





Dear Parents,

“Holidays are the best time to stay away from everyday life and reconnect with the children. It is the time to relax, enjoy and create a bond with your family.” Enjoying holidays to the fullest requires some planning. Spend time with your kids, perform yoga asanas, go for a walk, tell them to observe nature around, say no to television instead keep them busy

- in trying new things & embracing new experiences that enrich their life.

As the children are zealous, their energy needs to be channelized by involving them in various activities. Keeping this in mind holiday homework is designed in such a way that it portrays an amalgamation of the activities which will further help in the overall development of the child. So it is the right time to engage the children in activities of their choice. Few of them are as follows:-





1. Yoga Fun For Kids: Energize Your Body And Mind- Utilize your summer mornings with the power of yoga by following easy and simple Aasanas such as

- Tadasana** (Mountain Pose)
- Balasana** (Child's Pose)
- Vajrasana** (Thunderbolt Pose)
- Baddha Konasana** (Butterfly Pose)

2. Little Gardeners: Let's Plant Together-

Help your child to sow the seeds of seasonal fruits and vegetables into waste containers, broken cups, mugs, bottles, jars, coconut shells, egg shells etc. and decorate to make them presentable. Give the children knowledge about the process of germination while sowing the seeds. Click the pictures of each and every process. **Seed----** **Seedling----** **Sprout----** **Baby Plant----** **Plant**



3. Discover the Power of Gayatri Mantra: Listen and Recite Together- Inculcate the habit of chanting Gayatri mantra along with its meaning on daily basis especially in the morning facing the sun.

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धीयो यो नः प्रचोदयात्

4. Bedtime Tales: Building Character Through Moral Stories-

Give your valuable time to the child and narrate simple stories during bedtime which will help to imbibe moral values in the children. Few of them are-

The Ugly Duckling, Three Little Pigs, Bal Ganesha, Krishna and His Friends etc. You can frame your own story and relate it to the child's world.





Water Wise Kids: Splash Into Savings- Show your kids that you value water conservation by practicing it yourself. Turn saving water into a challenge for the whole family. Teach the kids how to save water. For example Bathing with a Bucket, Using RO waste water for watering the plants, designating a glass/ bottle for drinking purpose etc. Reward your kid's efforts to reinforce positive behaviour



6. Exploring the History and Culture through Fun visits- Visit some Museums, Monuments or any adventurous place to enhance the child's knowledge about their origin and history. Some of examples are **Bharat Darshan Park, Waste to Wonder Theme Park, Akshardham Temple, Jantar Mantar, Lotus Temple etc.** Taking your kids to a temple can be a profound way to instill values, cultivate spirituality and strengthen family bonds. They learn about their cultural and religious heritage.



7. Cherish Quality Time with Grandparents- It has been observed that in many families both the parents are working, so in that case our lovely grandparents play a vital role in raising today's youth. They indeed make the best audience when children learn a new poem, story or some dance steps. The children look upon their grandparents to watch, listen and applaud them. So, engage your child with grandparents everyday in the activities like strolling to the park/ market, helping them in household chores etc. Showcase any five things the child has learnt from them in a video or through pictures.

