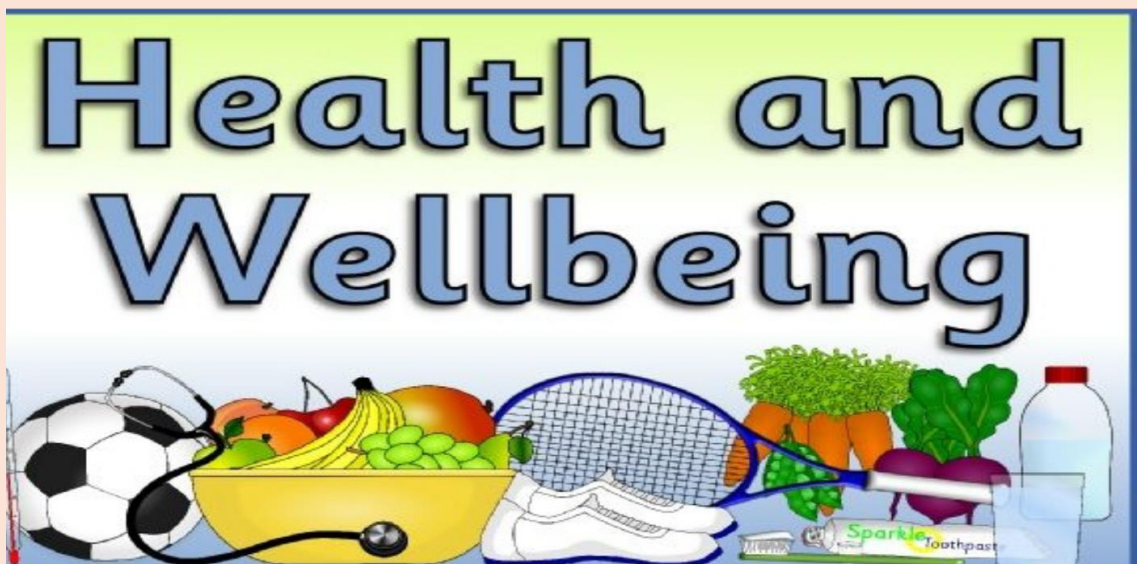
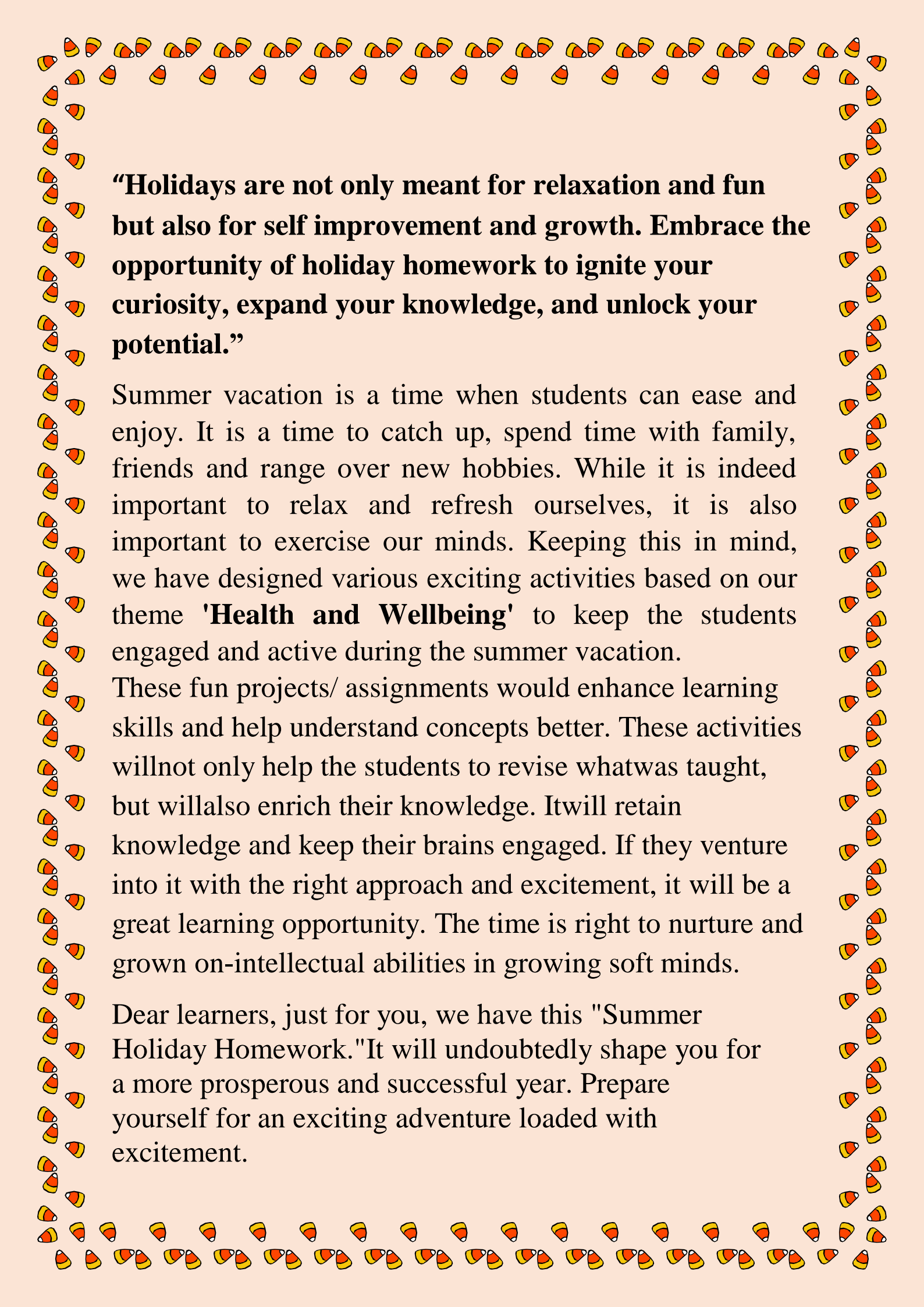




