



# श्री Venkateshwar International School

Sector-18, Dwarka, New Delhi-110078

**CLASS PRE-SCHOOL**

As the holidays have begun,  
It's the time for us to have some fun  
It's time to see amazing kids movies  
and help your mama in making smoothies.  
We will make new friends and play lot of games,  
spend time with them and know their names

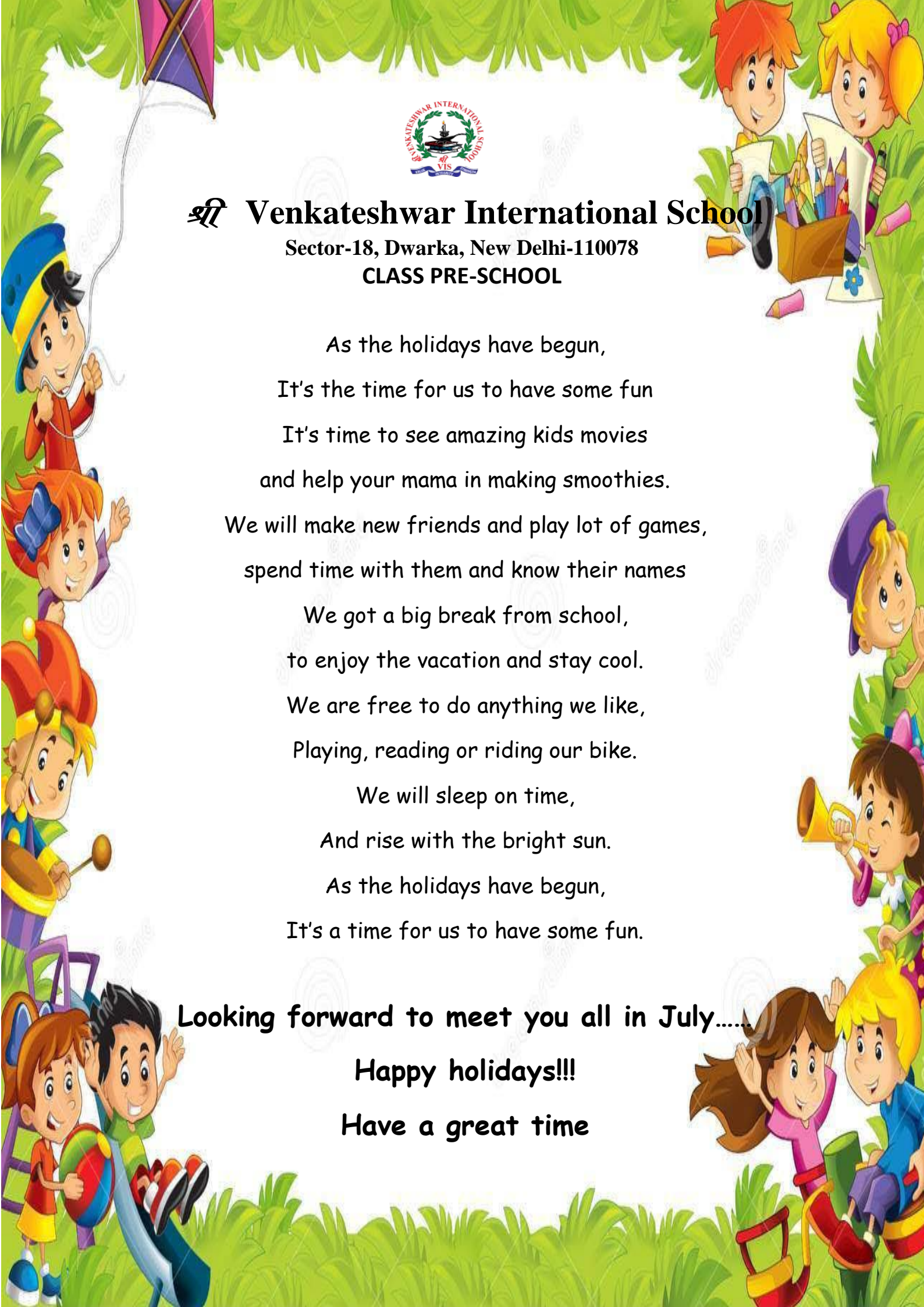
We got a big break from school,  
to enjoy the vacation and stay cool.  
We are free to do anything we like,  
Playing, reading or riding our bike.

