



Vivekanand Public School

B-Block Anand Vihar Delhi-92

Holiday Home Work

Session -2024

Pre-School

Theme :- Life Below Water

Sustainable Development Goal -14



Conserve and sustainably use the oceans, seas and marine resources for sustainable development

Dear Parent,

Children are born with natural curiosity and inquisitiveness about the world around them. It is important for us to help them keep this spark alive and to make learning fun.

Summer Vacation is just round the corner, let every moment of this vacation be a time to unite, connect and enjoy beautiful moments with your child.

Here are some activities given to help your child become independent and confident:-

Independent Me

- Buttoning and Unbuttoning
- Put on your Socks and Shoes
- Keeping belongings back in their place
- Filling the water bottles
- Keeping room clean and well-organized
- Tear a Chapati and eat your Meal on your own

Alone we can do so little; together we can do so much. (Social Skills)

- Wish your elders with a smile
- Go outdoors and play with your friends
- Use magical words: Sorry, Please, Excuse Me, Thank You

One, who maintains cleanliness, keeps away diseases. (Personal Hygiene)

- Brushing teeth twice a day.
- Combing hair regularly
- Bathing everyday
- Washing hands before and after meals.

Reading is Fun

Children are made readers on the laps of their parents.

- Make reading a regular practice with pictures and large text.
- Make bed-time stories a part of your child's daily routine.

> Good Habits and Good Manners

Good Habits and Good Manners are lifelong assets and Manners must be practiced until they become a habit.

> MANNERS:

At home:

- ❖ Help to keep the house clean especially the areas you use. Keep the toys, books or crafts after use at proper place.
- ❖ Honesty is the best policy. Tell the truth at all times.
- ❖ Be polite.
- ❖ Share the T.V. time. Do not sit too close while watching T. V.
- ❖ Be loving with your friends, brothers & sisters.
- ❖ Be responsible.

At the Dining table:

- ❖ Take small helping and refill, clean your plate up.
- ❖ Take small bites; eat neatly, slowly with your mouth closed.

In the park:

- ❖ Littering makes the park untidy.
- ❖ Destroying the plants or plucking the flowers will spoil the beauty.
- ❖ Wait for your turn on swing & slides.

> Hygiene:

- ❖ Brush your teeth twice a day.
- ❖ Trim your nails weekly.

ACTIVITIES – FINE MOTOR SKILLS (STRENGTHENING HAND MUSCLES)

- **SORTING ACTIVITY:** Let's sort different kind of pulses along with colour and shape recognition.
- **POURING ACTIVITY:** Let's learn to pour water in a fun-filled way.
- **THREADING AND BEADING ACTIVITY:** Let's make beautiful bracelets/ necklace for your mom.
- **SQUEEZING ACTIVITY:** Let's squeeze water from the sponge and collect it to water the plants.
- **ROCK PAINTING:** Let's explore mother nature... collect small pebbles/ stones and paint them to give a vibrant look.
- **FUN WITH SHAPES:** Make any figure with cut out of shapes in the scrap book.



NOTE: Click the pictures of the child doing the above activities and paste them in a scrapbook.



Father's Day Portrait Toasts

Author: Fork & Beans

Prep Time: 15 mins

Cook Time: 1 min

Total Time: 16 mins

Ingredients

- gluten free bread slices
- spread of choice (egg free mayo, [dairy free cream cheese](#), hummus, etc)

CHOPPED VEGGIES FOR THE FACE:

- bell peppers
- carrots
- cucumbers
- cauliflower
- black olives

Instructions

- 1 Toast your bread until lightly brown.
- 2 Coat with spread of choice.
- 3 Create your dad's face with the chopped veggies.

Click the picture of your ward doing the activity along with Their dad and share with the class teacher.

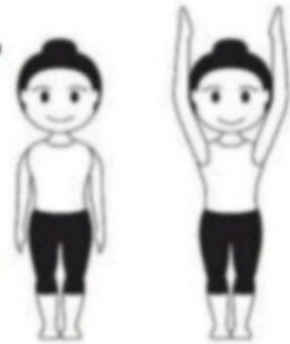
21 June - International Yoga Day

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

ACTIVITY Let's Do Yoga

1. Mountain Pose

- Stand straight and Spread the legs and toes few inches apart. 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.



2. 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 hands to the side and then back to the centre



3. Cat Pose

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



NOTE:- Click pictures while doing yoga and make a collage on A4 size sheet.

