

Health and Wellbeing



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"Holidays are not only meant for relaxation and fun but also for self-improvement and growth. Embrace the opportunity of holiday homework to ignite your curiosity, expand your knowledge, and unlock your potential."

Summer vacation is a time when students can ease and enjoy. It is a time to catch up, spend time with family, friends and range over new hobbies. While it is indeed important to relax and refresh ourselves, it is also important to exercise our minds. Keeping this in mind, we have designed various exciting activities based on our theme '**Health and Wellbeing**' to keep the students engaged and active during the summer vacation.

These fun projects/ assignments would enhance learning skills and help understand concepts better. These activities will not only help the students to revise what was taught, but will also enrich their knowledge. It will retain knowledge and keep their brains engaged. If they venture into it with the right approach and excitement, it will be a great learning opportunity. The time is right to nurture and grow non-intellectual abilities in growing, soft minds.

Dear learners, just for you, we have this "Summer Holiday Homework." It will undoubtedly shape you for a more prosperous and successful year. Prepare yourself for an exciting adventure loaded with excitement.

A few pointers to help you make the most of your extended summer vacation.

Aim to complete the holiday assignments entirely on your own with as little help as possible.

Finish any unfinished worksheets, notebooks, or book work that you may have.

The holiday homework is to be done with neat and tidy handwriting.

The holiday homework must be submitted on 1st July.

Do's

Make an early bedtime and morning ritual. Stretch, meditate, or simply take a little stroll.

Eat a nutritious diet with plenty of water. Include citrus fruits like orange, lemon and grapefruit.

Play board games with your parents and siblings and spend some quality time with an elderly person in the family.

Start learning a new skill like painting, dance, music or public speaking.

Make sure to be consistent with the holidays' homework. Avoid completing it for the last day!

Don'ts

Do not waste all your time to play video games and/or mobile games.

Avoid going outside while the sun is at its brightest. Try engaging in some fun indoor activities.

Avoid sleeping in excess or allowing boredom to rule your life. Keep yourself busy while on vacation.

Summer vacations can be considered spent well only if kids are able to strike a balance between enjoyment and learning. Summer breaks shouldn't be viewed as a time off from education. In reality, studying under the appearance of enjoyment and amusement is what makes vacations so essential.

Have a wonderful summer vacation!

ENGLISH

Health is the greatest wealth and Wellness is the complete integration of body mind and spirit. The only way to have a good life is to have a healthy mind, body and soul Summer vacation is the best and most fruitful time for learning and nurturing creativity. This summer vacation let us take a vow to take care of our body and treat it as the most precious gift by God. We can do this by adopting healthy lifestyle habits, exercising regularly, being positive and taking ample amount of rest. Let's do some super fun, creative and exciting activities this summer which will not only make it memorable but also help us in inculcating healthy habits which will guide us forever in our life.

I. MORNING WALK ACTIVITY: - Go for a morning walk daily to a park, a garden or a field and notice all the various things and activities on your way. (Do this on an A-4 Size sheet)

1. List 3 nouns that you notice while on the morning walk:

(a) _____ (b) _____ (c) _____

2. List 3 verbs related to morning walk:

(a) _____ (b) _____ (c) _____

3. List 3 adjectives that you notice while on the morning walk:

(a) _____ (b) _____ (c) _____

II. TRACK YOUR CALORIES :-

Collect 10 wrappers of different food items and make a list of calories, fat, sugar etc then describe any 5 items from them which can be considered as healthy food.

III. LEARNING IS FUN

Word Web:

Make a word web to map out a new word: (10 to 15 words). Choose anyone topic for the same:-

Healthy Food

Healthy Habits

Names of leafy vegetables

Names of healthy drinks etc.

For example

Egg



Guava



Apple

IV. HEALTHY RECIPE ACTIVITY :-

“Kitchen is the only place which binds the entire family together.” Mention the most delicious dish prepared by you with your mother during vacations and share your recipe and pic with us on A4 size sheet.

