

 Mukand

SWARAJ PUBLIC SCHOOL, DAMLA

*Summer
Holidays Homework*

CLASS :- I

THEME :- BODY BLOOM





Summer
BREAK

Hurray!

Sand And Sun, Summer
Has Begun!



STAY home
STAY safe

WASH hands

Let's stay positive

STAY home



enjoy!



TWO LITTLE EYES TO READ EVERY LINE,
 TWO LITTLE EARS TO LISTEN JUST FINE.
 ONE LITTLE NOSE THAT HELPS ME THINK,
 AND TWO NIMBLE HANDS HOLDING THE INK.

MY TEN LITTLE FINGERS WRITE EVERY PAGE,
 WHILE MY LEGS KEEP ME STEADY AND CALM ON THE
 STAGE.

MY BRAIN DOES THE THINKING AND PLANNING AHEAD,
 SO THE HOMEWORK GETS FINISHED BEFORE I'M IN BED.

MY SHOULDERS ARE RELAXED WHEN THE WORK IS ALL
 DONE,
 NOW MY BODY IS READY FOR HOLIDAY FUN!

OUR BODY KNOW YOURSELF

Our body is amazing! Let's take care of it.

Healthy Body Happy Mind

SENSE ORGANS

- Eyes - We see
- Ears - We hear
- Nose - We smell
- Tongue - We taste
- Skin - We feel

INTERNAL ORGANS

- Brain
- Heart
- Lungs
- Stomach
- Kidneys

EXTERNAL ORGANS / BODY PARTS

- Head
- Eyes
- Ears
- Nose
- Mouth
- Neck
- Hands
- Fingers
- Stomach
- Legs
- Knees
- Toes
- Hand
- Leg
- Foot

BONES GIVE US SHAPE AND SUPPORT.

SKELETON

LUNGS HELP US TO BREATHE.

HEART PUMPS BLOOD TO ALL PARTS OF OUR BODY.

STOMACH HELPS IN DIGESTION OF FOOD.

KIDNEYS CLEAN OUR BLOOD AND REMOVE WASTE.

EAT HEALTHY STAY STRONG

DRINK WATER STAY HYDRATED

TAKE CARE OF YOUR BODY

EXERCISE DAILY STAY FIT

Some Tips to make holidays specials

- ❖ Keep yourself cool during summer
 - ❖ Have a Family dinner everyday
 - ❖ Help your parents in home chores i.e. fold napkins, clothes, watering the plants, set up of dining table, arrange toys after playing etc.
 - ❖ Do some yoga , exercise or simple go for walk with your elders in the morning.
 - ❖ Play board games with your parents & sibling and show them who is the smartest.
 - ❖ Spend quality time with an elderly person in the family or neighbourhood.
 - ❖ Pick up a hobby like learning a musical instrument , origami , fire less cooking , painting , art etc.
 - ❖ Lastly don't forget to do your Holidays Homework.
- Ensure that your work is neat , presentable and innovative . Submit the Homework once the school reopens.

ROLL NO: 1 to 4

ENGLISH :

- Write 5 riddles on different body parts on an A4 sheet

HINDI :

- आँखों का चित्र बनाकर उस पर कविता लिखो, ए for शीट पर।

EVS :

- Make a **3-D model** of sense organs .



MATHS

- Do the activity of My face shapes like:
 - circle face
 - oval eyes
 - triangle nose
 - rectangle body

ROLL NO: 5 to 8

ENGLISH

- Write a creative paragraph on “My Healthy Body” on an A4 sheet.

HINDI :

- चेहरे का चित्र A4 शीट पर बनाकर उस पर एक कविता लिखें।

EVS

- Make a 3D model of body parts in pairs using clay, sticks, craft material.
(eyes,ears,legs,hands,feet,arms)



MATHS

- Do the activity of **Body Parts matching Game:**
Paste body parts on one side. Paste number on other side. Like :
Eyes – 2
Nose – 1
Fingers – 10
Thumb – 2
Chin – 1

ROLL NO: 9 TO 12

ENGLISH

- Draw a comic strip showing a conversation between two body parts on an A4 sheet.

