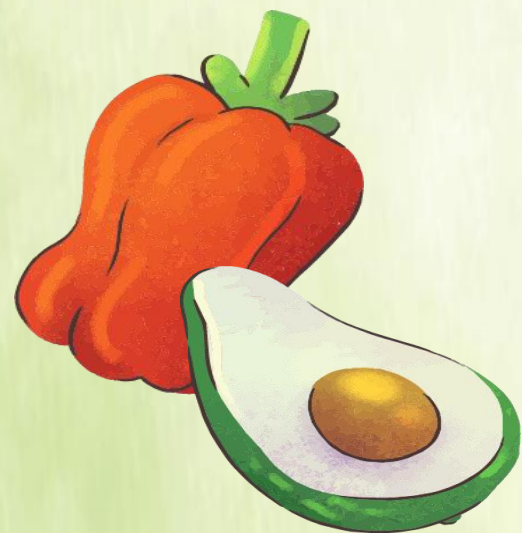




MATA JAI KAUR PUBLIC SCHOOL SUMMER HOLIDAYS HOMEWORK (2023-24)



Theme: GOOD HEALTH AND WELLBEING





*How do you stay healthy?
Eat right! Sleep right!
Exercise to keep right!*

*Food alone is not enough
Exercise also makes you tough
How many of you sleep right?
Just to stay fit and alright!*

*How do you stay healthy?
Eat right! Sleep right!
Exercise to keep right!*





MATA JAI KAUR PUBLIC SCHOOL SUMMER HOLIDAYS HOMEWORK (2023-24)

3 GOOD HEALTH
AND WELL-BEING



**Dear Parents,
Warm Greetings!**

*We at MJKPS endeavour to make every child physically strong and mentally fit. With high spirits and enthusiasm, this years' summer holidays homework is weaved around such **SDG 3** which states '**Good Health and Wellbeing**'. Keeping this in mind we would like you to join hands and strive to make our endeavour successful. Hope to see our children healthier and fitter after the vacations. The activities stated are thoughtfully planned to target learning by doing. The creative holidays homework will later be showcased during an exhibition. Healthy Learning!*

POINTS TO REMEMBER-

- 1. Help the child converse in English*
- 2. Engage your ward in household chores.*
- 3. Inculcate table manners.*
- 4. Make your ward toiled trained and independent.*
- 5. Make the five magic words – **PLEASE, SORRY, THANKYOU, EXCUSE ME AND MAY I** a part of your wards personality.*
- 6. Read out a short story to your kid everyday.*



IMPORTANT GUIDELINES

- Do your work neatly.
- English and Hindi holidays homework has to be attempted in the scrapbook. Kindly cover it and label it neatly.
- Please note that there is an internal choice in the EVS and creative corner holidays homework. Kindly attempt according to your wards' roll no.
- Kindly attempt the revision worksheets provided and submit it in a well labelled transparent folder.
- Parents to monitor and guide their children for completion of homework.