SWARAJ PUBLIC SCHOOL DAMLA

Class IV (2025-26) Summer Holidays' Homework





“Holidays are not only meant for relaxation and fun but also for self improvement and growth. Embrace the opportunity of holiday homework to ignite your curiosity, expand your knowledge, and unlock your potential.”

Summer vacation is a time when students can ease and enjoy. It is a time to catch up, spend time with family, friends and range over new hobbies. While it is indeed important to relax and refresh ourselves, it is also important to exercise our minds. Keeping this in mind, we have designed various exciting activities based on our theme '**Health and Wellbeing**' to keep the students engaged and active during the summer vacation.

These fun projects/ assignments would enhance learning skills and help understand concepts better. These activities will not only help the students to revise what was taught, but will also enrich their knowledge. It will retain knowledge and keep their brains engaged. If they venture into it with the right approach and excitement, it will be a great learning opportunity. The time is right to nurture and grow on-intellectual abilities in growing soft minds.

Dear learners, just for you, we have this "Summer Holiday Homework." It will undoubtedly shape you for a more prosperous and successful year. Prepare yourself for an exciting adventure loaded with excitement.

Roll no 1-6

Physical Activity

English: MORNING WALK ACTIVITY: - Go for a morning walk daily to a park, a garden or a field and notice all the various things and activities on your way. (Do this on A-4 Size sheet).

1. List 3 verbs related to morning walk:

- a) _____
- b) _____
- c) _____

2. List 3 concrete noun that you notice while on the morning walk:

- a) _____
- b) _____
- c) _____

3. List 3 abstract noun that you notice while on the morning walk:

- a) _____
- b) _____
- c) _____

Hindi: शरीर को स्वस्थ रखने के कुछ नियम A4 शीट पर लिखे ।

Maths: The tangram is a dissection puzzle consisting of seven flat polygons, called tans, which are put together to form shapes. Make yoga poses by tangram activity and paste on a black sheet . Use full chart to cut the tangram.



