

SANT NIRANKARI PUBLIC SCHOOL, NIRANKARI COLONY, DELHI
CLASS – PRE – SCHOOL
HOLIDAYS HOMEWORK (2024 - 25)
THEME – HEALTHY LIVING



“A healthy outside starts from the inside.”

Hello Pre – Schoolers and Families! Welcome to our summer holiday homework program focused on the theme of “Healthy Living”. We’re embarking on an exciting journey together to explore the importance of taking care of our bodies and minds. As we enjoy the summer break, let’s learn how to make smart choices that promote our well – being and happiness.

Throughout this holiday homework, we’ll engage in fun activities and discover the joys of staying active, eating nutritious foods, and practicing good hygiene habits. Each activity is designed to inspire us to lead healthy lives and develop lifelong habits that will support our growth and development.

Together, let’s make the most of this summer break by embracing healthy living and enjoying all the wonderful activities and experiences it brings. We can’t wait to see all the creative and exciting ways you incorporate into your holiday adventures!

Wishing you all a happy and healthy summer break!”

General Instructions: -

1. The summer vacation is from 20th may to 2nd July.
2. The school will reopen on 3rd July, 2024.
3. The hard copies of all the work / activities must be compiled and stored safely for submission after vacations.
4. For any guidance / assistance you may contact the class teacher.

Guidelines for the Parents: -

1. Share stories / incidents of your childhood.
2. Reward your child's efforts even for the smallest one to boost his/ her confidence. Engage them with puzzle games, building blocks and pattern making.
3. Encourage kids to speak small sentences and words in the English language.
4. Take at least two meals together with your child and explain them the importance of food and hard work of the farmers.
5. Cultivate healthy habits avoiding junk foods to the maximum extent. Never deny or ignore a child’s feelings.
6. Refrain from using words that you would not want the child to repeat.

Enhance Listening Skills:-

Read a bed time story with your child daily. It will orient your child towards reading books and listening to facts. Apart from that it will bring your child’s unique style of self-expression and develop creative communication. After reading or watching, ask questions like “Did you like the Story?”, “Which was your favourites character?” etc.



Suggested Story Book Series:

- Pepper
- Bruna
- Bubbles
- Lady Bird (Level – 1)
- Ramayana

Enhance Oratory Skills:-

Communication skills play a pivotal role in grooming the overall personality of the children. Let's motivate them to converse in English and to help him / her get acquainted with the language. Give more English words to increase her/his vocabulary. Motivate them to answer your questions in simple but full sentences. Let's encourage the kids to use magic words (sorry, thank you, excuse me, please) in different situations on regular basis. Remember, the more you use these words so will your children.



Use these sentences regularly: -

- How are you? I'm good. Thank You.
- I am thirsty. Please give me water.
- Please, open / close my tiffin /bottle.
- I am hungry. Please give me food.
- I have finished my work /food
- May I wash my hands?



Personality Development: -

Healthy living fosters Self – discipline, confidence and emotional resilience, thereby positively influencing personality development.

Following are a few ways to improve the overall personality of your child: -

Inculcate 'Life skills':

- Buttoning his / her shirt
- Packing his / her school bag
- Tying his / her shoe laces
- Arranging shoes in the shoe rack
- Keeping his / her belonging back to their place
- Laying the table for lunch / dinner
- Eating on their own
- Using fork and spoon
- Filling the water bottles

Instill 'Social Skills':

- Greeting with a smile when someone comes to the house.
- Conversing with the visitors
- Answering the phone calls with a polite "Hello", also asking "May I know who is calling?"
- Speaking politely and sharing with peers.

Encourage 'Personal Hygiene':

- Brushing teeth twice daily
- Combing hair regularly
- Bathing everyday
- Washing hands before and after meals
- Trimming the nails and keeping them clean

Enhance 'Gross and Fine Motor Skills' by following activities

GROSS MOTOR

- Jump
- Hop
- Swim

FINE MOTOR

- Mashing Potatoes
- Rolling Chapatis
- Shelling out peas

- Dance
- Run
- Skip
- Balance
- Zipping and Unzipping
- Buttoning and Unbuttoning
- Opening and closing the bottle cap / tiffin lid
- Turning pages of a book
- Squeezing bath sponges
- Watering the plants using spray bottle

Let's be Creative: -

"Recycling isn't just about the planet; it's a pathway to a healthier, more sustainable way of living, nurturing both our environment and our well-being."

So, parents it is time to transform waste into wonder. Put on your thinking caps and think of some new ways to recycle waste products in order to create some new and unique craft out of it.

You can make use of newspaper, ice cream sticks, match sticks, bangles, earbuds, paper cups, glass bottles etc... to create a unique craft item.



Note: - The best craft items will be displayed at the PTM.

World Environment Day (June 5, 2024): -

“Be a part of the Solution Not part of the Pollution.”

Special Plantation Activity for our tiny tots as part of our ongoing efforts to promote environmental awareness.

