

Dear Parents

We know summer holidays are the time of the year when you get an opportunity to spend time with your child. To keep the little ones indoor in the sweltering heat and to utilise them in creative activities, we have attempted to design meaningful, creative activities to occupy the kids in their free time. We wish you have an enjoyable summer vacations with your kids. Here are few tips which will engage your kids in their summer break.

Guidelines for Parents

- Share stories/incidents of your childhood.
- Reward your child's efforts for the smallest one to boost their confidence.
- Encourage kids to speak small sentences and words in English.
- Take atleast 2 meals together with your child and explain them the importance of food.
- Cultivate healthy eating habits avoiding junk foods to the maximum extent..

Morning Blessings

 Help your child inculcate good habits like doing "Surya Pranam" and encourage him/her to greet elders in the morning.

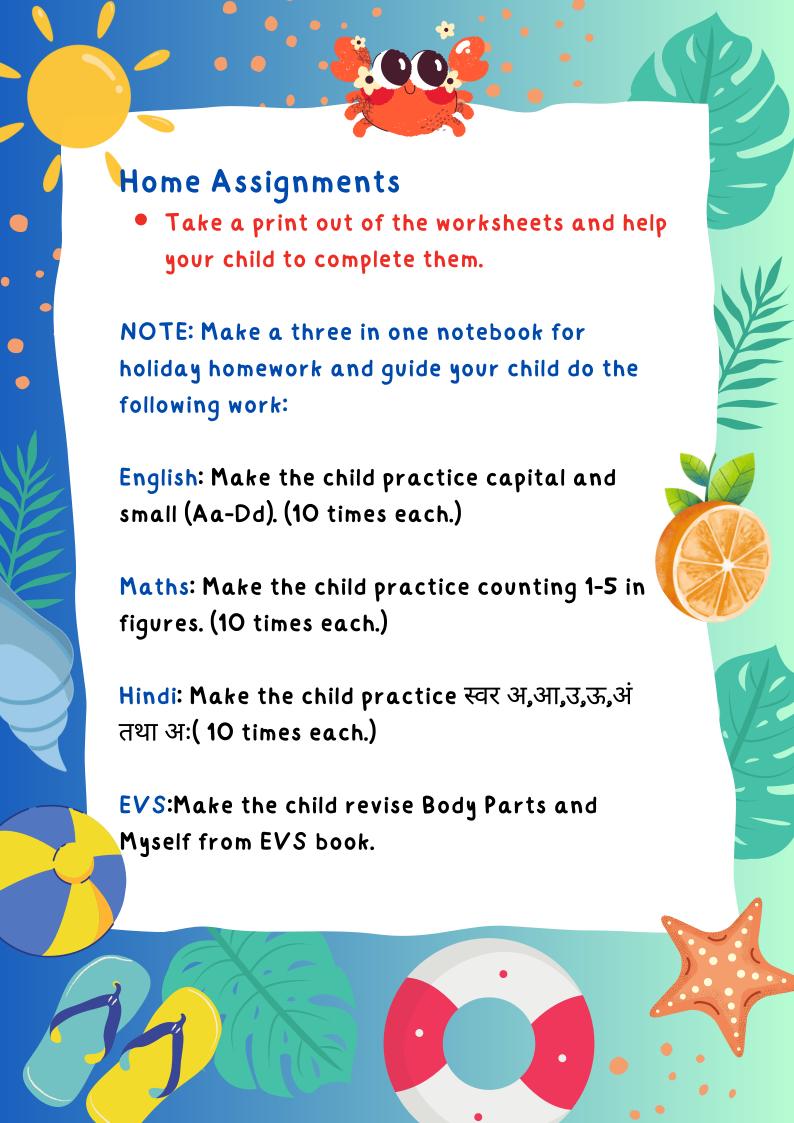
Physical Development

 Play different indoor/outdoor games like Ludo, snake and ladders, carrom etc. with your child. This will encourage them to express freely and will make them more responsible.

