



Summer months bring long, hot days,
And now we have our summer holidays.

School is closed and no set rules,
Waking up late and going to pool.
Little homework, easy to be done,
Playing with friends and lots of fun.
Beautiful time comes once in a year,
Summer holidays are the best days ever!!

Dear Children,

Summer Vacation is synonymous with fun, frolic, getting up late in the morning, playing for longer hours with friends, going for picnics, exploring new places and watching fun filled shows on television.

But dear children, there is a lot more you can do to make your vacation more interesting, meaningful and full of fun; along with doing all your heart desires. Here are “Summer vacation activities – Hobby Calling” just for you. It will surely mould you for a better and successful forthcoming year. So get ready for your hobby hunt. Wishing all of you a very enjoyable and fun packed summer break.

Guidelines for Homework:

- ❖ Do your work independently. You can take help of your elders, if required.
- ❖ Creativity and originality of the work will be appreciated.
- ❖ Revise April and May syllabus (All material shared and elaborated in sessions).
- ❖ Submit your homework (Fun with learning worksheets) as follows:
English and Hindi on 1st July 2020.
Mathematics and EVS on 2nd July 2020.
Details of Submission (online) shall be shared soon.

Affiliated to CBSE New Delhi, CBSE Affiliation No. 531631

IMMUNITY BOOSTER DIET FOR COVID-19

Time	Description
6:30 AM EARLY MORNING	1. HOT WATER + HALF LEMON – 1 GLASS (VIT C) 2. HALF TSP JEERA WITH WARM WATER 3. ANJEER OR KHAJOUR + 4 SOAKED ALMONDS (VIT E) 4. INDOOR EXERCISE FOR 40 MINS
7:30 AM	GREEN TEA: PUDINA, ADRAK, ELAICHI, LAVANG, DALCHINI, JAGGERY, WITH LEMON DROPS - 01 BIG CUP (IMMUNITY BOOSTER)
9:00 AM BREAKFAST	SPROUTS WITH SALAD OR MOONG DAL DOSA OR UPMA OR OATS OR VEGETABLE DALIA OR DHOKLA OR BOILED EGGS 02 PCS or OMELETTE (PROTEIN RICH)
11:00 AM	ORANGES 02 / WATER MELON / POMEGRANATE / MUSK MELON
01:00 PM LUNCH	SALAD 1 PLATE, JAWAR ROTI 01 OR CHAPATI 02, ANY VEGETABLE 01 CUP, DAL 01 CUP, RICE (OPTIONAL), JAWAR CHUTNY 1 TBSP
04:00 PM	ANY CITRUS FRUIT 01 (VIT-C)
05:00 PM	1. GREEN TEA AS ABOVE 01 BIG CUP 2. INDOOR EXERCISE FOR 40 MINS
08:00 PM DINNER	DAL KHICHADI WITH KADHI OR BESAN BHAKARI OR VEGETABLE MIX DALIYA OR VEGETABLE THALIPITH OR SUBJI ROTI WITH JAWAR CHUTNY
10:00 PM SLEEP TIME	1/4 TSP TURMERIC + 1/4 GINGER + 01 CUP OF HOT WATER (IMMUNITY BOOSTER)
TIPS	<ul style="list-style-type: none"> ▪ DRINK 10 - 12 GLASS OF WATER PER DAY ▪ AVOID SUGAR AND SWEETS ▪ AVOID FRIED FOODS ▪ AVOID EXCESS SALT ▪ USE GARLIC, GINGER AND ONION IN COOKING ▪ USE AMLA (IF POSSIBLE) ▪ KEEP BODY ALKALINE - MAINTAIN BODY PH AROUND 7.4, AVOID ACIDIC FOODS ▪ HAVE SOUND SLEEP



1. Read any 5 story books. Pick 1 new word daily, look for their meaning and learn it.
Few story books that you can read are:

- Harry Potter
- Tales from Panchtantra
- Akbar Birbal stories / Tenali Raman
- Cinderella
- Any bedtime story books

2. **Fun with learning (Holiday Homework book):** Worksheet no 3,5,8,20.



Fun with learning (Holiday Homework book): Worksheet no 1-5.



Fun with learning (Holiday Homework book): Worksheet no 1 to 5.



Fun with learning (Holiday Homework book): Worksheet no 1,2,3,4.



<div> <div>healthy</div> <div>Self-Talk</div> <div>  </div> </div>	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so stupid.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.