

Health and Wellbeing



"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.

English

Health is a state of complete harmony of the *BODY, MIND AND SPIRIT*. A healthy mind resides in a healthy body. 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 verbs related to morning walk:

(a) _____

(b) _____

(c) _____

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

(a) _____

(b) _____

(c) _____

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

(a) _____

(b) _____

(c) _____

II. HEALTHY HABITS TRACKER: -Make a day-wise calendar “Checklist of Healthy Habits” for 20 days on an A-3 size sheet and illustrate it as per your creativity. Include at least 10 healthy habits such as eating a fruit, cycling, exercising for half an hour, reading a book before bedtime etc. & checkboxes to check the healthy activity that you would do on a particular day. You can refer to the template given below:

S.No.	Healthy Habits	Day 1	Day 2	Day 3	Day 4
1	Waking up at 6:00 AM	✓	✓	✗	✗
2	Going for a morning walk	✓	✓	✓	✓
3	Exercising for half an hour	✗	✗	✓	✓
4	Brushing twice a day	✓	✗	✓	✓

III. YOGA DAY ACTIVITY: -On the occasion of International Yoga Day on 21st June, 2024 click a few pictures and make a short video of you doing one pose of Yoga and telling the benefits of that pose. Share the video and pictures with your English Subject teacher on 21st June 2024 itself.

IV. CLOSE READING PASSAGES: - There are a 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 ‘My School Floats’ is given on page 29 in the Coursebook and the questions based on it are on page 21 Workbook.
- The second passage ‘Baking with Dad’ is given on page 44 in the Coursebook and the questions based on it are on page 30 Workbook.
- The third passage ‘Silk Leaves Home’ is given on page 68 in the Coursebook and the questions based on it are on page 49 Workbook.

HINDI

सेहत व स्वच्छता

शारीरिक स्वास्थ्य, शारीरिक स्वच्छता तथा मानसिक स्वास्थ्य को बनाए रखने की जानकारी (इंटरनेट, माता-पिता, पास-पड़ोस व समुदाय) के माध्यम से एकत्रित कीजिए।

उदाहरण



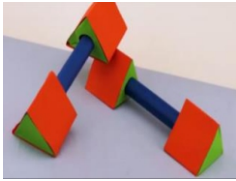
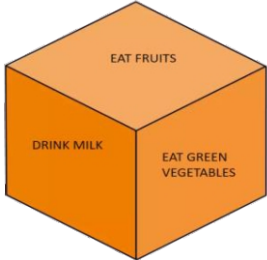

सुलेख लेखन: सुलेख एक अभ्यास है, इस अभ्यास से हमारे हस्त लेखन और व्याकरण में सुधार होता है। अतः अपनी लेखन क्षमता में सुधार के लिए नोटबुक में 10 पत्रों का सुलेख लिखिए। (लेखन कार्य के लिए अतिरिक्त नोटबुक का प्रयोग करें)

A4 साइज शीट पर तिथिपत्र (कैलेंडर) (01.06.2024 से 15.06.2024 तक) बनाएं और प्रतिदिन दो 'स्वास्थ्य एवं स्वच्छता' से संबंधित अच्छी बातें लिखिए और उनका पालन भी करें।

MATHS

By delving into the realm of geometry, students have the opportunity to enhance not just their academic knowledge but also their overall well-being. Through engaging in activities such as yoga and calisthenics, individuals can seamlessly weave geometric principles into their routines to foster equilibrium and harmony within their bodies.

©1. Given below a table, showing the different items related to health & fitness. Complete the entries that define number of edges, faces (plane & curved) and vertices of the given objects/items:

	Objects/Items	Identify the Shape/ Shapes	No. of Faces		Number of Edges	Number of Vertices
			Plane Faces	Curved Faces		
a)	 dumbbells					
b)	 					
d)	Aerobics ball 					

Note: Complete the above table on A4 size sheet by filling the required entries.

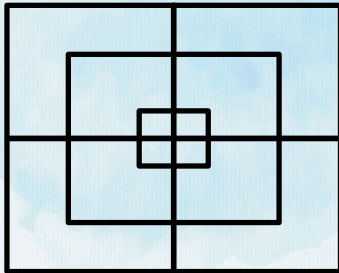
Q2. "Cycling is an enjoyable way to stay healthy", Look at the given picture and answer the following questions:

- a) The Sunlight is an example of which of the following?
i) Ray ii) Line iii) Line segment
- b) Name any two shapes shown in the picture.
- c) Tell the count of number of triangles and number of circles given in the picture.
- d) Name the solid that has no edge.
- e) How far can you travel by a bicycle?



Note: - This work needs to be done in A4 size sheet.

Q3. Take some Match sticks and try to make a figure as shown here. (size – 10x10cm)



- a) How many minimum numbers of matchsticks will you use to make the figure? _____
- b) How many squares are formed in the figure? _____

Note: - This work needs to be done in plain A4 sized sheet.

CASE STUDY BASED QUESTIONS

There is a famous proverb stating, "Health is Wealth," which is self-explanatory. Health is an asset to human life. It is essential to maintain a healthy lifestyle to stay in good shape and enjoy good health. In addition to having a rich diet full of nutrients, one must also have adequate sleep, and exercise on a daily basis to maintain health.