We will sleep on time,  
And rise with the bright sun.  
As the holidays have begun,  
It's a time for us to have some fun.

**Looking forward to meet you all in July.....**

**Happy holidays!!!**

**Have a great time**





## HOLIDAYS WITH CREATIVE FUN AND FROLIC

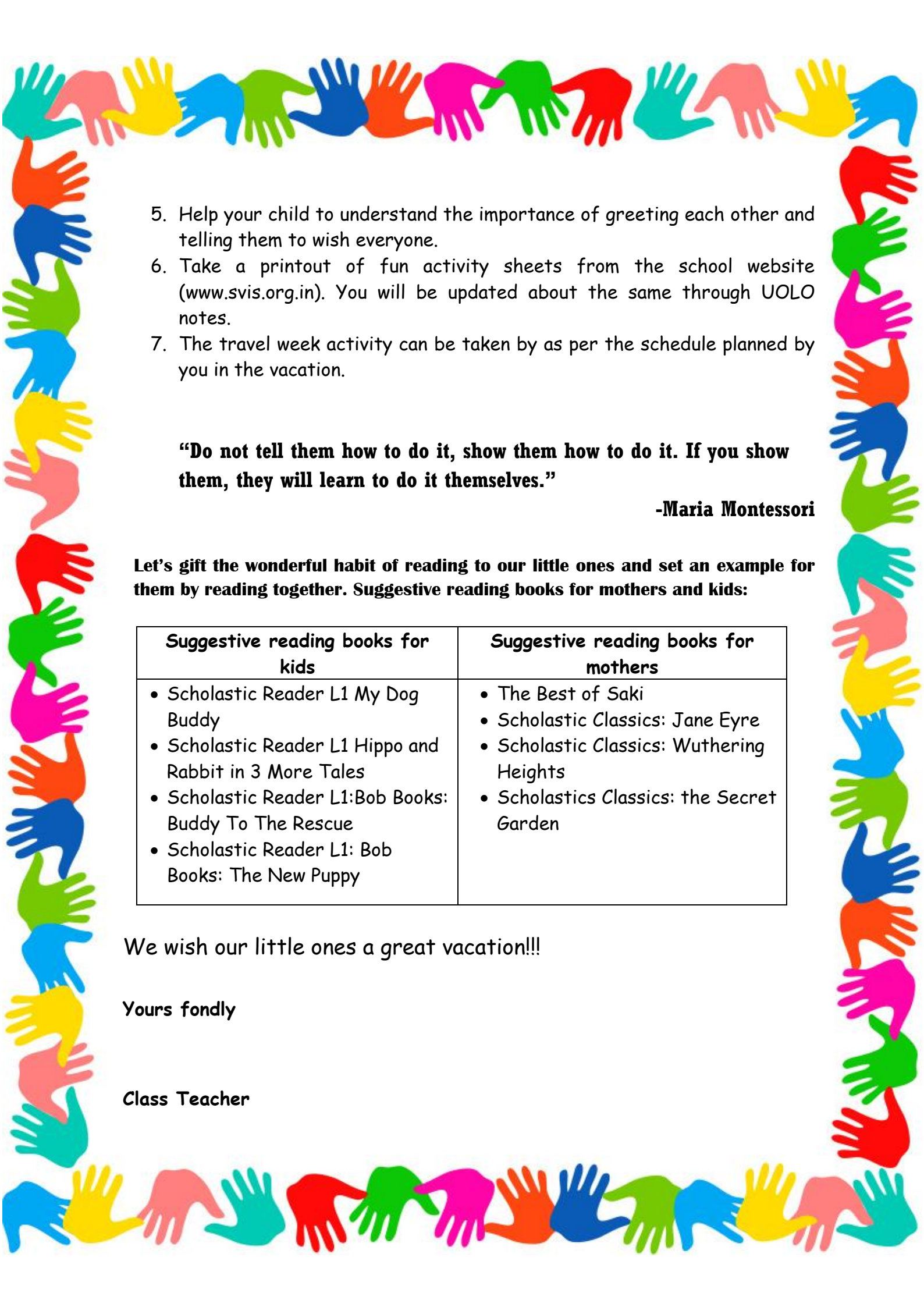
### Dear Parents

Every child is born with some inherent qualities which we as teachers/ parents are responsible to develop through varied activities. These activities include the all round development of the child under different categories like physical, cognitive, social and language development. These developments are a continuous process, which should not be hindered even during vacations. Hence we want our little ones to enjoy their vacation to the zenith without occluding the learning process. In order to ensure the same we have framed the holidays activities in complete fun filled ways.

Here are a few tips for the parents to help you to act as facilitators to your child to balance his/her eagerness for pursuing adventure, creativity and self expression with the development of responsibility during this vacation.

1. Read regularly to your child to inculcate reading habit. Use books with attractive illustrations and follow the basic rules of reading like using index finger to trace the words from left to right while reading with expressions, voice modulation, pauses etc. let them learn new words, to enhance their vocabulary.
2. Engage your child in activities like watering and caring for plants to inculcate love for nature. Take them for nature walk and tell them to observe the surroundings carefully. This will help to develop their observation skills and aesthetic skills.
