



## 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

# HAPPY SUMMER VACATION



Std-1

HOLIDAY HOMEWORK

2025-26





Summer Vacation is probably the best time of the year for you all; it's time for loads of fun, though we can't go out but getting pampered to no end and of course bonding with distant cousins can be done virtually.

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 tasks after reading them carefully.

### Some Tips to make this holiday special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.

Spend some quality time with an elderly person in the family



## Some useful tips for summer vacation

Some dos and don'ts during summer vacation:

### Do's

- ❖ Eat a nutritious diet with plenty of water. Include citrus fruits
- ❖ (orange, lemon, grapefruit) and vegetables which are rich in vitamin C, vitamin D containing foods (cheese, egg yolks) and zinc-containing foods (legumes, lentils, beans, and nuts).
- ❖ Wash your hands frequently, always with soap and water for at least 20 seconds or frequently use alcohol-based hand rub.
- ❖ Wear light cotton clothes.
- ❖ Protect yourself and others.
- ❖ Be a leader in keeping yourself, your school, family and community healthy.
- ❖ Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth and nose.
- ❖ Share what you learn about preventing disease with your
- ❖ family and friends, especially with younger children.



### Don'ts:

- ❖ Do not share cups, eating utensils, food or drinks with others.
- ❖ Do not have close contacts with a sick person.
- ❖ Do not participate in large gatherings.
- ❖ Do not touch your face, nose and eyes without washing hands.
- ❖ Don't dirty your place of living.
- ❖ Don't have junk food.
- ❖ Don't watch too much TV.
- ❖ Don't waste time being lazy.



Dear Parents,

We wish you and your child a very happy summer holiday. It's time to enjoy and create a bond with family, friends and relatives. To utilize this time in the most constructive way we have prepared Holiday Homework for the students on the principle of "learning by doing" for his/her holistic development.

**Kindly ensure that the holiday homework is completed by the students under the guidance of the parents.**

**Physical Development**

- \* Take your child with you form morning/evening walk.
- \* Play different games like hide and seek, football, Ludo, chess etc. with your child. This will encourage them to express freely and will make them more responsible.

**Language Development**

- \* Encourage your child to converse in English.
- \* Choose any one object from your surroundings every day, let your child speak few lines on it to develop their speaking skills.

We are positive that the combined endeavours shall bring about the desired all-around development of the child.



## 1. ADDITION GAME

**Skills Developed** - Gross motor Skills, Social skills, Thinking skills, Cognitive skills.

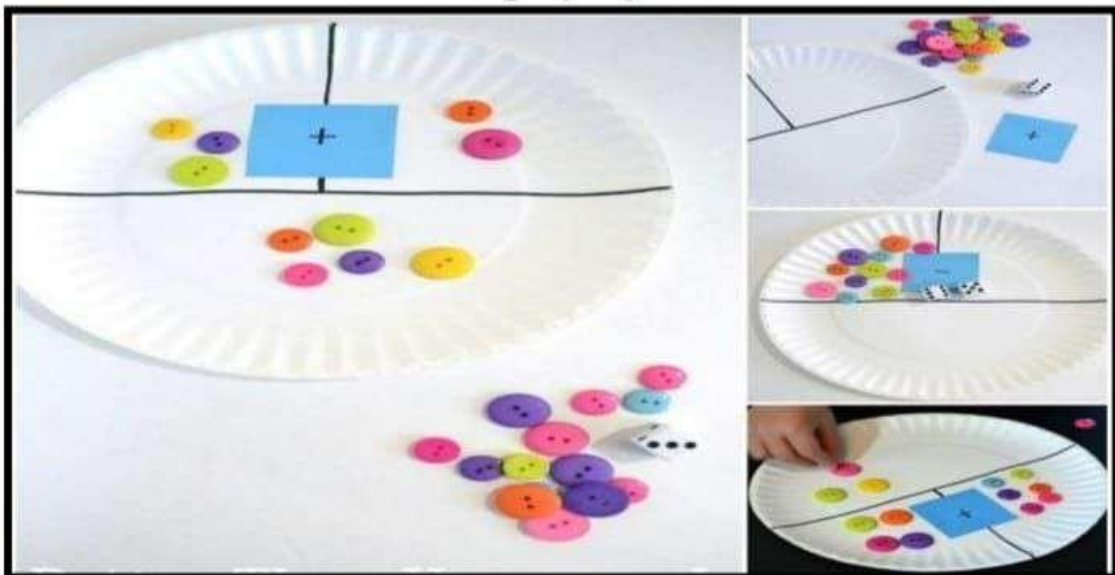
Practice makes perfect and we know that it's true when it comes to math. So, let's practice addition with this fun "Paper Plate Addition Game".