Q. Visit to a market with your parents and purchase any five healthy food items or health and fitness products which does not cost more than ₹ 250. Paste their pictures and write their prices in A4 size sheet and answer the following questions:



₹200



₹149

- i). Write all prices in ascending order.
- ii). Write successor and predecessor of highest price.
- iii). Write number name of lowest price.
- iv). Add the total amount spent on them.
- v). Write expanded form of total amount.

Note: - Make sure to compile all the holiday homework in a folder. All the written work needs to be done in A4 sized sheet. Consider labelling your Models and folder with your name, class, section and the subject name. Encourage yourself to review your work and ensure that everything is complete and organised.

SCIENCE

“To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.” – Buddha

Yoga and meditation are two forms of physical and mental exercises which have stood the test of time. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. For students, Yoga is integral to their physical and mental health.

Dear students

1. **My energy mantra** - Surya Namaskar is a set of 12 different asanas and has numerous health benefits. You have to do Surya namaskar every day (for continuous 10 days at least) religiously in the morning and click pictures of yourself doing it. Paste it on a pastel sheet and submit. (You tube video link is given for your help. Click the link with ctrl key.)

https://youtu.be/m5shAsL3Zqc?si=uyKp_FMnkZu7qGfE



“God Almighty first planted a garden. And indeed, it is the purest of human pleasures.”

- Francis Bacon

1. **My alluring kitchen garden** – Let us connect with the plants this summer. Try to maintain a small kitchen garden in any available space in your house (terrace, balcony or any other open space). Grow small plants like coriander, tomato, aloe vera, money plant, ornamental flowers or any other plant of your choice. Water it daily and observe its growth every day.

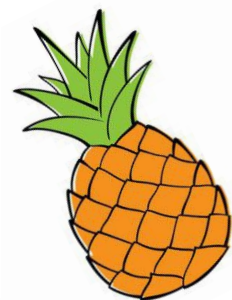
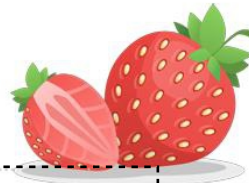
Click the picture of the same with yourself. Paste it on an A-4 sheet and write the name of the plants you have clicked your picture with.



2. RIDDLE TIME- Let's explore some healthy food items in the puzzle box given below and tell me WHO AM I with the help of clues. (One is done for you.)

Healthy Foods

Word Search Puzzle



- I am a dry fruit. I grow in cold regions and the letter 'L' is silent in my name. Who am I?
- An _____ a day keeps the doctor away.
- I am a bell yet you can't ring me. I sound hot but am not. I am a vegetable and grow in three colours, green, red and yellow.
- I am eaten as a vegetable. I am a green coloured flower. Some kids think that I look like a little small green tree.
- I am a citrus fruit and people like me as a juice.
- This is a type of liquid but it's not oil or ink, It's white and comes from a cow and it's something you can drink.

7. I have a shell but I'm not a turtle, I can be used after being broken. I can be scrambled but I'm not a puzzle. Who am I?
8. I'm a leafy green and good for your body. I am the favourite food of cartoon character Popeye the sailor.
9. I'm red and have seeds but I am not an apple. I can be cooked or eaten raw as round slices in salads.
10. I have a spiky crown but I am not a king. The word 'apple' is my part but I am not smooth like it. Who am I?



SOCIAL STUDIES


Seeds and Landforms



Students will explore different types of seeds, their benefits, and the landforms where they are grown. They will create 10 small packets containing seeds, five seeds on one sheet and another five seeds on second sheet on an A4 size sheet.

For example: Rice is grown in plains (Major Landform)

REFER TO THIS TABLE GIVEN BELOW:

Name of the seed	Seed Packet	Health benefits	Landform	Type of landform
Rice		Great source of energy	Plains	Major Landform

COMPUTER

Task: Design a Fitness Poster Promoting Physical Activity

Instructions:

Objective: Your task is to create a visually appealing fitness poster using Paint 3D that emphasizes the significance of physical activity for overall health and well-being.

Content: Include illustrations of various exercises such as running, cycling, yoga poses, or strength training exercises. These illustrations should be clear and colourful, capturing the essence of each activity.

Motivational Elements: Incorporate text bubbles or captions with motivational quotes or facts about the benefits of regular exercise. These could include statements such as "Stay Active, Stay Healthy" or "Exercise Boosts Mood and Energy Levels."

Layout: Arrange the illustrations and text bubbles in a cohesive and visually appealing layout. Consider using bold colours and dynamic compositions to grab viewers' attention and convey the message effectively.

Creativity: Feel free to add your own creative touches to the poster design. Experiment with different shapes, textures, and effects available in Paint 3D to make your poster stand out.

Presentation: Once you've completed your fitness poster, save it as an image file (.png or .jpg). You can also take a screenshot of your Paint 3D canvas to submit your work.

Submission Guidelines:

Submit your completed fitness poster to your subject teacher.

Make sure your poster is saved in a compatible image format.

Include your name and class/grade level on the submission.

ART & CRAFT

Rolling dice of healthy items (Using cardboard and chart paper) note sample images are provided into table.

Draw or paste pictures of healthy item and paste on each face of the dice. Any art form can be chosen to decorate.