<https://youtu.be/MR-4Mq0FB3I?si=MdoboFrOngbw84kt>

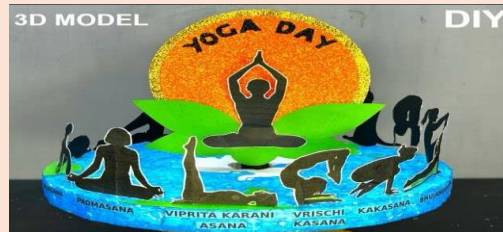
<https://www.facebook.com/share/v/1BtpNcLf4b/?mibextid=wwXIfr>

Science: Design and create 3-D figures demonstrating different yoga asanas. Include anatomical details such as muscles, bones, and organs to illustrate the benefits of each asana.

<https://youtu.be/2hKv8VgGxTw?si=dCBzO2FiUKVA0dx9>

&

<https://youtu.be/0eFD8ZXctOM>



Social Science: My energy mantra-Surya Namaskar is a set of 12 different asanas and has numerous health benefits. You have to do Surya namaskar everyday (for continuous 10 days atleast) religiously in the morning and click pictures of yourself doing it. Paste it on a pastel sheet and submit.



link: https://youtu.be/m5shAsL3Zqc?si=uyKp_FMNkZu7qGfE

Roll no 7- 12

Healthy Eating

English : Prepare a Healthy Eating Habit chart on any 10 Best Eating Habit.

Hindi: |



Maths: Excess sugar is not good for our body .Make a collage represent the percentage of sugar content present in your favourite eatables.

Science: My alluring kitchen garden—Let us connect with the plants this summer. Try to maintain a small kitchen garden. Grow small plants like coriander, tomato, aloe vera, money plant, ornamental flowers or any other plant of your choice in small pots and decorate it using stones. Water it daily and observe its growth every day and present it in the form of model.



Social Science: Healthy Habits Around the World" Chart: Show different cultures and their unique healthy habits (e.g., Mediterranean diet, Japanese tea ceremony, Indian yoga).

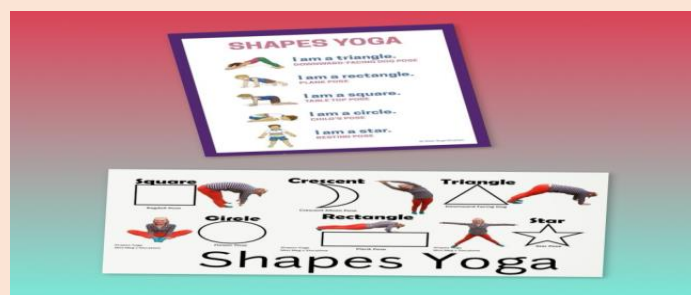
Roll no 13- 18

Mental Well being

English: Write your Own Jokes or Funny puzzles in self create Comic Book.

Hindi: मानसिक स्वास्थ्य से आप क्या समझते है ? मानसिक स्वास्थ्य से संबंधित कुछ नियम लिखे ।

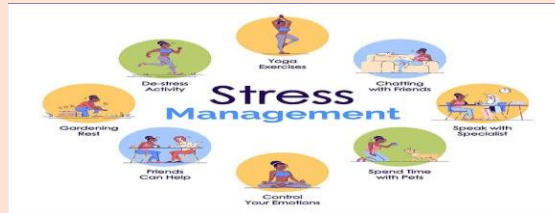
Maths: Make 3D yoga poses and correlate this with shapes.



Science: Create a poster showcasing stress management techniques.

Social Science: "Healthy Minds, Strong Communities" Chart: Explore the link between mental well-being and community development, showcasing examples of how different societies have supported mental health.

Roll no 19-24


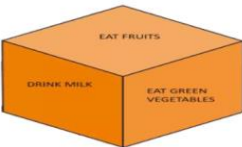



Physical Wellness

English: Make a flip book on Your Best Planning during Holiday.

Hindi: शारीरिक स्वास्थ्य से संबंधित कुछ नियम की जानकारी A4 शीट पर लिखे।

Maths: Make a model of drum bell, Cycle, aerobics ball or any other equipment used for body fitness and complete the table below on A4 coloured

	Objects/Items	Identify the Shape/Shapes	No. of Faces		Number of Edges	Number of Vertices
			Plane Faces	Curved Faces		
a)	 dumbbells					
b)						
d)	 Aerobics ball					

sheet.

Science: Research about different sports, their benefits on health and represent on chart paper.