3. Create ample opportunity for children to meet people from different sections of society. This will help them to become confident and widen their social horizons.
4. We have started a new concept of "NATURE TABLE" in every class, which will make children curious about various things from the nature. Kindly continue this practice during the summer break by helping them to observe their surroundings carefully.



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5. Help your child to understand the importance of greeting each other and telling them to wish everyone.
  6. Take a printout of fun activity sheets from the school website ([www.svis.org.in](http://www.svis.org.in)). You will be updated about the same through UOLO notes.
  7. The travel week activity can be taken by as per the schedule planned by you in the vacation.

**“Do not tell them how to do it, show them how to do it. If you show them, they will learn to do it themselves.”**

**-Maria Montessori**

**Let's gift the wonderful habit of reading to our little ones and set an example for them by reading together. Suggestive reading books for mothers and kids:**


<b>Suggestive reading books for kids</b>	<b>Suggestive reading books for mothers</b>
<ul style="list-style-type: none"><li>• Scholastic Reader L1 My Dog Buddy</li><li>• Scholastic Reader L1 Hippo and Rabbit in 3 More Tales</li><li>• Scholastic Reader L1: Bob Books: Buddy To The Rescue</li><li>• Scholastic Reader L1: Bob Books: The New Puppy</li></ul>	<ul style="list-style-type: none"><li>• The Best of Saki</li><li>• Scholastic Classics: Jane Eyre</li><li>• Scholastic Classics: Wuthering Heights</li><li>• Scholastics Classics: the Secret Garden</li></ul>




