



Adarsh Vidya Niketan Sr.Sec.School Sector -19,Faridabad

Holiday Homework

Session -2021-22

Class - Pre-Nursery

Class teacher- Priyanka Chaudhary

Happy Summer Vacation





Dear Parent,

Summer holidays always remain the most awaited time of the year. You get an opportunity to spend quality time with your child.

Let us utilize this precious time to engage with our tiny tots. If this time is used for creative pursuits with fun filled activities, it becomes a learning experience.

The Holidays Home fun has been planned keeping in mind the engagement of students and channelizing their energies in a creative direction.



Please Note –

- **Use resources only which are available at home.**
- **Print out is optional. Work can be done in fair/ practice note books.**
- **Allow them to complete the homework under your guidance.**



ACTIVITY-Prayer Time

A day should always start from a prayer. Students may learn the below prayer to seek blessings from the Lord.

Dear God,
I'm thankful.
For all You give:
For food,
For love,
A place to live.
I thank you
For my family too
And I want you to know
That I love you.





Use colourful candy or button to cover the boxes as they are called out. When you have five in a row, column, or in diagonal, say, "BINGO!" To win the game!

Gross Motor Skills Bingo

Skip	10 Time Roll hands	5 Karate kicks	15 Toe touches	5 Push ups
5 Frog jumps	5 Sky jumps	10 High knees	10 Jumping Jacks	10 Arm circles
5 Tuck Jumps	5 Hops left foot	10 Giant steps	10 Step ups	10 Heel raises
5 Hops right Foot	Walk on top toes	Crab walk	Run fast 15 seconds	Your choice!
10 Forward jump	10 Star Jump	5 Jump Backward	10 Time clap Your hands	Walk on your heels



Health is Wealth

“Healthy mind resides in the healthy body”

Here are some suggestions to keep the tiny tots fit and healthy.

- Keep the children hydrated with different kinds of fluids e.g. water, lemonade, juice, shakes, buttermilk etc.
- Let your children eat by themselves.
- Teach your child to eat all types of vegetables including bitter gourd, pumpkin, beet root etc.



- Discourage eating snacks while watching T.V. or playing video games.



ACTIVITY Tearing and Pasting

- Paste or draw and colour five pictures of red colour fruits and green colour vegetables in a notebook / coloured sheet.



Communication and Social Skills

To enable the child to become more interactive and communicative with others,

Kindly follow the given community/social skills.



- Encourage the child to greet everyone in the house, neighbourhood, family, every person they meet with Hello, Good morning, Good afternoon and Good evening e.g., Hi Uncle, Hello Aunty.
- Always to be polite at home and outside.
- AVNites always obey their elders and parents.

About Myself

Learn these sentences with the help of parents.

- My name is_____.
- I am _____years old.
- I study in class Pre-Nursery.
- My school's name is A.V.N.Sr.Sec.School.
- Name of my class teacher is Ms. Priyanka Chaudhary.
- The name of our Principal is Ms. Sunita Khullar.



Sharing is Caring

Children must be encouraged to share things like books, toys, colours, etc with friends, siblings and cousins.

ACTIVITY Helping hands

- Help your elders in day-to-day activities e.g., serve a glass of water, bring newspaper, spectacles, books etc.
- Help your mother in household chores.

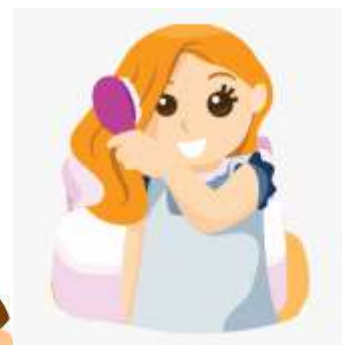




Care for your Body

“Better keep yourself clean and bright; you are the window through which you must see the world.”

- ✓ Wash your hands thoroughly with soap before and after eating.
- ✓ Wipe your hands with a clean wiping cloth.
- ✓ Trim your nails at regular intervals.
- ✓ Brush your teeth twice a day.
- ✓ Comb your hair regularly
- ✓ Bath every day.
- ✓ Wash hands before and after meal.
- ✓ Wear clean clothes.
- ✓ Avoid coughing or sneezing in to the food, always turn away whenever you have to do so.





Celebration Time

20th June – Father's Day

ACTIVITY

To show love and gratitude for your father make a beautiful card for him.



21st June- International Yoga Day

"Yoga is the journey of the self, through the self, to the self."

ACTIVITY Let's Do Yoga Mountain Pose

Stand straight on your toes. Keep the arms alongside the body. The shoulders must be relaxed and not stiff.



Raise the arms above your head. Hold the posture and breathe slowly. Retain as long as comfortable.

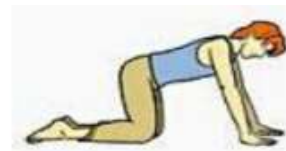
Volcano Pose

Stand tall with your feet slightly apart. Bring your hands to prayer position. Inhale and push your hands to the sky. Exhale and move your hand to the side and then back to the center.