Social Science: "Our Local Health Heroes" Chart: Feature local individuals (doctors, nurses, community health workers) and their contributions to the health and well-being of the community.

Roll no 25-30

Hygiene

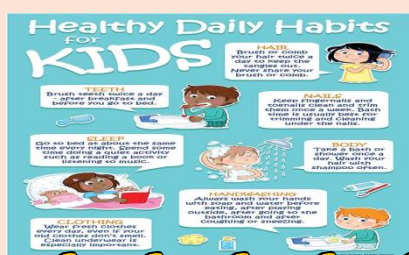
English: Write a short Story in 75-100 words about 'Hygiene Habits' and decorate the story chart.

Hindi: शारीरिक स्वास्थ्य के सफाई के नियमों से संबंधित सुलेख लिखे ।

Maths: Draw a table , Bar graph or pictograph by using healthy habits tracker.

S.No.	Healthy Habits	Day1	Day2	Day3	Day4
1	Waking up at 6:00 AM	✓	✓	✗	✗
2	Going for a morning walk	✓	✓	✓	✓
3	Exercising for half an hour	✗	✗	✓	✓
4	Brushing twice a day	✓	✗	✓	✓

Science: Create a poster highlighting the importance of hygiene and good hygiene practices.



https://youtu.be/cLdFeYL3xZY?si=Ngl9WTvJm_KSCiLZ

Mental Activity

Hindi: आपका प्रश्न है कि क्या आप अपने बच्चे को पढ़ाई से दूर रख सकते हैं।
आपका बच्चा पढ़ाई से दूर रह सकता है।
आपका बच्चा पढ़ाई से दूर रह सकता है।
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आपका बच्चा पढ़ाई से दूर रह सकता है।


- Science:** Create a mind map on specific health and hygiene topic such as nutrition and hand washing.



Social Science: Students will explore different types of seeds, their

benefits, and the landforms where they are grown. They will create 10 small packets containing seeds, five seeds on one sheet and another five seeds on second sheet on an A4 size sheet.

For example: Rice is grown in plains (Major Landform)

Name of The seed	Seed Packet	Health benefit	Landform	Type of landform
Rice		Great source of energy	Plains	Major Landform

Roll no 36-39

Nutrition

English: Prepare a small chart on Nutrients we eat daily with pics.

Hindi: सुराही को सुंदर सजाए और सुराही के बारे में स्वास्थ्य संबंधी जानकारी पर लेख दे।

Maths: Make a Dice and paste food items on each face and have the number correspond to a food group (e.g., 1= Fruits , 2= Vegetables, 3= Grains, 4= Protein, 5= Dairy, 6= Healthy fats).

Science: Create a model of the food pyramid or a plate model showcasing the recommended daily intake of different food groups. Include nutrition labels or fact sheets highlighting the nutritional benefits of each food group.

YouTube link: <https://youtu.be/Elgg2e2smLA>



Social Science: "Food and Farming" Chart: Show the journey of food from farms to our plates, emphasising the importance of agriculture and healthy food choices . YouTube link:

https://youtu.be/42iD0iQLWTE?si=npAx3bC_Lf1OTe_3



ART

*Create a slogan in calligraphy on A3 size sheet.

*Create a best out of waste material from old clothes. {For eg. Handmade fan}

EBSB

SWARAJ PUBLIC SCHOOL, DAMLA 'EK BHARAT SHRESHTHA BHARAT'

