



VVDAV Public School, Vikaspuri

Vacation Plan

Class -1

(2022-23)



"Summer is Wonderful , So is a Vacation, It refreshes and rejuvenates; It is a sweet encouragement For Our Hard Work with Deep Love "



Dear Parents

It's time that we break up for a promising summer holiday and come back refreshed and rejuvenated. While we wish that our little ones enjoy their gala time with their family and friends, the school also aims to familiarize and acquaint them with the concept of 'fruitful and meaningful use of time '.

Keeping this in view, a comprehensive Holiday Homework schedule has been designed that aims at bringing out the best use of the leisure time by the students. Students are storehouses of talent and energy; we would like you to encourage them to perform the activities/ tasks independently with minimal intervention from their elders. This will help in boosting their critical and creative acumen.

Let us put our best foot forward and help our children become self-dependent, confident , self -reliant and honest citizens of the nation.

Wishing you all a pleasant summer break .

"When educating the minds of our young ones we must not forget to educate their hearts."

FEW TIPS AND ACTIVITIES TO MAKE HOLIDAYS FUN AND LEARN TIME FOR KIDS

1. Involving in Household Chores

Assign kids a few tasks which they can easily accomplish like filling water bottles, keeping them in the refrigerator, watering plants, folding washed clothes. Let them have fun while washing their own handkerchief. This is how they can get into the habit of helping out around the house. You will set a pattern that will benefit them when they grow up.

Follow up- activity: To motivate your child give a star or a smiley after imbibing each above mentioned life skill activity.

2. Boosting their Communication Skills

- Help them to learn five new words every day and make a constant effort to use them repeatedly.

- Tell them some good moral based stories in English or Hindi and make them practice to retell at least one story in class.
- Ask them Open Ended Questions For eg. When wrapping a present, putting a large present on a small piece of paper and saying. This won't work. What can we do instead? or if there will be no water on this Earth and so on.

- Have Fun with Words

1) Encourage them to play शब्द अंताक्षरी with other family members

बाजा -जाग- गरम- मगर

2) Enjoy playing Word Chain Games with them.

Hut-----Tub-----Bat-----Tap

- Show and Tell Activity can be a delightful game for kids. Give them a topic like favourite fruit, favourite toy etc. or anything like a ball, a pencil etc. Ask him to speak five lines on it. Do appreciate them for their efforts.

- Picture Reading will also help them to express themselves. Choose any age appropriate picture from a newspaper or magazine and encourage them to speak meaningful sentences in English and Hindi. Add some new words to their vocabulary.

Please Note:

- Prepare a systematic timetable and follow it religiously from the very first day.

- Guide them for all the practice work and activities.

Last but not the least,

Handhold your child at every step, make this journey of life, happy and a beautiful one for them, so that one day they create their own golden stories.

Wish you all a fun filled, safe and healthy holidays ahead.



LET'S BE A ROLE MODEL FOR THEM.

Discover the Joy of Reading



“Today a reader, tomorrow a leader.” One of the best habits that we can inculcate in a child is that of reading. A child who enjoys reading will be a child who will have access to the sea of knowledge. So let’s help them to inculcate the habit of reading.

- Act as a role model and read in front of your child. Watching you reading magazines, newspapers, and books shows your child that reading is important. Encourage your child to join you with his or her own book while you are reading.
- Creating a reading-friendly environment is one of the quickest ways to ensure that your child develops an interest in reading. You are requested to create a cozy reading corner in your child’s room or anywhere in the house.
- To keep them hooked on the book he or she is reading, ask some relevant questions and also encourage him to ask the same from you. Ask what’s happened so far, what he thinks will happen next.
- Suggested books for your child to read at this age:
 - Ladybird Books Level 1
 - Pratham Books
 - Panchatantra stories



ENGLISH

- Practice framing sentences on commonly used words.
- Complete your practice book till page 14.
- Revise ee and ll sounds.

हिंदी

❖ आओ दोहराएँ इ और ई मात्रा

→ सुनो और लिखो (श्रुतलेख) इ और ई मात्रा के शब्दों का अभ्यास 3 IN 1 कार्यपुस्तिका में करें ।

❖ भाषा माधुरी पृष्ठ 2 से 10 तक पढ़ने का अभ्यास करें ।

❖ भाषा अभ्यास पृष्ठ 1 से 17 तक पूरी करें ।

❖ प्रिय अभिभावक दिए गए विषयों में से किसी एक विषय पर बच्चों से चर्चा करें और उन्हें विषय पर आठ से दस वाक्य बोलने के लिए प्रोत्साहित करें :

