please give me something to eat.
- Please give me a glass of water.
- Please trim my nails.
- Please tell me a story.
- Can I watch T.V.?
- Can I go to the park?
- I am feeling sleepy.
- Use of magic words like excuse me, sorry, thank you , please , may I .

How to guard yourself?

- Remember full name or mobile number of your parents.
- try to remember your address.
- Never disclose this information to anyone except during emergency.
- Do not go out of the house without escort.
- If any strangers follows you try to protect yourself by screaming , shouting orrunning.

- Never take eatable , gifts, money , from unknown person.
- Never take lift from strangers.
- Never go to friend's house or any where without informing your parents.
- Never sit in empty bus or any other empty transport alone.
- Do not take short- cut. Use only crowded and properly lit roads.
- If any strangers approaches for help, refuse because an adult should ask help fromadult and not from children. But you might have to see its really an emergency, then you should help and scream for more help.

<u>EVS</u>





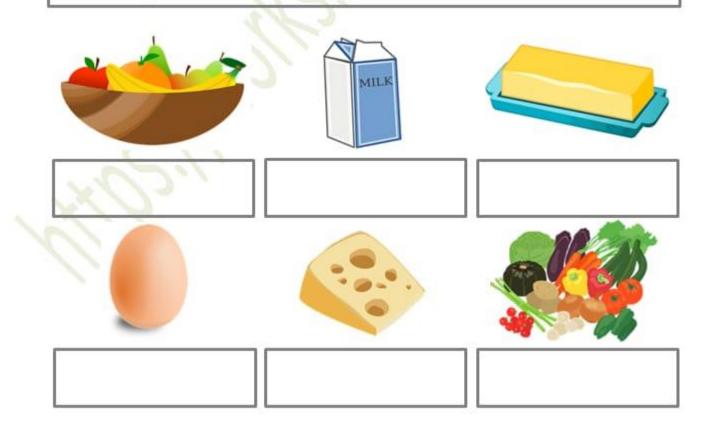
Food We Eat

Circle the odd one out.

1.	apple	radish	banana 🏑	
2.	mango	orange	potato	
3.	onion	paneer	curd	
4.	pasta	milk	noodles	
5.	rice	wheat	rose	

Identify the following food and write their names.

vegetables, milk, egg, fruits, butter, cheese



A. Tick (🗸) the correct options :

- We see with our _____
- a. ears b. skin c. eyes
- 2. We have ____ sense organs.
- a. three b. five c. four
- 3. We feel with our _____.
- a. skin b. tongue c. nose
- 4. The upper most part of our body is the ____.
- a. leg b. head c. chest

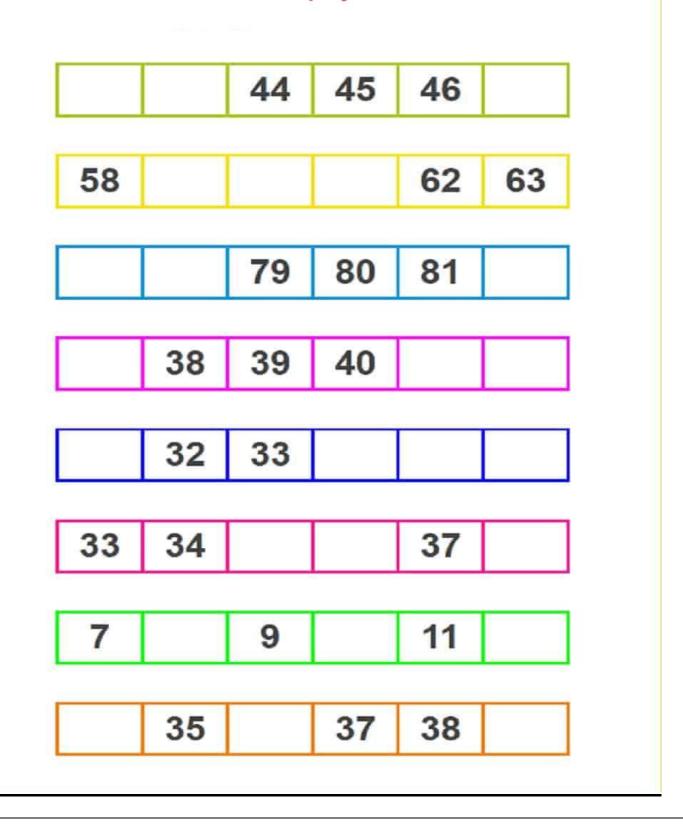
B. Write the correct number beside the boxes :