**Eat
healthy
and stay
fit**

**Drink plenty
of fluids**

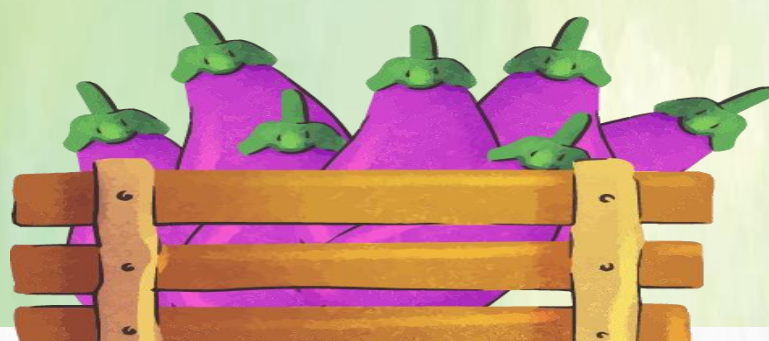
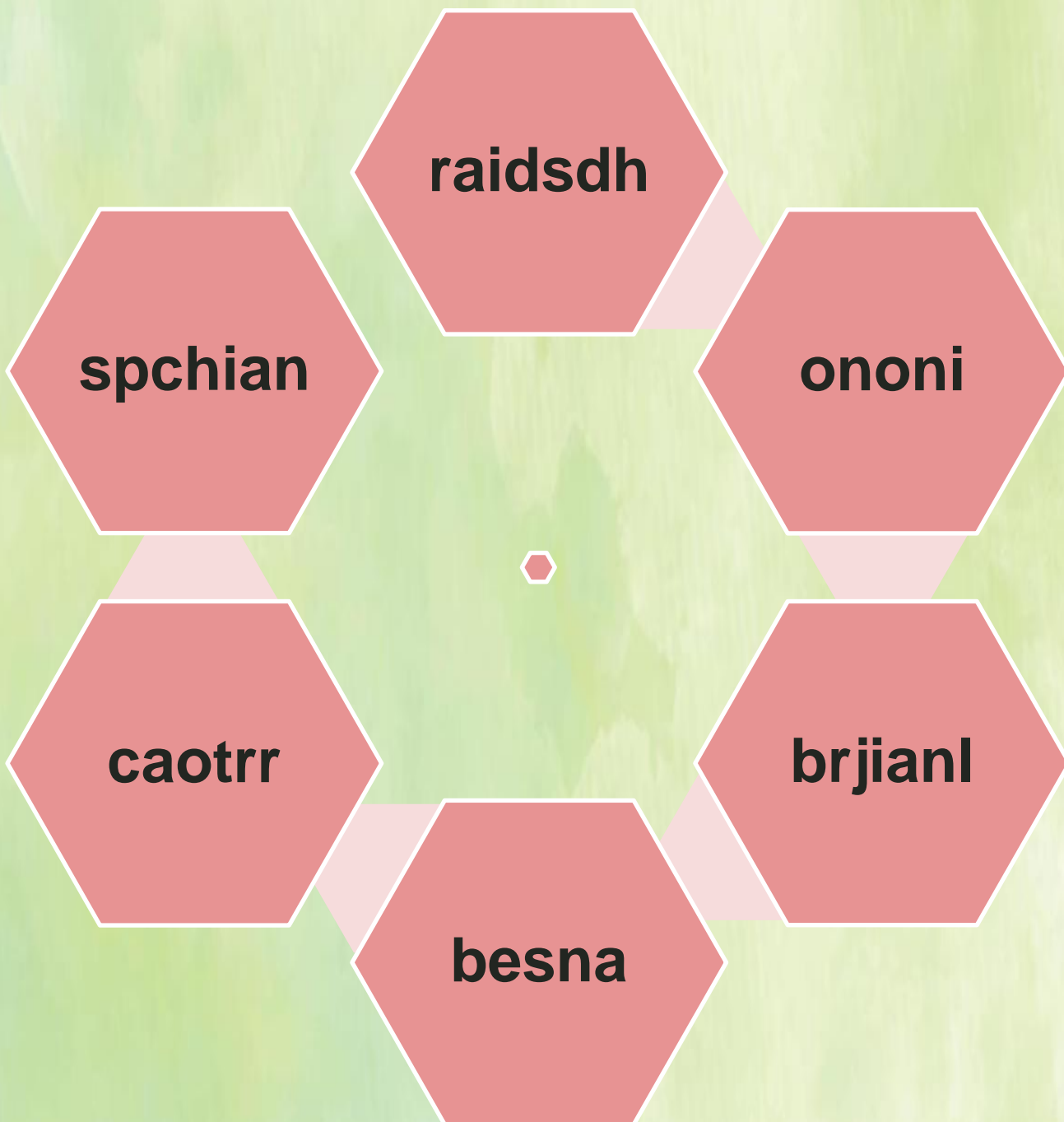


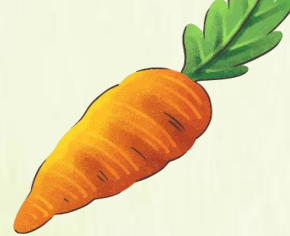


ENGLISH

'WORD JUMBLER'

1. Unjumble the words and write the name of the vegetables given below. Do paste the pictures of the vegetable alongside the words in the scrap file.





2. Look around your house and pick up any 10 healthy food items of your choice. List them in the scrapbook and write a or an before them.

For eg.

