

# श्री Venkateshwar International School

Sector-18, Dwarka, New Delhi-110078

## Class – Pre-Primary

### **Dear Parent,**

The holidays have begun. It is time to have fun. Go for a long walk with your parents and enjoy the beautiful morning sunrise and evening sunset, admire the beauty of nature, hear the chirping birds and see the fluttering butterflies.

It is time to catch up with Grandma's never ending stories and play wonderful games with Grandpa.

To add to this fun time, we have prepared some fun-filled activities.

**Fun with children:** We have planned a calendar of fun activities for 6 weeks. Kindly guide the child to do these fun activities during the summer break. The idea is to enhance their awareness of the surroundings and life skills.




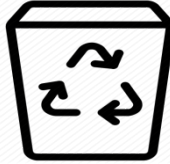

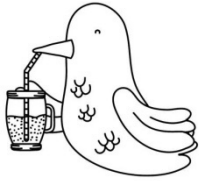

- Some of the tasks are addressed to their parents /guardians. The one marked with star ★ requires parent's assistance.
- Take out a printout of fun activity sheets from school website.
- Encourage your child to do these activities independently as much possible.
- The travel week activities (local or outside) can be taken up as per the schedule planned by your vacations.
- Help your child in revising phonetic sounds every day.






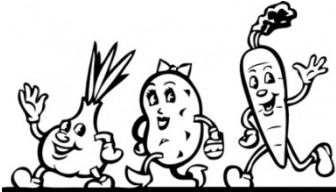


### ***Books Can Be Our Best Friends'***



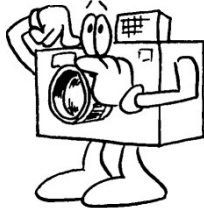




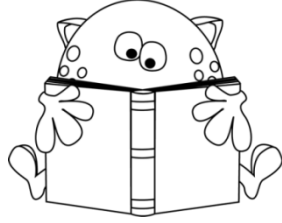
Reading time: Reading story books enhances language and vocabulary development. Make bed time reading a regular practice with your child (with pictures and large text). After reading stories ask questions like "Did you like the Story?" "Who was your favourite character in the Story?" etc.

***Wish you an engaging and fulfilling summer time with your child.***

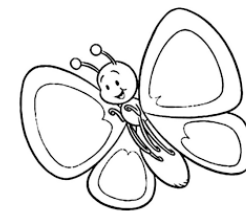
Yours Fondly  
Class Teacher

	Activity	Activity	Activity	Activity	Activity
<p><b>Week - 1</b> <b>Nature Study</b> <b>20<sup>st</sup> May – 24<sup>th</sup> May</b></p> 	<p><b>“Clean city.....Green city”</b> Go out in the garden/park and observe the surroundings(different kind of plants, insects, colour of bins ,birds, etc.)</p> 	<p><b>“Keep clean –Use the right bin”</b> Discuss the importance of colour code in bins with your ward. Make them realize the importance of keeping the environment clean.</p> 	<p><b>“Time for fun”</b> Take 3 jars and colour them in 3 colours. (green, blue ,black)</p> 	<p><b>Try until you learn”</b> Visit a park area and collect as many as things of your interest as you can. Segregate them and put them in the jars accordingly.</p>	<p><b>“Test your learning”</b> Draw different insects, leaves, flowers, etc. and colour them. Cut these pictures and paste them on the given worksheet. <b>Refer to Fun Sheet no. 1.</b></p>
<p><b>Week - 2</b> <b>Being Kind</b> <b>27<sup>th</sup> May – 31<sup>st</sup> May</b></p> 	<p><b>“Let’s learn to donate”</b> It is very important to inculcate the habit of sharing in the little ones. Make a gift pack containing any useful item/gift for a needy child. Visit an orphanage with your ward and teach him/her the pleasure of giving.</p>	<p><b>“Offer water”</b> Place a bird bath in your balcony for the birds to quench their thirst. Fill the bowl everyday with fresh water .Enjoy observing them.</p> 	<p><b>“ Let’s help Mom”</b> Offer a helping hand to your mother in the household chores. Eg: help her folding clothes, laying down table, etc.</p>	<p><b>“Be kind to animals”</b> Be kind to the stray dogs by making a shed and giving food.</p> 	<p><b>“ Being kind is important ”</b> Let’s find out the ways. That how we can be kind to others.  <b>Refer to Fun Sheet no. 2.</b></p>