Our body has:

- 1. Nose
- 2. Tongue
- 3. Toes
- 4. Ankles

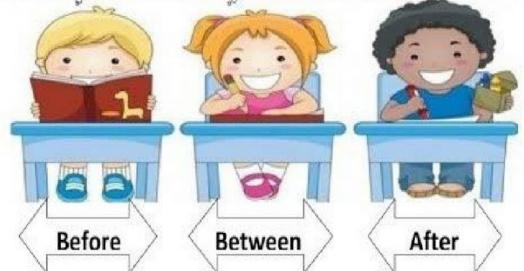
<u>MATHS</u>

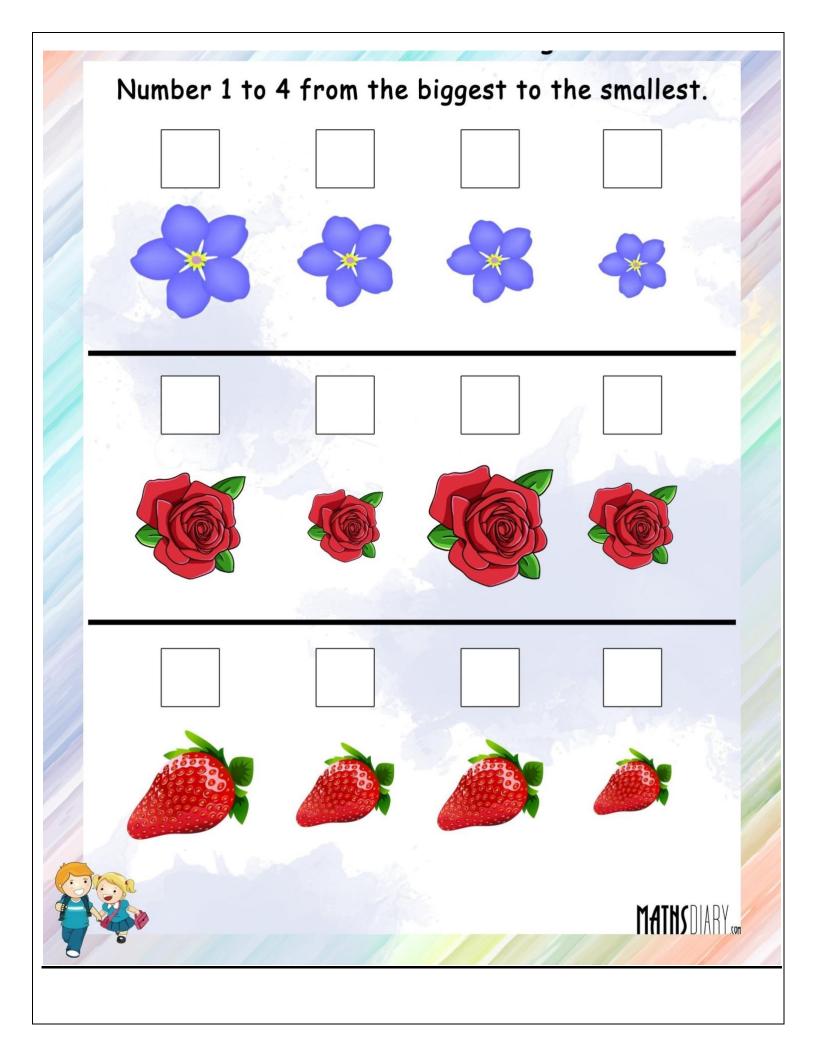
Write down the missing numbers in the empty box.