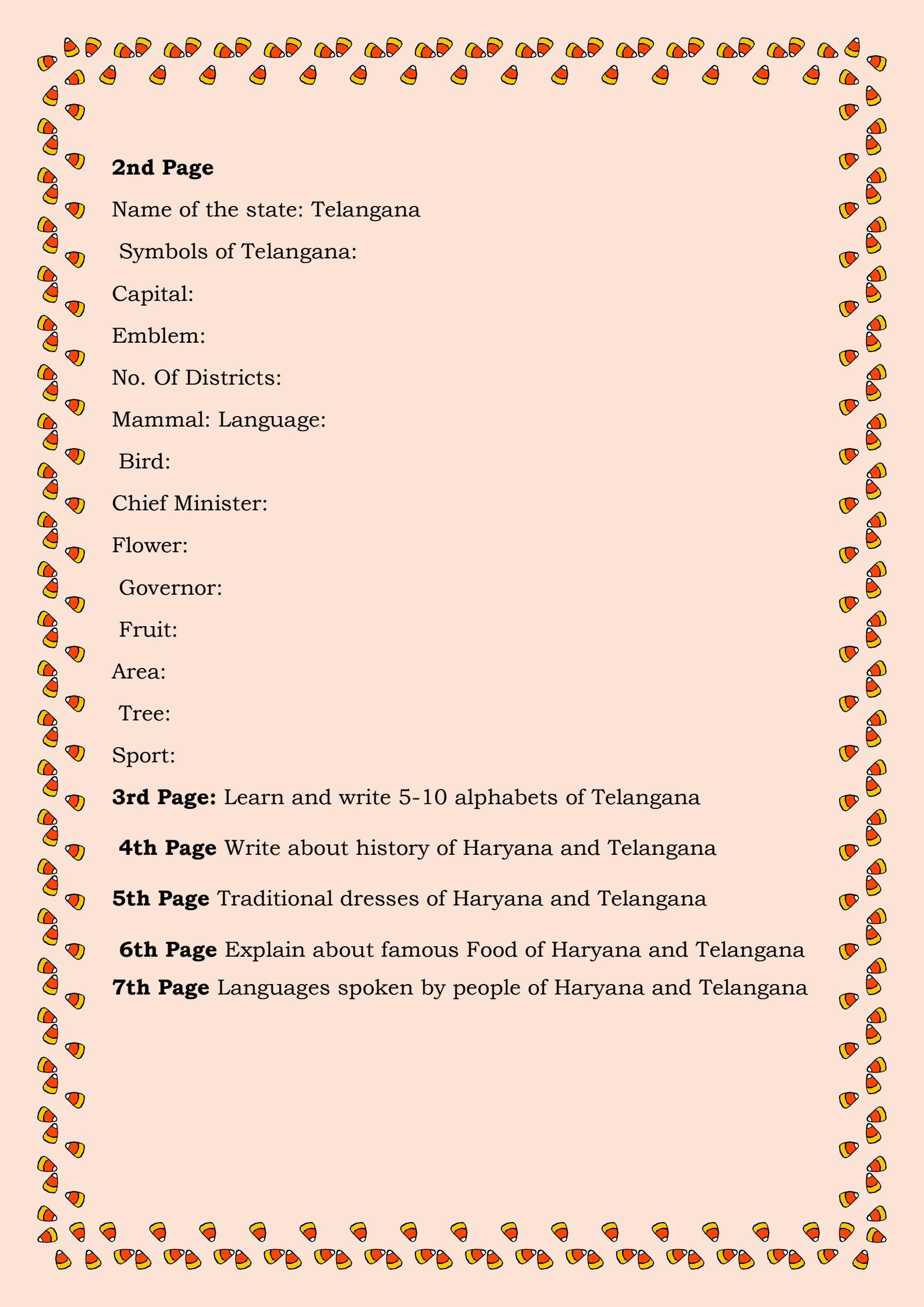
Project Session 2025-26

Titel Page Name of Student:

Roll No.:

Class & Section:

1st Page Make a colourful & beautiful map of the state
Telangana



2nd Page

Name of the state: Telangana

Symbols of Telangana:

Capital:

Emblem:

No. Of Districts:

Mammal: Language:

Bird:

Chief Minister:

Flower:

Governor:

Fruit:

Area:

Tree:

Sport:

3rd Page: Learn and write 5-10 alphabets of Telangana

4th Page Write about history of Haryana and Telangana

5th Page Traditional dresses of Haryana and Telangana

6th Page Explain about famous Food of Haryana and Telangana

7th Page Languages spoken by people of Haryana and Telangana



Let's all pledge to plant
a sapling on this
World Environment Day
(5th June).

These trees are our
saviours.
Plant More Trees to Keep
the Earth Green.



International Yoga
Day

(21st June)

We will all celebrate
this whole month as
yoga month by
practicing Yoga each
day.

Keep yourself healthy &
happy.

