



HOLIDAY ENGAGEMENT (2020-21)

Dear children,

Summer vacations are synonymous with fun, frolic, playing for longer hours with friends, exploring new places and many other interesting things. However, this year may not be the same like earlier years. The outbreak of corona virus has affected a lot of people around the world and it is a tough time that we all are going through. But then as they say, every cloud has a silver lining, and this corona infection is giving us all, more time together as a family, and we get to appreciate the little things of daily life.

So, how do we make the most of this time? During the last few weeks, we have been having online classes which kept our learning going, inspite of the lockdown. However, once the summer vacations start, you will be missing the fun of these online classes; seeing your classmates' faces, talking to your teachers and answering questions.

Don't worry! We have got you covered! There are some fun and interesting activities to do as a part of your holiday homework. This has been designed so as to give you creative wings and the opportunity to 'learn by doing', with the limited resources that may be available at home during this period. Enjoy doing the work, and make it as colourful, and rich in information as you can.



HOLIDAY



Engagement



There is always a reason
For what we eat every season
Spring, summer, winter or autumn rain
Any time, from food there's much to gain
So, let's get down to have some fun
In our vacations, under the sun.





TOPIC: SEASONS AND FOOD (COLLAGE)

You can use half chart or A3 size sheet. If both are not available, you can use A4 size sheet. (Blank side of a used sheet or a chart can also be used.)

Make a collage by sticking the pictures from newspapers, magazines or old textbooks. Take print out when rest of the options are unavailable.

Give a catchy and short title to your collage.

Collect the pictures of food items. Paste the pictures of those food items in such a way that they correspond with respective seasons. You can show a particular season by using main theme of that season, for example: for summers you may use a bright, shining sun, or for winters you may use a picture of a foggy morning. These are just the ideas. You can be creative and innovative.

Finally, arrange all the seasons in order of their occurrence. Your final collage may be square in shape, rectangular or circular.



English!

Once your SEASONS AND FOOD collage is ready, make a list of at least 5 vocabulary words per season (you can choose to write more words also) and paste or write the list next to that season. Words should be clearly visible, there should be no spelling mistakes and they should be written neatly.

Finally, on an A4 size sheet, write a few lines on the topic:

Nature - The Most Creative Artist

(in reference to various seasons and various food items made available for all the living beings)





Directions: Do the following work in English Pull out Worksheets.

1. Do worksheet 5 to 10 of Reading Comprehension [Type-1]
2. Spell and Vocabulary
 - Do Worksheet 1 (Our Festivals)
 - Do Worksheet 2 (Our National Symbols)
 - Do Worksheet 3(Animal Sounds)
 - Do Worksheet 4 (Animal and their Young ones)





Dear Children, there is famous saying "A healthy mind lives in a healthy body" that means to have a healthy body you should have a proper balance of food, physical exercise, sleep etc.

Based on the traditional game of Snakes and Ladders, you need to make an interesting **The Healthy Eating Habits Snakes & Ladders Game**. You will use here 4-digit numbers. For healthy foods/ food habits to go up the ladder, and junk foods/unhealthy food habits to go down the snake. It will also help you to associate positivity with healthy foods and negativity with unhealthy foods.

For eg, at the snake's mouth the wrong dietary habits like excessive consumption of Cold drinks can be mentioned. In the same way, eating green vegetables can be indicated at the bottom of the ladder, which will take the child up.

I hope children, this will not only break the monotony, but will also adds an element of fun in the process of self-improvement.

Materials required making this game: Paper, Pencil, Scissors, Coloured Sketch pens, Markers, Scale, a little imagination and lots of enthusiasm.

How to make:-

1. Take an old hard board. Stick a paper on it.

2. Make rows and columns in the form of a square. Make it 8 by 8, 9 by 9 or 10 by 10 squares.
3. On these squares start writing your four digits numbers, starting from any 4 digit number of your choice
4. You can even take your series of Skip counting by 2's, 3's, 5's.....
5. Make your numbers bold and clear. Snakes and ladders should be nicely drawn.
6. You need to mention below the board game, healthy food habits against the ladders and similarly in case of snakes, mention unhealthy food habits.
7. A sample game is given for your reference (on the last page), you can use the same for making this game or you can choose any 4 digit numbers of your choice for the same.

Number of players: - At least 2 counters and one dice for 2 players.