HINDI

- शारीरिक तंदुरुस्ती व अच्छी आदतों पर एक अनुच्छेद लिखें

EVS:

- Make a 3D model of smaller body parts in pairs using clay, sticks, craft material. (teeth, thumb, chin, lips)



MATHS

- Do the patterns activity on A4 sheet using cutouts of different body parts. For example: Patterns using cut outs — Eyes, Heart, Eyes, Ears, nose, tongue

ROLL NO: 13 to 16

ENGLISH

Make a poster on “Parts of Our Body” on an A4 sheet.

HINDI:

ज्ञान इंद्रियों का चित्र A4 शीट पर बनाकर एक कविता लिखें।

EVS:

Make 3D model of bigger body parts using

clay, sticks, craft material

(arms, legs, chest, hands, feet)



MATHS: Do Rainbow Hands Project activity on A4 sheet :

Trace both hands in rainbow colors. Write skip counting on fingers

5, 10, 15, 20

10, 20, 30, 40

ROLL NO: 17 to 20

ENGLISH

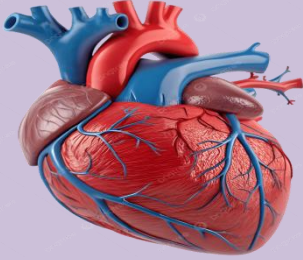
- Write a short poem about “Healthy Body” on an A4 sheet.

HINDI:

- दिल का सुंदर सा चित्र A4 शीट पर बनाकर उस पर 10 पंक्तियाँ लिखिए।

EVS

- Make a 3D model of HEART using clay.



MATHS

Do the activity of **Button Body Art** on A4 sheet.

Draw a picture of boy/girl and use different shapes buttons (Circle, Square, Triangle etc.) to decorate it.

ROLL NO: 21 to 24

ENGLISH

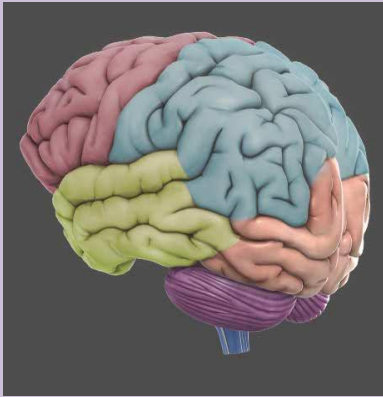
- Draw five sense organs and Write their functions on A4 sheet.

HINDI:

- शारीरिक आदतों का पोस्टर बनाएं, वह लिखें कि हम कैसे अपने शरीर को तंदुरुस्त रख सकते हैं।

EVS

- Make a 3D model of Brain using clay.



MATHS

Do the **Thumbprint Caterpillar activity** on A4 sheet

Make caterpillar using thumbprints and decorate it beautifully.

ROLL NO: 25 to 28

ENGLISH

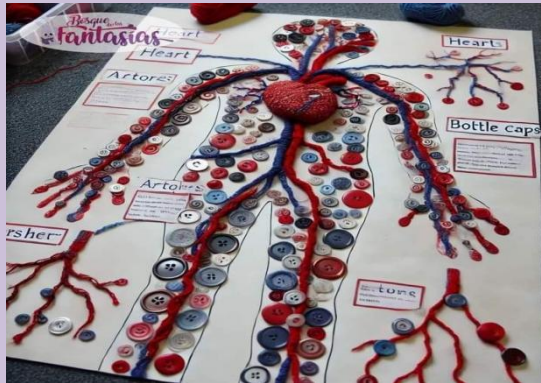
Write a dialogue between two friends talking about healthy habits and body care on an A4 sheet.

HINDI:

- फेफड़ों का चित्र A4 शीट पर बनाकर उस पर दस पंक्तियाँ लिखें।

EVS

- Make a 3D model of SKELETON using buttons and decorative stones.



MATHS:

- Do the activity of Addition using body Parts on A4 sheet. Like:

$$2 \text{ eyes} + 2 \text{ ears} = 4 \text{ body parts}$$

$$5 \text{ fingers} + 5 \text{ fingers} = 10 \text{ fingers}$$

$$1 \text{ hand} + 1 \text{ hand} = 2 \text{ hands}$$

$$1 \text{ nose} + 1 \text{ chin} = 2 \text{ body parts}$$

Take at least 10 different examples

ROLL NO: .29 to 32

ENGLISH

- Write and paste pictures of activities showing habits to stay healthy on A4 sheet.