Cat Pose

Get down on hands and knees. Make the spine reach towards ceiling as high as possible, so that the back is arched like a cat. Make meow meow sounds.





My Environment

Love nature it will love you back, save nature, it will save you back!

Encourage the children to take care of nature

Save Earth, Save Environment.

- Plant a sapling and water it every day.
- Keep a bowl of water on the roof for birds.
- Keep a bowl of grains also for birds.
- Don't leave the lights on when you aren't in the room-Save Electricity.
- Turn off the tap when brushing your teeth – Save Water.

ACTIVITY - Click a picture while watering plant saplings and feeding the birds.



Let's Be an Artist

"A picture is a poem without words"

Arts-related activities are important for so much more than just keeping child busy or relaxed. They've been proven to boost a child's self-esteem, confidence and pride. Art in education is truly incredible and each child should be able to experience that.

ACTIVITY Coconut Tree

- Take a sheet and painting colours.
- Make a print of your fist on sheet.
- First make 2 or 3 prints from left hand and another 2 or 3 from right hand.
- Draw a tree trunk with paint brush.
- Make coconuts with the help of thumb prints.





ACTIVITY Save Animals

With your hand prints create any 4 different animals/ bird using ivory / A4 sheet as the base paper.



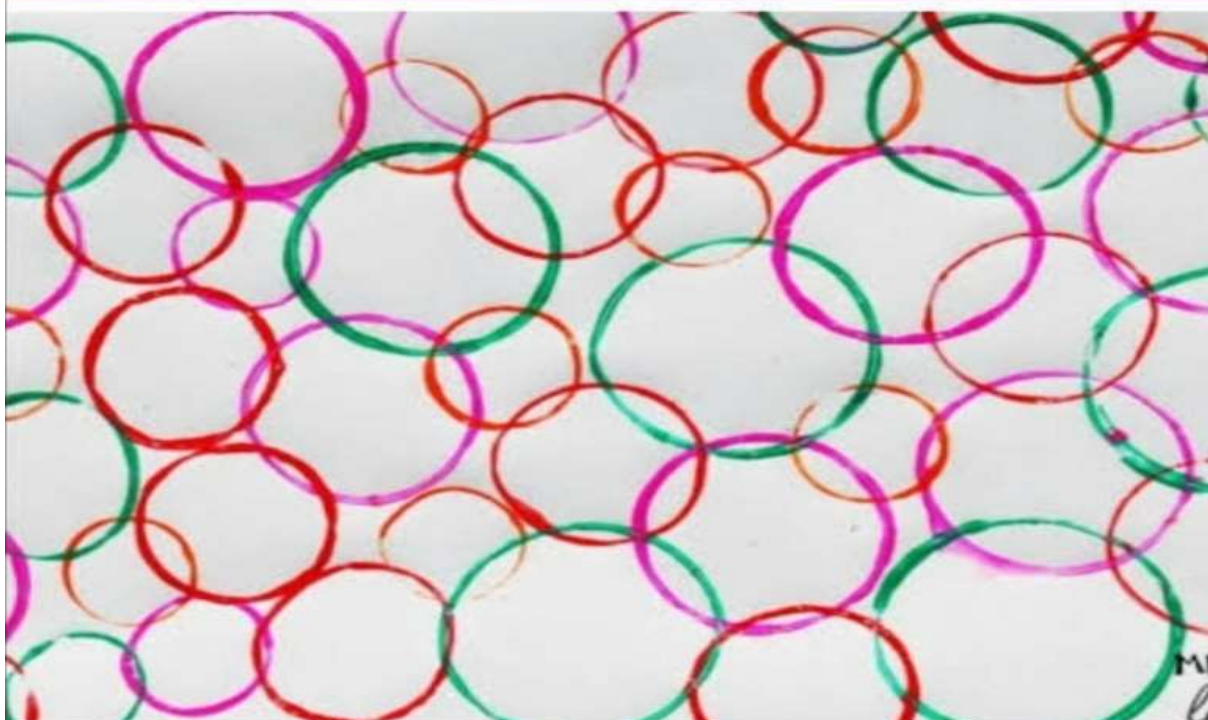


Activity

- Create your own circle painting using thermacol glasses and bottle caps.



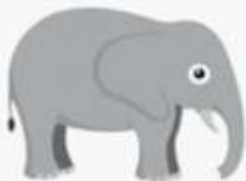
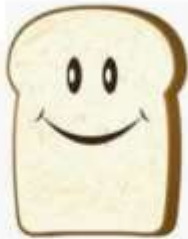
Painting with Circles





ACTIVITY Beginning Sound

- Trace the letters & match the related pictures with them.



A

B

C

D

E



General instructions: -



Disinfect surfaces around
your home and work.



Wash your hands for at
least 20 seconds.



Sneeze or cough?
Cover your mouth.

Revise the content taught in class.

STAY PROTECTED STAY SAFE

