

**H.D.Sr.Sec.Public School, Kheri**

**Summer Vacation Homework for class \_\_\_\_\_**

**2023-2024**

**Name \_\_\_\_\_**

**Section \_\_\_\_\_**

**Roll No \_\_\_\_\_**



**Hey kids! Have a happy,  
Happening summer break!!  
It's summer time  
Let's together sing a rhyme  
holidays have begun  
and here's come a time to have lots of fun!  
Read lovely books  
And help your mom cook  
Play with your friends  
And let on the fights end  
Hope you have lots of fun  
Sleeping on time  
And rising with shining sun.**

**Dear students**

**Summer holidays are here again to give us respite from the scorching heat Holidays are time when you can connect with your parents in many ways, Working together on the activities will help you build confidence, learn to reason and develop skills necessary for his/her education**

**GENERAL INSTRUCTIONS**

- **Go for a morning walk, talk about things you see around. • Play indoor games with your parents like ludo, carom board, scrabble etc.**
- **Help your parents in doing small jobs like dusting, cleaning the table, filling water bottles, watering the plants etc.**
- **Spend some quality time with your parents , Go out for a movie and have fun together.**
- **Spend some time with your parents by simply making normal conversation to enhance the bond between you and your parents . Converse with your parents in English and develop a habit of speaking proper sentences.**
- **Always start with your day with Gayatri Mantra.**
- **Wish your elders and guests.**
- **Help your parents at home by putting your things at proper place.**
- **Don't watch TV and mobile for long hours .**
- **Drink lots of liquids like water, juice etc .**
- **Always use these magic words- Thank you, Sorry, Please ,Excuse me.**
- **Don't play in Sun long hours.**

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**Note-** Do this work in 3 in 1 notebook

**Hindi-** दो,तीन व चार अक्षरों के 20-20 शब्द लिखो और पढ़ो।

**English-** Write the word of at,ab, an, am,ap at sounds.(five word for each)

**Activity-** Make a treasure box and collect things or objects related to the letter starting with your name .

For example:-

Your name is Prince.

You can collect things Pen , pencil, picture of parrot ,peacock etc.

**Maths-** 1.Write forward counting 1 to 200( two times)

2.Draw or paste two flowers and write 1 to 10 numbers name inside them.

**Activity-** Make a activity board before and after numbers 0 to 10.

**EVS-1.** Paste the picture and write the name also pet animals and body parts in scrapbook.

2. Paste your any five pictures in scrapbook taken during the summer vacation.

## PHYSICAL FITNESS

**‘A GOOD HEALTH IS THE BEST WEALTH’**

Yoga is great way to be active and we recommend you to do following **5 SPRING YOGA** poses to improve flexibility, strength and posture.

- i) Hello to sun
- ii) Pretend to be a tree
- iii) Pretend to be a flying bird
- iv) Pretend to be falling rain
- v) Pretend to plant seeds

**\*Make a video (Approximately 30 Seconds) of your ward while performing the yoga poses to be shared in the Classroom.**

## SPRING YOGA



**I am the sun.**  
EXTENDED MOUNTAIN POSE



**I am a tree.**  
TREE POSE



**I am a flying bird.**  
WARRIOR 3 POSE



**I am the falling rain.**  
STANDING FORWARD BEND



**I am planting seeds.**  
SQUAT POSE