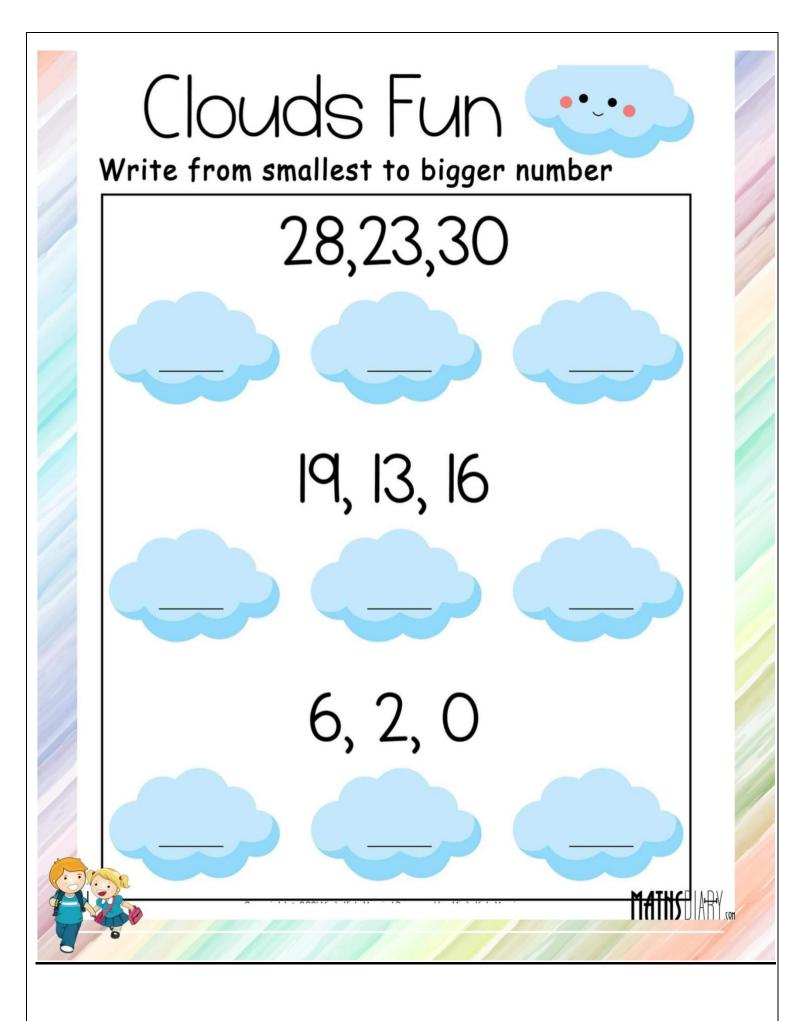


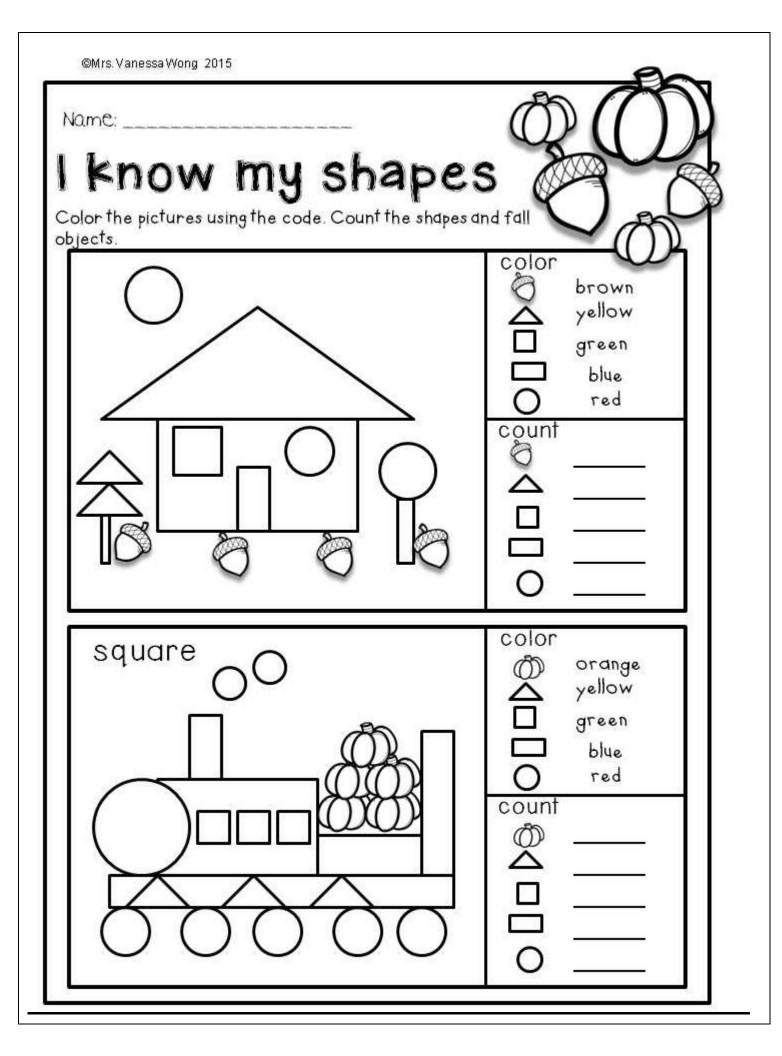
Put in the number which comes before, between or after.

Before	Between	After	
29	33 35	17	
18	5 7	30	
36	21 23	9	
7	12 14	25	
25	19 21	11	
31	37 39	39	
1	7 9	3	
23	26 28	29	