This fine motor Math facts activity is a hands-on way for kids to practice Addition. It's so easy to set up and lots of fun.

**Supplies Needed** –Paper Plate, Buttons, black marker and dice.

**How to make** – Use black marker to draw a line across the centre of your plate. Next draw a line to divide the top half again. See the image for an illustration. Write a Plus sign between top parts .


**How to Play** –Roll one dice, place that number of buttons in the first section of your plate. Roll the dice again. Place that number of buttons in the second section. Add the two sections together and put the correct number of buttons in the bottom half of the plate. Remove the buttons and play again ....







2. Unscramble the letters and write correct Number names. (Fine motor skills, analytical skills)

 E N O

 E N E V L E

 W T O

 W V E L E T

 E H R T E

 R I H E T T E N

 R F U O

 R O U F E T E N

 E V F I

 I F N E F T E

 X I S

 X I S E T N E

 E V N E S

 T E E N E S N E V


 T G H E I

 H E I G T N E E

 E I N N

 N E I N T E N E

 N E T

 W Y T E N T



3. What I did in this summer vacation? Kindly colour the sheet and write the details. (Cognitive development)



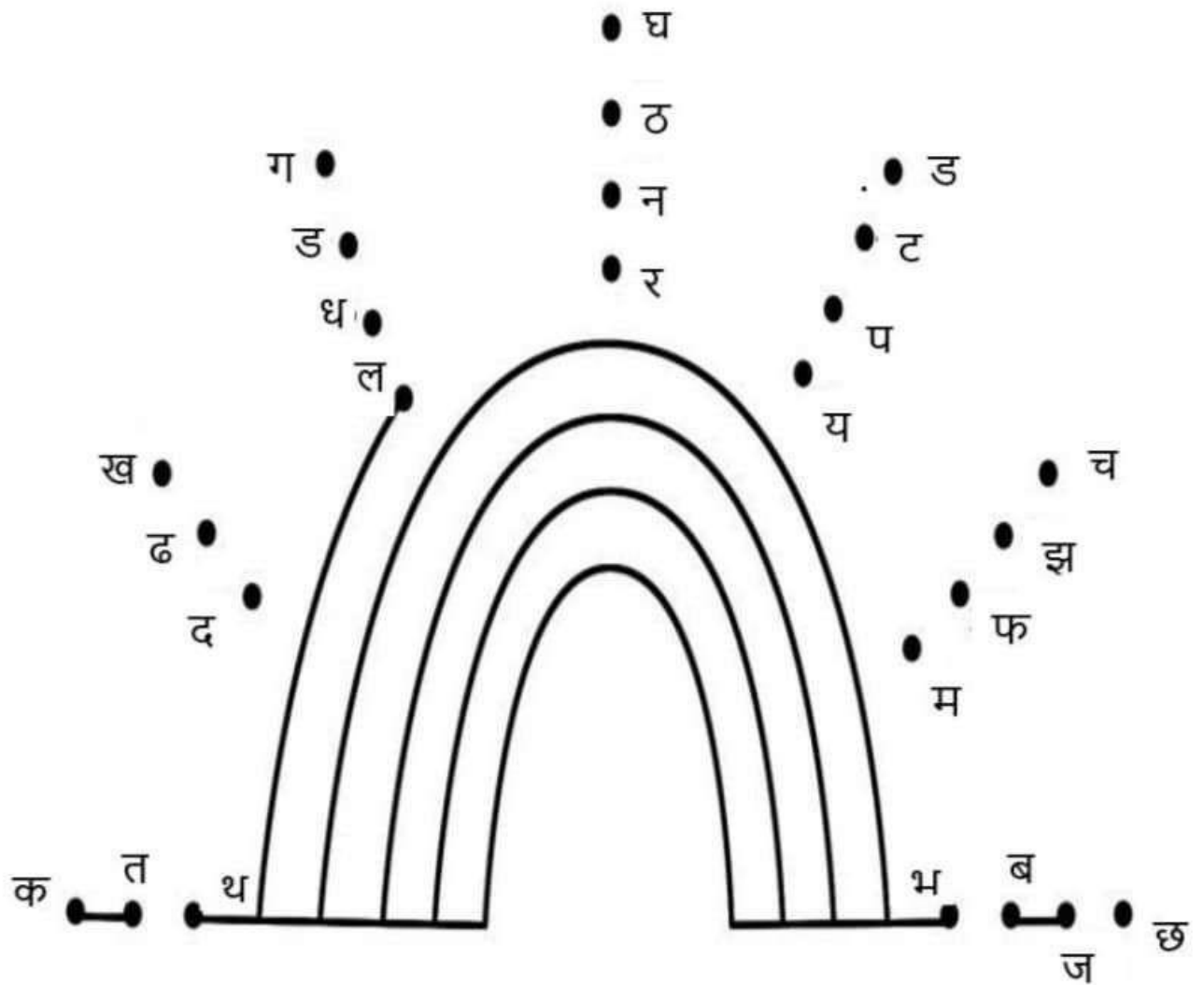
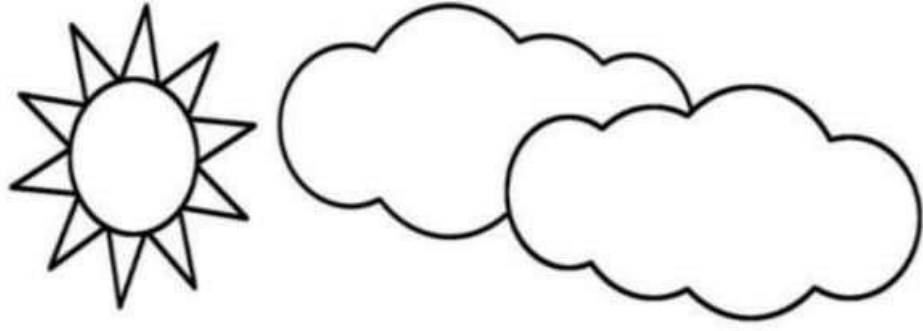


**4. Make a small video on the places you visited during the summer holidays and send it to your teacher. (Socio Emotional and Cognitive development)**



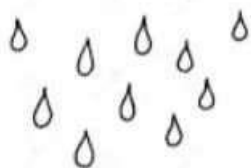


5. व्यंजनों के बिंदुओं को जोड़कर चित्र पूरा कीजिए व रंग भरिए - (भाषण - पठन भाषायी कौशल )



6. नीचे लिखी कविता याद कीजिए (कोई एक) व अपनी एक एक्शन के साथ कविता सुनते हुए वीडियो रिकॉर्ड कीजिए तथा अपनी शिक्षिका को भेजिए (श्रवण-भाषण भाषायी कौशल)

**\*नन्ही जल की बूँदें\***



नन्हीं जल की बूँदें  
प्यारी-प्यारी जल की बूँदें  
बरसातों में खेलें-कूदें  
ऊपर से गिरकर मिट जाएँ  
सभी बच्चों का दिल बेहलायें  
सरे मिल फिर पानी बन जाएँ  
तब मानव की प्यास बुझाएं  
पानी को हम चलो बचाएं  
बिना वजह न इसे बहाएं