Lets converse in English

- 1. How are you? I am fine, thank you.
- 2. I am thirsty. Please give me water.
- 3. I am hungry. Please give me food/fruits to eat.
- 4. I have finished my work/food.
- 5. Please open/close my tiffin/bottle/bag.
- 6. Please switch on/off the light/fan.









There's an eternal bond that a child shares with his father. The way kids express their gratitude, love and affection towards their father is an important gesture. They feel this almost every day and by celebrating Father's Day they can convey these feelings in the purest form and expression.

To help the little ones express their love on Father's Day we have shared a reference image of capturing your beautiful memories with your father via a nice photo frame. Please find below the link of the tutorial to make the same:

https://youtu.be/5UeK8GEmufk?si=Ohsm-u4A2oY5iGFn



International Yoga Day

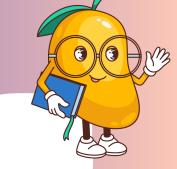
Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. Kindly make your ward to do some yoga poses and don't forget to click the pictures and share with us





Young Chef

Mango Medley



Aam Ras



Ingredients

- 2 Mangoes chopped and peeled
- Sugar to taste it will depend on how sweet the mangoes are
- Water/Milk
- 1/4 tsp Dry Ginger Powder (saunth)
 or a pinch of Cardamom Powder or a
 few strands of Saffron.

Method

- In a blender add the mango pieces followed by saffron/cardamom powder/dry ginger powder and sugar.
- You can add some water or milk to thin down the mixture. The consistency of the Aam Ras should be thick, not thin like a lassi/milkshake.
- Put it in the fridge to chill. It stays in the fridge for up to a week.
 Serve with rotis/pooris for some great dinner table memories.





Young Chef





Ingredients

- 3 Green Raw Mangoes (kaccha aam)
- 3/4th Cup Sugar
- 1 Tbsp Cumin Powder (jeera powder)
- 2 Cups Water
- Black salt as per taste
- Handful of Mint Leaves (Pudina Patta)

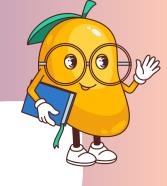
Method

- Wash the mangoes and pressure cook them for about 4 whistles.
- Remove from the cooker and let it cool.
 Once cooled, remove the peel and collect the pulp. Discard the skin and the hard seed.
- Add the pulp and sugar to a pan and let it cook on flame till the sugar dissolves completely. Stir continuously.
- Remove from fire and add roasted cumin powder, black salt and salt.
- Let the mixture cool down properly and put it into a bottle and refrigerate. You can store it for about a week.

To make the drink: Pour 2 tbsp of the mango mixture and pour in chilled water till it's 3/4th filled. Now add finely chopped mint and crushed ice.







• DIY Tactiles: Make DIY Tactile Alphabet Cards for Capital and Small(Aa-Zz). Parents are requested to help their wards in making the flash cards.

YouTube Link: https://www.youtube.com/watch?v=-EDvgdpIC-8



स्वर और व्यंजनः Make flash cards of स्वर and व्यंजन and parents are requested to help their wards in making the flash cards.

YouTube Link: https://www.youtube.com/shorts/Cxs7ystq8-s









Bedtime stories to hear during the vacation:

