



INTERNATIONAL SCHOOL SEC-89, GURUGRAM



Affiliated to CBSE New Delhi, CBSE Affiliation No. 531631





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!!



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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.
- ❖ Activity should be done neatly on an A4 size coloured sheet.
- Revise April and May syllabus.
 - ❖ Submit your homework (Fun with learning worksheets) as follows: English and Hindi on 1st July 2020.

Mathematics and Science on 2nd July 2020.

Social Studies on 3rd July 2020.

Details of Submission (online) shall be shared soon.



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IMMUNITY BOOSTER DIET FOR COVID-19

Time	Description
6:30 AM EARLING MORNING	HOT WATER + HALF LEMON - 1 GLASS (VIT C) HALF TSP JEERA WITH WARM WATER ANJEER OR KHAJOOR + 4 SOAKED ALMOMDS (VIT E) 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 DHOKALA OR BOILED EGGS 02 PCS or OMELETTE (PROTIEN 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), JAWAS CHUTNY 1 TBSP
04:00 PM	ANY CITRUS FRUIT 01 (VIT-C)
05:00 PM	GREEN TEA AS ABOVE 01 BIG CUP INDOOR EXERCISE FOR 40 MINS
08:00 PM DINNER	DAL KHICHADI WITH KADHI OR BESAN BHAKARI OR VEGETABLE MIX DALIYA OR VEGATABLE THALIPITH OR SUBJI ROTI WITH JAWAS CHUTNY
10:00 PM SLEEP TIME	1/4 TSP TURMERIC + 1/4 GINGER + 01 CUP OF HOT WATER (IMMUNITY BOOSTER)

TIPS	 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





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1. Watch any one of the movie mentioned below (English Versions):

The Croods Dora: The lost City of gold

Inside out Sonic- The Hedgehog

On a A4 sheet, draw your favourite character of the movie and decorate it beautifully. Also, write few qualities that you like of that character.

2. **Fun with learning (Holiday Homework book)**: Worksheet no 1,2,15.



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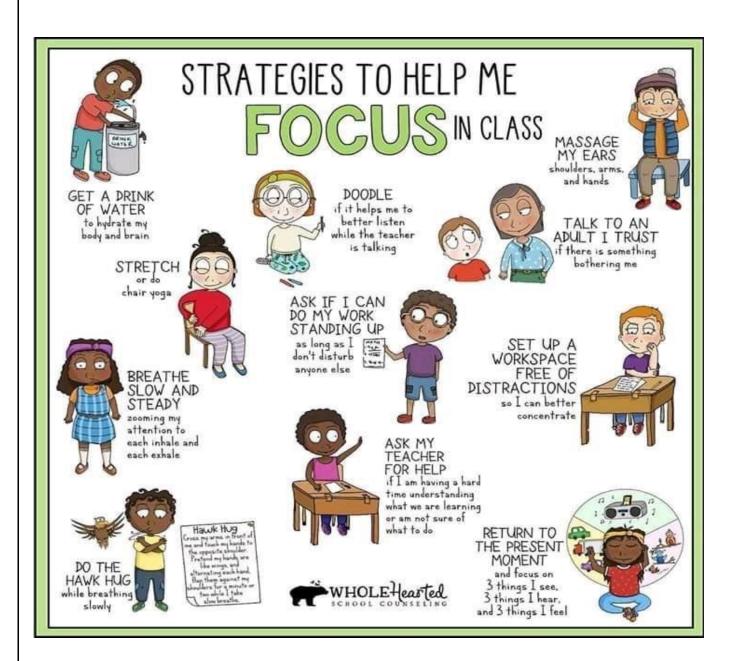


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healthy Self-Talk



THIS

NOT THAT



I like me.

I'm so stupid.

No one likes me.

- I did something bad.
- This is really hard, but I'm going to keep trying.

I haven't figured it out ... yet.

X I give up. I'll never be able to do this.

I'm a bad person.

I never get anything right.

I am enough. And worthy, too.

I'm not good enough.