DIY Fish Aquarium Craft

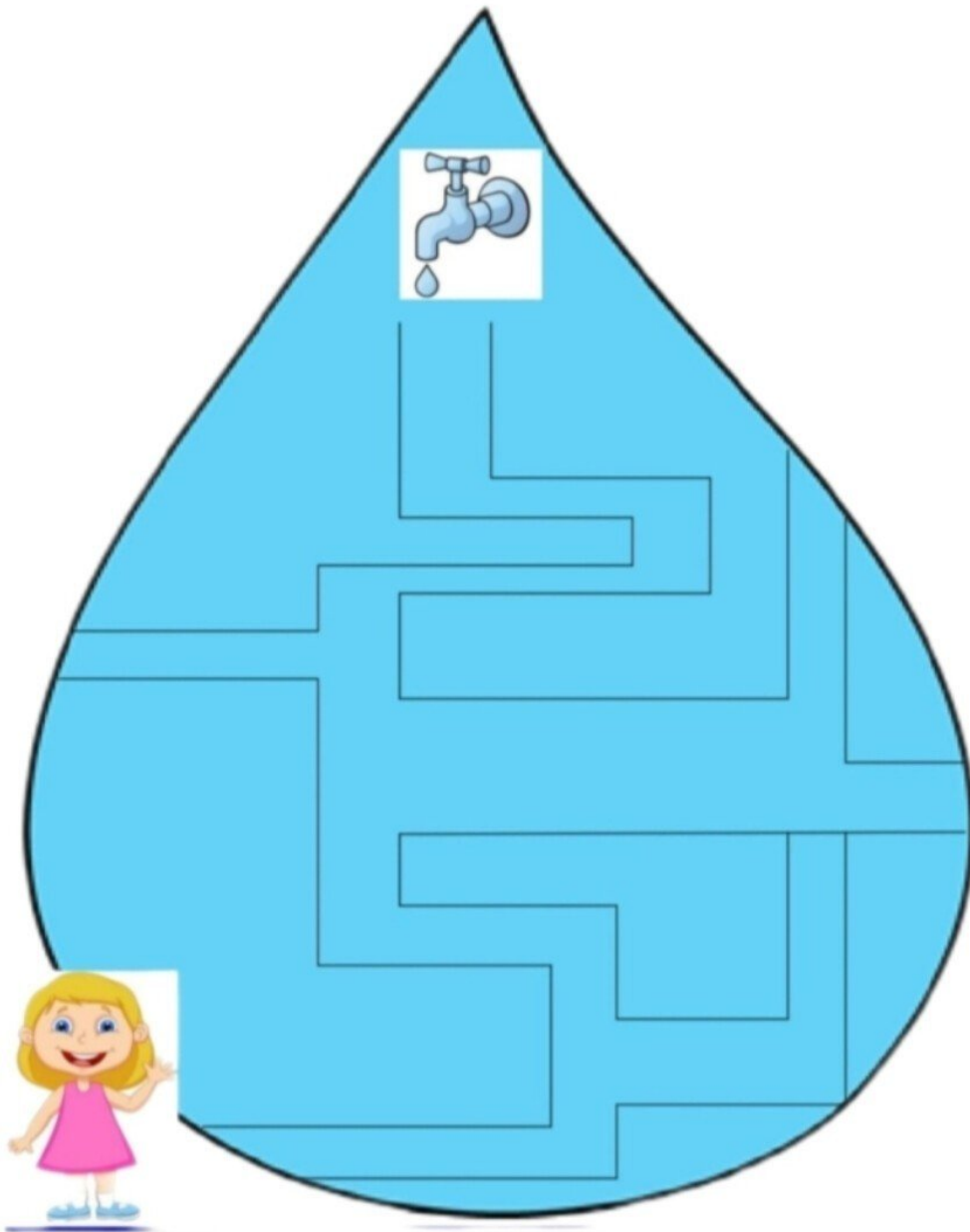


Kids Can Create Their Own Fish Aquarium Using A Plastic Jar . These Darling Jar Aquariums Make Great Bedroom Decorations.

Material :- Colourful Stones, Plastic Jar, Artificial Plant
Plastic Jar

Save water

The Tap is open .Help Meena to reach the tap and close.



Paper Octopus Craft



Dive into the underwater world with this fun and easy paper chain octopus craft for kids ! this creative activity is perfect for children and encourages fine motor skills development, imagination, and hours of entertainment.