Through this activity, children will have the opportunity to plant saplings and learn about vital role trees play in maintaining a healthy ecosystem.

Steps to be followed: -

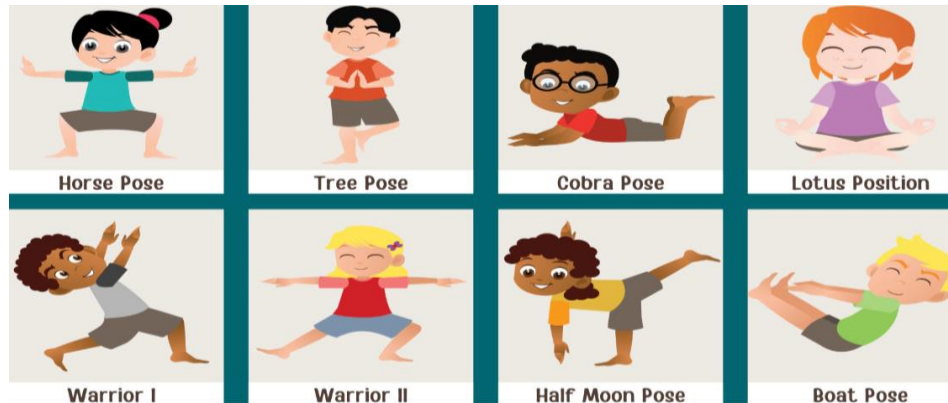
1. Cut thick and round slices of 1 big tomato.
2. Take a pot of your choice and fill it 3/4 full with mud / soil.
3. Place the round slices on top of the soil
4. Cover the pot with the remaining mud / soil.
5. Water the plant daily and watch for the little tomato plants to pop up!



Note: - Click pictures of your child doing this plantation activity and send it to the class teacher. Also, keep updating the class teacher about the growth of the plant.

International Yoga Day (June 21, 2024): - Activity – Lets Do Yoga

“Yoga is the gateway to happiness and the secret to a healthy mind.”



Note: Share pictures of your child doing Yoga asanas with the class teacher.

Father's Day Activity (June 16, 2024)

“The heart of a father is the masterpiece of nature.”

Father's Day is the perfect time of year to celebrate the loving and caring man in your life. Let's celebrate Father's Day by doing something special for your father. So, surprise him by making green salad for him with the help of your mother.

Ingredients for 'GREEN SALAD': -

- Cucumber
- Capsicum
- Tomato
- Boiled corn
- Broccoli
- Salt
- Pepper
- Chaat masala
- Lemon



Mix all the ingredients together in a bowl. Serve it in a plate to your dad.

Note: Click a smiling photo of your child with his/her father wherein the child is serving the salad to his/her father. Share it with the class teacher.

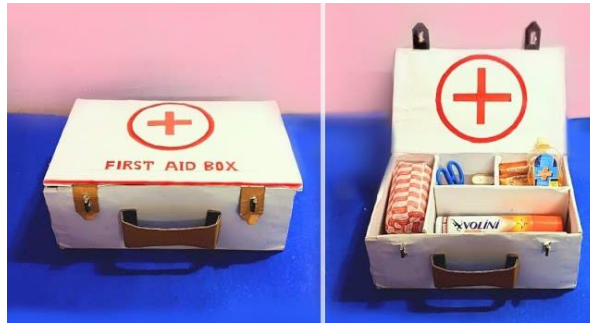
Doctor's Day Activity (July 1, 2024): -

“Nature itself is the best physician.”

July 1 is observed as Doctor's Day. So, on this Doctor's Day educate your child about the importance of basic medical care and help him/her in making a "First - Aid" kit of his/her own. You can use any shoe box available at home for the same. Put the required items like cotton, band-aid, Dettol, white tape, gauge and betadine etc..... in it.

The same shall be deposited in school after vacations.

You can take reference from the images below



Scholastic Area: -

Kindly do written practice of the following in pink and yellow notebook respectively.

ENGLISH: -

- Formation of letters I, L, T, H, F, E, A, V, M, W, N, K, X, Y, Z, P, B, R, D, C, G
- A to H in proper sequence.
- Also, do reading practice of the picture words starting with the above letters from “My first book of alphabet.”

MATHS: -

- Do written practice of numbers 1, 2, 3, 4, 5 in the practice notebook.
- Do oral practice of Counting: - 1 to 10
- **Sorting and Grouping:** - Mix a number of things, such as beads, buttons, rajma etc. in a bowl and ask the child to sort them according to colour / size / items.
- **Numerical Ability:** - Help your child to memorize the phone numbers of the parents in an innovative way.

Let us revive the traditional games like Stappoo, pithoo, Snake and ladders and Ludo to enhance the counting skills.

Help your child to count the number of steps he/she takes to reach from the bedroom to: a) Kitchen b) Bedroom c) Balcony

