



Sir Padampat Singhania Education Centre
Kamla Nagar, Kanpur
Summer Holiday Homework
BLOOM

Name: _____ Class: _____

*Its summer time,
School vacation has begun,
Time for children to play,
And have fun in the sun.*

*Now the children are out of the school,
There are trees to climb, swimming in the pool.
Time to spend with special friends,
Seems they're on the go until the day's end.
But when summer vacations finally through,
It's time to hit the books and return to school.*



Summer!

Dear Parents,

"Despite the hot Sun, we can still have a lot of fun, so vacation is here for a sweet retreat". Summer holidays are round the corner and some fruitful activities have been listed below to enhance the creativity and innovation for our progressive learners.

Help your child to do it:

1. **Morning Blessings:** Help your child inculcate good habits like doing "Surya Pranam"& encourage him/her to greet all elders in the morning. If possible, visit a temple or any other religious place of your choice.
2. **Fun in Knowing :** Tell the child about your childhood, share incidents from the past and show him/her old family albums. This will strengthen the bond between you and your child.
3. **Fun with Books:** Read English and Hindi moral stories to your child with colourful illustrations.
4. **Fun with family:** Make use of these holidays and spend quality time together as a family and make your child feel special.
5. **Fun with Parents:**
 - Cook dinner together. Show your child how to measure 1 cup, 1/2 cup, 1 teaspoon etc. Start naming the food groups when you serve them.
 - Go for shopping together. Tell your child about markets and malls about the things, items and material purchased from there.
 - Let your child help in household chores like cleaning windows, dusting etc.
 - Go for walks and talk to your child about what he/she likes and dislikes etc.
 - Help your child to memorize the home address and your phone number too.

HOLIDAYS.... FUN TIME..... PARTY TIME !!!!!

Fun Scrap Book Activities

1. Draw four objects of each using Triangles, Squares, Circles, Rectangles
 2. Paste pictures of the meals you take in a day. Breakfast, Lunch, Snacks and dinner.
(Cut out pictures from magazines & newspapers.)
 3. Know about a railway station. Paste pictures related to it
(for eg. Ticket counter, railway engine, railway tracks, hawkers, food vendors, waiting lounge, etc)
 4. Collect and paste pictures and wrappers of the items that are used to keep oneself clean. Example: Toothpaste, Soap, Cream, etc.
 5. Rainbow ice activity. How to make colourful ice
 - a. Add Roohafzaa for red colour, khas syrup for green and orange squash for orange to the water in separate glasses.
 - b. Pour this coloured water into three different ice trays and keep them in the freezer compartment for about 4 hours or more.
 - c. Put these colourful ice cubes in a glass of plain water and see the MAGIC
- You are requested to compile the above activities (1, 2, 3 & 4) in an A4 size scrap notebook.

We hope you would enjoy these activities and come back to school with zeal.

*Revision is not going back and fussing around,
but going forward into the process of creation.*

- *May Sarton*

Make your child revise the concepts taught in class till now.

School will re open on – 2nd July, 2018.

It is also important that your child learns to converse in English.

Use these phrases in day to day life:

Good Morning!

Switch on/off the lights.

How are you?

Have a nice day!

I am fine, thank you.

We should not waste water.

May I come in?

We should save electricity.

May I go to the washroom?

Light has gone/come.

May I wash my hands?

Be polite

May I drink water?

May I have my lunch?

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.
- Save paper. Use both sides of paper.
- Save electricity. Switch off fans, lights etc. when not in use.
- Go for morning walks and observe the nature around you.

Examples - stones, types of leaves & flowers, etc.

How independent can I become?

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

- Buttoning and unbuttoning the shirt.
- Folding mats and clothes.
- Learning to wear shoes and socks.
- Learning how to zip their school bag and their uniform. (shorts)
- After eating, keeping his/her plate in the kitchen.
- Watering the plants.

Good Manners and good habits are lifelong assets and they should be practiced until they become a habit. Revise the four magical words; **PLEASE, SORRY, THANKYOU, EXCUSE ME** which we have learned as a part of basic good manners. Make these four words a habit and see the difference.

HYGIENE

- Brush your teeth twice a day.
- Trim your nails regularly.
- Take a bath every day.
- Wash your hands before and after meals.
- Switch off lights/ fans/ T.V when you do not require them.
- Save water by closing the taps after use.
- Keep your surroundings and environment clean.
- Do not throw anything out of the window, car or balcony. Always throw garbage in the dustbin.

Learn the story with action and props

The Ant and the Dove

Once upon a time a dove and an ant were friends.

One day a strong wind was blowing.

The ant fell into the river.

The dove saw this and wanted to save the ant.

So it threw a leaf into the river.

The ant got on the leaf.

It was saved.

Moral: We should always help each other.



Note: Make your ward learn any short English story of his/her choice. Also prepare props to be used by your child.

Yoga Activity

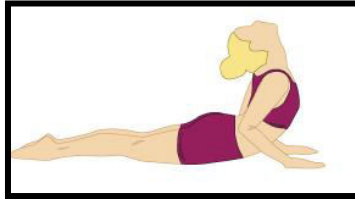
Let's exercise

Material required - Mats

Instruction:-

• COBRA POSE

Lie down on the yoga mat on the tummy, with hands near chest. Push upwards into a backbend. When back is arched, make a loud hissing noise like a snake.



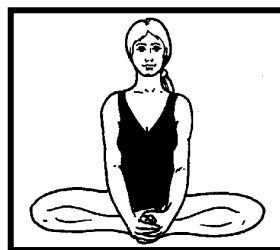
• CAT POSE

Get down on hands and knees. Reach spine towards ceiling as high as possible, so that the back is arched like a cat. Make meowing noises.



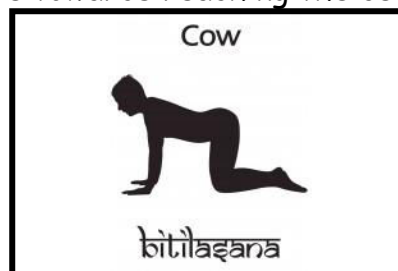
• BUTTERFLY POSE

Sit on the ground and join the soles of the feet and spread the knees. Hold your feet with hands and move the legs up and down like a butterfly moves its wings.



• COW POSE

Get on hands and knees, and then push your tummy toward the floor, while chin and tailbone strive towards reaching the ceiling. Moo loudly like a cow.



LEARNING OUTCOME: Children will be able to learn few Aasans.