**We wish our little ones a great vacation!!!**


**Yours fondly**

**Class Teacher**

## **FUN ACTIVITIES**

	Activity	Activity	Activity	Activity	Activity
Week -1 Emotional Connect 27 <sup>th</sup> May- 31 <sup>st</sup> May 	<b>“Strengthen your roots”</b> Family bonding is one of the most important attribute in the personal development of a child. Encourage your kids to spend time with their grandparents. Make them listen to new stories while spending time this will enhance their vocabulary and develop strong emotional connect.	<b>“Sharing is caring”</b> “We make a living by what we have and we make a life by what we give “Sharing not only develops gratitude but helps our kids to be empathetic towards others. Visit an orphanage or help your child to share his things with the underprivileged or needy people. Develop the value of appreciating whatever god has blessed us with.	<b>“Let’s Help Mom”</b> Spend time with your mother .Help her doing small things like filling water bottles and watering the plants.	Worksheet -1 Kids will do worksheet related to activity on day 2 of week 1.kindly follow the instructions given on worksheet no 1.	<b>“Beat the Heat”</b> To help the birds quench their thirst in hot summer days place a bowl of water in your balcony and fill it with fresh water every day. You can also feed the birds with rice, grains etc.
Week -2 Cognitive Development 17 <sup>th</sup> June – 21st June	<b>“Put the trash in place”</b> Encourage your kid to segregate waste of different types in different bins and discuss with them the importance of keeping the surroundings clean. Also discuss with them how to segregate waste in blue and green bins.	<b>“I, Me and Myself”</b> Inculcate the habit of keeping good personal hygiene, by making them follow a nice healthy routine which will help them to develop good habits (brushing, bathing, trimming nails). Refer to rhyme “Brush your teeth” page no-58, Tinker Book-1	<b>“Offer Choices-Be your own stylist”</b> When you can, offer your child choices: “Would you like to wear the brown shorts or the blue shorts?” or “Would you like milk or yogurt with your lunch?” This will help him to feel more independent and learn to make confident decisions that affect his day. Also encourage your child to style by themselves with summer accessories (cap, goggles, etc). this will help them to polish their decision making abilities.	<b>Monument Visit</b> Take your ward to a famous monument and discuss everything about it. Ask him questions while you explore and listen to his responses and reactions. These adventures can provide a great learning experience.	<b>“Number Box”</b> Take a shoe box and decorate it with vegetable printing. Collect articles like 1 pencil, 2 pebbles, 3 bottle caps etc (1 to 10) in the shoe box.

<p>Week -3 Social Network 20<sup>th</sup> May- 24<sup>th</sup> May</p>	<p><b>“Know your Neighbour”.</b> Take your child to a neighbour and ask them to interact with them. Also encourage them to make a new friend from the family.</p>	<p><b>“Atithi Devo Bhava”</b> Tell your kids to welcome the guests with greetings. Also encourage them to prepare welcome drink for their friends/ relatives.</p> 	<p><b>“Greetings”</b> Make your kids aware about the importance of greetings and seeking blessings from our elders.</p>	<p>Kids will do worksheet no 3 where they will learn to beat the heat of summer by making a wonderful smoothie. Instructions for the same are shared in the worksheet.</p>	<p><b>“Explore your surroundings”</b> Take the child to a park for a nature walk and ask them to use their five sense organs (smell flowers and mud, look all around and see the beauty of nature, hear different sounds of birds and insects, touch the grass/ walk on it) and on the way back you can have coconut water with your child to tell the importance of healthy drinks.</p>
<p>Week -4 Language Development 10<sup>th</sup> June – 14<sup>th</sup> June</p> 	<p><b>“Reading is fun”</b> Reading to your child every day/night is a great way to introduce them to the world of words. Read them a simple book with pictures and ask them questions related to the story. You can also try pointing at images in the book and ask your kid to identify them. This can help him improve his vocabulary and teach him to provide accurate responses to the question asked.</p>	<p><b>“Talking with my favourite toy”</b> Give your child his/her favourite toy/toys and Encourage him to have conversations with the toy. Create an imaginative game and allow your child to expand his imagination. Kids are very creative, once you show them the way, they will take over. You can also use puppets to have simple conversations with your child. You can even put on a puppet show to make play-time all the more enjoyable.</p>	<p><b>“Shopping together”</b> Take your child along with you during shopping day. Let him observe the various things around him. Keep on telling him the names of the things bought. This will enrich his vocabulary bank. Tell Help him to read small words as kids do wonders by sight reading.</p>	<p>Kids will do Worksheet no 2 Related to reading activity suggested on the day one of this week. Instructions for the same are mentioned on the sheet.</p> 	<p><b>“Name the Thing”</b> Take your kid for a walk and point out at various things and ask your child to name them. This is an easy way to build and improve his vocabulary. This game can be played anywhere, including your house, in the park or even in the supermarket.</p>