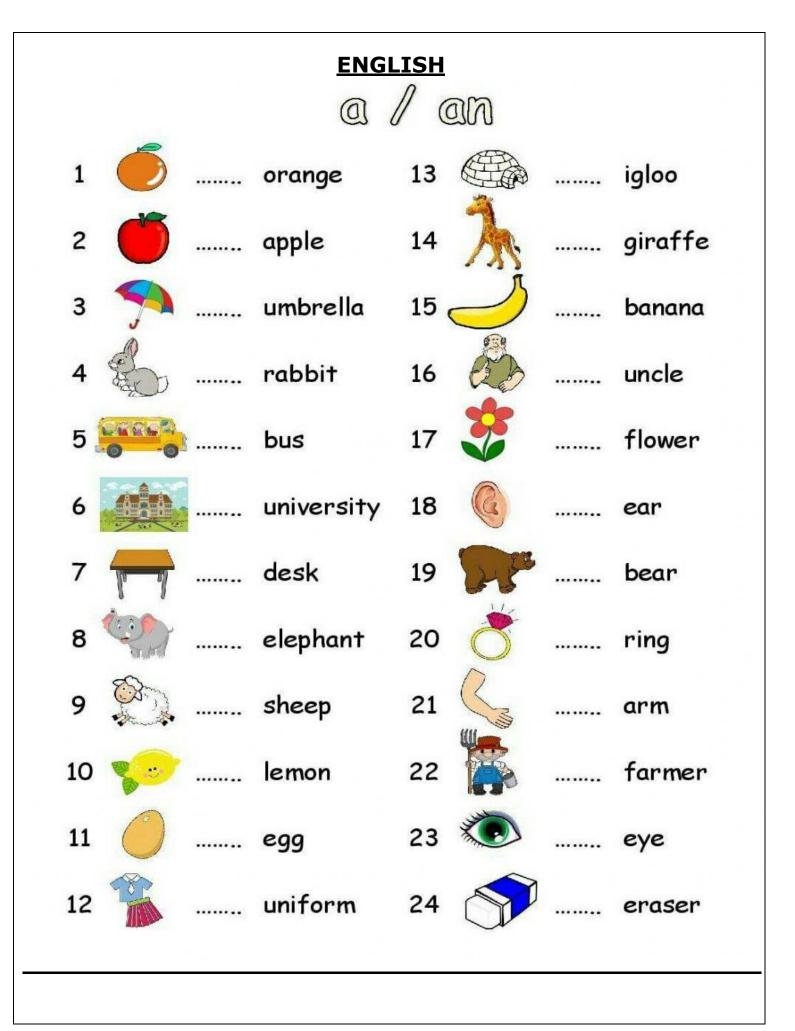




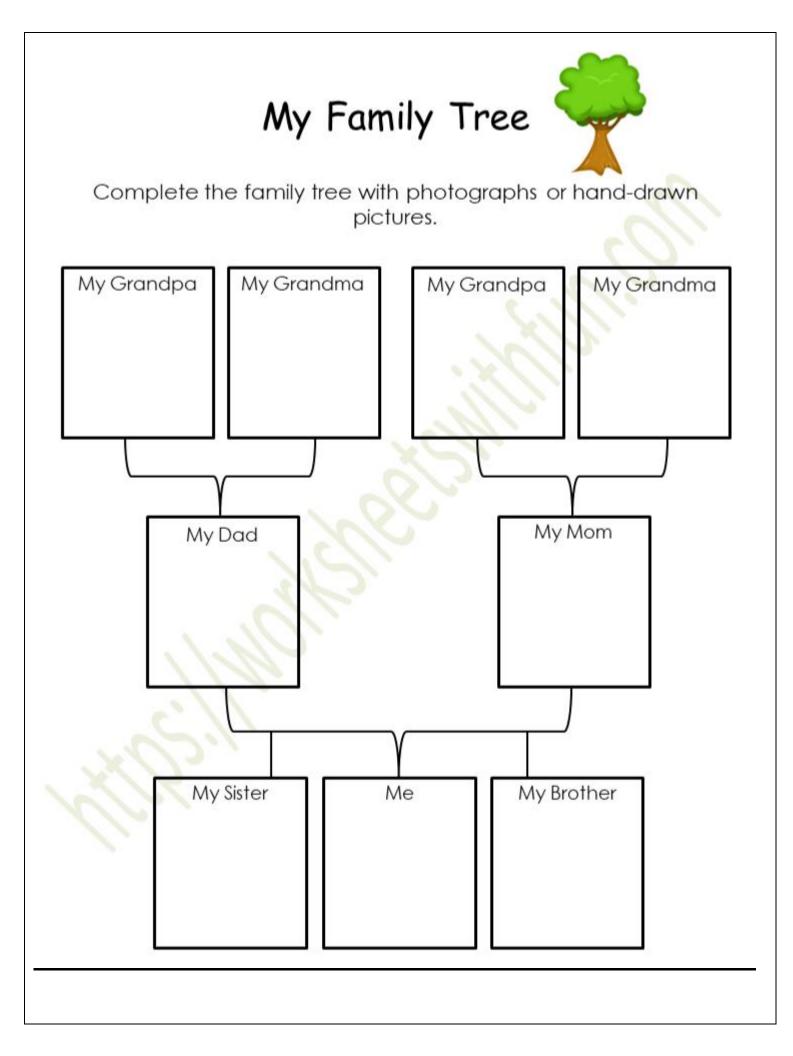




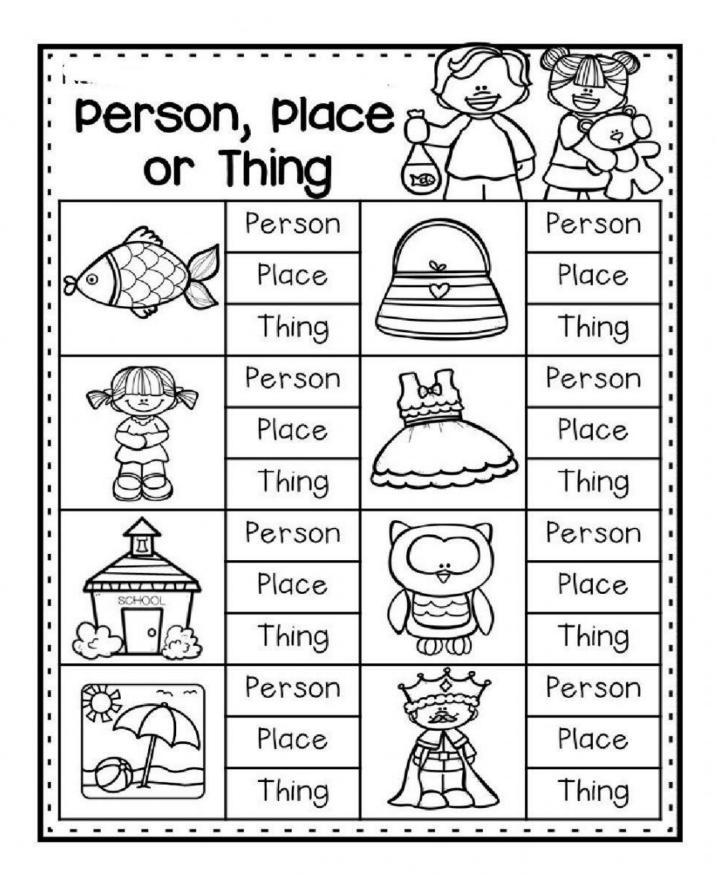
Comparing 3-digit numbers



А	An	The	Starfish	3
А	An	The	Books	
А	An	The	Spider	
А	An	The	Moon	0
А	An	The	Duck	