विषय

- 'अगर पेड़ न होते' ,
- 'जहाँ है हरियाली वहाँ है खुशहाली',
- 'आओ पेड़ लगाएं-धरती को सुंदर बनाएं',
- 'आज ही पेड़ लगाएंगे तो भविष्य में बड़े ही काम आएंगे' ,
- 'हम सबने ठाना है प्रकृति को अब बचाना है'

यह मुक्त वाचन की गतिविधि छुट्टियों के बाद कक्षा में भी कराई जाएगी । गतिविधि के दौरान कक्षा में छात्र अपना परिचय देंगे और फिर विषय के बारे में अपने विचार प्रस्तुत करेंगे । वे विषय से सम्बंधित चित्र भी दिखा सकते हैं ।

MATHS

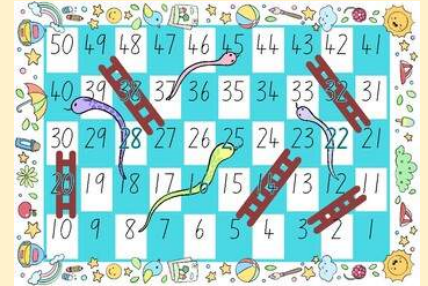
Revise all the concepts

- Counting (1 to 50)
- Number names (1 to 20)
- After , before , between (1-50)
- Complete book pages 1 to 18
- 2 D shapes : triangle, circle, square , rectangle

Fun Activities :

1. COUNTING : Do you love to play with snakes and ladders?

- ❖ Design your own game board.
- ❖ Take a square paper or thick sheet on that draw small 50 squares. You can draw snakes and ladders of different shapes and sizes , colour them and write the counting from 1 to 50.
- ❖ You have learned the counting and your board is ready to play.
- ❖ You can paste it on an old copy cover if available.
- ❖ You can have idea from the given picture:



2. Number Names +- Fun Activity (to be done in 3 in 1 notebook)

1. Given below are the names of few games. Count the number of letters and write them in words. Draw the table and complete it.

GAMES	NO. OF LETTERS IN EACH WORD	NUMBER NAMES
Cricket	7	Seven
Basketball		
Golf		
Hockey		
Throwball		
Table tennis		
Football		
Chess		

You can also do the same activity with the names of your family members, write the names of your family members, count the number of letters and write their number names.

3. 2 D SHAPES- Fun Activity



On a coloured A4 size sheet, make a tabular column like shown below :

Triangle	Hanger	
Rectangle	Door	

Add other shapes and find out different shapes in your house and Write their names in respective columns.

EVS

- Complete Book pg. No 1 in EVS book (My Living World)
- Learn the names of body parts as done in class.
- Fun Activity- HEALTHY FOOD CAMPAIGN WITH MY FAMILY
 - Learn the names of fruits, vegetables or pulses you are eating daily.

Talk about their colour and taste. Eat healthy and be strong.

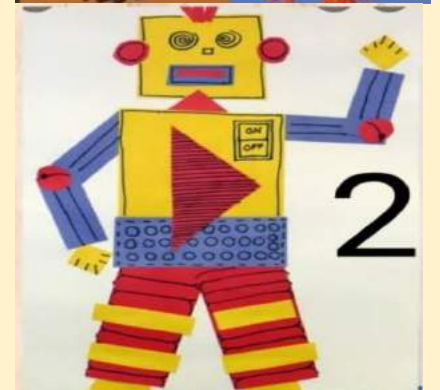
- As we cannot go out ,so organise an **IN HOUSE PICNIC** with your family members. Plan a healthy menu with the help of your family. Grab the sheet and spread it in your living room. Discuss the importance of eating healthy food. Enjoy musical activities.



ART AND CRAFT

MY CREATIVE PALETTE

- Draw an outline of your favourite thing and paste small coloured paper balls/ foil balls in it.
- Create a figure like a robot/ a house /a boat /an animal or a bird using geometric shapes.
- Make a scene on NATURE THEME and do some clay art in it. You can create some trees ,birds, animals etc. using clay.
- General Instructions for Colouring:
 - Colour in one direction always.
 - Colour inside the figure or shape.
 - Do outline with bold lines.



ECO BRICKS PROJECT



Art & Craft
CLASSES: PRESCHOOL-5th
Holiday Home work
ECO BRICKS PROJECT

Dear students ,
As you all know that single use plastic is extremely harmful for the environment .
it doesn't get dissolved as is dangerous for animals too.
Let's show our care for Mother Nature by doing something creative and interesting.

"ECO BRICKS"

We can use a plastic bottle packed with used plastic wrappers to a set density. They serve as reusable plastic bricks

Method to make a Eco brick---

Take 1 litre or 2 litres used plastic bottle . Clean it properly and fill it with all the DRY plastic waste like wrappers of biscuits ,waffers, chocolate/ washed milk pouches/ plastic bags etc. Fill as many as wrappers in the bottle with the help of a stick you can stuff it and make a solid plastic brick. Make at least 5 Eco bricks and bring after summer break .
Enjoy your self !