How to play

- Each player puts their counter on the space that says 'start here'.
- Take turns to roll the dice. Move your counter forward, the number of spaces shown on the dice.
- If your counter lands at the bottom of a ladder, you can move up to the top of the ladder.
- If your counter lands on the head of a snake, you must slide down to the bottom of the snake. Just like in the board game, the ladders here take you higher and snakes bring you down.
- The scores are fixed, every ladder gets you a +100 while every snake gets you a -100.
- The first player to get to the space that says 'home' is the winner.

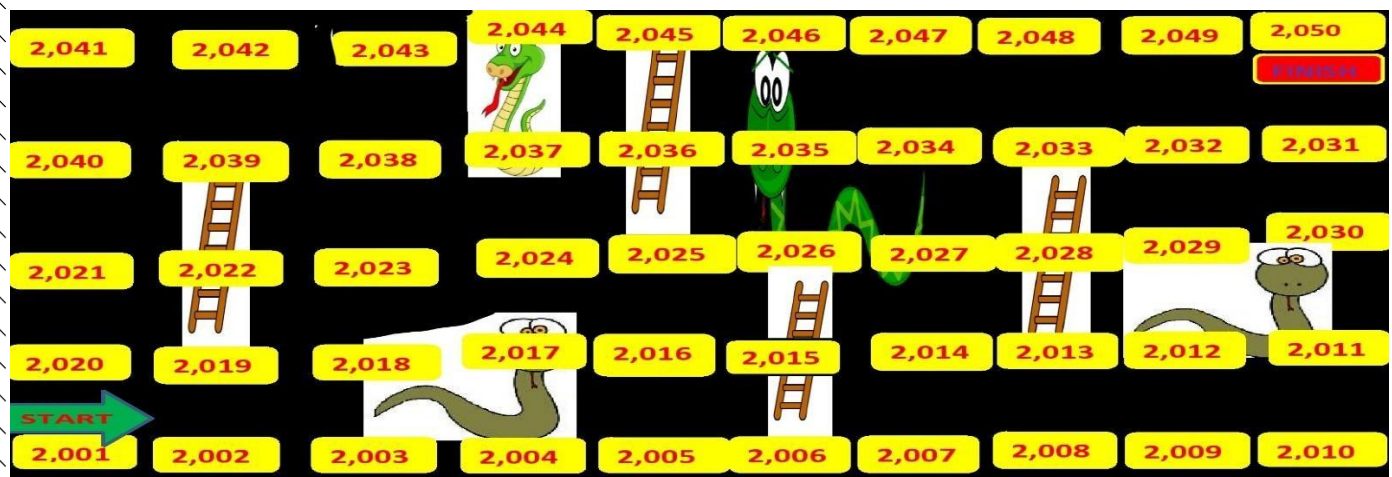
• The Healthy Eating Habits Snakes & Ladders Game

The interesting thing here is that Snakes and Ladders not only develop counting skills but also basic addition skills. For instance, if a child is on square 2009 and receives a dice roll of 5 he/she will move forward 5 spaces to 2014. The realization will dawn on the child, or can be prompted by an adult that $2009 + 5 = 2014$.

Children you will also learn the basic sequence and pattern of numbers. They will consistently be rolling fours, five and sixes, and counting the numbers on the board.

Enjoy the Game

Enjoy this game children. After all, it's just a game, designed to help make life easy, interesting and learn about better food habits. Have fun Children!



✚ Do Worksheets of Mental Math's book.

- Ch- 1 Worksheet 1-8 .
- Ch-2 Worksheet 9, 10, 11 and 14.

✚ Learn tables 2 - 12.



बच्चों, कोरोना वायरस के चलते हम में से कोई भी आउटिंग या वीकेंड के लिए बाहर नहीं जा सकता है, यह निश्चित रूप से चुनौती पूर्ण समय है। गर्मियों की छुट्टियां शुरू हो गई हैं, तो क्यों ना हम घर बैठे ही भारत देश की सैर का आनंद लें।

1). भारत के किन्ही दो प्रदेशों में ग्रीष्मऋतु और शीतऋतु में खाए जाने वाले भोज्यपदार्थों के चित्र चिपकाकर उनके बारे में जानकारी प्राप्त करें।

2). उन व्यंजनों से प्राप्त होने वाली पौष्टिकता की जानकारी दें।

इन चित्रों को आप एक कोलाज के रूप में सुंदर तरीके से प्रस्तुत करें।