<p>Week -5 Physical Development 2<sup>nd</sup> June – 7<sup>th</sup> June</p> 	<p><b>“Let’s work out”</b> Create a special time of the day for yoga. Take some time in the morning or evening and follow it with a deep relaxation. Make it a fun session with them, start with just few minutes every day, to make it interesting for them. <b>(Refer to information sheet 1)</b></p>	<p><b>“Biking fun”</b> Take your child with his /her friends for cycling. OR Indulge your child in any one hobby like skating, basketball, cricket etc and discuss with them various aspects of this sport (country, no of players, equipments).</p>	<p><b>“Follow the leader”</b> Spend some play time with your child and add to the workout with energetic movements such as jumping, stomping, catching, balancing and squatting.</p>	<p><b>“Fun with Pom Poms</b> Put a bunch of craft pom poms on the table with an ice cube tray. Then add some fine motor tools like tweezers or clothespins. Children will use the fine motor tools to pick up the pom poms and place them in the tray.</p>	<p>Worksheet no 5 Kids will do worksheet related to fine motor skills development</p>
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## Instruction Sheet for Yoga

Yoga aims to keep the body and mind fit so that it propels spiritual well-being. There are different styles of yoga, including body postures, breathing exercises and meditation.

5 key areas where kids benefit from the practice of yoga

1. Enhances physical flexibility.
2. Improves coordination and balance.
3. Develops focus and concentration.
4. Encourages kids for better understanding and interaction.
5. Sparks creativity and teaches discipline and responsibility.

You can start with simple asanas as follows:

### 1. Mountain Pose (Tadasana)



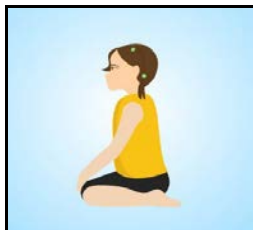
The foundational pose for all the standing asanas, this is the best calm-down yoga pose for children.

How to do:

1. Stand straight and tall.
2. Spread the legs a few inches apart and spread the toes.
3. Keep the arms alongside the body.
4. The shoulders must be relaxed and not stiff.
5. Raise the arms above your head.
6. Hold the posture and breathe slowly.
7. Retain as long as comfortable.

Benefits: Improves posture, strengthens the thighs, legs, and ankles; firms the abdomen and hips; improves sleep.

## 2. Hero Pose (Virasana)



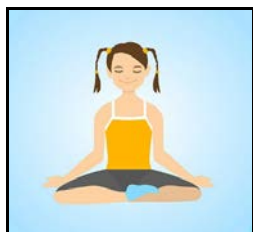
This pose is the salve for the weary legs of your kids.

How to do:

1. Sit with the knees together and the feet hip-width apart.
2. Sit on the heels with the heels touching the hips.
3. The hands should rest on the knees with the palms facing up.
4. Straighten the spine and drop the shoulders down and a little towards the back.
5. Relax the core while taking deep breaths.
6. Retain the posture as long as it is comfortable.

**Benefits:** Stretches the spine, quadriceps, and shoulders; improves blood circulation and relieves tiredness of legs; improves digestion and posture.

## 3. Easy Pose (Sukhasana)



This is the simplest of all pose but with no ordinary benefits.

How to do:

1. Sit upright with legs crossed.
2. Rest the hands on the knees with the palms facing up.
3. Evenly balance the weight across the sit bones.
4. Keep the head, neck, and spine aligned all along.
5. Elongate the spine but without stiffing the neck.
6. The feet and thighs should be relaxed.
7. Retain this posture for a minute.
8. Release and change the cross-legged position.

**Benefits:** Good for the back, thighs and hips; gives a stretch to the knees and feet; and helps in negating anxiety and stress.