- **an apple**
- **a banana**

'RHYME TIME'

3. Learn the poem **The Cupboard** by by **Walter de la Mare**.

I know a little cupboard,
With a teeny tiny key,
And there's a jar of Lollipops
For me, me, me.
It has a little shelf, my dear,
As dark, as dark can be,
And there's a dish of Banbury Cakes
For me, me, me.
I have a small fat grandmamma,
With a very slippery knees,
And she's Keeper of the Cupboard,
With the key, key, key.
And when I'm very good, my dear,
As good as good can be,
There's Banbury Cakes, and Lollypops
For me, me, me.

हिंदी

योग संगीत की तरह है, शरीर की लय, मन की मधुरता और आत्मा के सद्भाव मिलकर जीवन को एक सुर में पिरोते हैं। योग से हमें शारीरिक बल व मानसिक शांति मिलती है। तो, आइए हम भी कुछ योगासन कर अपने तन-मन को स्फूर्ति प्रदान करते हैं। आप अपनी पसंद के 2-3 योगासन करें। योगासन करते हुए अपना फोटो खींचकर स्क्रीप फाइल में चिपकाएं तथा 2-3 वाक्य अपने द्वारा किए गए आसनों पर याद करें और ग्रीष्मावकाश के बाद कक्षा में सुनाएं।



MATHS

'MATH-O-MAZE'

1. As it is rightly said, 'An apple a day keeps the doctor away'. Help the little girl Rina complete her apple puzzle. Follow the trail from nos. 1-20. Also mention the number names from 1-20 at the bottom. Paste the picture of the maze and attempt the homework in the scrap file.

MATH MAZE
FROM 1 TO 20

| | | | | | | |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 6 | 5 | 2 |
| | | 2 | 3 | 4 | 5 | 6 |
| 8 | 7 | 9 | 1 | 10 | 7 | 8 |
| 11 | 10 | 4 | 12 | 6 | 11 | 9 |
| 11 | 14 | 13 | 15 | 16 | 10 | 11 |
| 10 | 12 | 16 | 6 | 14 | 13 | 12 |
| 19 | 20 | 17 | 18 | 13 | | |
| 19 | 13 | 11 | 19 | 20 | | |

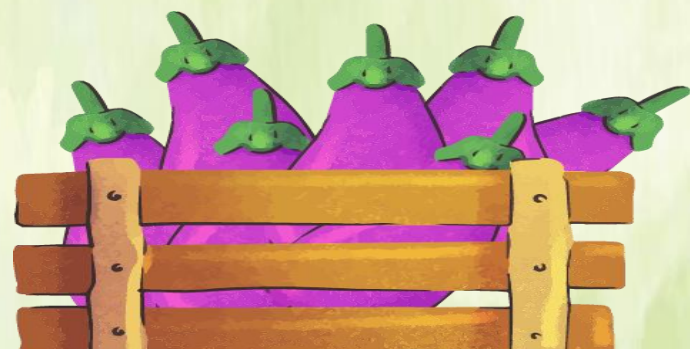


MATHS

'LETS LEARN TABLE MANNERS'

2. Design your own table mat showcasing healthy eating habits with help of pictures on A3 sheet in a landscape format. Do mention a quote on healthy eating and get it laminated to be used in the school during lunch break.

**For eg- wash your hands before and after your meals,
avoid junk food**





'HEALTH ON MY FINGERS'

1. Its time to invest in our health and have the right amount of fruits and vegetables. Take any 1 fruit and vegetable of your choice and make finger puppets (one each) using colorful sheets of your choice. The child will speak 2 health benefits each in the class wearing the finger puppet.

*** Please note only roll no's 1-15 will attempt this.**



JAM EVS

'MY NUTRITIOUS PLATE'

2. Make a healthy and a nutritious plate of your choice. Take a disposable round shaped plate and use pictures of different food items or handmade pictures to prepare your plate. You can refer from the images below.

***Please note only roll no's 16-30 will attempt this.**



CREATIVE CORNER

'OUR SEA FRIENDS'

Lets understand and appreciate our marine life. Create an aquatic scene on A3 size sheet. Draw/ paste 5 sea animals found on Lakshadweep and mention one amazing fact each. Let's be creative in making the animals using paperfolding/ quilling, use of matchsticks, beads, sea shells etc.

