

# SIR PADAMPAT SINGHANIA EDUCATION CENTRE

**KAMLA NAGAR, KANPUR** 



CLASS - BUD

Sweet as a berry, Summer is merry
Cool fruits and lemonade
A memory that will never fade
Vacations are always FUN...





#### Dear Parents,

Summer vacation brings a change and excitement for children. It gives you an opportunity to develop an everlasting bond and to spend your precious time with your kids.

To make your child more independent and healthy, kindly encourage your child to –

- Brush his/her teeth twice a day.
- Wash his/her hands before and after meal.
- Switch off the lights before leaving the room.
- Keep his/her things at the proper place.
- Wear his/her shoes and socks by himself or herself.
- Use magic words in day to day life Sorry, Please, Excuse me, Thank you.
- Learn his/her parent's mobile numbers.
- Button and unbutton the shirts on its own.
- Help in the household activities.
- Spend as much time as possible with your Grand Parents/Parents Wish them every morning and touch their feet to seek their blessings. Have lunch with them. Listen to stories from them.
- Learn one/two shlokas/couplets from any religious book.
- To develop speaking skills in your child, encourage your ward to speak in English.
- Encourage your child to imbibe a hobby like drawing, painting, music, dance etc.
- Involve your child with your daily chores eg. Laying the dining table, keeping the books and toys in their respective shelves, watering the plants.
- For fine motor skills engage your child to make various things with dough (clay).
- Exercise everyday with your child to boost up energy level.
- Ensure the child watches age appropriate channels for only 1 hour in a day.

Keep yourself hydrated.

### **Fun Activities**

1. Save Environment Save Life

Reduce, Reuse and Recycle will help the children to think and find the solution to save our environment. Help your child to make a paper bag. Sample given:



2. Let's build our shapes using used matchsticks/toothpicks.

Sample given:-



#### 3. Seedling Activity:-

Help your child to sow a few seeds available in the kitchen such as fenugreek (methi), tomatoes, coriander, chilies, carom seeds (ajwain) etc. in an earthen pot. Help the child prepare the pot by filling it with soil, remove stones and impurities like plastic and place the pot in an appropriate place. Encourage the child to look after the plant and observe and record its growth everyday through a drawing.

Sample given:-



4. Father's Day Activity- Make a badge/ greeting card with paper and decorate it with different colours to show your love and appreciation for your Dad on this Father's Day. Also prepare a healthy drink using summer fruits and have it with your father. Do not forget to present it beautifully with a smile on your face.

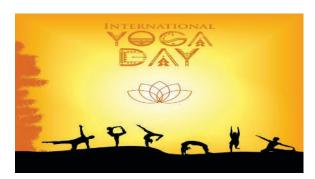
#### 5. My summer story collage

Provide magazines, colourful paper scraps and photos (with the help of cutting). Let them create a collage depicting their ideal summer activities.

6. Sensory Activity - Fill a jar with different textures like beans, pasta, rice, small toys. Let them shake, pour and explore the different feels. Sample given:-



- 7. Draw what you see- Take the children to the park or a scenic spot. Let them draw what they see, focusing on shapes and colours.
- 8. Have a bed time story session with your kid
- 9. Visit any worship place.
- 10. Feed the animals.



To keep you and your family members fit it's important to do yoga daily.

We celebrate YOGA DAY on 21<sup>st</sup> June so on that day all the family members should do yoga. Click a picture and make it a memory.

## LIFE SKILL ACTIVITY

\*Sit with mumma and learn to organize your cupboard..

\*Try to keep your toys neatly in a proper place after playing.

\*Be a folding helper

Take help from your

mommy to fold your

clothes and become a

folding helper at home.

#### Practice time:-

- 1. Practice all the letters taught in the class in English and hindi.
- 2. Practice sequence writing 1-30 and related exercises in maths.
- 3. Do not forget to revise orals on daily basis.