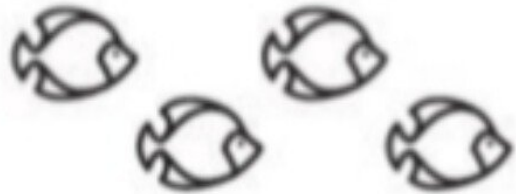
Material :- Paper , Glue, Colour Pen, Scissors

Count The Fish And Colour It .

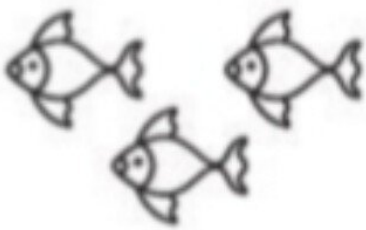
How many? _____



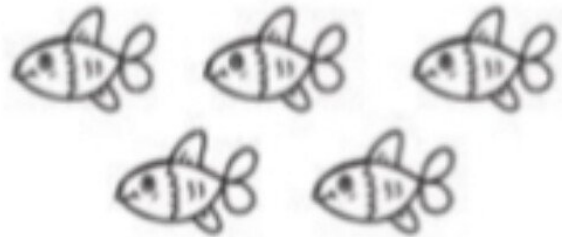
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How many? _____



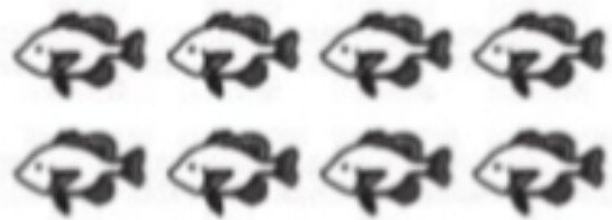
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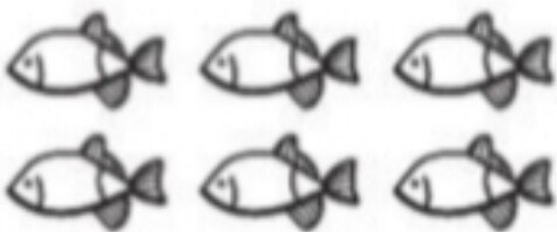
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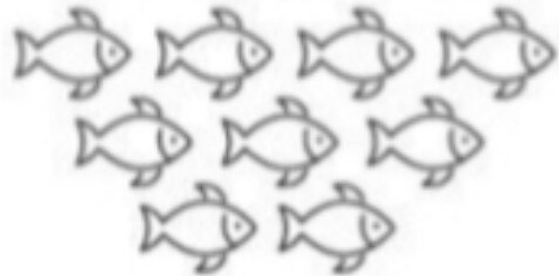
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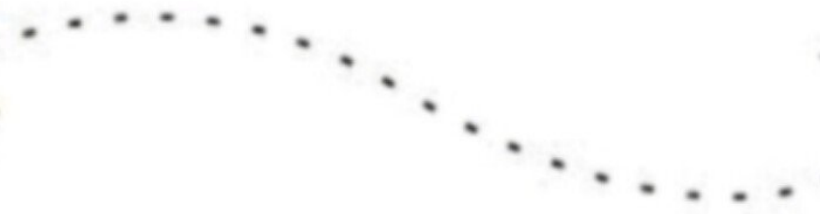
How many? _____



Colour The Aquatic Animals



Trace the Curves





Take your ward on a field trip to the national zoological park delhi.

Observe different kind of animals & click pictures of your ward.

Make a collage of these pictures on A4 size sheet.

2. Plant a seed

Take any plastic bowl and make small holes. Put soil. Sow any kind of seeds like mustard, chickpeas, kidney bean etc. Water the **seeds** everyday and see them **becoming a plant**.

Steps given:



3. Save the birds this summer

Placing containers of water and grains for the birds, can help the birds survive the hot summer. **Feeding birds** is an expression of a wider orientation towards nature. This inculcates **Value of Caring and Compassion**.



***Submissions date for holiday home work
8-04-24**

*** Kindly send the compiled holiday home work
in a clear bag.**

Enjoy!
*Summer
Holidays*

A collage of summer-themed items including a straw starfish, a pink flip-flop, and blue sunglasses. The background is a light blue sky with white clouds. The entire image is framed by a border of blue water droplets.