**\*गर्मी आई\***



गर्मी आई गर्मी आई,  
थूप पसीना लेकर आई।

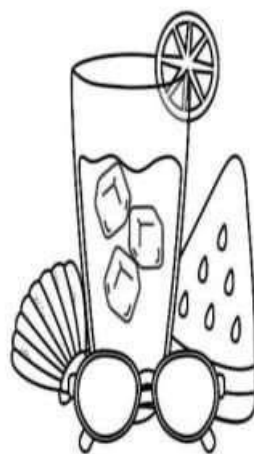
सूरज सिर पर चढ़ आता है,  
अग्नि के बम बरसाता है।

मुझे नहीं यह बिलकुल भाई।  
गर्मी आई गर्मी आई।

चलो बरफ के गोले खाएं,  
ठेले से अंगूर ले आएँ।

मम्मी दूध मलाई लाई।

गर्मी आई गर्मी आई।





## **7. GREAT STORIES HAPPEN TO THOSE WHO CAN TELL THEM.**

**It's time now to foster the story telling skills of our young  
Dipsites.**

This summer choose any fairy tale from you tube, listen to the story four to five times and make a short video of yours narrating the story in your own words using props and your own creativity and send it to the class teacher.

A few fairy tales are given below (just for reference)

1. Cinderella
2. Snow white
3. The paper princess
4. The shoemaker and the elves
5. Rapunzel



**8. Have you tried the yummilicious mango shake???!!!**

**This summer try to make mango shake with the help of your mother and write the recipe of it in the boxes given below. It can be a mocktail or a desert also.**

Step 1:

Step 2:

Step 3:

Step 5:

Step 4:





**9. Create a chart and paste the pictures of the different places where computers are used.**

**Example: - Home, office, banks, etc.**



## Here's a fun Activity for kids Bottle cap ocean scene



1. This will enhance children's creativity with an additional benefit of strengthening their fine motor skills
2. This would engage them creatively eliminating their boredom and adding a fun part in their calendar





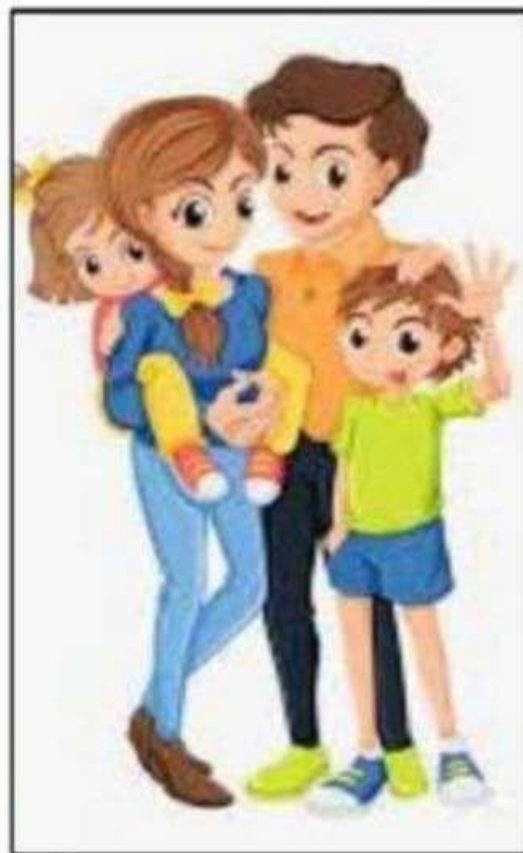
## Materials required

1. Sheet (blue) (full size)
2. Bottle cap
3. Scissors
4. Glitter tube (golden, green n red)
5. Acrylic colours (blue, red and white)
6. Craft paper (yellow)
7. Googly eye

# Practice Daily!!!

Use these phrases in day to day life: -

- Good Morning!
- How are you?
- I am fine, thank you.
- May I come in?
- May I go to the washroom?
- May I wash my hands?
- May I drink water?
- May I have my lunch?
- Thank you.
- You are welcome



Be a good and responsible child and do the following:

- Help your parents at home by putting your things in place .
- Listen to your elders .
- Avoid playing in the sun .
- Drink plenty of fluids like water, juice etc .