V. BRAIN STORMING

Q. Find the healthy hidden words such as names of vegetables, fruits etc.

B	A	K	A	P	R	I	C	O	T	S	C	U	K
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	H
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	N	S	H	E	L	L	F	I	S	H
I	N	C	A	L	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

VI. CLOSE READING PASSAGES: - There are few close reading passages given in your SMILE Coursebook. You have to read the first 3 passages from the Coursebook and then answer the questions based on them in the SMILE Workbook.

- The first passage 'The Farmer and the Bucket' is given on page 30 in the Coursebook and the questions based on it are on pages 20 - 21 in the Workbook.
- The second passage 'The Ant and the Grasshopper' is given on page 49 in the Coursebook and the questions based on it are on pages 32 - 33 in the Workbook.
- The third passage 'The Blind People and the Elephant' is given on page 66 in the Coursebook and the questions based on it are on pages 48 - 49 in the Workbook.

हिन्दी

“स्वस्थ शरीर में ही स्वस्थ मन का वास होता है”

- 1). “स्वस्थ रहने के लिए आप दैनिक जीवन में कौन कौन सी आदतें अपनाएँगे” विषय पर 10 चित्रों का एक कोलाज स्क्रेप फाइल में बनाइए और उसके बारे में 10 पंक्तियाँ लिखिए ।
- 2) स्क्रेप फाइल में एक सप्ताह की आहार तालिका (diet chart) बनाएँ, जिसमें केवल पौष्टिक आहार को सम्मिलित करें, उनको बनाने में प्रयोग की जाने वाली सामग्रियों के नाम लिखें और उनका चित्र भी चिपकाएँ।

MATHS

TOPIC- GEOMETRY

As we embark on this exciting journey of learning, exploring and discovery, we are thrilled to introduce your holiday homework assignment centered around the fascinating realm of geometry with a special emphasis on its profound connection to our health and wellbeing.

Geometry isn't just about lines, angles and shapes, it is a fundamental aspect of the world around us, touching every facet of our lives, including our physical and mental health.

Many forms of physical activity involve geometric movements or shapes. For instance, yoga poses often form triangles, squares or circles promoting flexibility, strength and relaxation.

ACTIVITY NAME: - ROLL THE DICE

ACTIVITY TYPE:- YOGA POSES

GEOMETRIC SHAPE:- CUBE

Q1. Given below is a dice, showing the different yoga poses on each face of the dice. Roll the dice every week to select a yoga pose to be done for the entire week. Fill in the details of the yoga pose done for the week , such as - what time of the day the exercise was done? And number of repetitions done in a day.



YOGA POSES	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
1. DOWNWARD DOG	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	
2. 3-LEGGED DOG	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	
3. FORWARD BEND	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	
4. WARRIOR POSE	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	
5. CHAIR POSE	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	
6. PLANK POSE	TIME:		TIME:		TIME:		TIME:	
	REP:		REP:		REP:		REP:	

TASK1: Take a printout/ Draw the above table on a A -4 size sheet.

TASK 2: Make a cube (3D model) with a picture of the pose on each side. (You can take a printout or draw the pose). Also write the geometrical shape formed by the yoga pose along with the name of the pose.

TASK 3: Fill the details in the table of the yoga pose rolled on week 1 and so on.

TASK 4: Roll the dice once in a week and continue to do the same pose for the entire week.

Note: Sample images are provided above the table.



Ques 2. “You are in pretty good shape for the shape you are in”.

There are different types of 2D shapes and 3D shapes. Shapes are also classified with respect to their regularity or uniformity.



Let’s make your vacations more pleasant by finding the hidden name for each shapes mentioned below.