***Please note only roll no's 31-45 will attempt this.**

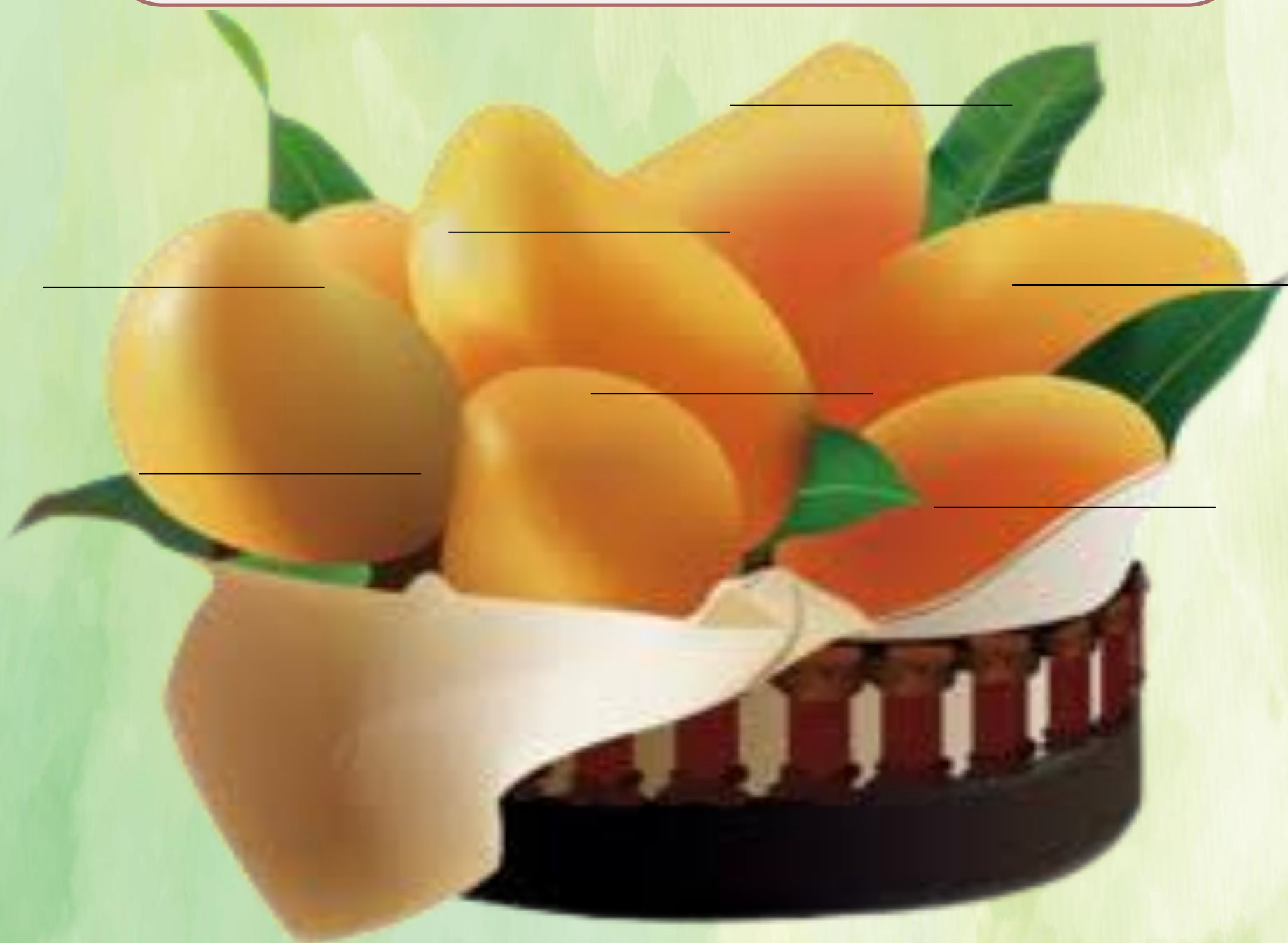




MANGO MANIA



Keeping in mind Mango Activity we have done in the Primary Plus magazine, find out and list some yummy things made out of mango in the picture given below in the scrap file.