# Happy FATHER'S Day



"Let's take the time  
to say "Thanks, Dad.  
I'm glad you're mine.  
You are my 'Super Hero'."



**Father's Day Activity** - Children can do any one of the following activities to gift their father on this special day.

- Paper trophy
- Badge using fan folding
- A card

For your reference-



**Special Moments** - Click some pictures for memory and paste them on A4 size sheets.

<https://www.youtube.com/watch?v=irKjE026fIQ>

[https://www.youtube.com/watch?v=e\\_k2wKsX0xs](https://www.youtube.com/watch?v=e_k2wKsX0xs)

**HAPPY FATHER'S DAY TO ALL THE HEROS OF OUR LIFE!**

Decorate the Joker with colourful origami sheets as given below.





## SUBJECT: ENGLISH

Read the passage and answer the questions by highlighting the evidence.



I see a dog  
The dog is on the mat .  
The dog wants to play with cat.  
It has a big cap .  
The dog likes to eat ham.

★ What do I see ?

(1) a bug



(2) a dog



(3) a rat



★ Where is the dog ?

(1) in the box



(2) in the tub



(3) on the mat



★ What does dog eat?

(1) a bun



(2) a ham



(3) the jam



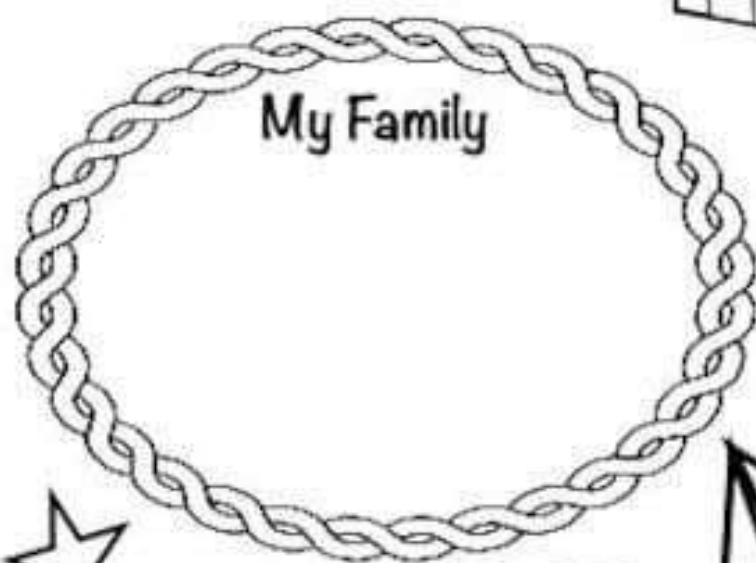
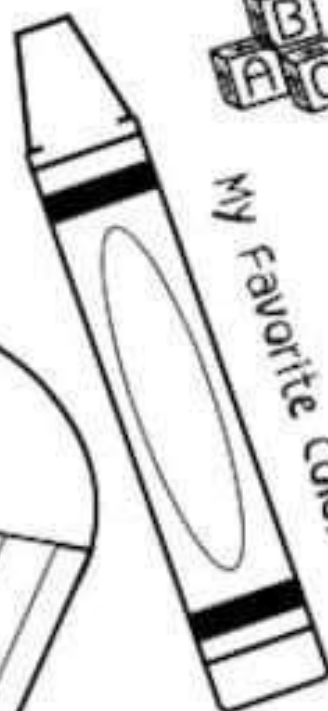
# Meet the Student!