A	An	The	Shoes	
А	An	The	Pencil	L
А	An	The	Egg	

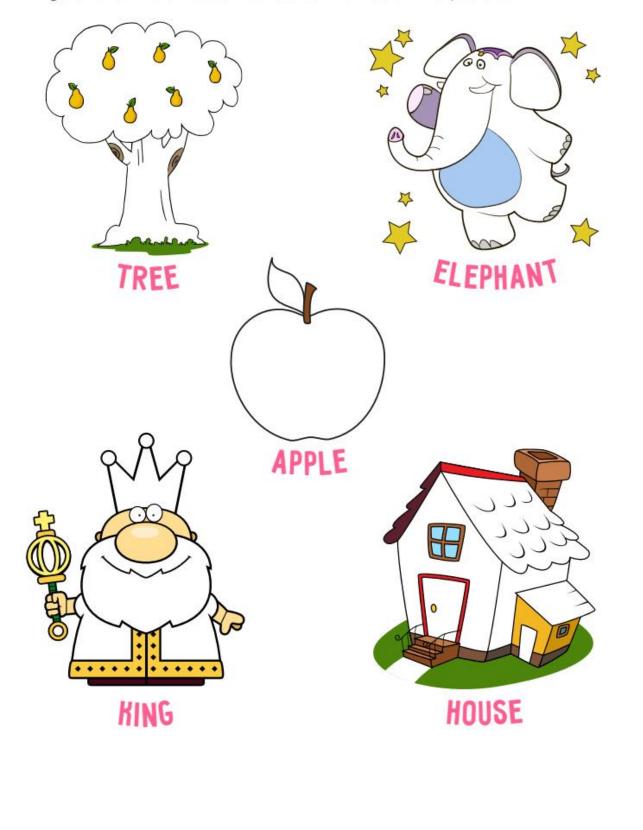


My Family			
My name is years old. My mother's name is			
My mother is a/an My father's name is			
My father is a/an My grandmother's name is			
My grandfather's name is			
My sister's name is My sister is a/an			
https://whatistheurl.com/			



COLOR THE NOUNS

A noun is a type of word. Nouns are people, places, things and animals. Read the nouns, then color the pictures.