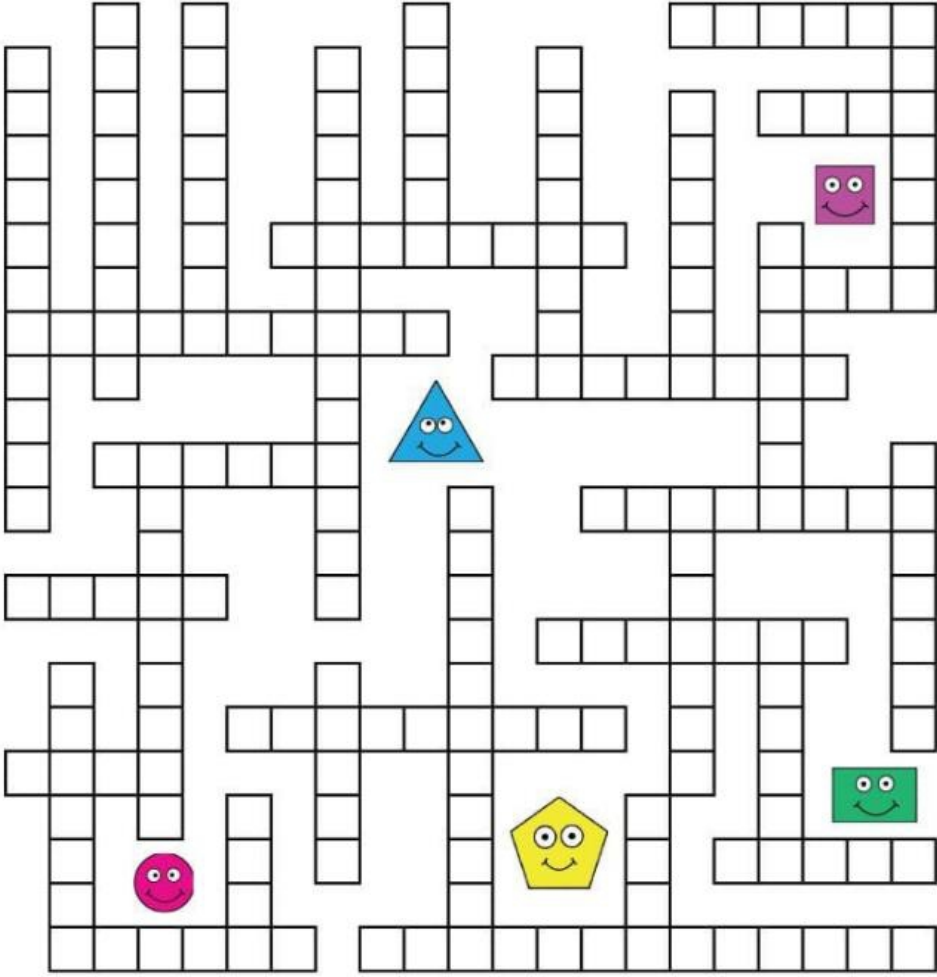
Solve and paste this crossword puzzle coloured A4 sized sheet.

Hint- Start with 13 letters shapes then 11 letters then 10 letters and so on.....