<p><b>Week – 3</b> <b>Traveling Fun</b> <b>Let's plan a road trip</b> <b>2<sup>th</sup> June - 7<sup>th</sup> June</b></p> 	<p><b>"We learn the best from our surroundings"</b> Observe what you see on the road eg; traffic light, zebra crossings and road safety sign boards etc.</p>	<p><b>"Meeting relatives"</b> Meet your grandparents and relatives and discuss their childhood stories.</p> 	<p><b>"Time to pack our travel bag"</b> It's time to pack our travel bag and explore fun.</p> 	<p><b>"Fun with I-spy".</b> Let's make the travel time easy with I-spy game where you will start by choosing an object in the car, up ahead near the road, on a signboard. The person playing the game will tell the colour or first letter and say – "I spy something with my eye in red colour and it begins with letter 'R'.</p>	<p><b>"Holidays are full of fun"</b> "It's time to explore new places and capture some memories.</p> <p><b>Refer to Fun Sheet no. 3.</b></p> 
<p><b>Week – 4</b> <b>Healthy Living (life Skills)</b> <b>10<sup>th</sup> June – 14<sup>th</sup> June</b></p> 	<p><b>"No mall No movie let's do something fruitful."</b> Take your ward to the nearby supermarket. Let them explore and learn also the various fruit and veggies.</p> 	<p><b>"Hands on Activity"</b> Put all the fruits and veggies available at home in the basket. Ask your ward to sort them and encourage them to place them at the right places. Eg:-potatoes outside the refrigerator. Tomatoes and apples inside it.</p>	<p><b>"Meting Etiquettes"</b> Let's groom our children by teaching them table etiquettes. Give your child a hands on experience of laying down the table under your supervision.</p> 	<p><b>"Explore and Learn"</b> It's time to explore the market again to get the required material for a summer cool delight Watermelon popsicles (Chuski) i.e. watermelon, lemon, sugar powder, kulfi stick moulds.</p>	<p><b>"Delicious Delight"</b> Time for our little chef's to engage themselves in making a super summer cool delight "Watermelon Popsicles"</p> <p><b>Refer to Fun Sheet no. 4.</b></p> 

<p><b>Week-5</b> <b>Family Time</b> <b>(It is the greatest blessing)</b> <b>17<sup>th</sup> June – 21<sup>nd</sup> June</b></p> 	<p><b>"My father is my hero"</b> Plan something special for your Father for the Father's Day. <b>Refer to Fun Sheet no. 5.</b></p> 	<p><b>"The most important time is family time."</b> Let's plan a picnic to spend some quality time and have fun together. Play few games like hide n seek, badminton. Football etc. which involve all the family members.</p>	<p><b>"Let's click Kodak moment"</b> Make a beautiful collage of all the family time spent together during this vacation.</p> 	<p><b>"Mom never gets a Sunday"</b> Plan a relaxing time for your mom .Let's cook something yummy four dear mommy with the help of other family member.</p> 	<p><b>"Let's work out together"</b> Create a special time of the day for family yoga .Assemble all the family members in the morning or evening and follow it with the deep relaxation. Make it a fun session with them. Start with just few minutes to make it interesting for them. <b>Refer to Instruction Sheet for Yoga.</b></p>
<p><b>Week – 6</b> <b>Reading is Fun</b> <b>22<sup>th</sup> June – 28<sup>th</sup> June</b></p> 	<p><b>"Story Time"</b> <b>(Makes me a Reader)</b> A book is a dream you hold in your hands. Ask your parents / grandparents to get a nice storybook for you. Ask them to read the story to you. Later share with them what you like about the story and what you do not like.</p>	<p><b>"Word Hunt "</b> <b>(Makes me a Scholar)</b> Listen to the story again and make word cards for the new set of vocabulary words that you have learnt from the story and play word hunt with your family. Get your word cards to school to replay again.</p> 	<p><b>"Enacting a favourite scene "</b> <b>(Makes me an Actor)</b> Let's have a fun filled family time. Take the help of your family members and enact your favourite scene from the story. We would love to see it when you come back to school.</p> 	<p><b>"Weaving a story myself"</b> <b>(Makes me an Author)</b> Open your wings of imagination and bring out a change in the story according to your own fantasy. Share the new story with your family.</p>	<p><b>"Label the book cover"</b> <b>(Makes me an Artist)</b> Let's create a bookmark by joining paper cutouts of circles and write the related information about the book. <b>Refer to Fun Sheet no. 7.</b></p> 

## Fun Sheet No. 1



Paste different flowers, insects, plants etc in the given columns.

Flowers

Insects

Plants

Other things

## Fun Sheet No. 2

### *I can be kind*

Draw a picture or write a sentence on ways you can be kind.

**While helping mom in kitchen**

**Helping old people**

**Looking after animals**



## Fun Sheet No. 3

### 'S ROAD TRIP

Today is \_\_\_\_\_

We are going to \_\_\_\_\_



The weather outside is:



We took a....



My favourite part of  
vacation:



Favourite Snapshot.