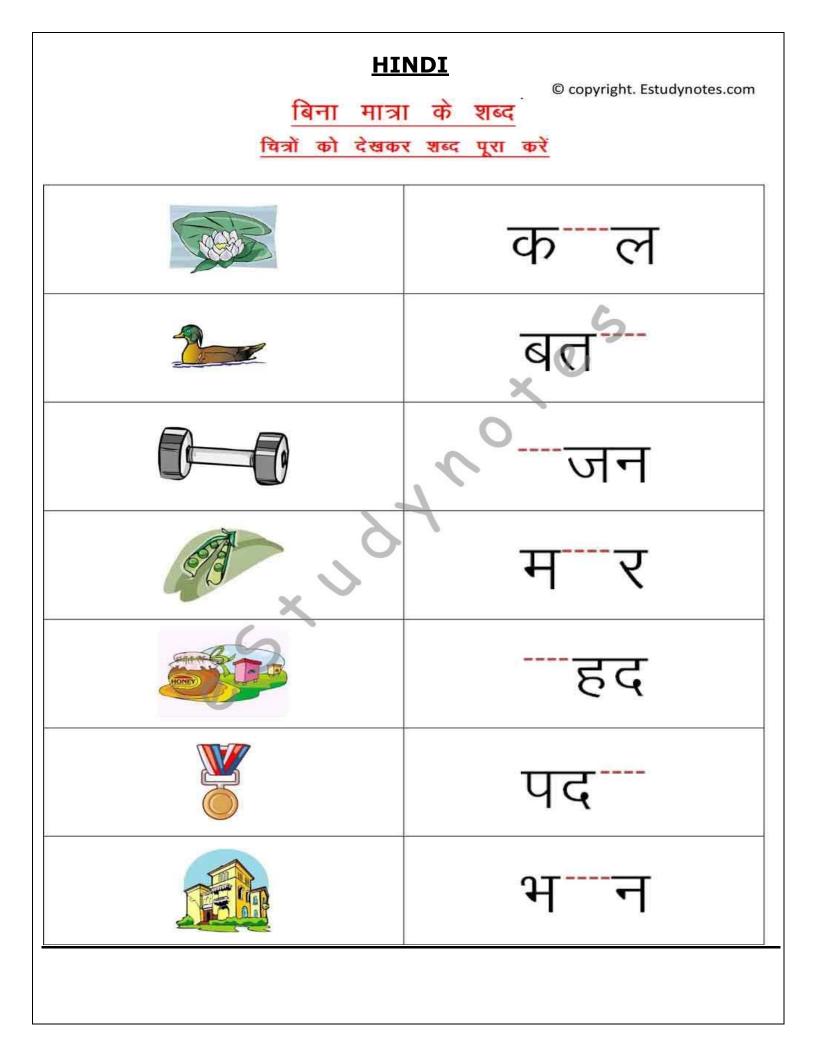




Noun Sort

Person	Place	Thing

girl	dad	mall
book	shoe	mother
store	school	dog
chair	park	boy



मात्रा

(अभ्यास पत्रिका)