https://youtube.com/watch?v=ymVWNdGxdHQ&feature=shared

https://youtube.com/watch?v=qOJ_A5tgBKM&feature=shared

https://youtube.com/watch? v=_z6ZIwKu1bY&feature=shared

https://youtube.com/watch?v=YoQyyB5xvLk&feature=shared

https://youtube.com/watch?v=2REgyGbROOw&feature=shared

Learn Phonetics

Phonic English words sound in Hindi

A - ऐ - APPLE N - न - Nest

B - ब - Bat O - ओ - Owl

C - क - Cat P - प - Parrot

D - ड - Dog Q - क्व - Queen

E - ए - Egg R - र - Rat

F - फ - Fan S - स - Sun

G - ग - Goat T - ट - Tent

H - ह - Hen U - अ - Umbrella

- इ - Ice, Ink V - व - Van

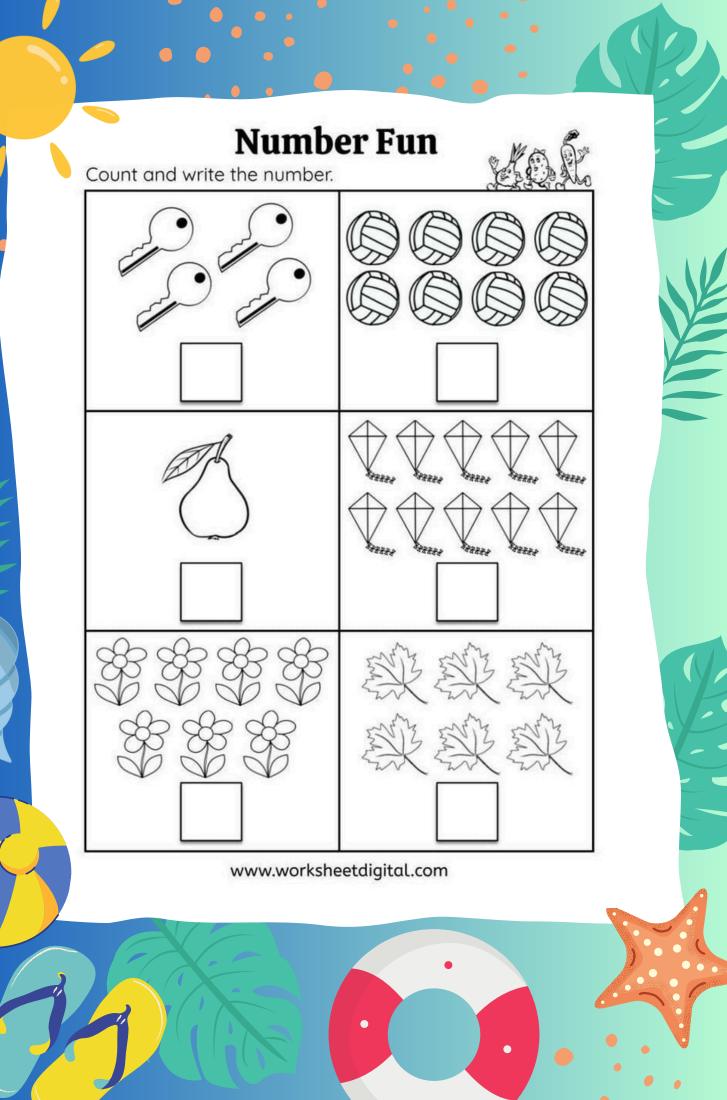
J - ज - Jug W - ਗੱ - Web

K - क - Kangroo X - क्स - Box

L - ल - Lion V - अस - Box

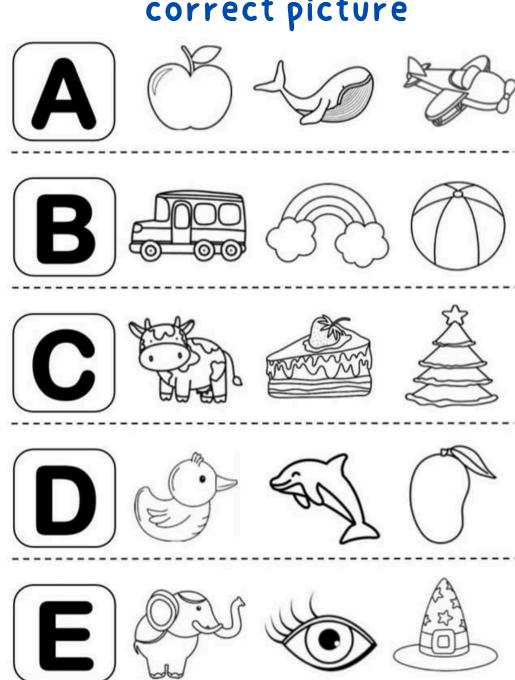
M - म - Mango

vi - म - Mango Z - ज़ - Zoo



Date:/..... Match Upper-Case and Lower-Case Letters: A-D





Name: ___ Circle the lowercase letter that matches the uppercase letter е