MATA JAI KAUR PUBLIC SCHOOL

ENGLISH WORKSHEET

CLASS I (A-D)

NAME: _____

CLASS & SECTION: _____

DATE: _____

1. Fill in the blanks with a or an

a) _____ pen



b) _____ arrow



c) _____ umbrella



d) _____ bird



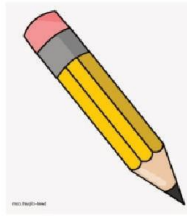
e) _____ tree



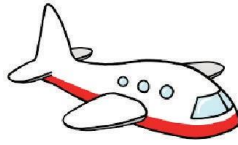
2. Fill in the blanks with

a/an.

a) Give me _____ pencil.



b) That is _____ aeroplane.



c) Today is _____



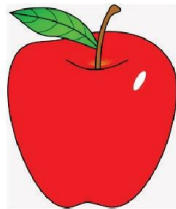
holiday.

d) There is _____



crow on the tree.

e) I had _____



apple in the morning.

f) _____



octopus lives in water.



MATA JAI KAUR PUBLIC SCHOOL
MATHS WORKSHEET
CLASS I (A-D)
TOPIC: CONCEPTS (1-10)



NAME _____

CLASS _____

DATE _____

Step 1: Cut out the alligators given on the last page.

Step 2: Cut and paste "correct alligator" (appropriate sign) in between the numbers to show which number is greater. Colour the alligators too.

4

9

8

5

6

9

2

7

8

1

Colour the greatest number in each row

1

10

8

5

1

8

9

2

2

7

3

5

Colour the smallest number in each row

9

6

2

5

7

8

10

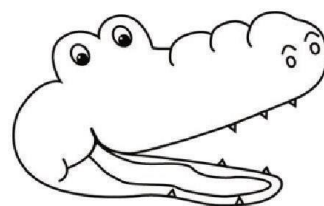
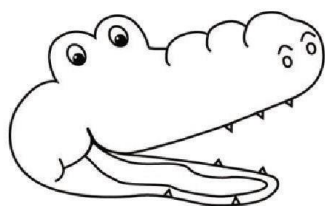
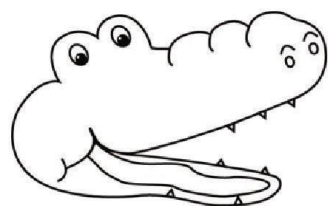
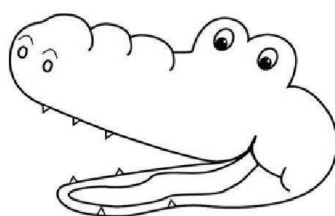
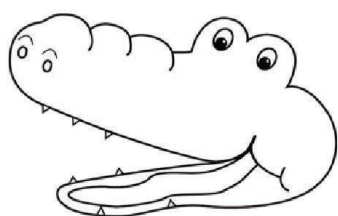
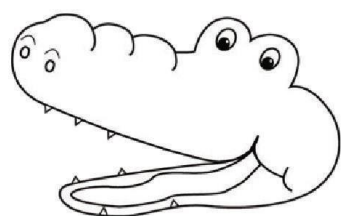
4

1

4

9











6







MATA JAI KAUR PUBLIC SCHOOL
EVS WORKSHEET
CLASS I (A-D)
TOPIC: SENSE ORGANS

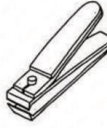
A. Label the senses on the right. Match each picture to the correct sense organ.


| | |
|---|---|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

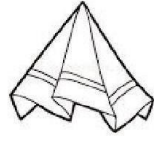
B. Fill in the blanks with the help of picture clues and help box given below.

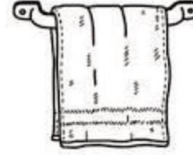
| | | | |
|------------|------|-------------|-------|
| toothbrush | soap | towel | water |
| toothpaste | comb | nail cutter | hanky |



1. We use  _____ and  _____ to clean our body.

2. We use  _____ to cut short our nails.

3. We use  _____ to keep our hair tidy.

4. We use a  _____ to blow our nose.

5. We use clean  _____ to wipe our body.

6. We use  _____ and  _____ to clean our teeth.



माता जय कौर पब्लिक स्कूल
ि

कक्षा-1

2,3,4 अक्षरवािे शब्द

| | | |
|------|--------|-------|
| नाम- | कक्षा- | तिथि- |
|------|--------|-------|

प्र1 नीचे दिए गए अक्षरों को जोड़कर सही शब्द बनाए-

1. न + ल = _____
2. क+म+ल = _____
3. स+ड़+क = _____
4. ख+ट+म+ल = _____
5. फ+ ल = _____
6. ह + ल + च + ल = _____
7. अ + म + र = _____
8. प + ढ = _____

प्र2 दक्त्ोों के सही नाम दिखिए