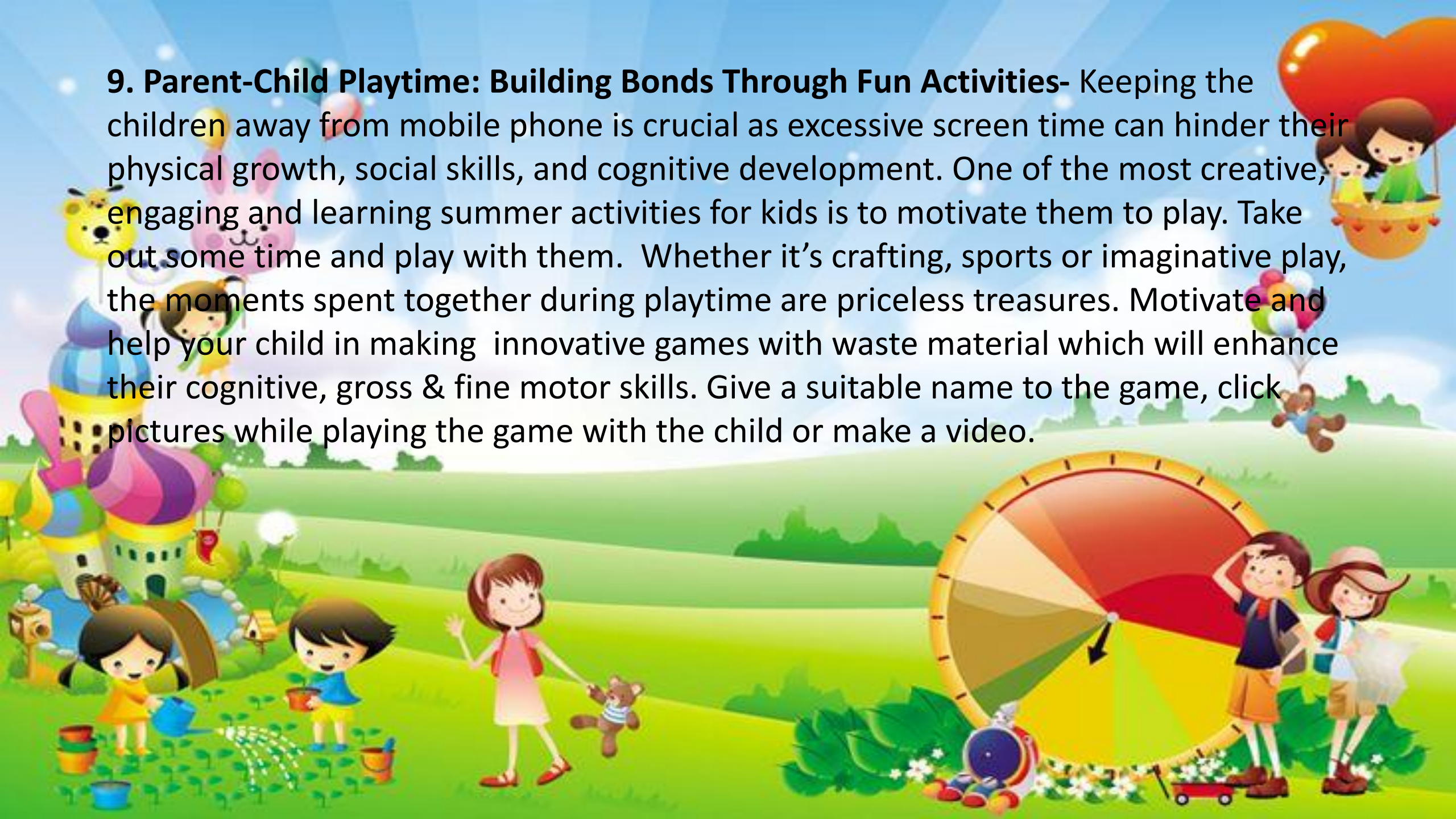



8. Dad's Day Delight: Celebrate Father's Day with Heartfelt Joy-

Give your father a healthy treat of Fruit salad combined with colourful Popsicle card with notes like " LOVE YOU PAPA", " DAD! YOU ARE THE COOLEST" etc. on it. Celebrate this day on 16th June and make videos or click pictures to share with us.



9. Parent-Child Playtime: Building Bonds Through Fun Activities- Keeping the children away from mobile phone is crucial as excessive screen time can hinder their physical growth, social skills, and cognitive development. One of the most creative, engaging and learning summer activities for kids is to motivate them to play. Take out some time and play with them. Whether it's crafting, sports or imaginative play, the moments spent together during playtime are priceless treasures. Motivate and help your child in making innovative games with waste material which will enhance their cognitive, gross & fine motor skills. Give a suitable name to the game, click pictures while playing the game with the child or make a video.






10. Market Adventures: Exploring Fruits and Veggies with Your Kids- Embark on a journey of discovery with your kids at the local market. Take them along with you and let them touch, smell and learn the names of different fruits and vegetables. Engaging them in this hands-on experience not only teaches them about healthy eating but also fosters their curiosity and love for fresh fruits and veggies.

11. Sustainable Ideas: Inspiring Kids to Deny Plastic- Motivate yourself towards a greener future by exploring eco-friendly alternatives instead of using plastic. Make your kids aware about the hazards of using it.





Fine Motor Fun: Enhancing Skills through Home Activities- Parents can engage their kids in variety of activities such as plucking coriander and mint leaves, playing with dough, shelling peas etc. These activities not only enhance their curiosity but also strengthen eye-hand coordination.

Note- Make a beautiful album including pictures of all the activities. Make sure all the activities are done by the child himself/ herself. Also share the videos of the activities with the respective class teachers (through whatsapp).