# Fun Sheet No. 4

## KITCHEN ACTIVITY

### WATERMELON POPSICLES (CHUSKI)



#### Ingredients:

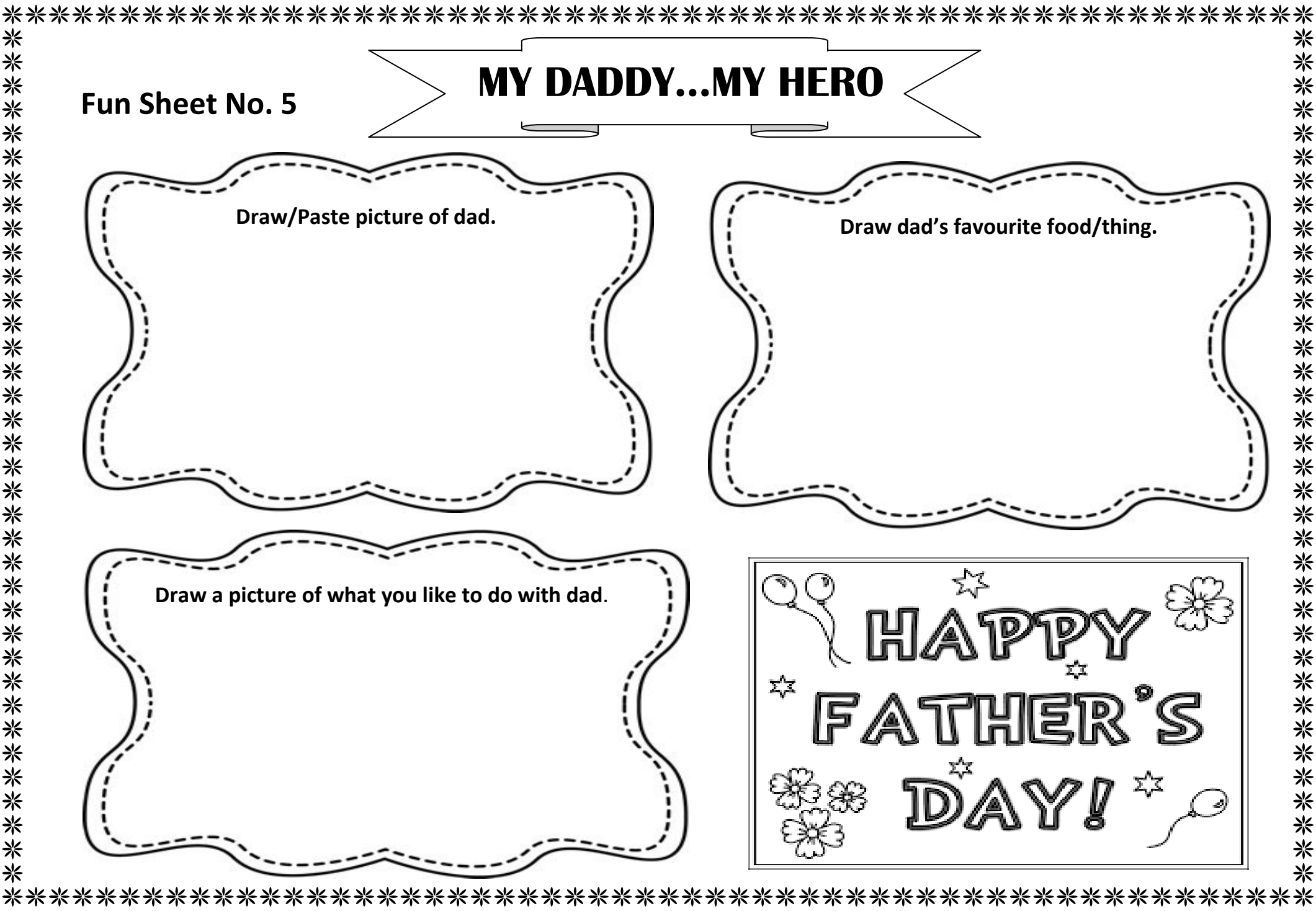
- 1 glass watermelon juice
- 1/2 lemon juice
- Sugar powder, (if required)

#### How to make Watermelon Popsicles (Chuski):



1. Remove seeds from the watermelon and grind to extract its juice and sieve it.
2. Add lemon juice to it and mix it well.
3. Add sugar powder (if required)
4. Mix and pour in kulfi moulds.
5. Freeze for at least 3 hours and it is ready.





**Fun Sheet No. 5**

**MY DADDY...MY HERO**

Draw/Paste picture of dad.

Draw dad's favourite food/thing.

Draw a picture of what you like to do with dad.



## 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)



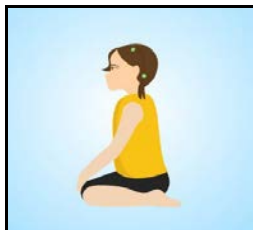
The foundational pose for all the standing asanas, this is the best calm-down yoga pose for children.