HINDI:

- शरीर के भिन्न-भिन्न अंगों का चित्र A4 शीट पर बनाकर उन पर पहेलियाँ लिखें।

EVS

- Make a 3D model of LUNGS using clay



MATHS

- Draw handprints and write Ordinal numbers 1 to 10 on A4 sheet.

ROLL NO: 33 to 36

ENGLISH

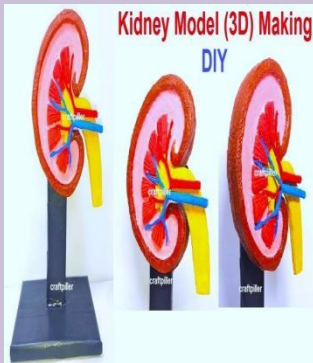
- Write 10 tips to be followed to keep our heart and mind healthy on A4 sheet.

HINDI:

- दिल का चित्र A4 शीट पर बनाकर उस पर स्लोगन राइटिंग करें।

EVS

- Make a 3D model of KIDNEYS
- using clay, sticks, craft material .

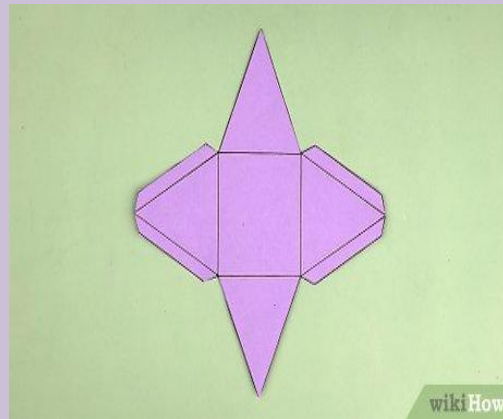


MATHS

- Draw any 20 body parts on A4 sheet and write number names 1 to 20 on it.

Art and craft

- Create a doodle art of the first letter of your name using tiny flowers, fruits, stars pattern or happy faces on A3 Size White Sheet.
- Make a 3D pyramid using A4 size sheet and decorate it with different patterns by using caryons and sketchpen.



- **BEST OUT OF WASTE** : Make a best out of waste using icecream sticks to make a functional or decorative items



SPECIAL DAYS ACTIVITIES

Environment Day Activity: (To be submitted till 3 June)

5th June is celebrated as World Environment Day.

“ Let’s Nurture the nature so we can have a better future “

To celebrate environment day, turn trash bottles into treasure by doing art work on that to make a masterpiece.



Father’s Day Activity: (To be submitted till 15 June)

My Super Hero

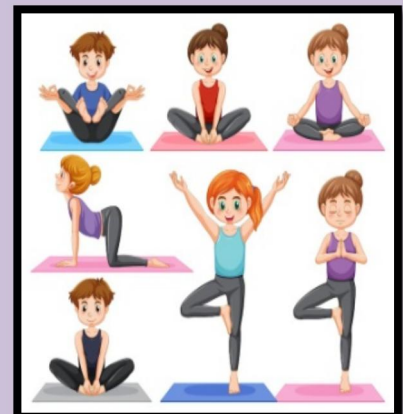
“ A Father is someone who you look up to , no matter how tall you grow .“

Make and decorate a colourful bookmark for your father using sketches,stickers,glitter,and creative designs



YOGA Day Activity: (To be submitted till 18 June)

Click some photos of yours while doing some yoga asana.



EK BHARAT SHRESHTH BHARAT

(EBSB)Project

Telangana is a beautiful state located in South India. It became the 29th state of India on 2nd June 2014. Its capital city is Hyderabad, famous for its technology industry and IT companies.



Location

- Region: South India
- Capital: Hyderabad
- Neighbouring States: Maharashtra, Chhattisgarh, Karnataka, Andhra Pradesh

Important Cities

- Hyderabad–Capital city and IT hub
- Warangal–Historical city
- Karimnagar–Agriculture and cultural area
- Nizamabad–Known for farming

Culture and Traditions

Festivals: Bathukamma, Bonalu

- Dance: Perini Shivatandavam
- Folkarts: Burrakatha, Oggu Katha
- Traditional dress: Saree (women), Dhoti/Kurta (men)



Food of Telangana

- Telangana cuisine is spicy and delicious
- Jonna Roti
- Sakinalu
- Pachi Pulusu



- **Make a beautiful project on the given topic. Collect pictures and paste them in a creative way in scrap file.**

