



SETH ANANDRAM  
JAIPURIA SCHOOL

EMPOWER • ENTHUSE • EXCEL

GHAZIABAD

## HOLIDAY HOMEWORK (2020-21) PREP



Summertime, summertime

Let's go out and play

Time for fun and lots of sun

I love these kinds of days

Swimming to stay cool

An awesome break from school



**Dear Parents,**

**As we all know that the entire world is under an unprecedented situation because of COVID-19 , social distancing is one of the effective way to avoid infections. We have to avoid being exposed to this virus but one of the biggest challenges for parents under these circumstances is to keep their kids engaged and upbeat.**

**Therefore, right from the beginning of this academic session, we were connected with you and with the children through online programmes, videos and live sessions.**

**But we need to understand that the children learn better when they listen, observe, explore, experiment and ask questions. In school children learn using different objects in lots of different ways and also get to mix up with other children. This helps develop the skills needed for over all development.**

**We have planned some activities for your child to enhance his / her learning skills in a fun filled way. We have tried to make the work enjoyable keeping in mind the interest of the children. Space out the work and the child will enjoy doing it, at the same time these will help children developing logical thinking, memory and visualisation.**

- **Health and Hygiene:** “One, who maintains cleanliness keeps away diseases”. It is never too early to start teaching hygiene. Everyday, you come in to contact with millions of germs. They may make you sick so, it is very important to maintain personal hygiene and boost your immunity to stay healthy.



- **For children, the basics of good personal hygiene are:**

- Cover your mouth when you cough.
- Cut your nails regularly.
- Wash your hands frequently.
- Have regular baths or showers.
- Brush your teeth twice a day.



Help your child practice good personal hygiene. These will become even more important as they grow.



**Linguistic Development:** Children have a great capacity to absorb the language of sounds, therefore we all must put every possible effort to ensure that the child starts learning the language as early as possible. Please try to converse in English with your child to build up his/her confidence. You can use the below mentioned sentences in your daily routine:



1. It's too hot today.
2. Please change my clothes.
3. Mumma I am tired.
4. Let's go out.
5. When will papa come home?
6. Please clean my face.
7. I am hungry/thirsty.
8. Please pass me the vegetable.
9. May I help you?
10. Mumma milk/water has spilled on my clothes.
11. Mumma please help to do my work.
12. There is a call for you.
13. Papa is not at home.
14. Mumma, you are looking very beautiful.
15. Papa, you are looking very handsome.

- **Kinesthetic Development:** - "Exercise not only changes your body, it changes your mind, your attitude and your mood". We know that in this situation of lockdown it is not possible to go out in the park for regular exercises. Therefore, we have got some fitness activities that your child can do at home only. Ask them to choose 5 letters every day. There is an activity designed for each letter. Your kid will get a workout without realizing it.



A → Jump up and down 10 times.

B → Spin around a circle 5 times.

C → Hop on one foot 5 times.

D → Run to the nearest door and come back.

E → Hop like a frog 8 times.

F → Balance on your left foot.

G → Balance on your right foot.

H → March like a toy soldier.



**J** → Pretend to jump rope.

**K** → Do 3 Cartwheels.

**L** → Do 10 pushups.

**M** → Do 3 squats.

**N** → Walk like a bear for a count of 5.

**O** → Walk backwards 50 steps and skip back.

**P** → Walk sideways 20 steps and hop back.

**Q** → Crawl like a crab for a count of 10.

**R** → Bend down and touch your toes 20 times.

**S** → Sit down flutter your legs like a butterfly 10 times.

**T** → Pretend to paddle a cycle with your hands for a count of 15.

**U** → Stand on your toes and stretch your hands.

**V** → Flap your arms like a bird 20 times.

**W** → Try and touch the clouds for a count of 15.

**X** → Pretend to ride a horse for a count of 15.

**Y** → Twist your waist as if you are on twister for 10 times.

**Z** → Bend sideways 10 times on each side.



**\* You can also refer to the video which was shared with you on yoga and meditation.**

- **Social and Emotional Development:** 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. Cook dinner together, show your child how to measure 1 cup, 1/2 cup, 1 teaspoon etc.

Let your child help in household chores like cleaning windows, filling water bottles, laying table, arranging toys, watering the plants etc.

- **Reading together:** “Reading is to the mind what exercise is to the body.”

Encourage your child to read age appropriate picture books. Picture reading must be followed by a discussion with the child. Encourage him/her to share views on what he/she has seen in the book.