SHAPES

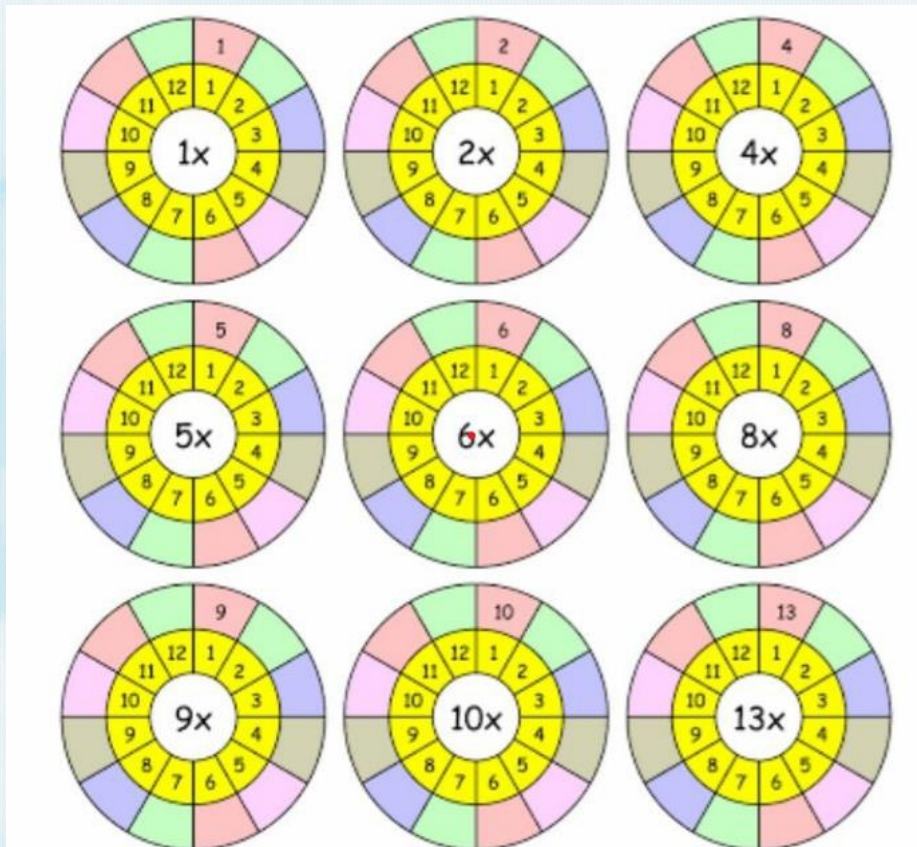


4 letters	5 letters	6 letters	7 letters	8 letters	9 letters	11 letters
cone	acute	circle	ellipse	pyramid	crescent	equilateral
cube	heart	obtuse	hexagon	rhombus	cylinder	rectangular
kite	prism	shapes	octagon	scalene	geometry	trapezoid
oval		sphere	polygon	pentagon		13 letters
star		square		triangle	10 letters	parallelogram
					triangular	quadrilateral

Q3. It's time to teshow good you are with your tables. Multiply the numbers by the centre number. Make and learn a **WHEEL OF MULTIPLICATION** for the following given numbers

8, 9, 12, 13 ,14 ,15 in any coloured A4 sheet paper.

NOTE - Sample image is given below.



EVS



THEME - HEALTH AND WELL BEING

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy” - BELLA BLEUE

1. TRANSFORM YOUR HABITS, TRANSFORM YOUR LIFE.



- A) Write down your daily routine for 10 days.
- B) Categorize them into Healthy habits and unhealthy habits.
- C) Also mention how you convert your unhealthy habits into healthy ones.

2. BEAT THE HEAT



- A) Make a list of at least 10 habits that we should adopt and 10 habits that we should avoid to protect ourselves from the heat waves of the summer season.

OR

A) Write about 5 amazing recipes of healthy food items and drinks that you can prepare in your home to keep you cool, hydrated and healthy in the summer season. Paste the pictures for the same. You can also paste pictures of yourself along with your family members with whose help you have prepared these recipes.

COMPUTER

Assignment Title: Healthy Habits Word Document

Introduction:

Welcome, Class 3 students! In this assignment, you will have the opportunity to explore the importance of health and wellbeing by creating a Word document. By incorporating relevant images, you will not only enhance the visual appeal of your document but also deepen your understanding of healthy habits.

Task Description:

Your task is:-

- To compose a Word document addressing the topic of health and wellbeing.
- As Class 3 students, you will focus on simple yet essential healthy habits that contribute to overall wellbeing. These may include topics such as eating fruits and vegetables, staying hydrated, getting enough sleep, exercising regularly, practicing good hygiene, and expressing emotions in a healthy way.

Guidelines and Requirements:

Structure your document with simple headings and bullet points to make it easy to read and understand.

Research and gather information on the selected healthy habits, focusing on explanations that are suitable for Class 3 students.

Include relevant images to illustrate each healthy habit and enhance the visual appeal of your document. You can use pictures from the internet or draw your own illustrations.

Aim to keep your sentences short and use vocabulary that is appropriate for your grade level.

Pay attention to spelling and grammar to ensure clarity and accuracy in your writing.

Submission Instructions:

Save your completed Word document as a digital file (e.g., .docx or .pdf).

Submit the document to your subject teacher.

Art and Craft

Make a working model of Balanced Diet wheel.

Using below link:

https://www.youtube.com/clip/Ugkx-S0o7pKOUBEeGW_cAJau-d1WeOC4B0Xv



Material required:

Cardboard, colour paper, chopsticks,
Fevicol, picture depicting healthy diet.

THANK YOU