Name: \_\_\_\_\_



My Favorite Color



MY FAVORITE BOOK



Other Favorites:

Food: \_\_\_\_\_

Animal: \_\_\_\_\_

Movie/TV show: \_\_\_\_\_



CONVERSATION—WORKSHEET

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

DATE: \_\_\_\_\_

**Let me introduce myself**

- 1.) Hi, my name is \_\_\_\_\_, what is your name?
- 2.) I am \_\_\_\_\_ years old.
- 3.) I am from \_\_\_\_\_ . (country or region)
- 4.) I live in \_\_\_\_\_ . (province or city)
- 5.) I am a student at \_\_\_\_\_ school .
- 6.) My teacher is \_\_\_\_\_ .
- 7.) My favorite color is \_\_\_\_\_ .
- 8.) My favorite animal is \_\_\_\_\_ .
- 9.) My favorite sport is \_\_\_\_\_ .
- 10.) Nice to meet you, have a \_\_\_\_\_ day.

# ‘आ’ मात्रा अनुच्छेद

चित्रों के नाम लिखकर अनुच्छेद पूरा करो।

(अध्यापिका / अभिभावक पढ़कर मदद करें।)

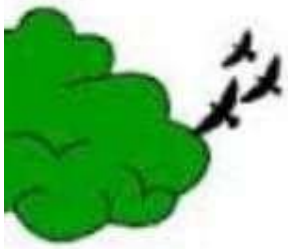
एक  ..... था। घर की   
..... पर  ..... के पेड़ की छाया  
थी। राम छाया में बैठकर  .....  
पढ़ता था। एक बार एक  .....  
राम के ऊपर गिरा। राम के  .....  
खराब हो गए। राम  ..... पर  
जाकर नहाया। फिर  .....  
छा गए। पानी बरसा। राम ने बारिश में  
एक  ..... रख दिया। टब  
भर गया।





# शेर और चूहा

अपठित गद्यांश पढ़कर नीचे लिखे प्रश्नों को हल करें।



एक समय की बात है। एक जंगल में एक शेर और एक चूहा रहता था। एक दिन शेर सो रहा था। चूहा सोते हुए शेर के ऊपर खेलने लगा। शेर की नींद खुल गई और उसने गुस्से से चूहे को पकड़ा और मार डालना चाहा। किन्तु चूहे ने माफ़ी मांग कर खुद को बचा लिया।

कुछ समय बाद शिकारियों ने उस शेर को जाल में पकड़ लिया। शेर बहुत घबरा गया। चूहे ने शेर को इस हालत में देखा, उसने झट से अपने दाँतों से जाल को काट दिया और शेर की जान बचाई।

**सीख - अच्छा करो, अच्छा मिलेगा।**

- जंगल में कौन - कौन रहता था ?

- चूहे ने शेर को कैसे बचाया ?

- हमें इस कहानी से क्या सीख मिलती है ?

# पाठ बोधन

दिए गए गद्यांश को पढ़ कर प्रश्नों का उत्तर दीजिये।

## राकेश

राकेश नौ साल का है।  
राकेश तीसरी कक्षा में पढ़ता है।  
उसे क्रिकेट खेलना बहुत पसंद है।  
वह हर शाम क्रिकेट खेलता है।



१. राकेश \_\_\_\_ साल का है।  
(क) तीन  
(ख) चार  
(ग) नौ
२. राकेश \_\_\_\_ कक्षा में पढ़ता है।  
(क) दूसरी  
(ख) तीसरी  
(ग) सातवीं
३. उसे \_\_\_\_ खेलना बहुत पसंद है।  
(क) क्रिकेट  
(ख) फुट-बॉल  
(ग) कबड्डी