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)



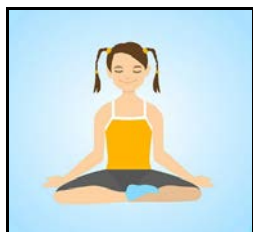
This pose is the salve for the weary legs of your kids.

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:

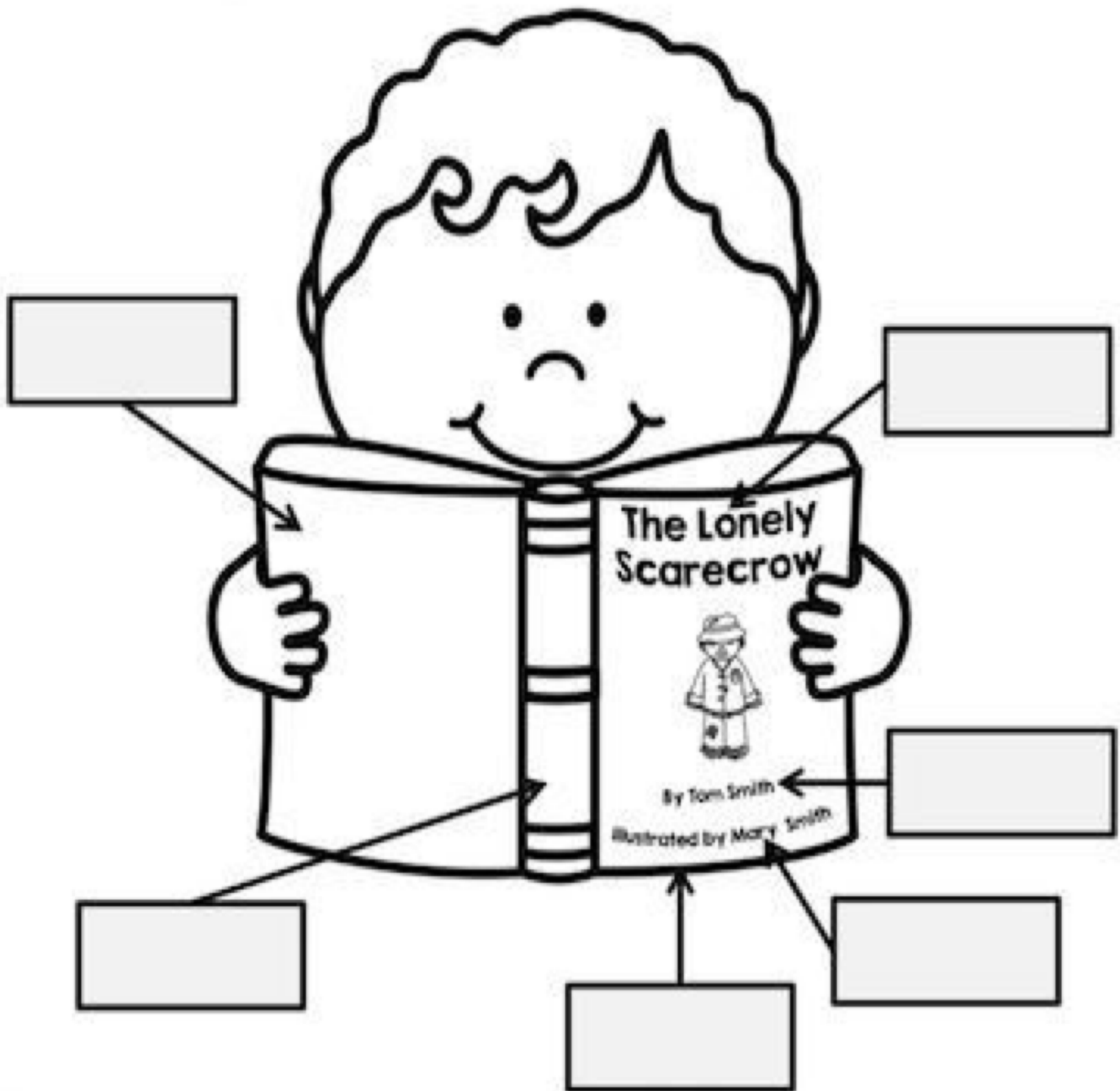
1. Sit upright with legs crossed.
2. Rest the hands on the knees with the palms facing up.
3. Evenly balance the weight across the sit bones.
4. Keep the head, neck, and spine aligned all along.
5. Elongate the spine but without stiffing the neck.
6. The feet and thighs should be relaxed.
7. Retain this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

## Fun Sheet No. 7

# Parts of a Book

Label the parts of a book.



Title	Author	Illustrator
Spine	Front Cover	Back Cover