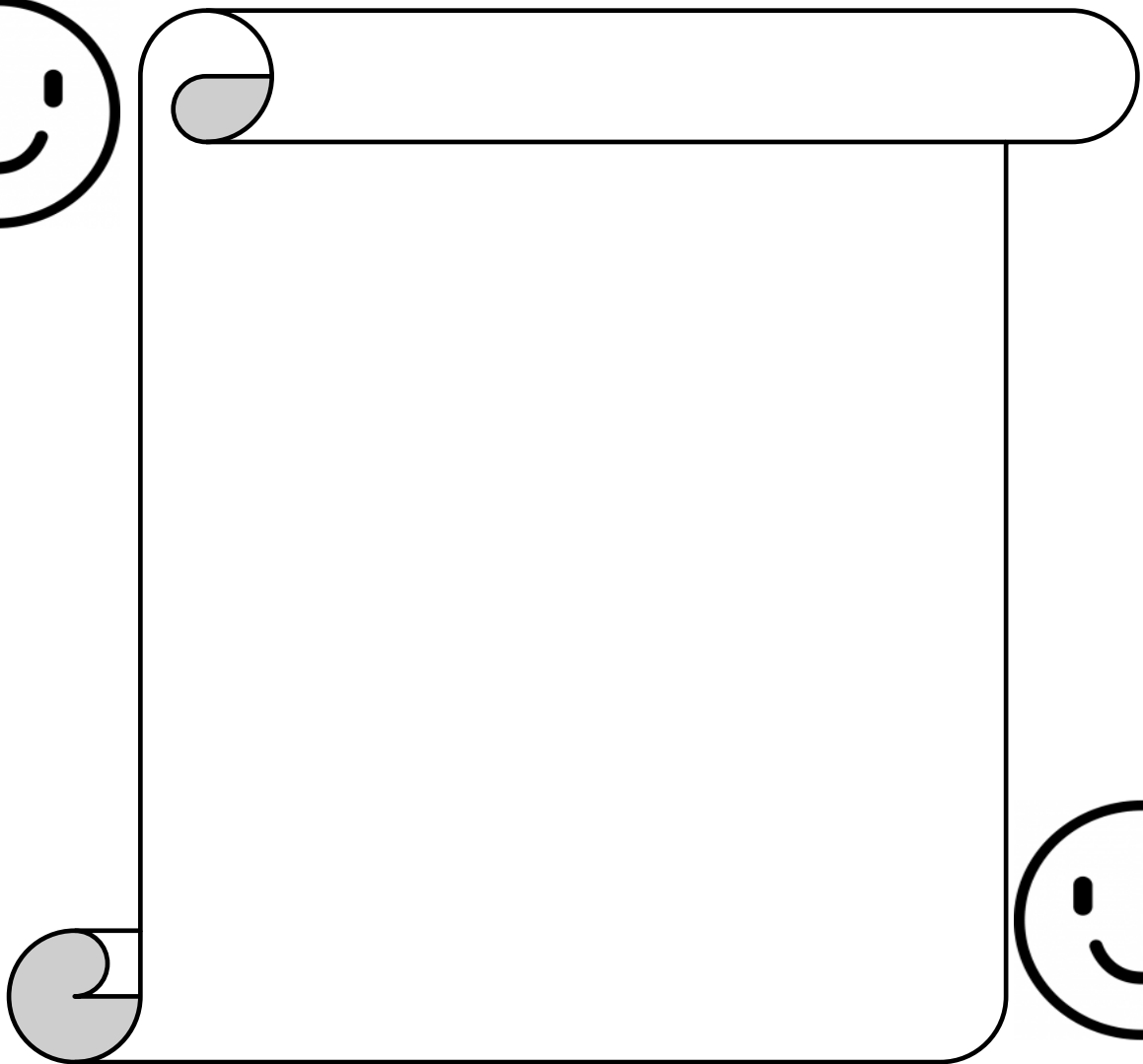
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## FUN SHEET – 1

# MY TREASURE

**BELIEVE IN YOURSELF AND YOU WILL BE UNSTOPPABLE**

*Socio-Economic development plays a vital role in the life of every individual, let's bond, share and appreciate each other. Visit any orphanage or gift your things to some needy, capture that moment and share it.*