**SUBJECT: HINDI**

शब्दों को उनके चित्र से मिलाओ



छाता

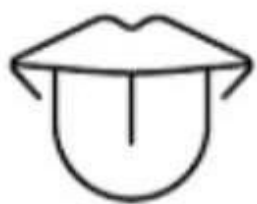
बादल

कान

गाजर

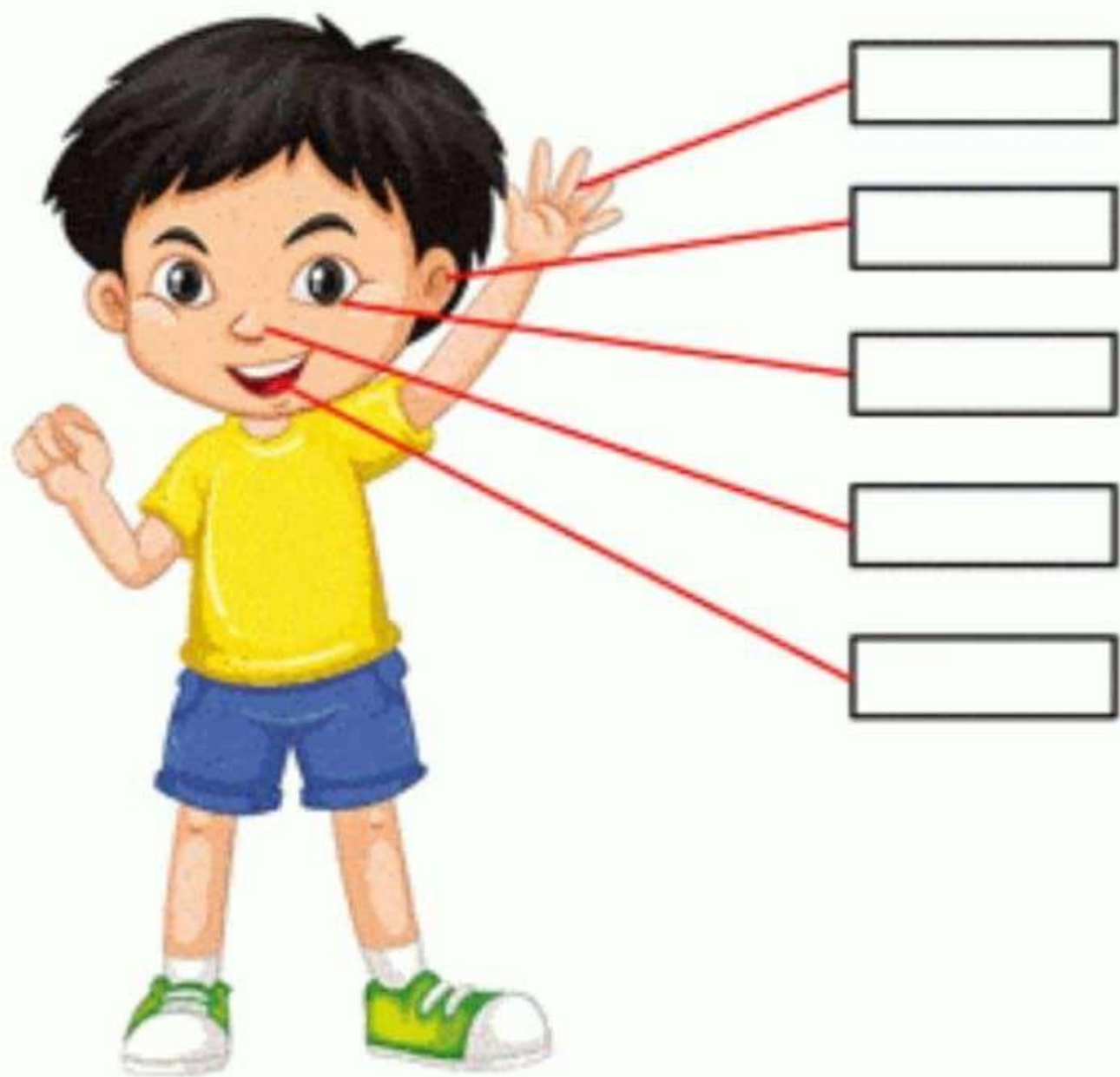
ताला

## Look and Match – 5 Senses Organs





Write the senses of each body part.



What two senses do you use most when you are eating?

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