

## Classes VI–VIII Holiday Homework

**Theme:** *Sense & Sensibility – Living with Compassion*

**Duration:** 20 Days | **Format:** Daily Activity + Reflection/Output

### Core Idea:

Each day, students will engage for an hour of meaningful activity designed to foster compassion, empathy, mindfulness, and social responsibility. They will maintain a “**Compassion Journal**”, documenting their reflections and creative outputs.

### Weekly Overview of Activities:

#### Week 1: Compassion Begins at Home

- Day 1.** Help a family member with a chore and write about how it felt. (word limit: 100 words)
- Day 2.** Spend screen-free time talking to grandparents/elders.
- Day 3.** Make a gratitude card for someone at home and record the moment.
- Day 4.** Organize your cupboard/bookshelf with care. Click a picture and write how you felt about it in 100 words.
- Day 5.** Prepare or help cook a meal for the family.
- Day 6.** List 5 kind things each family member has done for you.
- Day 7.** Create a "Compassion Tree" – each leaf with an act of kindness.

#### Week 2: Sense of Self and Mindfulness

- Day 1.** Practice 10 minutes of mindfulness/meditation and write your thoughts.
- Day 2.** Start your day with a positive affirmation – design at least three affirmations that you followed.
- Day 3.** Reflect: What makes me feel safe, happy, and loved? (Pen down your emotions in about 100 words)
- Day 4.** Make a poster of how you can make the world better. (Click a picture and insert it to the PPT)
- Day 5.** Write a story titled “*Kindness is Contagious*”. (word limit: 300-500 words)
- Day 6.** Create a **mandala or doodle art** while listening to soothing jazz instrumental music.
- Day 7.** Make a list of your strengths (any five) and how you can use them to help others.

#### Week 3: Compassion in Community

- Day 1.** Make a bird water station and feed birds/animals in your area and click a photo and insert it to the PPT.
- Day 2.** Talk to your house help/watchman/driver and learn about their lives. (Mention about your interaction details and the lesson that you learnt)
- Day 3.** Collect reusable items for donation (books, toys, clothes) and donate the same to the needy. (Click a picture and draft your experience in about 150-200 words)
- Day 4.** Write a thank-you note to a community worker (e.g., delivery person, cleaner). (Capture the emotions and mention how they felt about it.)
- Day 5.** Design a poster on “Caring for the Environment = Caring for Each Other”. (Click a picture and insert it to the PPT)
- Day 6.** Interview someone who helps others (NGO worker, teacher, doctor) and write a short report. (in about 200-300 words)

#### Final Submission Guidelines:

- The **Compassion Journal** is to be compiled in the form of a **PowerPoint Presentation (PPT)**.
- The PPT must include:
  - Daily entries with captions, reflections, images, drawings, or creative content.
  - A title slide with the student's name, class, and roll number.
  - A concluding slide with key learnings or personal takeaways.
  - Your presentation must be of 15 slides.

**Submission Platform:** Upload your completed assignment on the Google Classroom.

- **Last Date of Submission: 20th June 2025**

**As part of the summer holiday homework, students are encouraged to cultivate the habit of daily reading.**

Reading not only enhances language and comprehension skills but also fuels imagination, critical thinking, and emotional development—laying the groundwork for lifelong learning. We encourage each student to read at least one book from the list below during the break.

## Suggested Books for Reading:

1. **"Wonder" by R.J. Palacio** – A heartwarming story that teaches empathy, kindness, and the power of acceptance through the life of a boy with facial differences.
2. **"Percy Jackson and the Olympians: The Lightning Thief" by Rick Riordan** – A fast-paced adventure full of Greek mythology, humor, and friendship.
3. **"The Boy Who Harnessed the Wind" by William Kamkwamba (Young Readers Edition)** – An inspiring true story of innovation and perseverance as a young boy builds a windmill to help his village.
4. **"The Wild Robot" by Peter Brown** – A creative and thought-provoking tale about a robot discovering nature, survival, and emotion while stranded on an island.

## Note for Parents:

This holiday homework is designed to instill empathy, responsibility, and emotional awareness in students through daily acts of kindness and reflection. Your support in encouraging regular engagement will greatly enhance the learning experience.

*Remember to enjoy the process of completing these tasks and take a moment to reflect on how your actions have positively influenced both yourself and those around you.*

**Happy Holidays!**