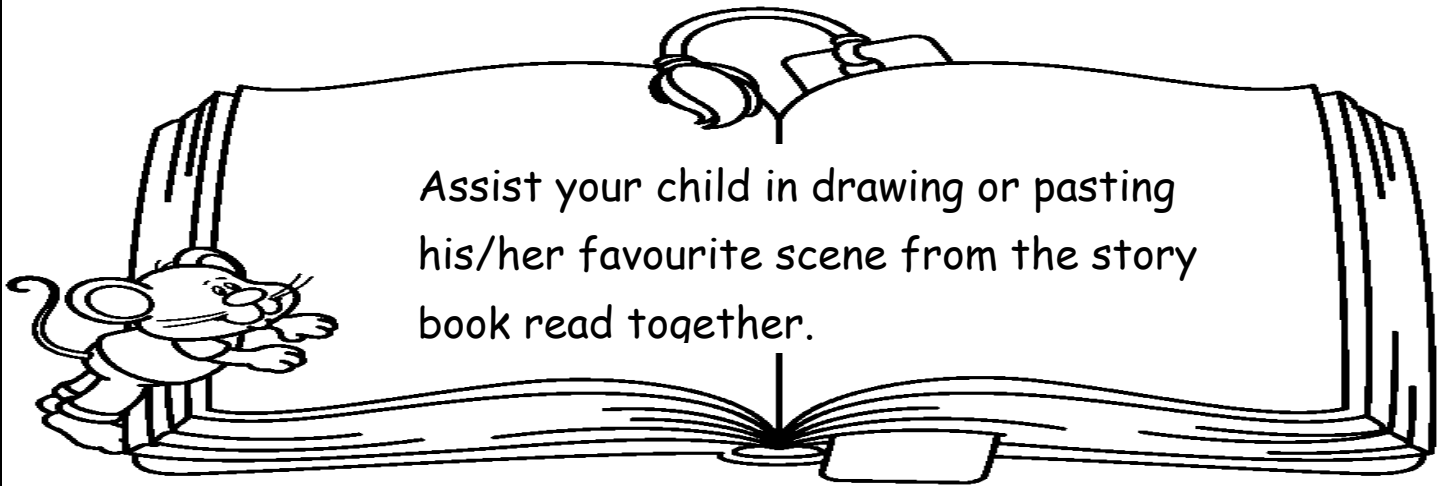
**LET'S SPREAD THE HAPPINESS AROUND US AND SAY SMILE PLEASE.**



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## FUN SHEET – 2



**READING IS FUN**



## Fun Sheet-3

Let's make them...

### 'Little Chefs'

Make a delicious Ice-Cream shake at home with your child. Discuss the steps in sequence to make it.

Remember to click a photograph while the little chef is at work.

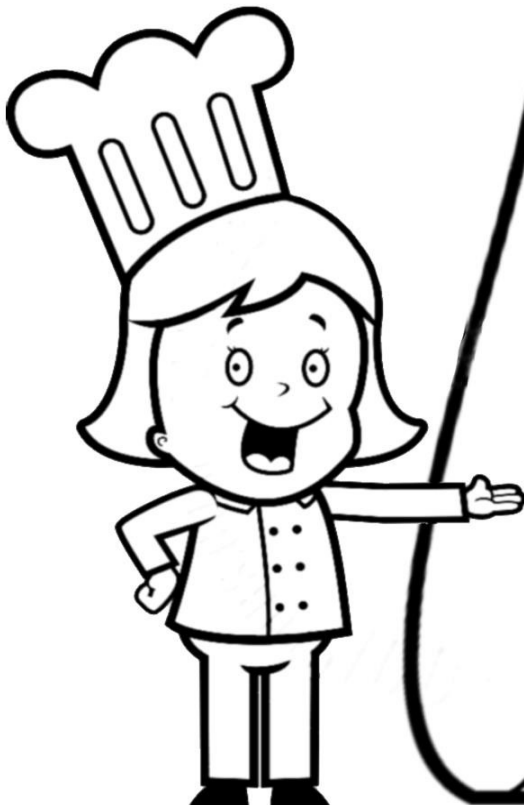


### Oreo-Ice Cream Shake Recipe

8 Oreo biscuits in Sandwich bag crushed	4 Scoops of vanilla ice-cream
2 cups milk	Handful of ice

Blend everything in a blender until smooth, then...

*Yummy*



**PASTE  
A  
PHOTOGRAPH**





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## Fun Sheet-5

### PHYSICAL DEVELOPMENT

Colour the pictures and then use a Q tip to paint the letters