INTERNATIONAL FATHER'S DAY ACTIVITY

FATHER'S DAY is observed on the third Sunday of June. It honours all fathers, grandfathers and father figures for their contribution. So on this Father's Day:

- Pamper your dad
- Make him feel special in every small way
- Surprise him by giving him a card and a small gift.
- Decide his dress for the day, Taking special care to choose his favourite colour
- Prepare a mouth watering recipe which might become his all time favourite.



An example for one such recipe is given below:

Recipe Time: Yummy Healthy Caterpillar Salad

What You will need:

- 1 tomato
- 1 cucumber
- Some cabbage leaves
- 2 to 3 coriander leaves
- Pepper ,salt,lemon



How to make:

1. Slice 1 tomato and use 1 slice of it to make the caterpillar's head.
2. Slice 1 cucumber. Use the sliced pieces to make the caterpillar's body.
3. Chop some cabbage to make the grass on which caterpillars crawl.
4. Use mint or coriander leaves to make eyes and nose.
5. Add some salt ,pepper and lemon on it.

- ❖ Click some pictures or make small videos of the day to share with the class teacher

SPORTS AND FITNESS ACTIVITIES

BEGIN WITH PRAYER- GAYTRI MANTRA

ACTIVITY -1 **TOSSING ACTIVITY**

watch the video and do after:
<https://youtu.be/XhG7N-yM1TU>

- Toss the ball in the air from one hand , then track it and catch it with the same hand.
- Level up by tossing the ball in air , clap your hands and catch it.
- A bit change by tossing the ball , clap behind the back and catch it again.

NOTE: REPEAT ALL THE ACTIVITIES 3 SETS



ACTIVITY -2

DRIBBLING DRILLS

watch the video and do after:
<https://youtu.be/coCdV86FPeQ>

- Rotate the ball around your knees and waist.
- Dribble the ball using your fingers not your palms, do not bounce the ball higher than your waist

NOTE: REPEAT ALL THE ACTIVITIES 3 SETS



ACTIVITY -3

SURYA NAMASKAR

watch the video and do after:
https://youtu.be/_eCHrcq5wRY

- Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.
- Expand your chest and relax your shoulders.
- As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.



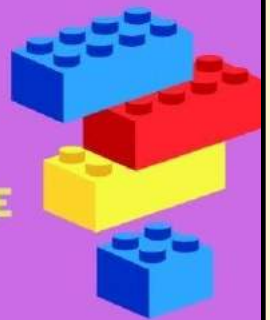
NOTE: REPEAT ALL THE ACTIVITIES 3 SETS

ACTIVITY -4

STACK ATTACK GAME

watch the video and do after:
<https://youtu.be/XhG7N-yM1TU>

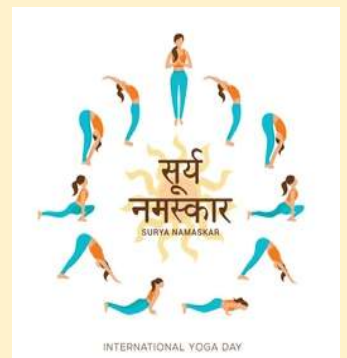
- In Stack Attack, you'll need to create a perfect tower and then restack your cups in a particular fashion to win
- Don't knock that tower over or oops ... you're done (or at least you may as well be)



NOTE: REPEAT ALL THE ACTIVITIES 3 SETS

NOTE:

Must share 2 pictures or small video while practising Surya Namaskar(Activity 3) with the class teacher by 20th June,22.



DANCE & MUSIC

- Let's enjoy learning one Hindi prayer (सुबह सवेरे लेकर तेरा नाम प्रभु) and one English prayer(A Gift to You). Sharing links.

➤ <https://youtu.be/n3iG1gkW9R0>

➤ <https://youtu.be/ATqpMqcSwAw>

- Enjoy learning the following songs /Rhyme :

[https://youtube.com/watch?v=goRF635Gils &feature=share](https://youtube.com/watch?v=goRF635Gils&feature=share) (पेड़ लगाओ रे)

<https://youtu.be/EYePQUYYJ5E> (हम राही हैं हम साथी हैं हम वीर सिपाही हैं)

<https://youtu.be/QN-0UWJHDI4> (Happiness is something)

- Must recite Gayatri Mantra and Shanti Paath everyday .
- Enjoy learning few simple dance steps, use the links given below:
 - <https://youtu.be/9NHM3OTNegk>
 - https://youtu.be/eTSeIP3M_68

Must make some small videos while practising.