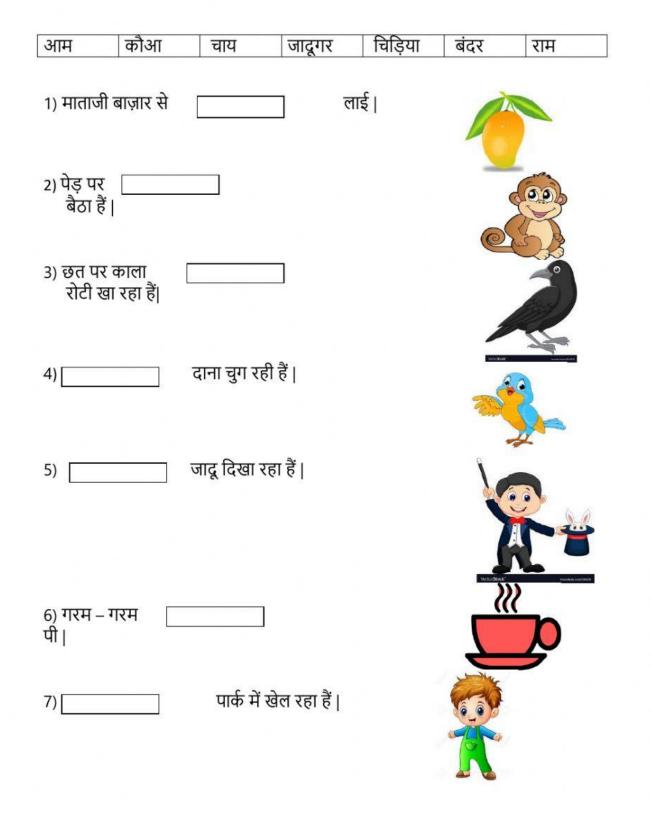
सही मात्रा वाला शब्द चुनकर खाली स्थान में रखिए।

R	मीत्र	मित्र	
	पिता	पीता	
विनती १	गिनती	गिनति	
	दुध	दूध	
	फूल	फुल	
	केला	कैला	,;
	बैल	बेल	·
	औखली	ओखली	
	ओरत	औरत	

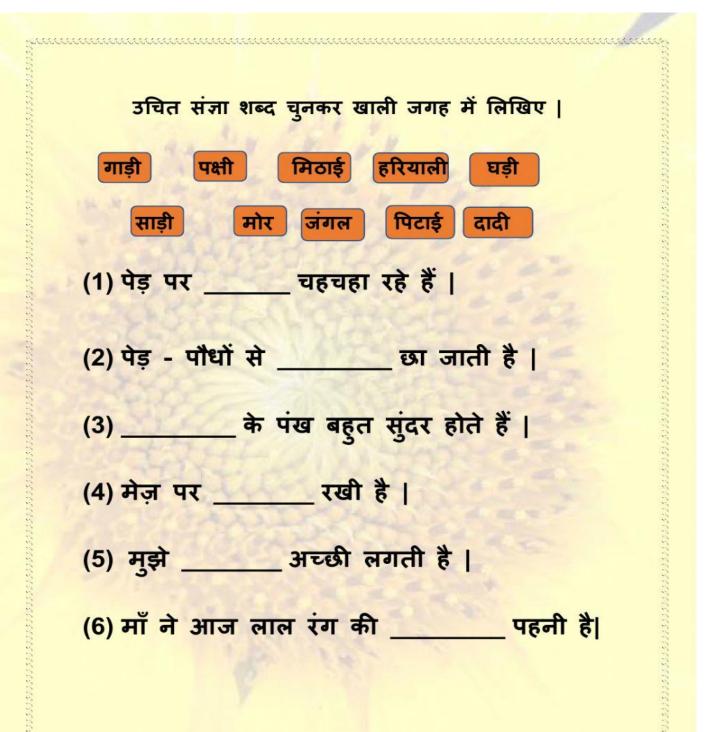
LIVEWORKSHEETS

<u>संज्ञा</u>

1) चित्रों को पहचान कर वाक्यों मे संज्ञा शब्दों को छाँटकर भरिए-







ग्रीष्म ऋतु में मिलने वाले 5 फलों के नाम लिखकर चित्र चिपकाए।

FUN ACTIVITIES

