

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!!

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 1<sup>st</sup> July 2020.
  - Mathematics and Science on 2<sup>nd</sup> July 2020.
  - Social Studies on 3<sup>rd</sup> 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 EARLY MORNING	<ol style="list-style-type: none"> <li>HOT WATER + HALF LEMON – 1 GLASS (VIT C)</li> <li>HALF TSP JEERA WITH WARM WATER</li> <li>ANJEER OR KHAJOUR + 4 SOAKED ALMONDS (VIT E)</li> <li>INDOOR EXERCISE FOR 40 MINS</li> </ol>
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 (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), JAWAS CHUTNY 1 TBSP
04:00 PM	ANY CITRUS FRUIT 01 (VIT-C)
05:00 PM	<ol style="list-style-type: none"> <li>GREEN TEA AS ABOVE 01 BIG CUP</li> <li>INDOOR EXERCISE FOR 40 MINS</li> </ol>
08:00 PM DINNER	DAL KHICHADI WITH KADHI OR BESAN BHAKARI OR VEGETABLE MIX DALIYA OR VEGETABLE 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)

<b>TIPS</b>	<ul style="list-style-type: none"> <li>DRINK 10 - 12 GLASS OF WATER PER DAY</li> <li>AVOID SUGAR AND SWEETS</li> <li>AVOID FRIED FOODS</li> <li>AVOID EXCESS SALT</li> <li>USE GARLIC, GINGER AND ONION IN COOKING</li> <li>USE AMLA (IF POSSIBLE)</li> <li>KEEP BODY ALKALINE - MAINTAIN BODY PH AROUND 7.4, AVOID ACIDIC FOODS</li> <li>HAVE SOUND SLEEP</li> </ul>
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# ENGLISH

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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STRATEGIES TO HELP ME  
**FOCUS** IN CLASS



**GET A DRINK OF WATER**  
 to hydrate my body and brain

**STRETCH**  
 or do chair yoga



**DOODLE**  
 if it helps me to better listen while the teacher is talking



**MASSAGE MY EARS**  
 shoulders, arms, and hands



**TALK TO AN ADULT I TRUST**  
 if there is something bothering me

**ASK IF I CAN DO MY WORK STANDING UP**  
 as long as I don't disturb anyone else



**SET UP A WORKSPACE FREE OF DISTRACTIONS**  
 so I can better concentrate



**BREATHE SLOW AND STEADY**  
 zooming my attention to each inhale and each exhale



**ASK MY TEACHER FOR HELP**  
 if I am having a hard time understanding what we are learning or am not sure of what to do.



**RETURN TO THE PRESENT MOMENT**  
 and focus on  
 3 things I see,  
 3 things I hear,  
 and 3 things I feel



**DO THE HAWK HUG**  
 while breathing slowly



**Hawk Hug**  
 Cross my arms in front of me and touch my hands to the opposite shoulder. Pretend my hands are like wings, and alternating each hand, flap them against my shoulders for a minute or two while I take slow breaths.

healthy <b>Self-Talk</b>	
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.