Suggested reading:

- <https://storyweaver.org.in/stories/34684-such-a-sweet-smell>
- The Red Raincoat at <https://storyweaver.org.in/stories/369>
- Scratch, scratch, scratch -from Pratham

<https://freestoriesforkids.com/children/stories-and-tales/magic-tree>

## **Activities after story reading:-**

- Draw pictures of characters of the story.
- Retell the story.
- Role play.

## • Flash card hide and seek Play:

Write few sight words (he, she, I, you, my, we etc.) on paper. Hide these sight words around the room or house.

Now ask the child to find the sight word and read it aloud. You can also lay some clues for them.

This activity would not just help the child to learn these words but will also sharpen the mental abilities of the kids and help them to grow.



a	can	I	go
get	see	me	have
not	did	run	and
my	the	is	to
you	in	like	said
it	for	was	we

- Fine Motor Skills  
Development

## Writing Skills:

To improve the writing skills of the children, make them practice. Plan some written assignments for every subject.



## Make a Bird feeder:

As summers are around the corner, most of us are staying home. Birds may be struggling to find food and water outside. Children may take up an exercise to make a bird feeder out of waste material. It is super easy and fun to make a bird feeder.

Materials used:

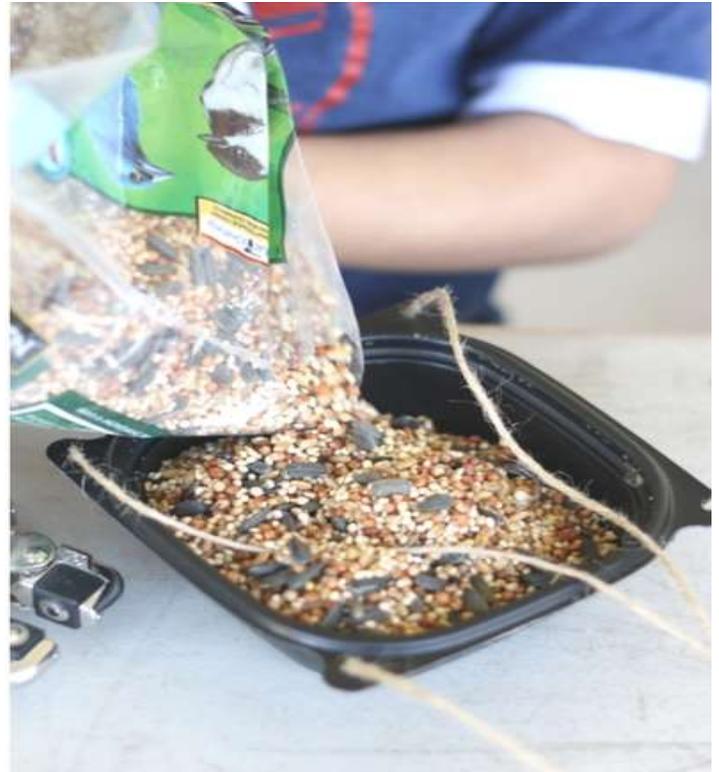
- Empty container
- Twine/thread
- Bird feed



## Directions:

Take an empty container and make holes in each corner of the container. Thread the twine through the holes and bring the twine together and tie it in a looped knot. Fill them with bird feed.

Place it or hang it at some open space where birds can come and feed.



## • Trash Box Making:

Children are often made to feel that they are too small to be given responsibilities. But now, it's high time to make our children independent. The habit of getting the best of waste should be instilled in children from an early age, not only to teach them about recycling but also to encourage their creativity.

So, keeping Swachh Bharat mission in mind, Lets create something from waste material to keep our environment clean.

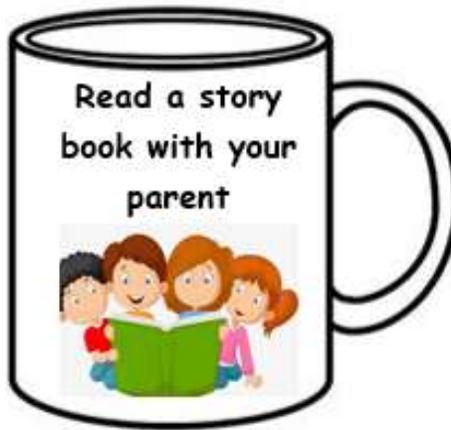


Take any waste box, can etc. and cover it with any bright sheet. Decorate it and label it as "Trash Box". Keep the same in your car. Use it while travelling. You can also keep it near your study table to throw any kind of trash.



# Summer Break challenge

We have a mug for each activity and when you complete that activity you have to color that mug. (Parents can use old cards to draw mugs)



# Have a Safe



# Vacations !